



# Parish Church of St. Anne Chingford

Web site: [www.stanneE4.org.uk](http://www.stanneE4.org.uk)



## Trinity 9, Proper 13 - 1st August 2021

### Parish Eucharist 10.00

W  
O  
R  
S  
H  
I  
P

**Welcomers:** Velma Davis, Jenny Miller

**Server:** Julie Adesina

**Lessons:** Julie Adesina

**Prayers:** Heather Gwynn

**Preacher:** Mick Scotchmer

**Celebrant:** Mick Scotchmer

**Music:** Peter Stannard

#### Hymns

99 Christ is the King!

83 Bread of heaven, on thee we feed

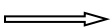
53 At this table we remember

424 Let all mortal flesh keep silence

453 Lord, enthroned in heavenly splendour



**This week**



Monday	2nd Aug	20.00	PCC (in Church)
Friday	6th Aug	10.00	Eucharist
Sunday	8th Aug	10.00	Parish Eucharist

## Collect

Almighty God,  
who sent your Holy Spirit  
to be the life and light of your Church:  
open our hearts to the riches of your grace,  
that we may bring forth the fruit of the Spirit  
in love and joy and peace;  
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.

## Post Communion

Holy Father,  
who gathered us here around the table of  
your Son  
to share this meal with the whole household  
of God:  
in that new world where you reveal the  
fullness of your peace,  
gather people of every race and language  
to share in the eternal banquet of Jesus  
Christ our Lord.

## Old Testament Reading

*Exodus 16.2-4,9-15*

<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 fleshpots 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 towards the wilderness, and the glory of the LORD appeared in the cloud. <sup>11</sup>The LORD spoke to Moses and said, <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.'**

This is the word of the Lord.

All Thanks be to God.

## New Testament Reading

*Ephesians 4.1-16*

<sup>1</sup>I, the prisoner in the Lord, beg you to lead a life 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>The gifts he gave were that some would be apostles, some prophets, some evangelists, some 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.

This is the word of the Lord.

All Thanks be to God.

## Gospel

*John 6.24-35*

*When the Gospel is announced the reader says*

Hear the gospel of our Lord Jesus Christ according to John.

All Glory to you, O Lord.

<sup>24</sup>When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had given the bread, 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 lake, 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.’**

This is the Gospel of the Lord.

All Praise to you, O Christ.

*We do not take a collection at St. Anne's as we have a Free Will Offering scheme. However if you wish to make a contribution you will find a plate at the back of church. If you would like to join the **Free Will Offering** scheme please speak to Andy Crawford, Lindsey Archer or the church wardens.*

**N** **After Church**— We are not yet going to serve tea and coffee in the centre after our service. Weather permitting we will continue to meet in the Church Garden after our morning service where we can sit for a chat. Please join us if you can and feel free to bring your own refreshments with you.

**E** **Face Coverings**— After the service last week and some comments received we have decided to drop the recommendation that face coverings be worn during the singing of hymns. We recommend that they be worn when entering or leaving the church, as a matter of courtesy to those who want to proceed more cautiously. However once in your seat they can be removed if you wish and do not need to be worn when coming up to receive. I will still wear one when consecrating and distributing the Eucharist, again as a courtesy to those who want to proceed more cautiously.

**W** **S** **Chingford Hatch Jumble Trail : Saturday 21 August 10am - 1pm.** Leaflets and posters are now available, with full details. This is our first opportunity for many months to raise funds together for St Anne's and the charities we support. If you live within walking distance of St Anne's, please consider whether you could host a stall, or have a friend or neighbour who would like to take part. We also plan to have a stall or two and refreshments in the carpark at St Anne's and will need help here as well. Please speak to Anthony Sullivan, Lisa Jobber or Heather Gwynn if you can help in any way.

FOR OUR PRAYERS:

We remember in prayer each day all those both known and unknown to us who are suffering in mind, body and spirit, for those who have care of them, for all who are living with difficulties and trouble at this time and for all who will enter eternity this week.

**Anniversaries for August:** 1st Margaret Halford, 10th Lillian Whitehead, 11th Alex Joseph, 12th Doris Sullivan, 13th John Malony, 15th Katie Anderson, 19th Brian Jones, 29th Ivy Hughes.

*Eternal rest grant unto them O Lord, and let light perpetual shine upon them,  
may they rest in peace and rise in glory. Amen*