

The Parish Church of St Matthew  
Northampton

# The Ninth Sunday after Trinity

Proper 13



*Jesus said, 'I am the bread of life.'*

## The Parish Mass

Sunday 1<sup>st</sup> August 2021

10.15 am



## ¶ Keeping everyone safe at St Matthew's

**If you have any of the recognised Covid-related symptoms, please self-isolate immediately and seek a test.**

For all others we respectfully ask you to:

**Wear a face covering whilst in church** unless you belong to one of the medically exempted groups. To be effective this should cover your nose as well as your mouth.

**Orders of service are available in the porch**, please pick one up having first used the hand sanitiser provided.

**Nave seating** You may sit where you wish. Couples, households and former 'bubbles' in particular are now able to sit together if they wish. More generally, **we ask you to respect one another's space**, spread out, and take advantage of our spacious environment. Individual chairs remain available in the transepts. As far as possible, we ask that you keep the touching of other surfaces to a minimum.

**The church toilet facilities are available for use.** Please follow the directions on the signs, and leave the cubical light on and the door open after use, to facilitate ventilation.

**Holy Communion** will be administered in one 'kind' only, standing, at one or two 'stations' at the front of the nave. Please approach via the centre aisle and return via the side aisles. For mutual protection, we ask that you keep your face covering on until the words of administration have been spoken, and you have responded by saying 'Amen'. If you have difficulty being mobile please let us know, sit on the end of a row, and we will come to you.

**After the service** - please depart via the main porch sanitizing your hands as you leave. (Weather permitting the north porch door will be left open to facilitate ventilation).

**Please do join us on the green** for fellowship afterwards.

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## Reflection

God provided a mysterious food called *manna* for the Israelites during their sojourn in the desert. However, they were told not to stockpile the manna, but to gather only what they needed for one day. This was meant to teach them to trust in God's providence on a daily basis. No matter how difficult life may be, for those who trust in God, and live a day at a time, the manna of his help falls every day.

# Order of Service

## ¶ The Gathering

*Please stand at the sound of the bell*

**All** † In the name of the Father, and of the Son, and of the Holy Spirit.  
**Amen.**

## The Greeting

**All** The grace and mercy of our Lord Jesus Christ be with you  
**and also with you.**

*The service is introduced*

## Invitation to Confession

Jesus said, 'Do not work for perishable food; work for the food that endures to eternal life.'

We are here to receive the food 'that endures to eternal life.'

Let us open our hearts to receive the food that only the Lord can give us.

## Confession

**All** **Almighty God, our heavenly Father,  
we have sinned against you,  
through our own fault,  
in thought, and word, and deed,  
and in what we have left undone.  
We are heartily sorry,  
and repent of all our sins.  
For your Son our Lord Jesus Christ's sake,  
forgive us all that is past;  
and grant that we may serve you in newness of life  
to the glory of your name.  
Amen.**

## Kyries

Lord Jesus, you nourish our minds with the bread of faith:  
Lord, have mercy.

**All**      **Lord, have mercy.**

You nourish our spirits with the bread of hope:  
Christ, have mercy.

**All**      **Christ, have mercy.**

You nourish our hearts with the bread of love:  
Lord, have mercy.

**All**      **Lord, have mercy.**

## Absolution

May almighty God have mercy on you,  
forgive † you your sins,  
and bring you to everlasting life,  
through Jesus Christ our Lord.

**All**      **Amen.**

## Gloria in Excelsis

**All**      **Glory to God in the highest,  
and peace to his people on earth.**

**Lord God, heavenly King,  
almighty God and Father,  
we worship you,  
we give you thanks,  
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.**

**For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.**

## The Collect

Let us pray.

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.

**All**

**Amen.**

**Please sit**

## ¶ The Liturgy of the Word

### First Reading

Exodus 16.2-4, 9-15

*Reader* A reading from the Book of Exodus.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. 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.'

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.'

Then Moses said to Aaron, ‘Say to the whole congregation of the Israelites, “Draw near to the Lord, for he has heard your complaining.”’ 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. The Lord spoke to Moses and said, ‘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.”’

