

Tenth Sunday after Trinity

INTRODUCTION

INTROIT HYMN— **329** *Celebration Hymnal*

In the name of the Father, and of ✠ the Son,
and of the Holy Spirit.

All respond: Amen.

The Lord be with you.
And also with you.

The PRAYERS OF PENITENCE are introduced.

**Almighty God, our heavenly Father,
we have sinned against you,
through our own fault,
in thought, and word, and deed,
and in what we have left undone.
We are heartily sorry,
and repent of all our sins.
For your Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may serve you
in newness of life,
to the glory of your name. Amen.**

Almighty God, who forgives all who truly
repent, have mercy upon you, pardon ✠ and
deliver you from all your sins, confirm and
strengthen you in all goodness, and keep you
in life eternal; through Jesus Christ our Lord.
Amen.

KYRIE ELEÏSON is sung.

**Lord, have mercy. Lord, have mercy.
Christ, have mercy. Christ, have mercy.
Lord, have mercy. Lord, have mercy.**

GLORIA IN EXCELSIS is sung.

**Glory to God in the highest, and peace to
his people on earth.**

**Lord God, heavenly King, almighty God
and Father, we worship you, we give you
thanks, we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God, you take away the
sin of the world: have mercy on us; you**

**are seated at the right hand of the Father:
receive our prayer.**

**For you alone are the Holy One, you
alone are the Lord, you alone are the Most
High, Jesus Christ, with the Holy Spirit, in
the glory ✠ of God the Father. Amen.**

All remain standing for the 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. **Amen.**

LITURGY OF THE WORD

Readings for Year B, Proper 13

FIRST READING

Exo 16.2-4,9-15

A reading from the book of Exodus.

The whole congregation of the people of
Israel grumbled against Moses and Aaron
in the wilderness, and the people of Israel said
to them, "Would that we had died by the hand
of the Lord in the land of Egypt, when we sat
by the meat pots and ate bread to the full, for
you have brought us out into this wilderness
to kill this whole assembly with hunger."

Then the Lord said to Moses, "Behold,
I am about to rain bread from heaven for
you, and the people shall go out and gather a
day's portion every day, that I may test them,
whether they will walk in my law or not."

Then Moses said to Aaron, "Say to the
whole congregation of the people of Israel,
'Come near before the Lord, for he has heard
your grumbling.'" And as soon as Aaron
spoke to the whole congregation of the people
of Israel, they looked towards the wilderness,
and behold, the glory of the Lord appeared
in the cloud. And the Lord said to Moses, "I
have heard the grumbling of the people of
Israel. Say to them, 'At twilight you shall eat
meat, and in the morning you shall be filled

with bread. Then you shall know that I am the Lord your God.” In the evening quail came up and covered the camp, and in the morning dew lay around the camp. And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as frost on the ground. When the people of Israel saw it, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread that the Lord has given you to eat.”

This is the Word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

from Ps 78

℟. The Lord gave them bread from heaven.

(All repeat)

The Lord commanded the clouds above and opened the doors of heaven.

He rained down manna for their food and gave them bread from heaven. ℟.

Mere men ate the bread of angels; he sent them abundance of food.

He rained down flesh upon them like dust and winged birds like the sand of the sea. ℟.

He let it fall in the midst of their camp and round about their dwellings.

So they ate and were filled,

for he gave them what they craved. ℟.

SECOND READING

Eph 4.1–16

A reading from the letter of Paul to the Ephesians.

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager 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 that belongs to your call – one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all. But grace was given to each one of us according to the measure

of Christ’s gift. Therefore it says, “When he ascended on high he led a host of captives, and he gave gifts to men.” (In saying, “He ascended”, what does it mean but that he had also descended into the lower regions, the earth? He who descended is the one who also ascended far above all the heavens, that he might fill all things.) And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

This is the Word of the Lord.

Thanks be to God.

GRADUAL HYMN—**208**

GOSPEL ACCLAMATION

Mt 4.4

Alleluia. Man does not live by bread alone: but by every word that comes from the mouth of God. **Alleluia.**

GOSPEL READING

Jn 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.

When the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus.

