



Welcome

The Tenth Sunday after Trinity

4 August



actorschurch



St. Paul's Covent Garden



@actorschurch

Please switch off all mobile phones.

BEWARE: We do occasionally suffer from theft: take care of your belongings

Accessibility

Large Print versions of the Order of Service are available.

Gluten free wafers are available.

Hearing loop installed; collect a receiver from the back of church.

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We stand as the Altar Party enters and sing the hymn

Deck thyself, my soul, with gladness,
leave the gloomy haunts of sadness;
come into the daylight's splendour,
there with joy thy praises render
unto him whose grace unbounded
hath this wondrous banquet founded:
high o'er all the heavens he reigneth,
yet to dwell with thee he deigneth.

2 Now I sink before thee lowly,
filled with joy most deep and holy,
as with trembling awe and wonder
on thy mighty works I ponder:
how, by mystery surrounded,
depth no man hath ever sounded,
none may dare to pierce unbidden
secrets that with thee are hidden.

3 Jesus, bread of life, I pray thee,
let me gladly here obey thee;
never to my hurt invited,
be thy love with love requited:
from this banquet let me measure,
Lord, how vast and deep its treasure;
through the gifts thou here dost give me
as thy guest in heaven receive me.

The Priest goes to the Lectern and says:

Priest In the name of the Father, and of
the Son and of the Holy Spirit.

All Amen.

Priest The Lord be with you.

All and also with you.

The priest introduces the service and then leads the congregation in prayer:

Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are
hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,

that we may perfectly love you, and
worthily magnify your holy name;
through Christ our Lord.

Amen.

The priest invites the congregation to seek God's mercy and grace. We say together:

Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through
weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son Jesus
Christ, who died for us,
forgive us all that is past
and grant that we may serve you in
newness of life
to the glory of your name. **Amen.**

*The Priest announces the **Absolution** to which all reply: **Amen.***

*The **Gloria** is sung from the separate music sheet.*

*The prayer of the day – the **Collect** – is sung.*

Let your merciful ears, O Lord, be open
to the prayers of your humble servants;
and that they may obtain their petitions
make them to ask such things as shall
please you; through Jesus Christ your Son
our Lord, who is alive and reigns with you,
in the unity of the Holy Spirit, one God,
now and for ever.

Amen.

*We sit for the **first** and **second readings.***

First Reading

Exodus 16.2-4,9-15, read by Noel

²The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The Israelites said to them, 'If only we had died by the hand of

the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.'

⁴Then the LORD said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.

⁹Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the LORD, for he has heard your complaining.'" ¹⁰And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the LORD appeared in the cloud. ¹¹The LORD spoke to Moses and said, ¹²'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God."

¹³In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp.

¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the LORD has given you to eat.'

At the end:

Reader	This is the word of the Lord.
All	Thanks be to God.

Second Reading

Ephesians 4.1-16, read by Tony

¹I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

⁷But each of us was given grace according to the measure of Christ's gift. ⁸Therefore it is said,

'When he ascended on high he made captivity itself a captive;

he gave gifts to his people.'

⁹(When it says, 'He ascended,' what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. ¹⁴We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. ¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

At the end:

Reader This is the word of the Lord.
All Thanks be to God.

*We stand to sing the **hymn** and turn towards the Gospel book.*

**Bread of heaven, on thee we feed,
for thy flesh is meat indeed;
ever may our souls be fed
with this true and living bread;
day by day with strength supplied
through the life of him who died.**

**2 Vine of heaven, thy blood supplies
this blest cup of sacrifice;
Lord, thy wounds our healing give,
to thy cross we look and live:
Jesus may we ever be
grafted, rooted, built in thee.**

All remain standing as the Gospel is read

Priest The Lord be with you
All And also with you

Priest Hear the Gospel of our Lord
Jesus Christ according to
Mark (6.30-34,53-56)

All Glory to you, O Lord.