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. 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. 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.**

**Psalm 78.23-29**

So he commanded the clouds above  
and opened the doors of heaven.  
He rained down upon them manna to eat  
and gave them the grain of heaven.  
So mortals ate the bread of angels;  
he sent them food in plenty.

**All O Lord, how glorious are your works.**

He caused the east wind to blow in the heavens  
and led out the south wind by his might.  
He rained flesh upon them as thick as dust  
and winged fowl like the sand of the sea.

**All O Lord, how glorious are your works.**

He let it fall in the midst of their camp  
and round about their tents.  
So they ate and were well filled,  
for he gave them what they desired.

**All O Lord, how glorious are your works.**

***Please stand***

# Holy Gospel

John 6.24-35

## Acclamation

Alleluia, alleluia.

Jesus said, 'One does not live on bread alone,  
but on every word that comes from the mouth of God.'

**All Alleluia.**

The Lord be with you

**All and also with you.**

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

**All Glory to you, O Lord.**

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.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' 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. 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.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' 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? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."' 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. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

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.**

## The Homily

*Please sit*

# Nicene Creed

*Please stand*

Let us declare our faith in God, Father, Son and Holy Spirit.

**All**     **We believe in one God,  
the Father, the Almighty, maker of heaven and earth,  
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.**

*All may  
bow*     ***For us and for our salvation he came down from heaven,  
was incarnate from the Holy Spirit and the Virgin Mary  
and was made man.***

**For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is worshipped and glorified,  
who has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

## Prayers of the Faithful

*Priest* God is close to all who call on him from their hearts.  
Let us call on God now in our many needs.

***Please sit***

*After each petition*

*Intercessor* Lord, you alone  
**All** **are our strength and hope.**

*Priest* God of mercy,  
you heard the prayers of your people in the desert.  
Hear these our prayers  
as we journey towards the eternal life promised us by your Son,  
who lives and reigns with you and the Holy Spirit,  
one God for ever and ever.

**All** **Amen.**

## ¶ The Liturgy of the Sacrament

***Please stand***

### Sign of Peace

Jesus said, 'Love one another.  
As I have loved you, so you are to love one another.'

**All** The peace of the Lord be always with you  
**and also with you.**

With an appropriate gesture, let us offer each other the sign  
of Christ's peace.

# Hymn

**All**

**Lord Jesus Christ,  
You have come to us,  
You are one of us,  
    Mary's Son;  
Cleansing our souls from all their sin,  
Pouring your love and goodness in;  
Jesus, our love for you we sing,  
    Living Lord.**

**Lord Jesus Christ,  
Now and every day  
Teach us how to pray,  
    Son of God.  
You have commanded us to do  
This is remembrance, Lord, of you:  
Into our lives your power breaks through,  
    Living Lord.**

**Lord Jesus Christ,  
You have come to us  
Born as one of us,  
    Mary's Son;  
Led out to die on Calvary,  
Risen from death to set us free,  
Living Lord Jesus, help us see  
    You are Lord.**

**Lord Jesus Christ,  
I would come to you,  
Live my life for you,  
    Son of God.  
All your commands I know are true,  
Your many gifts will make me new,  
Into my life your power breaks through,  
    Living Lord.**

Words & Music: Patrick Appleford (b 1924)

## Invitation to Prayer

Pray, my brothers and sisters,  
that our sacrifice may be acceptable to God,  
the almighty Father.

**All** **May the Lord accept the sacrifice at your hands  
for the praise and glory of his name,  
for our good, and the good of all his Church.**

## Prayer over the Gifts

O Lord, graciously sanctify these gifts,  
and, accepting the oblation of this spiritual sacrifice,  
make of us an eternal offering to you.  
Through Jesus Christ our Lord.

**All** **Amen.**

## The Eucharistic Prayer

**All** The Lord be with you  
**and also with you.**

**All** Lift up your hearts.  
**We lift them to the Lord.**

**All** Let us give thanks to the Lord our God.  
**It is right to give thanks and praise.**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God.

From sunrise to sunset this day is holy,  
for Christ has risen from the tomb  
and scattered the darkness of death with light that will not fade.  
This day the risen Lord walks with your gathered people,  
unfolds for us your word,  
and makes himself known in the breaking of the bread.

