



Holy Innocents Kingsbury

holyinnocentskingsbury.org.uk

1st August 2021,

Trinity 9 Proper 13, Year B

Welcome to Holy Innocents.

To use the loop system, switch your hearing aid to 'T'.

If you would like someone to be mentioned in the prayers today please ask one of the ministers before the service begins.

Readings & Hymns for today

Stand when the hymn begins.

Services Today

10.00am Eucharist

Services this week

Tuesday 10.00am Morning Prayer & coffee

Thursday 10.00am Said Eucharist followed by coffee

Wednesday & Friday 9.15am Morning Prayer (please let Sophie know if you'd like to join her)

Next Sunday 8th August

The Transfiguration

10.00am Eucharist

Next Week's Readings

Daniel 7: 9-10, 13-14; Psalm 97; 2 Peter 1: 16-19; Luke 9: 28-36

Processional hymn: *Tune; Ratisbon*

- 1 Christ, whose glory fills the skies,
Christ, the true, the only light,
Sun of Righteousness, arise,
Triumph o'er the shades of night;
Dayspring from on high, be near;
Daystar, in my heart appear.**
- 2 Dark and cheerless is the morn
Unaccompanied by thee;
Joyless is the day's return,
Till thy mercy's beams I see,
Till they inward light impart,
Glad my eyes, and warm my heart.**
- 3 Visit then this soul of mine,
Pierce the gloom of sin and grief;
Fill me, radiancy divine,
Scatter all my unbelief;
More and more thyself display,
Shining to the perfect day.**

By Charles Wesley (1707-1788) AM 2

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**

OLD TESTAMENT READING

Exodus 16: 2-4, 9-15

A reading from the book of Exodus.

²The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The 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.'

⁴Then 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.

⁹Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the LORD, for he has heard your complaining."'¹⁰And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the LORD appeared in the cloud. ¹¹The LORD spoke to Moses and said, ¹²'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."'

¹³In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When 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.

For the word of the Lord
Thanks be to God

PSALM 78: 23-29

23 So he commanded the clouds above ♦ and opened the doors of heaven.

24 He rained down upon them manna to eat ♦ and gave them the grain of heaven.

25 So mortals ate the bread of angels; ♦ he sent them food in plenty.

26 He caused the east wind to blow in the heavens ♦ and led out the south wind by his might.

27 He rained flesh upon them as thick as dust ♦ and winged fowl like the sand of the sea.

28 He let it fall in the midst of their camp ♦ and round about their tents.

29 So they ate and were well filled, ♦ for he gave them what they desired.

NEW TESTAMENT READING

Ephesians 4: 1-16

A reading from the letter of Paul to the Ephesians.

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

⁷ But each of us was given grace according to the measure of Christ's gift. ⁸Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' ⁹(When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until 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. ¹⁴We 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. ¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from whom the whole body, joined and knitted 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.

For the word of the Lord
Thanks be to God

GOSPEL READING

John 6: 24-35

The Lord be with you

And also with you

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

Glory to you O Lord

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.

²⁵ When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' ²⁶Jesus 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. ²⁷Do 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.' ²⁸Then they said to him, 'What must we do to perform the works of God?' ²⁹Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' ³⁰So 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?' ³¹Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' ³²Then 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. ³³For

the bread of God is that which comes down from heaven and gives life to the world.'³⁴ They said to him, 'Sir, give us this bread always.'

³⁵ 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.
Praise to you, O Christ.

Offertory Hymn: *Tune; Michael*

- 1 All my hope on God is founded;
He doth still my trust renew.
Me through change and chance he
guideth,
Only good and only true.
God unknown,
He alone
Calls my heart to be his own.**
- 2 Human pride and earthly glory,
Sword and crown betray his trust;
What with care and toil he
buildeth,
Tower and temple, fall to dust.
But God's power,
Hour by hour,
Is my temple and my tower.**
- 3 God's great goodness aye
endureth,
Deep his wisdom, passing thought:
Splendour, light, and life attend
him,
Beauty springeth out of naught.
Evermore
From his store
New-born worlds rise and adore.**

**4 Daily doth th' Almighty giver
Bounteous gifts on us bestow;
His desire our soul delighteth,
Pleasure leads us where we go.
Love doth stand
At his hand;
Joy doth wait on his command.**

**5 Still from earth to God eternal
Sacrifice of praise be done,
High above all praises praising
For the gift of Christ his Son.
Christ doth call
One and all:
Ye who follow shall not fall.**

Robert Seymour Bridges (1844-1930)
based on Meine Hoffnung stehet feste,
by Joachim Neander (1650-1680)
AM 584*

If you are unable to receive the bread
and the wine you may wish to use this
Prayer of Spiritual Communion instead.

