

St Saviour's Church

8 August 2021 - Trinity 10 (OT19)



Elijah in the Wilderness

A simple story about a man who was close to despair because of hunger and a lack of nourishment. This story of course points to our spiritual hunger and in the same way that his body and spirit recovers from physical feeding, so too will our souls be nourished and sustained by the true bread come down from heaven that is Christ's presence, ministry and word.

Parish Notes:

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

Ministry Area - The Parochial Church Council agreed at our last meeting to give consent to the signing of the decree which allows St Saviour's to join with the other parishes of South Cardiff in forming a new ministry area. We also agreed that our ministry area transition team representatives will be: Liz Norman, Wendy Gibbins, David Gibbins and Janet Fotheringham. Also, in preparation for joining the new MA a decree has been passed by Bishop June and the diocese formally separating St German's and St Saviour's who will now be known by their previous parish titles. The MA transition team next meets on Monday 26 July and will look at the next steps in forming our new MA.

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.

Sanctuary Lamps available - If you would like to sponsor a lamp, please write your dedication on the list at the back of church and place your £4 donation in the candle box.

Recently Departed - David Pine, Doris Rose Tweney, Glenys Prosser.

This week:

Sun 8 OT19

9:30 Sung Mass (St S)

11am Sung Mass (St G)

Mon 9:

6:00pm Mass (St G)

Tues 10:

10:00 Mass (St S)

Wed 11:

10am Mass (St G)

Thur 12:

17:45 Mass (St S)

Fri 13:

No Mass (St S)

Sat 14:

No Mass (St S)

Sun 15: OT20

St Saviour's:

9:30 Sung Mass;

St German's:

11:00 am Sung Mass

Clergy:

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Churchwardens:

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READINGS THIS 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

READINGS NEXT WEEK

Exod 16:2-4, 12-15

Ps 78:3-4, 23-24, 25+54

Eph 4:17, 20-24

John 6:24-35

PSALM:

**Taste and see that the
Lord is good.**

COLLECT:

O God, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; 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

I am the bread of life.
He who comes to me
shall not hunger;
he who believes in me
shall not thirst.
No one can come to me
unless the Father draw him.

**And I will raise him up,
and I will raise him up,
and I will raise him up
on the last day.**

The bread that I will give
is my flesh for the life of the world,
and he who eats of this bread,
he shall live for ever,
he shall live for ever.

Unless you eat
of the flesh of the Son of Man
and drink of his blood,
and drink of his blood,
you shall not have life within you.

I am the resurrection,
I am the life.
He who believes in me
even if he die,
he shall live for ever.

Yes, Lord, I believe
that you are the Christ,
the Son of God,
who has come
into the world.

OFFERTORY HYMN

Holy, Holy, Holy! Lord God Almighty!
Early in the morning our song
shall rise to Thee.
Holy, Holy, Holy! Merciful and mighty!
God in three persons, blessed Trinity!

Holy, Holy, Holy!
All the saints adore Thee,
casting down their golden crowns
around the glassy sea;
cherubim and seraphim
falling down before Thee,
which wert and art and
evermore shalt be.

Holy, Holy, Holy!
though the darkness hide Thee,
though the eye made blind by sin
Thy glory may not see,
only Thou art holy;
there is none beside Thee,
perfect in pow'r, in love, and purity.

Holy, Holy, Holy! Lord God Almighty!
All Thy works shall praise Thy name
in earth and sky and sea.
Holy, Holy, Holy! Merciful and mighty!
God in three persons, blessed Trinity.

COMMUNION HYMN

We hail thy Presence glorious,
O Christ our great high Priest,
O'er sin and death victorious,
At thy thanksgiving feast:
As thou art interceding
For us in heaven above,
Thy Church on earth is pleading
Thy perfect work of love.

Through thee in every nation
Thine own their hearts upraise,
Offering one pure Oblation,
One Sacrifice of praise:
With thee in blest communion
The living and the dead
Are joined in closest union,
One Body with one Head.

O living Bread from heaven,
Jesu, our Saviour good,

Who thine own self hast given
To be our souls' true food;
For us thy body broken
Hung on the Cross of shame:
This Bread its hallowed token
We break in thy dear name.

O stream of love unending,
Poured from the one true Vine,
With our weak nature blending
The strength of life divine;
Our thankful faith confessing
In thy life-blood outpoured,
We drink this Cup of blessing
And praise thy name, O Lord.

May we thy word believing
Thee through thy gifts receive,
That, thou within us living,
We all to God may live;
Draw us from earth to heaven
Till sin and sorrow cease,
Forgiving and forgiven,
In love and joy and peace.

CLOSING HYMN

As the deer pants for the water
So my soul pants after you
You alone are my heart's desire
And I long to worship you

***You alone are my strength,
my shield
To you alone may my spirit yield
You alone are my heart's desire
and I long to worship you***

I want you more that gold and silver
Only you can satisfy
You alone are the real joy giver
And the apple of my eye.
(*Chorus*)

Your're my friend and
you are my brother
Even though you are a king
I love you more that any other
So much more that anything.
(*Chorus*)

FIRST READING

The First reading is from the 1st book of the Kings.

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'O Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

This is the word of the Lord.

1 Kings 19

RESPONSORIAL PSALM

**Taste and see
that the Lord is good.**

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its
boast.

The humble shall hear and be glad.

R/

Glorify the Lord with me.

Together let us praise his name.

I sought the Lord and he answered
me;

from all my terrors he set me free.

R/

Look towards him and be radiant;
let your faces not be abashed.

This poor man called, the Lord
heard him

and rescued him from all his
distress. **R/**

The angel of the Lord is encamped

around those who revere him, to
rescue them.

Taste and see that the Lord is good.

He is happy who seeks refuge in
him. **R/**

Psalm 34

SECOND READING

A reading from the letter of Paul to
the Ephesians.

Do not grieve the Holy Spirit of God
who has marked you with his seal
for you to be set free when the day
comes. Never have grudges against
others, or lose your temper, or raise
your voice to anybody, or call each
other names, or allow any sort of
spitefulness. Be friends with one
another, and kind, forgiving each
other as readily as God forgave you
in Christ.

Try, then, to imitate God as
children of his that he loves and
follow Christ loving as he loved you,
giving himself up in our place as a
fragrant offering and a sacrifice to
God.

This is the word of the Lord.

Ephesians 4

GOSPEL ACCLAMATION:

Alleluia, alleluia!

I am the living bread which has
come down from heaven, says the
Lord. Anyone who eats this bread
will live for ever.

Alleluia!

GOSPEL

A reading from the Holy Gospel
according to St John.

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.
Then the Jews began to complain
about him because he said, 'I am the
bread that came down from heaven.'
They were saying, 'Is not this Jesus,
the son of Joseph, whose father and
mother we know? How can he now
say, "I have come down from
heaven"?' Jesus answered them, 'Do

not complain among yourselves. No
one can come to me unless drawn by
the Father who sent me; and I will
raise that person up on the last day.
It is written in the prophets, "And
they shall all be taught by God."

Everyone who has heard and
learned from the Father comes to
me. Not that anyone has seen the
Father except the one who is from
God; he has seen the Father. Very
truly, I tell you, whoever believes has
eternal life. I am the bread of life.
Your ancestors ate the manna in the
wilderness, and they died. This is
the bread that comes down from
heaven, so that one may eat of it
and not die. I am the living bread
that came down from heaven.
Whoever eats of this bread will live
for ever; and the bread that I will
give for the life of the world is my
flesh.'

This is the Gospel of the Lord.

John 6