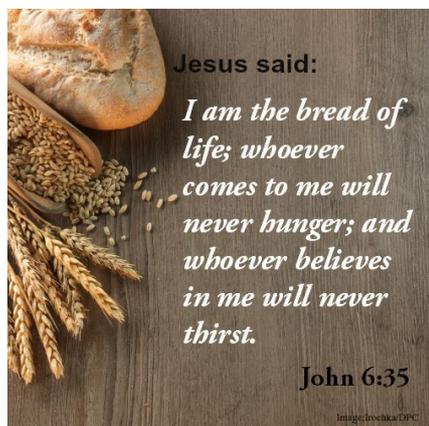


St Saviour's Church

1 August 2021 - Trinity 9 (OT17)



Bread from Heaven

There are many times in John's gospel where Jesus uses the phrase 'I am'. It has deep significance for us and also for the people of Israel. It connects to the Exodus story when God appeared to Moses using the same name: 'I am who I am' (Yahweh in Hebrew). Today, God, in Christ's teaching, is for us a nourishing presence and symbol: I am the bread of life who can bring life to your soul. We, like the apostles, long to taste the food from God that can sustain us and bring us to fullness of life. We echo their desire: 'Sir, give us this bread always'.

Parish Notes:

Reserve your seat at St Saviour's mass via Liz on 07718918846

Thank You from Fr Phelim - Thank you to everyone who helped us celebrate last Sunday a wonderful four years here in St Saviour's. We were delighted to see so many and say a personal farewell. We are also deeply appreciative of the kind cards and gifts that were offered and we will cherish them and the memories of our time in St Saviour's dearly. Many thanks to all those who have sustained and supported the ministry of the church in this part of Cardiff which includes almost everyone in our parish community. A community of active disciples committed to promoting the deepening of God's activity in our local community. Growing into a new ministry area with new colleagues and friends from South Cardiff is a major turning point in the history of this parish and I am confident you will navigate this journey with faith, forbearance, humour and great generosity of spirit - the same virtues you extended to us and our family these last four years. God bless you always. Fr Phelim.

Interregnum - Fr Phelim will be on holiday for the next two weeks and then moves to Birmingham towards the end of August. In the meantime please contact Fr Chris or the Church Wardens for any parish or ministry related queries. From September the interregnum will begin and Fr Dyfrig Lloyd, the area dean, will coordinate ministry then.

August events -Sponsored walk from Llanwanno to the Shrine of Our Lady of Penrhys on Saturday 14 August (for more details see Liz) and Ecumenical Prayer and Celebration for the feast of the Assumption of the Blessed Virgin Mary on Sunday 15 August at St Mary's Butetown. (More information to follow).

Covid Risks Update - With the Welsh government now allowing more people to meet indoors and outdoors we will be updating our own risk assessment accordingly. The CinW has also now permitted churches to offer tea and coffee after our services. We hope to begin this in August. Please keep to social distancing whilst in church and wear a face covering.

Recently Departed - Glenys Prosser.

This week:

Sun 1 OT17

9:30 Sung Mass (St S)
11am Sung Mass (St G)

Mon 2:

6:00pm Mass (St G)

Tues 3:

10:00 Mass (St S)

Wed 4:

10am Mass (St G)
St John Vianney

Thur 5:

17:45 Mass (St S)

Fri 6:

No Mass (St S)
Transfiguration of the Lord

Sat 7:

No Mass (St S)

Sun 8: OT18

St Saviour's:

9:30 Sung Mass;

St German's:

11:00 am Sung Mass

Clergy:

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READINGS THIS WEEK

Exod 16:2-4, 12-15
Ps 78:3-4, 23-24, 25+54
Eph 4:17, 20-24
John 6:24-35

READINGS NEXT WEEK

1 Kgs 19:4-8
Ps 34:2-3, 4-5, 6-7, 8-9
Eph 4:30—5:2
John 6:41-51

PSALM:

**The Lord gave them
bread from heaven.
(3vv)**

COLLECT:

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**

OPENING HYMN

Glorious things of thee are spoken, Zion, city of our God.

He whose Word cannot be broken formed thee for His own abode. On the Rock of Ages founded, what can shake thy sure repose? With salvation's walls surroundeFd, thou may'st smile at all thy foes.