When they found him on the other side of the sea, they said to him, “Rabbi, when did

you come here?" Jesus answered them, "Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. Do not labour for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal." Then they said to him, "What must we do, to be doing 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, "Then what sign do you do, that we may see and believe you? What work do you perform? Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. For the bread of God is he who 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 shall not hunger, and whoever believes in me shall never thirst."

This is the Gospel of the Lord.

Praise to you, O Christ.

A SERMON *may follow.*

All *stand* to recite the NICENE CREED.

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven,

(all bow) **was incarnate from the Holy Spirit and the Virgin Mary, and was made man.**

(all rise) **For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he**

ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life ✠ of the world to come. Amen.

The INTERCESSIONS are introduced, and all kneel. One of these responses may be used:

∨. Lord, hear us. ℞. **Lord, graciously hear us.**
or ∨. Lord, in your mercy, ℞. **Hear our prayer.**

At the Commemoration of the Departed:

∨. Rest eternal ✠ grant unto them, O Lord;
℞. **And let light perpetual shine upon them.**

The Intercessions end: Merciful Father,
Accept these prayers, for the sake of your Son, our Saviour Jesus Christ. Amen.

LITURGY OF THE SACRAMENT

All *stand* as the priest introduces the PEACE.

The peace of the Lord be always with you.

And also with you.

OFFERTORY HYMN— 517

The people unite their prayers with the priest, who says the PRAYER OVER THE OFFERINGS.

Pray, my brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good, and the good of all his Church.

Lord, accept our offerings in this holy exchange of gifts. We offer what you have given us: grant that our gift may make us worthy to receive you; through Christ our Lord. **Amen.**

The Lord be with you. **And also with you.**
Lift up your hearts. **We lift them to the Lord.**
Let us give thanks to the Lord our God.
It is right to give him thanks and praise.

The PREFACE follows.

All respond with the SANCTUS & BENEDICTUS.
**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.**

All kneel. After the Consecration, all acclaim:
Great is the mystery of faith:
**Christ has died; Christ is risen;
Christ will come again.**

The Eucharistic Prayer continues, and ends:
... for ever and ever. Amen.

RITE OF COMMUNION

The priest introduces the LORD'S PRAYER.
**Our Father, who art in heaven, hallowed
be thy name; thy kingdom come; thy will
be done, on earth as it is in heaven. Give
us this day our daily bread. And forgive
us our trespasses, as we forgive those who
trespass against us. And lead us not into
temptation; but deliver us from evil.**

**For thine is the kingdom, the power and
the glory, for ever and ever. Amen.**

The priest breaks the Host; AGNUS DEI is sung.
**Lamb of God, you take away the sin of the
world: have mercy on us. (x 2)**
**Lamb of God, you take away the sin of the
world: grant us peace.**

The priest gives the COMMUNION INVITATION.
Behold the Lamb of God, who takes away the
sin of the world. Blessed are those who are
called to his supper.
**Lord, I am not worthy to receive you, but
only say the word, and I shall be healed.**

Holy Communion is distributed.

The priest says the POST-COMMUNION prayer.
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. **Amen.**

CONCLUSION

The priest gives the BLESSING and DISMISSAL.
The Lord be with you. **And also with you.**

... The blessing of God almighty, the Father,
the Son, ✠ and the Holy Spirit, be among
you, and remain with you always. **Amen.**

Go in the peace of Christ. **Thanks be to God.**

The service may be followed by the ANGELUS.
V. The angel of the Lord declared unto Mary:
R. **And she conceived by the Holy Spirit.**
Hail Mary, full of grace, the Lord is with thee;
blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
**Holy Mary, Mother of God,
pray for us sinners, now,
and at the hour of our death. Amen.**

V. Behold the handmaid of the Lord:
R. **Be it unto me according to thy word.**
Hail Mary ...

V. And the Word was made flesh:
R. **And dwelt among us.**
Hail Mary ...

V. Pray for us, O holy Mother of God:
R. **That we may be made worthy of the
promises of Christ.**

Let us pray. Pour forth, we beseech you, O
Lord, your grace into our hearts; that we to
whom the Incarnation of Christ, your Son,
was made known by the message of an angel,
may by his Passion and Cross ✠ be brought
to the glory of his Resurrection; through the
same Christ our Lord. **Amen.**