Dear friends
I am pleased to enclose this week's service, prepared by Judith. There is a bread-y theme to this week's readings, and she has suggested the following two hymns.

'Cwm Rhondda', sung enthusiastically here from a Songs of praise recording, with words to join in:
https://youtu.be/aHv5plYtse0

'Bread of heaven', also with lyrics, courtesy of Chet Valley churches:
https://youtu.be/XcmNJDDS6XQ

While on bread, here is 'Panis Angelicus', the setting by César Franck, sung by a choir somewhere in the Fenlands:
https://youtu.be/PK3TeWqSAZk

and 'Eat this bread', a transatlantic version of the Taizé chant:
https://youtu.be/I1szB_qtDpw

I know it's unseasonal, and nothing to do with bread, but here from Martin, 'Go Tell It on the Mountain' by The Petersens (LIVE). A lovely bluegrass version of this old favourite from a talented family:
https://www.youtube.com/watch?v=W_GgZsUyzHA
Some other good stuff if you let the clip roll on…

Finally, if you fancy an organ recital, here is a recent one by Thomas Trotter, again from King's; pieces by Maurice Duruflé and the contemporary Canadian composer Rachel Laurin. Trotter demonstrates some of the features of this splendid organ:
https://youtu.be/eLBkWYLIMYs

Enjoy!
Chris

Service sheet for Sunday 1st August
9th Sunday after Trinity

Thirsty for you, O Christ, let us drink of the Living Water. Hungry for you, let us taste the Bread of Life. Lost without you, let us hear the Shepherd's voice. Amen *(Anselm of Canterbury, c.1033-1109)*

CONFESSION

O God our Father, we know our own weaknesses; our minds are darkened, and by ourselves we cannot resist temptation, or bring to its completion that which we resolved to do. We ask you to enlighten us, to strengthen us, to guide us, that we may know you and love you, and follow you all the days of our life. *(William Barclay)*

May the God of all healing and forgiveness draw us to himself, and cleanse us from all our sins that we may behold the glory of his Son, the Word made flesh, Jesus Christ our Lord. Amen. (Common Worship)

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. Amen.

READINGS

Exodus 16: 2-4, 9-15; Psalm 78: 23-29;
Ephesians 4: 1-16; John 6: 24-35

REFLECTION

If you had to describe one food as universal, it would be bread. There are different versions of this staple food all over the world. Leavened or unleavened, plain or flavoured, the combination of any sort of flour and water, with or without the addition of yeast, bread is truly a staple food, known to have been made and eaten for at least 25,000 years. God provided 'bread from heaven' to the hungry Israelites in the desert. Jesus describes *himself* as this staple 'food', essential spiritual nourishment, but his earthly listeners find it hard to grasp his heavenly meaning. The crowd has witnessed or heard of a miracle; over five thousand people have been fed! *Their* minds are fixed on the daily basic food which they eat as part of their regular diet; they want more. Jesus chooses bread as an illustration in his attempt to show them that following his life, 'coming to him', is as essential spiritually as daily loaves are needful for bodily growth. The crowd isn't really able to grasp explanation; like the uncomprehending Israelites in the time of Moses, they don't understand 'bread from heaven'. Paul spends most of his life in Christ pouring out explanation after explanation of the meaning of Jesus's ministry. It is Christ, he tells the Ephesians, who will enable the body of the church to grow, and to build itself up in love.

PRAYERS

Make us receptive and open, and may we accept your kingdom like children taking bread from the hands of their father. Let us live in peace, at home with you, all the days of our lives. (Huub Oosterhuis)

Lord, we pray for the church, and for all who worship you today throughout the world. Give us today our daily bread, enabling us to grow in the knowledge of the truth of your love, and help us to share that love with all whom we will meet in the coming week.

We pray for all who are suffering, in body, mind or spirit; for the sick, the lonely and the anxious. We continue to pray for those throughout the world who are hungry or living in poverty. We give thanks for aid workers, and for the many charities, large and small, whose purpose is to care for the needy. We take a quiet moment to pray for those we love…….

We pray for people who are searching for spiritual understanding, for all who are desperate to know more of your love, but don't know where to look.

Show me your ways, O Lord, and teach me your paths. Lead me in your truth and guide me, for you are the God of my salvation, and my hope is in you all the day long. (Psalm 24: 4-5)

We say **THE LORD'S PRAYER**

We share **THE GRACE**

A FINAL THOUGHT

For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part, then I will know fully, even as I have been fully known.
1 Corinthians 13: 12