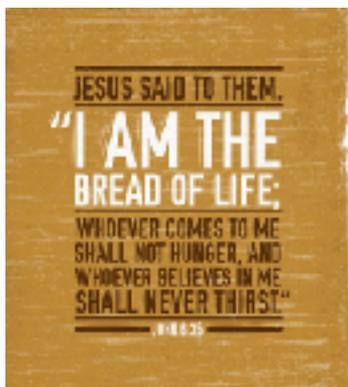


# St Saviour's Church

5 August 2018 - Trinity 10 (OT18)



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.

## Parish Notes:

**Thank You** - To Fr Graham for preaching and presiding this Sunday.

**Weekday Services** - No Monday mass this week and next week.

**Messy Church** - We will be trialling Messy Church in the Autumn with the first one at St Saviour's on Sunday 30 Sept at 4pm and then St German's on Oct 28 at 4pm. If you could help at either of this it would be most appreciated. More details in Sept.

**Sunday 19 August** - Ecumenical Celebration and vespers for the feast of the Assumption of Our Lady at St Marys Butetown at 8.30pm (with BBQ & Fireworks).

**Faith QI** - A new 6 week set of informal meetings for adults keen to know and understand more about our faith, liturgy, tradition and history (ideal for those exploring confirmation). Wednesdays 7:30 pm at the vicarage. Begins 5 Sept 2018. See website for more details. Placed limited and first come first served.

**PCC Meeting** - Tuesday 18 September at 6:30pm.

**Foodbank** - needed items: UHT milk, long life fruit juice, tinned potatoes and chocolate/sweets. Thank you again to all who continue to donate food each week.

**Fundraising Walk** - On Sat 18 August a few of us are hoping to join Fr Ben Rabjohns and a group from Penrhiwceiber as the walk to the Shrine of Our Lady of Penrhys. Sponsorship and all monies raised will go to parish funds. Watch this space for more details.

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**Recently Departed:** Nigel Emery, Douglas James Court

## This week:

### Sun 5 Trinity 10

9:30 Sung Mass (St S)

11am Sung Mass (St G)

### Mon 6:

No mass this week

The Transfiguration of Jesus (St G)

### Tues 7:

10am Mass (St S)

St Dominic

### Wed 8:

10am Mass (St G)

### Thur 9:

5:45pm Mass (St S)

St Theresa Benedicta

### Fri 10:

6pm Mass (St S)

St Laurence, Deacon

### Sat 11:

11am Mass

St Clare

### Sun 12: Trinity 11

*St Saviour's:*

9:30 Sung Mass;

*St German's:*

11:00 am Sung

## Parish Priest:

Fr Phelim O'Hare,  
02922 411229,  
[phelimohare@gmail.com](mailto:phelimohare@gmail.com)  
(Day off - Friday)

## Churchwardens:

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David Gibbons  
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[www.saintgermanwithsaintsaviour.org](http://www.saintgermanwithsaintsaviour.org)

## 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**

**GATHERING:**

1 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 surrounded, thou may'st smile at all thy foes.

2 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.

3 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.

4 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:**

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:**

I the Lord of sea and sky I have heard my people cry All who dwell in dark and sin, my hand will save I who made the stars of night I will make their darkness bright Who will bear my light to them? Whom shall I send?

*Here I am Lord, is it I Lord  
I have heard you calling  
in the night  
I will go Lord if you lead me  
I will hold your people  
in my heart*

I the Lord of snow and rain, I have borne my people's pain I have wept for love of them They turn away I will break their heart of stone Give them hearts for love alone I will speak my word to them Whom shall I send? **(Chorus)**

I the Lord of wind and flame I will tend the poor and lame I will set a feast for them My hand will save Finest bread I will provide Till their hearts be satisfied I will give my life to them Whom shall I send? **(Chorus)**

**FINAL 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

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*