

# Eleventh Sunday after Trinity

## INTRODUCTION

INTROIT HYMN— **285** *New English 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.*

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.  
**Amen.**

## LITURGY OF THE WORD

Readings for Year B, Proper 14

FIRST READING

*1 Kgs 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 broom tree.  
And he asked that he might die, saying, "It is  
enough; now, O Lord, take away my life, for I  
am no better than my fathers." And he lay down  
and slept under a broom tree. And behold, an  
angel touched him and said to him, "Arise and  
eat." And he looked, and behold, there was at  
his head a cake baked on hot stones and a jar  
of water. And he ate and drank and lay down  
again. And the angel of the Lord came again a  
second time and touched him and said, "Arise  
and eat, for the journey is too great for you."  
And he arose and ate and drank, and went in  
the strength of that food forty days and forty  
nights to Horeb, the mount of God.

This is the Word of the Lord.

**Thanks be to God.**

R. O taste and see that the Lord is good.

(All repeat)

I will bless the Lord at all times;  
his praise shall ever be on my lips.  
I will glory in the Lord;  
let the humble hear and rejoice. R.

Proclaim with me the greatness of the Lord;  
let us exalt his name together.  
I sought the Lord and he answered me  
and delivered me from all my fear. R.

Look upon him and be radiant;  
let not your faces be ashamed.  
I called in my affliction; the Lord heard me  
and saved me from all my distress. R.

The angel of the Lord encompasses those  
who fear him,  
and he will deliver them.  
Taste and see that the Lord is good;  
happy are they who trust in him! R.

## SECOND READING

Eph 4.25–5.2

A reading from the letter of Paul to the Ephesians.

Therefore, having put away falsehood, let each one of you speak the truth with his neighbour, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labour, doing honest work with his own hands, so that he may have something to share with anyone in need. Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamour and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us

and gave himself up for us, a fragrant offering and sacrifice to God.

This is the Word of the Lord.

**Thanks be to God.**

## GRADUAL HYMN

1. **Holy God, your pilgrim people  
by you were fed,  
Through the vast and dreadful desert  
guided and led;  
Water from the rock-face pouring,  
Hope to every heart restoring,  
Sets the failing spirit soaring,  
life from the dead!**
2. **Living bread for mortals broken,  
gift from above,  
Live in us the life eternal,  
perfect in love.  
Come, the word of wholeness bringing,  
Where our fearful souls are clinging;  
And of life abundant singing,  
all fear remove.**
3. **One the bread and one the chalice,  
one work of grace;  
One the Church of Christ, united  
in his embrace.  
One the gospel of salvation,  
For the wholeness of creation;  
Christ is poured in every nation,  
and every race.**

## GOSPEL ACCLAMATION

Jn 6.51

**Alleluia.** I am the living bread from heaven,  
says the Lord:  
whoever eats of this bread will live for ever.  
**Alleluia.**

## GOSPEL READING

Jn 6.35, 41–51

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.**

Jesus said to the crowd, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”

So the Jews grumbled about him, because

he said, "I am the bread that came down from heaven." They said, "Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, 'I have come down from heaven?'" Jesus answered them, "Do not grumble among yourselves. No-one can come to me unless the Father who sent me draws him. And I will raise him up on the last day. It is written in the Prophets, 'And they will 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 he who is from God; he has seen the Father. Truly, truly, I say to you, whoever believes has eternal life. I am the bread of life. Your fathers 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. If anyone eats of this bread, he will live for ever. And the bread that I will give for the life of the world is my flesh."

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— **273**

*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, through your Son's one sacrifice you adopted us as your people. In your goodness grant your Church the gifts of unity and peace; 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.*  
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. **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.**