And though the night will overtake this day  
you summon us to live in endless light,  
the never-ceasing sabbath of the Lord.

And so, with choirs of angels and with all the heavenly host,  
we proclaim your glory and join their unending song of praise:

**All**      **Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.

He broke the bread, gave it to them and said:

Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:

Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.

Jesus Christ is Lord:

**All**      **Lord, by your cross and resurrection you have set us free.  
You are the Saviour of the world.**

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice  
made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection until he comes in glory.

Lord of all life,  
help us to work together for that day when your kingdom comes  
and justice and mercy will be seen in all the earth.

Look with favour on your people,  
gather us in your loving arms  
and bring us with Mary the Virgin Mother of God,  
Saint Matthew and all the saints  
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.

**All**      **Amen.**

*The Blessed Sacrament is elevated and bells are rung*

## The Lord's Prayer

There is one God who is Father of us all.  
Let us pray with confidence as our Saviour has taught us.

**All**      **Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.**

**And forgive us our trespasses,  
as we forgive those who trespass against us.  
and lead us not into temptation;  
but deliver us from evil.**

**For thine is the kingdom,  
the power, and the glory,  
for ever and ever.  
Amen.**

## Breaking of the Bread

*All* We break this bread to share in the body of Christ.  
**Though we are many, we are one body,  
because we all share in one bread.**

## Agnus Dei

*All* **Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
grant us peace.**

## Invitation to Communion

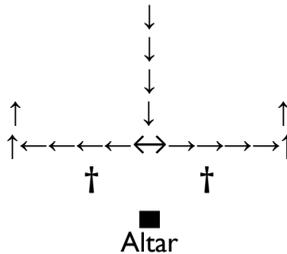
*All* God's holy gifts for God's holy people.  
**Jesus Christ is holy, Jesus Christ is Lord,  
to the glory of God the Father.**

## Giving of Communion

O Lord you have given us the bread of heaven ready to eat,  
providing every pleasure and suited to every taste.

*Holy Communion, or God's blessing, is administered standing  
at two 'stations', as indicated.*

*Please approach the priests via the centre aisle and return to your seat  
via the side aisles whilst maintaining physical distancing.*



## Spiritual Communion – for those at home

*It is an ancient practice of the Church that, when you are prevented from attending the Holy Eucharist, people are invited to express, in the words of St Thomas Aquinas, “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him.” Therefore, during this time you are invited to pray this prayer, which may be said as often as you desire:*

### Act of Reception

**All**      **In union, blessed Jesus,  
with the faithful gathered at every altar of your Church  
where your blessed Body and Blood are offered this day,**

*(and remembering particularly my own parish ...)*

**I long to offer you praise and thanksgiving,  
for creation and all the blessings of this life,  
for the redemption won for us by your life, death,  
and resurrection,  
for the means of grace and the hope of glory.**

*(and particularly for the blessings given me ...)*

**I believe that you are truly present in the Holy Sacrament,  
and, since I cannot at this time receive communion,  
I pray you to come into my heart.  
I unite myself with you and embrace you with all my heart,  
my soul, and my mind.  
Let nothing separate me from you;  
let me serve you in this life until, by your grace,  
I come to your glorious kingdom and unending peace.  
Amen.**

## Prayer after Communion

***Please stand***

Let us pray.

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.

***All***      **Amen.**

## Notices for the Community

***Please sit***

## ¶ Sending Out

*Please stand*

*All* The Lord be with you.  
**and also with you.**

## Solemn Blessing

*All* May almighty God bless you with a faith that never falters.  
**Amen.**

*All* May he inspire you to lead others to Christ by the way you live.  
**Amen.**

*All* May the eucharist bring you healing and lead you to eternal glory.  
**Amen.**

*All* And the blessing of God almighty,  
the Father, the Son †, and the Holy Spirit,  
be upon you and remain with you always.  
**Amen.**

## The Dismissal

*All* Go in peace to love and serve the Lord.  
**In the name of Christ. Amen.**

## Organ Voluntary

A Song of Thanksgiving *Dr Arthur Blurton Plant (1853-1914)*

**Please take this booklet home with you**