**Almighty God
In union with the faithful at every altar
of your church,
Where your blessed body and blood
are being offered to the Father,
I desire to offer you praise and
thanksgiving
I present to you my soul and body,
With the earnest wish that I may ever
be united to you.
And since I now cannot receive you
sacramentally,
I ask you to come spiritually into my
heart,
I unite myself to you.
And embrace you with all the
affections of my soul.**

Let nothing ever separate me from you.

Let me live and die in your love

Amen

POST COMMUNION PRAYER

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. **Amen**

Recessional Hymn: *tune; CWM Rhondda*

**1 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,
Feed me now and evermore.**

**2 Open now the crystal fountain
Whence the healing stream doth
flow;
Let the fiery cloudy pillar
Lead me all my journey through:
Strong deliverer,
Be thou still my strength and
shield.**

**3 When I tread the verge of Jordan,
Bid my anxious fears subside;
Death of death, and hell's
destruction,
Land me safe on Canaan's side:
Songs and praises
I will ever give to thee.**

Arglwydd, arwain trwy'r anialwch

William Williams (1717-1791)

*Tr. by Peter Williams (1727-1796)**

AM 652

CL 424001 dated 01.08.2021

Notices

Diary of upcoming events: for details see notices below or notices in church.

Day	Date	Time	Event	Place
Sun	1 Aug	12.00pm	Monthly Lunch	<i>The Preston</i>
Sun	13 Aug	11.15am	Traidcraft	<i>Church</i>

How Church will be after 19th July following the updated Church of England guidance due to the Government's relaxation of COVID restrictions:

Entry: We will continue to ask everyone to register as you come to church and encourage the use of hand sanitiser.

However, we will no longer need to enter and exit by specific doors.

Masks: Following the government advice masks are not compulsory but they are "expected and recommended". Please do feel encouraged to wear a mask if you want to.

Distancing: We will remove the ribbons from most of the pews. However, we will leave the ribbons on the back pews for those who might still like some more space. We are all reacting differently to the lifting of restrictions; some of us feel comfortable shaking hands and being close but others will want to keep 2m distance from each other.

Congregational Singing: We will be singing hymns and the Gloria but will continue to say the Psalm.

Collection: We will be passing the collection plates around during the Offertory hymn. Please do give what you can.

Common Cup: Given the continued potential risks to health, we will not reintroduce the common cup at this point. We will therefore continue with communion in one kind and distribution by the chancel steps as we have been.

Tea and Coffee: This is beginning again – please do spread outside though when you can.

Please do chat with me if you have any concerns or comments about any of these steps.

With love & prayers

Sophie

Sarah Lax's funeral will be at 1pm on Wednesday 4th August at Golders Green. Unfortunately, the numbers that can attend are limited. If you are unable to attend you may wish to use this prayer;

Loving God, you tell us to look forward to a day when your kingdom shall come and your will be done;

a time when there will be no more sorrow and death and when every tear will be wiped from our eyes.

Until that time comes, help us to find comfort in your love.

I commend Sarah to you, grant them your eternal peace.

I pray for Sarah's family and friends and each person who is so much poorer now Sarah is no longer with us in the same way.

Support us all in the days ahead. Amen

Berry's Bakery is back on 7th August, 2pm-4pm in church. Please place your orders on the form in the Narthex or see Carl. Please come along and support in aid of the Children's Society. Refreshments also available.

Readings for Morning Prayer Numbers 12: 1-13; Psalm 51: 1-8; Matthew 14: 22-end

Readings for Thursday Eucharist Numbers 20: 1-13; Psalm 95: 1, 8-end; Matthew 16: 13-23

For your prayers

The sick & those recovering from surgery: Coral; Robin; Dennis; Cynthia; Ann; Phyllis B; Dorothy; Desmond; Keith.

Others in need of prayer: Jackie; Paul; Zoe; Adam; Rebecca; Tia; John.

The family and friends of Sarah Lax mourning her passing.

Anniversary of death: Edward Jones; Bill Scott-Gordon.

Contact Details

www.holyinnocentskingsbury.org.uk

Find us on facebook & twitter via our website

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