

Collect: Eternal God, you crown the year with your goodness and you give us the fruits of the earth in their season: grant that we may use them to your glory, for the relief of those in need and for our own well-being; 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.

James 2.1–10, 14–17

Mark 7.24–37

²⁴ Jesus set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, ²⁵ but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. ²⁶ Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. ²⁷ He said to her, 'Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs.' ²⁸ But she answered him, 'Sir, even the dogs under the table eat the children's crumbs.' ²⁹ Then he said to her, 'For saying that, you may go – the demon has left your daughter.' ³⁰ So she went home, found the child lying on the bed, and the demon gone. ³¹ Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. ³² They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. ³³ He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. ³⁴ Then looking up to heaven, he sighed and said to him, 'Ephphatha,' that is, 'Be opened.' ³⁵ And immediately his ears were opened, his tongue was released, and he spoke plainly. ³⁶ Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. ³⁷ They were astounded beyond measure, saying, 'He has done everything well; he even makes the deaf to hear and the mute to speak.'

Exodus 16:4-15 (Good News Translation)

⁴ The LORD said to Moses, "Now I am going to cause food to rain down from the sky for all of you. The people must go out every day and gather enough for that day. In this way I can test them to find out if they will follow my instructions. ⁵ On the sixth day they are to bring in twice as much as usual and prepare it." ⁶ So Moses and Aaron said to all the Israelites, "This evening you will know that it was the LORD who brought you out of Egypt. ⁷ In the morning you will see the dazzling light of the LORD's presence. He has heard your complaints against him—yes, against him, because we are only carrying out his instructions." ⁸ Then Moses said, "It is the LORD who will give you meat to eat in the evening and as much bread as you want in the morning, because he has heard how much you have complained against him. When you complain against us, you are really complaining against the LORD." ⁹ Moses said to Aaron, "Tell the whole community to come and stand before the LORD, because he has heard their complaints." ¹⁰ As Aaron spoke to the whole community, they turned toward the desert, and suddenly the dazzling light of the LORD appeared in a cloud. ¹¹ The LORD said to Moses, ¹² "I have heard the complaints of the Israelites. Tell them that at twilight they will have meat to eat, and in the morning they will have all the bread they want. Then they will know that I, the LORD, am their God." ¹³ In the evening a large flock of quails flew in, enough to cover the camp, and in the morning there was dew all around the camp. ¹⁴ When the dew evaporated, there was something thin and flaky on the surface of the desert. It was as delicate as frost. ¹⁵ When the Israelites saw it, they didn't know what it was and asked each other, "What is it?" Moses said to them, "This is the food that the LORD has given you to eat."

Post Communion: Lord of the harvest, with joy we have offered thanksgiving for your love in creation and have shared in the bread and the wine of the kingdom: by your grace plant within us a reverence for all that you give us and make us generous and wise stewards of the good things we enjoy; through Jesus Christ our Lord.

Our local Age UKs offer services to help end loneliness in later life through their befriending services.

Call in Time telephone befriending

Call in Time is a national service where a volunteer befriender will phone an older person at an agreed time for a chat. The older person is matched with a befriender who has similar interests, who will provide friendly conversation and companionship on a regular basis over a long period of time.

Face-to-face befriending

We have over 140 local Age UK partners, and each offers a face-to-face befriending service.

This is where a volunteer befriender visits an older person in their home, perhaps for a cup of tea and a chat, or accompanies them to an activity (such as a trip to a café or the theatre). In some cases, a volunteer may accompany the older person to occasional hospital or doctor's appointments.

The Age UK Advice Line is a free, confidential, national phone service for older people, their families, friends, carers and professionals, which is open 365 days a year (8am-7pm). If you're feeling lonely or need some practical help and support, please call us on **0800 055 6112**. For more info visit <https://www.ageuk.org.uk/services/befriending-services/>