

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.

Ephesians 5.15–20

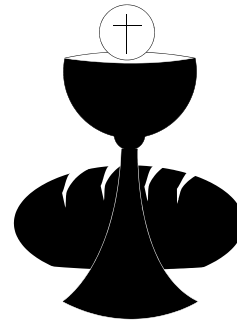
Brothers and sisters, ¹⁵ be careful then how you live, not as unwise people but as wise, ¹⁶ making the most of the time, because the days are evil. ¹⁷ So do not be foolish, but understand what the will of the Lord is. ¹⁸ Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹ as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, ²⁰ giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

John 6.51–58

Jesus said to the crowd:

⁵¹ '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.' ⁵²

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' ⁵³ 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. ⁵⁴ Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵ for my flesh is true food and my blood is true drink. ⁵⁶ Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷ Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸ 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: 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.

By faith
I gaze up to the heavens
and know
within its vastness
that this is your creation
planned and effected within eternity

By faith
I pluck an ear of corn
and know
within its symmetry
lies the chemistry of life
the potential of creation within my hand

By faith
I listen for your voice
and know
the whisper that I hear
breathed a world into existence
yet listens to the prayer within my soul

By faith
I strive to do your will
and know
the door that I approach
may lead me to shadows
where my roll is to become your light

By faith
I cling to your word
and know
the strength that I receive
has it's source within the love
that is at the centre of all things