

### COLLECT

Almighty God,  
who sent your Holy Spirit  
to be the life and light of your Church:  
open our hearts to the riches of your  
grace,  
that we may bring forth the fruit of  
the Spirit  
in love and joy and peace;  
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.

### FIRST READING Exodus 16:2-4. 9-15

*A reading from the book of Exodus.*

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The 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." Then 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." Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'" And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, "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.'" In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When 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."

### PSALM Psalm 78:23-29

**R** O Lord, how glorious are your works.

So he commanded the clouds above  
and opened the doors of heaven.  
He rained down upon them manna to eat

and gave them the grain of heaven.  
So mortals ate the bread of angels;  
he sent them food in plenty. **R**

He caused the east wind to blow in the heavens  
and led out the south wind by his might.  
He rained flesh upon them as thick as dust  
and winged fowl like the sand of the sea. **R**

He let it fall in the midst of their camp  
and round about their tents.  
So they ate and were well filled,  
for he gave them what they desired. **R**

### SECOND READING Ephesians 4:1-16

*A reading from the letter of Paul to the Ephesians.*

I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until 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. We 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. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from 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.

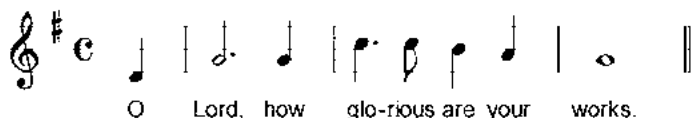
### GOSPEL John 6:24-35

*Hear the gospel of our Lord Jesus Christ according to John.*

When 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. 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."

### POST COMMUNION

Holy Father,  
who gathered us here around the table of  
your Son  
to share this meal with the whole  
household of God:  
in that new world where you reveal  
the fullness of your peace,  
gather people of every race and  
language to share in the eternal  
banquet of Jesus Christ our Lord.



**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.

**FIRST READING 1 Kings 19:4-8**

*A reading from the first book of Kings.*

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

**PSALM Psalm 34:1-8**

**R** *O taste and see that the Lord is gracious.*

I will bless the Lord at all times;  
his praise shall ever be in my mouth.  
My soul shall glory in the Lord;  
let the humble hear and be glad.  
O magnify the Lord with me;  
let us exalt his name together. **R**

I sought the Lord and he answered me  
and delivered me from all my fears.  
Look upon him and be radiant  
and your faces shall not be  
ashamed. **R**

This poor soul cried, and the Lord heard me  
and saved me from all my troubles.  
The angel of the Lord encamps around those who fear him  
and delivers them.  
O taste and see that the Lord is gracious;  
blessed is the one who trusts in him. **R**

**SECOND READING**

**Ephesians 4:25 – 5:2**

*A reading from the letter of Paul to the Ephesians.*

Putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

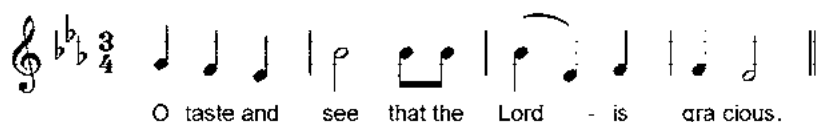
**GOSPEL John 6:35. 41-51**

*Hear the gospel of our Lord Jesus Christ according to John.*

Jesus said to the crowd, "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."

**POST COMMUNION**

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.



## 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.

## FIRST READING Proverbs 9:1-6

*A reading from the book of Proverbs.*

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."

## PSALM Psalm 34:9-14



**R** Come, children, and listen  
to me; I will teach you the fear of  
the Lord.

Fear the Lord, all you his holy  
ones,  
for those who fear him lack  
nothing.  
Lions may lack and suffer hunger,

but those who seek the Lord  
lack nothing that is good. **R**

Come, my children, and listen to  
me;  
I will teach you the fear of the  
Lord.

Who is there who delights in life  
and longs for days to enjoy good  
things? **R**

Keep your tongue from evil  
and your lips from lying words.  
Turn from evil and do good;  
seek peace and pursue it. **R**

## SECOND READING

### Ephesians 5:15-20

*A reading from the letter of Paul  
to the Ephesians.*

Brothers and sisters, be careful  
then how you live, not as unwise  
people but as wise, making  
the most of the time, because  
the days are evil. So do not be  
foolish, but understand what  
the will of the Lord is. Do not  
get drunk with wine, for that is  
debauchery; but be filled with  
the Spirit, as you sing psalms  
and hymns and spiritual songs  
among yourselves, singing and  
making melody to the Lord in  
your hearts, giving thanks to  
God the Father at all times and  
for everything in the name of our  
Lord Jesus Christ.