24When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had given the bread, they themselves got into the boats and went to Capernaum looking for Jesus.

25When they found him on the other side of the lake, they said to him, ‘Rabbi, when did you come here?’ 26Jesus answered them, ‘Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. 27Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.’ 28Then they said to him, ‘What must we do to perform the works of God?’ 29Jesus answered them, ‘This is

the work of God, that you believe in him whom he has sent.’ 30So they said to him, ‘What sign are you going to give us then, so that we may see it and believe you? What work are you performing? 31Our ancestors ate the manna in the wilderness; as it is written, “He gave them bread from heaven to eat.”’ 32Then Jesus said to them, ‘Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. 33For the bread of God is that which comes down from heaven and gives life to the world.’ 34They said to him, ‘Sir, give us this bread always.’

35Jesus said to them, ‘I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be ^{thirsty}.’

At the end:

Priest This is the Gospel of the
Lord.

All Praise to you, O Christ.

*We sit for the **Sermon**.*

*We stand to say the **Creed**.*

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.
We believe in One Lord Jesus Christ
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.
For us and for our salvation
he came down from heaven,
was incarnate of the Holy Spirit
and the Virgin Mary
and was made man.**

For our sake he was crucified
under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the
Father.

He will come again in glory to judge
the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and
the Son,
who with the Father and the Son
is worshipped and glorified,
who has spoken through the
prophets.

We believe in one holy catholic
and apostolic Church.

We acknowledge one baptism
for the forgiveness of sins.

We look for the resurrection of the
dead, and the life of the world to
come. Amen.

The Prayers of Intercession follow.

At the end:

Priest	Merciful Father,
All	accept these prayers for the sake of your Son, our Saviour, Jesus Christ, Amen.

The Priest introduces the Peace:

Priest:	The peace of the Lord be with you always
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All	And also with you
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Priest	Let us offer one another a sign of peace.
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We sing a **hymn** as the Altar is prepared for
the **Eucharistic Prayer**. A **collection** is taken
during the **hymn**

Break thou the bread of life,
dear Lord, to me,
as thou didst break the bread
beside the sea;
beyond the sacred page
I seek thee, Lord,
my spirit longs for thee,
thou living word.

2 Thou art the bread of life,
O Lord, to me,
thy holy word the truth
that saveth me;
give me to eat and live
with thee above,
teach me to love thy truth,
for thou art love.

3 O send thy Spirit, Lord,
now unto me,
that he may touch my eyes
and make me see;
show me the truth concealed
within thy word
and in thy book revealed,
I see thee, O Lord.

4 Bless thou the bread of life
to me, to me,
as thou didst bless the loaves
by Galilee;
then shall all bondage cease,
all fetters fall,
and I shall find my peace,
my all in all.

Priest	Blessed are you Lord God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made. It will become for us the bread of life.
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All	Blessed be God for ever.
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Priest Blessed are you Lord God of all creation. Through your goodness we have this wine to offer. Fruit of the vine and work of human hands, it will become our spiritual drink.

All Blessed be God for ever.

Priest Pray my friends that our sacrifice may be acceptable to God the Almighty Father.

All May the Lord accept the sacrifice at your hand, for the praise and glory of his name, for our good and the good of all his Church.

*The Priest adds the prayer over the gifts to which we reply **Amen***

Priest The Lord be with you.

All And also with you.

Priest Lift up your hearts.

All We lift them to the Lord.

Priest Let us give thanks to the Lord our God.

All It is right to give thanks and praise...