See, the streams of living waters, springing from eternal love, well supply thy sons and daughters and all fear of want remove. Who can faint while such a river ever flows their thirst to assuage? Grace, which like the Lord, the Giver, never fails from age to age.

Round each habitation hov'ring, see the cloud and fire appear for a glory and a cov'ring, showing that the Lord is near. Thus deriving from their banner light by night and shade by day, safe they feed upon the manna which God gives them when on their way.

Savior, since of Zion's city I through grace a member am, let the world deride or pity, I will glory in Thy name. Fading are the world's best pleasures, all its boasted pomp and show; solid joys and lasting treasures none but Zion's children know.

OFFERTORY HYMN

Guide me O Thou great Redeemer Pilgrim through this barren land. I am weak but Thou art mighty Hold me with thy powerful hand. Bread of heaven, Bread of heaven Feed me till I want no more, Feed me till I want no more,

Open now the crystal fountain Whence the healing streams do flow, Let the fire and cloudy pillar]Lead me all my journey through, Strong Deliverer, Strong deliverer Be Thou still my strength and shield. Be Thou still my strength and shield.

When I tread the verge of Jordan Bid my fears anxious subside Death of death, and hell's destruction, Land me safe on Canaan's side, Songs of praises, Songs of praises I will ever give to thee I will ever give to thee

COMMUNION HYMN

You who dwell in the shelter of the Lord, Who abide in His shadow for life, Say to the Lord, "My Refuge, My Rock in Whom I trust."

And He will raise you up on eagle's wings, Bear you on the breath of dawn, Make you to shine like the sun, And hold you in the palm of His Hand.

The snare of the fowler will never capture you, And famine will bring you no fear; Under His Wings your refuge, His faithfulness your shield.

You need not fear the terror of the night, Nor the arrow that flies by day, Though thousands fall about you, Near you it shall not come.

For to His angels He's given a command, To guard you in all of your ways, Upon their hands they will bear you up, Lest you dash your foot against a stone.

CLOSING HYMN

Thy hand, O God, has guided, Thy flock from age to age; The wondrous tale is written, Full clear, on every page; Our fathers owned Thy goodness, And we their deeds record; And both of this bear witness, One Church, one Faith, one Lord.

Thy heralds brought glad tidings, To greatest, as to least; They bade men rise, and hasten To share the great King's feast; And this was all their teaching, In every deed and word, To all alike proclaiming, One Church, one Faith, one Lord.

Through many a day of darkness, Through many a scene of strife, The faithful few fought bravely, To guard the nation's life, Their Gospel of redemption, Sin pardoned, man restored, Was all in this enfolded, One Church, one Faith, one Lord.

And we, shall we be faithless? Shall hearts fail, hands hang down? Shall we evade the conflict, And cast away our crown? Not so: in God's deep counsels Some better thing is stored: We will maintain, unflinching One Church, one Faith, one Lord.

Thy mercy will not fail us, Nor leave Thy work undone; With Thy right hand to help us, The victory shall be won; And then, by men and angels, Thy Name shall be adored, And this shall be their anthem One church, one faith, one Lord.

FIRST READING

The First reading is from the book of Exodus.

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God."'

And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

This is the word of the Lord.

Exodus 16

RESPONSORIAL PSALM

The Lord gave them bread from heaven.

The things we have heard and understood,
the things our fathers have told us,
these we will not hide from their children
but will tell them to the next generation: **R/**

The glories of the Lord
and his might

and the marvellous deeds
he has done,
Yet he commanded the clouds above
and opened the gates of heaven.
He rained down manna
for their food,
and gave them bread from heaven. **R/**

Mere men ate the bread of angels.
He sent them abundance of food;
So he brought them to his holy land,
to the mountain which his right hand
had won. **R/**

Psalm 78

SECOND READING

A reading from the letter of Paul to the Ephesians.

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

This is the word of the Lord.

Ephesians 4

GOSPEL ACCLAMATION:

Alleluia, alleluia!
I am the way, the truth and the life,
says the Lord; no one can come to
the Father except through me.
Alleluia!

GOSPEL

A reading from the Holy Gospel
according to St John.

So when the crowd saw that neither
Jesus nor his disciples were there, they
themselves got into the boats and
went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus 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. Do 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.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So 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? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."'

Then 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. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus 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.'

This is the Gospel of the Lord.

John 6