## GOSPEL John 6:51-58

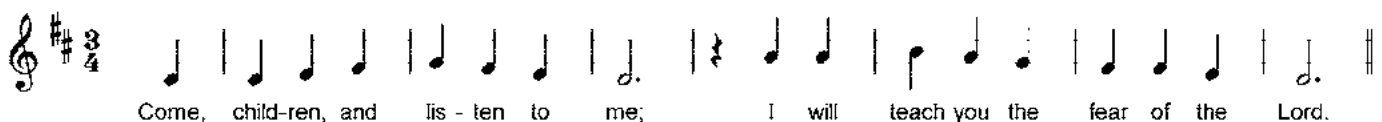
*Hear the gospel of our Lord  
Jesus Christ according to John.*

Jesus said to the crowd: "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."

## POST COMMUNION

Lord of all mercy,  
we your faithful people have  
celebrated that one true  
sacrifice  
which takes away our sins and  
brings pardon and peace:  
by our communion  
keep us firm on the foundation  
of the gospel  
and preserve us from all sin;  
through Jesus Christ our Lord.



**COLLECT**

Almighty and everlasting God,  
you are always more ready to  
hear than we to pray  
and to give more than either  
we desire or deserve:  
pour down upon us the  
abundance of your mercy,  
forgiving us those things of which our  
conscience is afraid  
and giving us those good things  
which we are not worthy to ask  
but through the merits and mediation  
of 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.

**FIRST READING**

**Joshua 24:1-2a. 14-18**

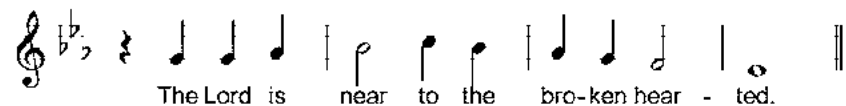
*A reading from the book of Joshua.*

Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, "Now therefore revere the LORD, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD. Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD." Then the people answered, "Far be it from us that we should forsake the LORD to serve other gods; for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God."

**PSALM Psalm 34:15-22**

**R** *The Lord is near to the broken hearted.*

The eyes of the Lord are upon the righteous



and his ears are open to their cry.  
The face of the Lord is against those  
who do evil,  
to root out the remembrance of them  
from the earth. **R**

The righteous cry and the Lord hears  
them  
and delivers them out of all their  
troubles.

The Lord is near to the brokenhearted  
and will save those who are crushed in  
spirit. **R**

Many are the troubles of the righteous;  
from them all will the Lord deliver them.  
He keeps all their bones,  
so that not one of them is broken. **R**

But evil shall slay the wicked  
and those who hate the righteous will  
be condemned.

The Lord ransoms the life of his servants  
and will condemn none who seek  
refuge in him. **R**

**SECOND READING Ephesians 6:10-20**

*A reading from the letter of Paul to the Ephesians.*

Be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains.

Pray that I may declare it boldly, as I must speak.

**GOSPEL John 6:56-69**

*Hear the gospel of our Lord Jesus Christ according to John.*

Jesus said to the crowd: "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." He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father." Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

**POST COMMUNION**

God of all mercy,  
in this eucharist you have set aside our  
sins  
and given us your healing:  
grant that we who are made whole in  
Christ  
may bring that healing to this broken  
world,  
in the name of Jesus Christ our Lord.

## COLLECT

Almighty God,  
who called your Church to bear witness  
that you were in Christ reconciling the  
world to yourself:  
help us to proclaim the good news of  
your love,  
that all who hear it may be drawn to  
you;  
through him who was lifted up on the  
cross,  
and reigns with you in the unity of the  
Holy Spirit,  
one God, now and for ever.

