



Eleventh Sunday after Pentecost

“I am the bread of life.”

Many of those who heard these words of Jesus had been present when he fed the multitude with just five loaves of bread and two little fishies. Many thought he was speaking of physical bread and were thrilled at the prospect of never again having to go hungry.

But those people who had come in their thousands to hear him speak were spiritually hungry, finding no fulfillment, no nourishment for their souls in the harsh and rule-driven religion of the day. Jesus was offering living bread; he said,



“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.”

We can try to find fulfillment in many ways; people seek out mediums, they turn to “the universe”, even the flying spaghetti monster. But we are drawn by God to Jesus our Saviour; and the bread that he has given is available to us through the eucharist as we share in the sacrament of the Body of Christ – an outward and visible sign of an inward and spiritual grace.

“Lord, your arms are reaching, ever far and wide,
to enfold your children to your loving side.

And I come, Lord Jesus; dare I turn away?
No, your love has conquered, and I come today,

Bringing all my burdens - sorrow, sin and care;
at your feet I lay them, and I leave them there.”

Marilyn

9.00am Zoom Morning Prayer Service

The 9.00am Zoom morning prayer service can be accessed [here](#) if you are more comfortable attending worship in this way under the current circumstances.

Please be aware that your browser may want to install some additional software to make the connection work. **This software is safe to install** and will not affect your PC.

Readings

2 Samuel 18.5-9, 31-33
Psalm 130 or **Psalm 34.1-8**
Ephesians 4.25-5.2
John 6.35, 41-51

Prayer of the day

Grant, O Lord,
that we may see in you the fulfilment of all our need,
and may turn from every false satisfaction
to feed on the true and living bread
that you have given us in Jesus Christ;
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Prayer of the week

Grant to us, Lord, we beseech you,
the spirit to think and do always such things as are right,
that we, who cannot do anything that is good without you,
may by you be enabled to live according to your will;
through Jesus Christ our Lord. **Amen.**

Parish Contact Details

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