*The Eucharistic Prayer continues until we sing **Sanctus** and **Benedictus** from the music sheet.*

*The **Eucharistic Prayer** continues until...*

Priest: Great is the mystery of faith

All: Christ has died

Christ is risen

Christ will come again

The Eucharistic Prayer continues until

Priest ...for ever and ever

All: Amen

The Priest introduces the Lord's Prayer

**Our Father, who art in heaven
hallowed be thy name
Thy kingdom come, thy will be done**

**on earth as it is in heaven
Give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass
against us**

**And lead us not into temptation
but deliver us from evil**

**For thine is the kingdom
the power and the glory
for ever and ever. Amen**

Priest We break this bread to share in the body of Christ

**All Though we are many we
are one body, because we
all share in one bread**

*The **Agnus Dei** is sung from the music sheet*

Priest Jesus is the Lamb of God who takes away the sin of the world, blessed are those who are called to his supper.

**All Lord, I am not worthy to
receive you,
but only say the word,
and I shall be healed.**

*The congregation approaches the Altar to receive **Communion**. All those who are in good standing with their own Church are invited to receive Communion. Those who prefer to ask for a Blessing are invited to bow their heads at the Altar rail or bring this booklet as a sign to the Priest.*

**Please make your way to the
Altar rail, and kneel (if able)**

**Please receive Communion in
your hand ONLY. If you wish to
receive the Chalice, please
remain in place. If not, return to
your pew**

**Please keep absolute silence
during Communion**

We remain seated to sing the **hymn**
'Tis good, Lord, to be here!
Thy glory fills the night;
thy face and garments, like the sun,
shine with unborrowed light.

2 'Tis good, Lord, to be here,
thy beauty to behold,
where Moses and Elijah stand,
thy messengers of old.

3 Fulfiller of the past!
promise of things to be!
We hail thy body glorified,
and our redemption see.

4 'Tis good, Lord, to be here!
yet we may not remain;
but since thou bidst us leave the
mount
come with us to the plain.

Post Communion Prayers:

God of our pilgrimage, you have willed
that the gate of mercy should stand open
for those who trust in you: look upon us
with your favour that we who follow the
path of your will may never wander from
the way of life; through Jesus Christ our
Lord. **Amen.**

We say together:

Almighty God,
we thank you for feeding us
with the body and blood of your Son
Jesus Christ.
Through him we offer you our souls
and bodies
to be a living sacrifice.
Send us out
in the power of your Spirit
to live and work
to your praise and glory.
Amen.

Any Banns of marriage and notices are given.

Priest The Lord be with you.

All And also with you

*The **Blessing** is given to which all reply: **Amen***
*We sing the **hymn** and turn to face the West*
*End for the **dismissal**.*

Immortal, invisible, God only wise,
in light inaccessible hid from our
eyes,
most blessed, most glorious, the
ancient of days,
almighty, victorious, thy great name
we praise.

2 Unresting, unhasting, and silent as
light,
nor wanting, nor wasting, thou rulest
in might;
thy justice like mountains high
soaring above
thy clouds which are fountains of
goodness and love.

3 To all life thou givest, to both great
and small;
in all life thou livest, the true life of
all;
we blossom and flourish as leaves on
the tree,
and wither and perish; but naught
changeth thee.

4 Great Father of glory, pure Father
of light,
thine angels adore thee, all veiling
their sight;
all laud we would render: O help us
to see
'tis only the splendour of light hideth
thee.

Priest. Go in peace to love and serve
the Lord.

All Thanks be to God.

‘What’s On’ this week

Today

2pm Blessing

Wednesday 7 August

I Iam Baby Broadway **

Please note that the community lunch is suspended for the time being

1.10pm Holy Eucharist

7.30pm Of Prophets and Purpose (work in progress play) **

Thursday 8 August

7.30pm Of Prophets and Purpose (work in progress play) **

Friday 9 August

7.30pm Of Prophets and Purpose (work in progress play) **

Saturday 10 August

10.00 West End Woofs! **

7.30pm Of Prophets and Purpose (work in progress play) **

Sunday 11 August

11.00 Sung Eucharist,

4pm Choral Evensong, *with the Choir of St. Paul’s
for the Eleventh Sunday after Trinity*

***Tickets for all paid events at St. Paul’s can be obtained via our website
www.actorschurch.org*