## FIRST READING

**Deuteronomy 4:1-2. 6-9**

*A reading from the book of  
Deuteronomy.*

Moses spoke to the people; he said:  
So now, Israel, give heed to the statutes  
and ordinances that I am teaching  
you to observe, so that you may live  
to enter and occupy the land that the  
LORD, the God of your ancestors,  
is giving you. You must neither add  
anything to what I command you nor  
take away anything from it, but keep  
the commandments of the LORD your  
God with which I am charging you. You  
must observe them diligently, for this  
will show your wisdom and discernment  
to the peoples, who, when they hear  
all these statutes, will say, "Surely this  
great nation is a wise and discerning  
people!" For what other great nation  
has a god so near to it as the LORD our  
God is whenever we call to him? And  
what other great nation has statutes  
and ordinances as just as this entire law  
that I am setting before you today? But  
take care and watch yourselves closely,  
so as neither to forget the things that  
your eyes have seen nor to let them slip  
from your mind all the days of your life;  
make them known to your children and  
your children's children.

## PSALM Psalm 15

**R** *Through the greatness of your  
mercy, I will come into your house.*

Lord, who may dwell in your  
tabernacle?  
Who may rest upon your holy hill?

Whoever leads an uncorrupt life  
and does the thing that is right; **R**

Who speaks the truth from the heart  
and bears no deceit on the tongue;  
Who does no evil to a friend  
and pours no scorn on a neighbour; **R**

In whose sight the wicked are not  
esteemed,  
but who honours those who fear the  
Lord.

Whoever has sworn to a neighbour  
and never goes back on that word; **R**

Who does not lend money in hope of  
gain,  
nor takes a bribe against the innocent;  
Whoever does these things  
shall never fall. **R**

## SECOND READING James 1:17-end

*A reading from the letter of James.*

Every generous act of giving, with every  
perfect gift, is from above, coming  
down from the Father of lights, with  
whom there is no variation or shadow  
due to change. In fulfilment of his own  
purpose he gave us birth by the word  
of truth, so that we would become a  
kind of first fruits of his creatures. You  
must understand this, my beloved: let  
everyone be quick to listen, slow to  
speak, slow to anger; for your anger  
does not produce God's righteousness.  
Therefore rid yourselves of all sordidness  
and rank growth of wickedness, and  
welcome with meekness the implanted  
word that has the power to save your  
souls. But be doers of the word, and not  
merely hearers who deceive themselves.  
For if any are hearers of the word and  
not doers, they are like those who look  
at themselves in a mirror; for they look  
at themselves and, on going away,  
immediately forget what they were like.  
But those who look into the perfect law,  
the law of liberty, and persevere, being  
not hearers who forget but doers who  
act – they will be blessed in their doing.  
If any think they are religious, and do  
not bridle their tongues but deceive  
their hearts, their religion is worthless.  
Religion that is pure and undefiled  
before God, the Father, is this: to care  
for orphans and widows in their distress,

and to keep oneself unstained by the  
world.

## GOSPEL Mark 7:1-8. 14-15. 21-23

*Hear the gospel of our Lord Jesus  
Christ according to Mark.*

When the Pharisees and some of the  
scribes who had come from Jerusalem  
gathered around Jesus, they noticed  
that some of his disciples were eating  
with defiled hands, that is, without  
washing them. (For the Pharisees, and  
all the Jews, do not eat unless they  
thoroughly wash their hands, thus  
observing the tradition of the elders;  
and they do not eat anything from the  
market unless they wash it; and there  
are also many other traditions that they  
observe, the washing of cups, pots,  
and bronze kettles.) So the Pharisees  
and the scribes asked him, "Why do  
your disciples not live according to  
the tradition of the elders, but eat  
with defiled hands?" Jesus said to  
them, "Isaiah prophesied rightly about  
you hypocrites, as it is written, 'This  
people honours me with their lips, but  
their hearts are far from me; in vain  
do they worship me, teaching human  
precepts as doctrines.' You abandon  
the commandment of God and hold to  
human tradition." Then he called the  
crowd again and said to them, "Listen  
to me, all of you, and understand:  
there is nothing outside a person that  
by going in can defile, but the things  
that come out are what defile. For it is  
from within, from the human heart, that  
evil intentions come: fornication, theft,  
murder, adultery, avarice, wickedness,  
deceit, licentiousness, envy, slander,  
pride, folly. All these evil things come  
from within, and they defile a person."

## POST COMMUNION

God our creator,  
you feed your children with the true  
manna,  
the living bread from heaven:  
let this holy food sustain us through  
our earthly pilgrimage  
until we come to that place where  
hunger and thirst are no more;  
through Jesus Christ our Lord.

