

**Holy Saviour Church, Croydon**  
**10<sup>th</sup> Sunday After Trinity**  
**4<sup>th</sup> August 2024**

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**Entrance Hymn 345** – *Christ is The King, O Friends Rejoice*

**Hymn Before the Gospel: 135** – *Rock of Ages*

**Offertory Hymn HHS 83** – *God is Working His Purpose Out*

**Communion Hymn(s):265** – *O Thou Who at Thy Eucharist: 259* —*My God, and Is Thy Table Spread*

**Final Hymn: HHS 96** – *Trumpet of God*

**COLLECT FOR THE DAY**

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**

**FIRST READING: Exodus 16 : 2-4, 9-15– Barbara**

<sup>2</sup>The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. <sup>3</sup>The Israelites said to them, “If only we had died by the hand of the Lord in the land of Egypt, when we sat by the pots of meat and ate our fill of bread, for you have brought us out into this wilderness to kill this whole assembly with hunger.” <sup>4</sup>Then the Lord said to Moses, “I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. <sup>9</sup>Then Moses said to Aaron, “Say to the whole congregation of the Israelites: ‘Draw near to the Lord, for he has heard your complaining.’ ” <sup>10</sup>And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. <sup>11</sup>The Lord spoke to Moses, <sup>12</sup>“I have heard the complaining of the Israelites; say to them, ‘At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.’ ” <sup>13</sup>In the evening quails came up and covered the camp, and in the morning there was a layer of dew around the camp. <sup>14</sup>When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. <sup>15</sup>When the Israelites saw it, they said to one another, “What is it?” For they did not know what it was. Moses said to them, “It is the bread that the Lord has given you to eat.

**PSALM 78: 23-29**

<sup>23</sup> Because they believed not in God : and put not their trust in his help. <sup>24</sup> So he commanded the clouds above : and opened the doors of heaven. <sup>25</sup> He rained down manna also upon them for to eat : and gave them food from heaven. <sup>26</sup> So man did eat

angels' food : for he sent them meat enough. <sup>27</sup> He caused the east-wind to blow under heaven : and through his power he brought in the south-west-wind.

<sup>28</sup> He rained flesh upon them as thick as dust : and feathered fowls like as the sand of the sea.

<sup>29</sup> He let it fall among their tents : even round about their habitation.

*We remain seated for the concluding doxology: **Glory be to the Father and to the Son : and to the Holy Ghost; as it was in the beginning, is now and ever shall be : world without end. Amen***

## **SECOND READING: Ephesians 4:1-16 Mathilde**

I, therefore, the prisoner in the Lord, beg you to walk in a manner worthy of the calling to which you have been called, <sup>2</sup> with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup> making every effort to maintain the unity of the Spirit in the bond of peace: <sup>4</sup> there is one body and one Spirit, just as you were called to the one hope of your calling, <sup>5</sup> one Lord, one faith, one baptism, <sup>6</sup> one God and Father of all, who is above all and through all and in all. <sup>7</sup> But each of us was given grace according to the measure of Christ's gift. <sup>8</sup> Therefore it is said, "When he ascended on high, he made captivity itself a captive; he gave gifts to his people." <sup>9</sup> (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? <sup>10</sup> He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) <sup>11</sup> He himself granted that some are apostles, prophets, evangelists, pastors and teachers <sup>12</sup> to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup> until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. <sup>14</sup> We must no longer be children, tossed to and fro and blown about by every wind of doctrine by people's trickery, by their craftiness in deceitful scheming; <sup>15</sup> but speaking the truth in love, we must grow up in every way into him who is the head, into Christ, <sup>16</sup> from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

## **·GOSPEL – John 6: 24-35 – Marie**

<sup>24</sup> So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. <sup>25</sup> When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" <sup>26</sup> Jesus answered them, "Very truly, I tell you, you are looking for me not because you saw signs but because you ate your fill of the loaves. <sup>27</sup> Do not work for the food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." <sup>28</sup> Then they said to him, "What must we do to perform the works of God?" <sup>29</sup> Jesus answered them, "This is the work of God, that you believe in him whom he has sent." <sup>30</sup> So they said to him, "What sign are you going to give us, then, so that we may see it and believe you? What work are you performing?" <sup>31</sup> Our ancestors ate the manna in the wilderness, as it is written, 'He gave them bread from

heaven to eat.' " <sup>32</sup> Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. <sup>33</sup> For the bread of God is that which comes down from heaven and gives life to the world." <sup>34</sup> They said to him, "Sir, give us this bread always." <sup>35</sup> Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

### **INTERCESSIONS – Mathilde**

#### **We Pray for those Unwell in Body, Mind or Spirit:**

*Lynton Salmon, Cherelle, Julie Johns, Lyn Johns, Khalil A, Paulina Larios, Sally and Katharine, Allen, Tracey and Ann Davis, David, Milton Findlay, Clifford, Finn, Tony, Julie and her father, Billy, Jacob, Ellie and her mother, Sally, Jennifer, Brandon, Billy's Uncle Richard, Barbara G, Janine H, John J, Geraldine, Sandra, Kat's sister Christine, Jean, Sarah's mother Fedora, Vilma Morgan, Matt, Brenda, Stephanie, Minnie, Alexander, Cousin Zen, Christopher, Denise M, Enid, Simon & Samantha, Girish, Pat, Adrian, Ron, Cleveland, Britt and Barry, Veronica Vernon, Pauline Temiz, Brian Cresswell, The King and the Princess of Wales*

#### **We pray for those who mourn**

**We pray for the souls** of those who have died who we know and love.

May light perpetual shine upon them. May they rest in peace. **And rise in glory.**

### **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**

### **PRAYER OF ST FRANCIS OF ASSISI**

Lord, make me an instrument of your peace;  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope; Where there is darkness, light;  
Where there is sadness, joy;  
O Divine Master,  
Grant that I may not so much seek to be consoled as to console;  
To be understood as to understand;  
To be loved as to love;  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life.

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*For Baptisms (Christenings) and Weddings, please speak to or contact the Vicar*

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### ***Services this Week***

<b>Today</b>	<b>10am – 10<sup>th</sup> Sunday after Trinity † Fr Tomos Presiding and Preaching</b>
<b>Wed 7 Aug</b>	<b>10.00am - Morning Prayer</b>
<b>Sat 10 Aug</b>	<b>11:00am – Holy Dusters 2pm – Mix and Mingle (fun fitness session with young@heart)</b>
<b>Sun 11 Aug</b>	<b>10am – 11<sup>th</sup> Sunday after Trinity † Fr Tomos Presiding and Preaching</b>

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### ***Other Notices***

**Sunday School Dates:** Sunday School will be taking a break for the month of August. Watch out for our Autumn Term dates. Parents are welcome to accompany children to Sunday School or to remain in the service. Please don't leave your children behind at Holy Saviour!

### **Dates for September**

<b>14 Sept 2-4pm</b>	<b>Mix and Mingle Macmillan Coffee Event</b> – save the date in your diary!
<b>14 Sept 12-4pm</b>	<b>Open City Festival</b> – Holy Saviour will be open as part of the London wide Open City Festival ( <a href="http://open-city.org.uk">open-city.org.uk</a> ).

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