

Holy Communion

Hymns

- 70 Be thou my vision
964 Gloria
762 You are the King of glory
118 Come, Holy Ghost, our souls inspire
447 May the mind of Christ my Saviour
379 Lead us, heavenly Father, lead us

Collect

Merciful God,
your Son came to save us
and bore our sins on the cross:
may we trust in your mercy
and know your love,
rejoicing in the righteousness
that is ours through Jesus Christ our Lord.

Amen

Psalm 84

- ¹ How lovely is your dwelling place,
O Lord of hosts!
² My soul longs, indeed it faints
for the courts of the Lord;
my heart and my flesh sing for joy
to the living God.
³ Even the sparrow finds a home,
and the swallow a nest for herself,
where she may lay her young,
at your altars, O Lord of hosts,
my King and my God.
⁴ Happy are those who live in your house,
ever singing your praise. *Selah*
⁵ Happy are those whose strength is in you,
in whose heart are the highways to Zion.
⁶ As they go through the valley of Baca
they make it a place of springs;
the early rain also covers it with pools.
⁷ They go from strength to strength;
the God of gods will be seen in Zion.
⁸ O Lord God of hosts, hear my prayer;
give ear, O God of Jacob! *Selah*
⁹ Behold our shield, O God;
look on the face of your anointed.

¹⁰ For a day in your courts is better
than a thousand elsewhere.

I would rather be a doorkeeper in the house of my
God

than live in the tents of wickedness.

¹¹ For the Lord God is a sun and shield;
he bestows favour and honour.

No good thing does the Lord withhold
from those who walk uprightly.

¹² O Lord of hosts,

happy is everyone who trusts in you.

A New Testament reading – Julie R-J

Ephesians 6: 10 - 20

Finally, be strong in the Lord and in the strength of
his power. Put on the whole armour of God, so that
you may be able to stand against the wiles of the
devil. For our struggle is not against enemies of
blood and flesh, but against the rulers, against the
authorities, against the cosmic powers of this
present darkness, against the spiritual forces of evil
in the heavenly places. Therefore, take up the whole
armour of God, so that you may be able to
withstand on that evil day, and having done
everything, to stand firm. Stand therefore, and
fasten the belt of truth around your waist, and put
on the breastplate of righteousness. As shoes for
your feet put on whatever will make you ready to
proclaim the gospel of peace. With all of these, take
the shield of faith, with which you will be able to
quench all the flaming arrows of the evil one. Take
the helmet of salvation, and the sword of the Spirit,
which is the word of God.

Pray in the Spirit at all times in every prayer and
supplication. To that end keep alert and always
persevere in supplication for all the saints. Pray also
for me, so that when I speak, a message may be
given to me to make known with boldness the
mystery of the gospel, for which I am an
ambassador in chains. Pray that I may declare it
boldly, as I must speak.

This is the Word of the Lord

Thanks be to God

The Gospel reading – Stuart

John 6: 56 - 69

Hear the Gospel of our Lord Jesus Christ, according to John

Glory to you, O Lord.

Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. 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.' He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

Because of this many of his disciples turned back and no longer went about with him. So, Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'

This is the Gospel of the Lord.

Praise to you, O Christ.

Post Communion

Lord God, the source of truth and love,
keep us faithful to the apostles' teaching and
fellowship,
united in prayer and the breaking of bread,
and one in joy and simplicity of heart,
in Jesus Christ our Lord.

Amen

Dates for your Diary

SHAPE course. Mondays from 16th September from 7.30-9pm.

How has God knitted me together? What is God calling me to do? Where do I fit into the Body of Christ? Am I in the right role? Vic is running a Shape course for 6 weeks on Monday evenings from 16th September (7.30-9pm) – it will be an opportunity to discern your spiritual gifts, heart and passions, abilities, personality and experience. If you are interested, then do email Vic (tkbdchurches@gmail.com) and she will add you to the list and tell you more about it.

ALPHA course. Wednesdays from 2nd October. 8-9.45pm on zoom.

Alpha is an opportunity for people to come and explore together, in a relaxed and welcoming environment, what it means to believe in God. Through an 11-week series of videos, small group discussions and music, we are invited to grow in community and deepen our faith journey. Alpha is for everyone and anyone. The beauty of Alpha is that there are no questions that are too silly or too simple. Alpha has no prerequisites whatsoever. We come together with one another as we are, free to be ourselves. For more information watch this video -

<https://www.youtube.com/watch?v=zHeTYwWayEc>

Ladies Refresh Day. Saturday 5th October from 9.30am to 4.30pm.

This year, the venue will be St Mary's Parish Church, Ambleside and will include teaching from the Rev Nicky Smith, the Director of Ministry Development. Tickets cost £10 and need to be booked in advance. Please email Vic or Helen if you want to book as we will be doing a group booking early September. Please ask Helen or Vic if you want to see the Diocese weekly email.