

Parishes of Kirkby Ireleth and Broughton & Duddon  
THE SUNDAY SUPPLEMENT

10<sup>TH</sup> NOVEMBER – 3<sup>RD</sup> SUNDAY BEFORE ADVENT

**Remembrance Sunday 10am**

**Hymns**

**511** O Lord, my god, when I in awesome wonder

**219** God is our strength and refuge

**153** Eternal Father strong to save

**554** Peace, perfect peace

**494** O God our help in ages past

**Collect**

God, our refuge and strength,  
bring near the day when wars shall cease  
and poverty and pain shall end,  
that earth may know the peace of heaven  
through Jesus Christ our Lord.

**Amen**

**Psalm 3 – Julie R**

<sup>1</sup> O Lord, how many are my foes!

Many are rising against me;

<sup>2</sup> many are saying to me,

'There is no help for you in God.' *Selah*

<sup>3</sup> But you, O Lord, are a shield around me,  
my glory, and the one who lifts up my  
head.

<sup>4</sup> I cry aloud to the Lord,

and he answers me from his holy hill. *Selah*

<sup>5</sup> I lie down and sleep;

I wake again, for the Lord sustains me.

<sup>6</sup> I am not afraid of tens of thousands of  
people

who have set themselves against me all  
around.

<sup>7</sup> Rise up, O Lord!

Deliver me, O my God!

For you strike all my enemies on the cheek;  
you break the teeth of the wicked.

<sup>8</sup> Deliverance belongs to the Lord;

may your blessing be on your people!

*Selah*

*The Gospel reading - Stuart*

**John 6: 51 - 58**

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

**Glory to you, O Lord.**

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.'

The Jews then disputed among themselves,  
saying, 'How can this man give us his flesh to  
eat?' 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. Those who eat my flesh and drink my  
blood have eternal life, and I will raise them  
up on the last day; for my flesh is true food  
and my blood is true drink. 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.'

*'This is the Gospel of the Lord.*

**Praise to you, O Christ.**

