



15th AUGUST 11th Sunday after Trinity

HYMN Yet not I but through Christ in me

What gift of grace is Jesus my redeemer
There is no more for heaven now to give
He is my joy, my righteousness, and freedom
My steadfast love, my deep and boundless peace

To this I hold, my hope is only Jesus
For my life is wholly bound to His
Oh how strange and divine, I can sing, "All is mine"
Yet not I, but through Christ in me

The night is dark but I am not forsaken
For by my side, the Saviour He will stay
I labour on in weakness and rejoicing
For in my need, His power is displayed

To this I hold, my Shepherd will defend me
Through the deepest valley He will lead
Oh the night has been won, and I shall overcome
Yet not I, but through Christ in me

With every breath I long to follow Jesus
For He has said that He will bring me home
And day by day I know He will renew me
Until I stand with joy before the throne

To this I hold, my hope is only Jesus
All the glory evermore to Him
When the race is complete, still my lips shall repeat] *repeat*
Yet not I, but through Christ in me]

**All In my head,
in my heart
and all around me,
Jesus is here**

The Lord be with you
All and also with you

WE SAY SORRY

For the times we expect thanks and appreciation
but are reluctant to show gratitude
Lord, forgive us and help us.

For the times we are greedy and wasteful
Lord, forgive us and help us.

For unkind thoughts and lack of generosity
Lord, forgive us and help us.

For all we have failed to do and all we would like to undo
Lord, forgive us and help us.

GOD FORGIVES US

COLLECT

READING Proverbs 9.1–6

Wisdom has built her house, she has hewn her seven pillars.
She has slaughtered her animals, she has mixed her wine,
she has also set her table.

She has sent out her servant-girls, she calls
from the highest places in the town,
'You that are simple, turn in here!' To those without sense she says,
'Come, eat of my bread and drink of the wine I have mixed.
Lay aside immaturity, and live, and walk in the way of insight.'

HYMN Let us break bread together on our knees

Let us break bread together on our knees,
Let us break bread together on our knees.
When I fall on my knees with my face to the rising sun,
O Lord, have mercy on me.

Let us drink wine together on our knees,
Let us drink wine together on our knees.
When I fall on my knees with my face to the rising sun,
O Lord, have mercy on me.

Let us praise God together on our knees,
Let us praise God together on our knees.
When I fall on my knees with my face to the rising sun,
O Lord, have mercy on me.

Let us praise God together on our knees,
Let us praise God together on our knees.
When I fall on my knees with my face to the rising sun,
O Lord, have mercy if you please.

GOSPEL John 6.51–58

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.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever

eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

TALK

WE AFFIRM OUR FAITH

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit. Amen. *cf Ephesians 3***

PRAYERS *concluding with*

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Lead us not into temptation
but deliver us from evil.**

**For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

THE PEACE

The Peace of the Lord be always with you

All and also with you

OFFERTORY HYMN Before the Throne of God Above

Before the throne of God above
I have a strong and perfect plea
A great High Priest whose name is love
Who ever lives and pleads for me
My name is graven on His hands
My name is written on His heart
I know that while in heav'n He stands
No tongue can bid me thence depart
No tongue can bid me thence depart

When Satan tempts me to despair
And tells me of the guilt within
Upward I look and see Him there
Who made an end to all my sin
Because the sinless Saviour died
My sinful soul is counted free
For God the Just is satisfied
To look on Him and pardon me
To look on Him and pardon me

Behold Him there, the risen Lamb
My perfect, spotless Righteousness
The great unchangeable I AM
The King of glory and of grace
One with Himself, I cannot die
My soul is purchased by His blood
My life is hid with Christ on high
With Christ my Saviour and my God

COMMUNION

Be present, be present,
Lord Jesus Christ,
our risen high priest;
make yourself known in the breaking of bread. **Amen.**

The Lord is here.
His Spirit is with us.

Lift up your hearts.
We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give thanks and praise.

The prayer continues ...

evermore praising you and saying:

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

the prayer continues ...

for ever and ever. **Amen.**

Breaking of the Bread

We break this bread to share in the body of Christ.
**Though we are many, we are one body,
because we all share in one bread.**

AGNUS DEI

Jesus, Lamb of God: have mercy on us.

Jesus, bearer of our sins: have mercy on us.

Jesus, redeemer of the world: grant us peace.

INVITATION TO COMMUNION

COMMUNION HYMN

Eat this bread, drink this cup.

Come to me and never be hungry.

Eat this bread, drink this cup.

Trust in me and you will not thirst.

PRAYER AFTER COMMUNION

NOTICES

HYMN Alleluia, Sing to Jesus

Alleluia, Sing to Jesus!

his the sceptre, his the throne.

alleluia, his the triumph,

his the victory alone:

hark, The songs of peaceful Sion

thunder like a mighty flood:

Jesus out of every nation

hath redeemed us by his blood.

Alleluia, not as orphans

are we left in sorrow now;

alleluia, he is near us,

faith believes, nor questions how:

though the cloud from sight received him

when the forty days were o'er,

shall our hearts forget his promise:

"I am with you evermore"?

Alleluia, bread of angels,
Here on earth our food, our stay;
alleluia, here the sinful
flee to thee from day to day:
Intercessor, Friend of sinners,
earth's Redeemer, plead for me,
where the songs of all the sinless
sweep across the crystal sea.

Alleluia, King eternal,
thee the Lord of lords we own;
alleluia, born of Mary,
earth thy footstool, heaven thy throne.
thou within the veil hast entered,
robed in flesh, our great High Priest;
thou on earth both Priest and Victim
in the eucharistic feast.

BLESSING