

# The Parish Church of St Barnabas, Swanmore



**St Barnabas, Swanmore – Making Christ known in our community  
through care for all, welcoming hospitality and worship for all ages**

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

**9<sup>th</sup> Sunday after Trinity**

## **Welcome to St Barnabas.....**

If you would like more information about our church please speak to one of the many people helping out today.

Information can also be found on our website: [www.stbarnabas.org.uk](http://www.stbarnabas.org.uk).

**Please do join us for tea or coffee after the service**

**Gluten free wafers are available. Please speak to the sides people if you would like one**

**Hymn 427 Praise, to the Lord, the Almighty, the King of Creation**

**Praise to the Lord, the Almighty, the King of creation;  
O my soul, praise him, for he is thy health and salvation:  
all ye who hear,  
now to his temple draw near,  
joining in glad adoration.**

**Praise to the Lord, who o'er all things so wondrously reigneth,  
shieldeth thee gently from harm, or when fainting sustaineth:  
hast thou not seen  
how thy heart's wishes have been  
granted in what he ordaineth?**

**Praise to the Lord, who doth prosper thy work and defend thee;  
surely his goodness and mercy shall daily attend thee:  
ponder anew  
what the Almighty can do,  
if to the end he befriend thee.**

**Praise to the Lord! O let all that is in me adore him!  
All that hath life and breath, come now with praises before him!  
Let the Amen  
sound from his people again:  
gladly for ay we adore him!**

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## **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. **Amen**

## **1<sup>st</sup> READING            Exodus 16.2-4, 9-15**

*A reading from the book of Exodus*

<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.'

4 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.'

9 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.”’

13 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

**Thanks be to God**

## **2<sup>nd</sup> READING          Ephesians 4.1-16**

*A reading from the letter of Paul to the Ephesians*

I therefore, 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.

7 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 knitted 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

**Thanks be to God**

**Hymn**

**Jesus is Lord**

**Jesus is Lord!**

**Creation's voice proclaims it**

**For by His power each tree and flower**

**Was planned and made**

**Jesus is Lord!**

**The universe declares it**

**Sun, moon and stars in heaven**

**Cry, 'Jesus is Lord!'**

***Chorus***

***Jesus is Lord!***

***Jesus is Lord!***

***Praise Him with hallelujahs***

***For Jesus is Lord!***

**Jesus is Lord!  
Yet from His throne eternal  
In flesh He came to die in pain  
On Calvary's tree  
Jesus is Lord!  
From Him all life proceeding  
Yet gave His life a ransom  
Thus setting us free      *Chorus***

**Jesus is Lord!  
O'er sin the mighty conqueror  
From death He rose, and all His foes  
Shall own His name  
Jesus is Lord!  
God sent His Holy Spirit  
To show by works of power  
That Jesus is Lord!      *Chorus***

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**GOSPEL READING      John 6.24-35**

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

<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 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  
**Praise to you, O Christ**

**Hymn                      Praise and Thanksgiving (T: Morning has broken)**

**Praise and thanksgiving  
Father we offer  
For all things living  
You have made good  
Harvest of sown fields  
Fruits of the orchard  
Hay from the mown fields  
Blossom and wood**

**Lord bless the labour  
We bring to serve You  
That with our neighbour  
We may be fed  
Sowing or tilling  
We would work with You  
Harvesting milling  
For daily bread**

**Father providing  
Food for Your children  
Your wisdom guiding  
Teaches us share  
One with another  
So that rejoicing  
Sister and brother  
May know Your care**

**Then will Your blessing  
Reach every people  
Each one confessing  
Your gracious hand  
When You are reigning  
No one will hunger  
Your love sustaining  
Fruitful the land**

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### **Post Communion Prayer**

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. **Amen**

**Hymn: 311**

**Lord Jesus Christ**

**Lord Jesus Christ  
You have come to us  
You are one with 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 in remembrance Lord of you  
Into our lives your power breaks through,  
Living Lord.**

**Lord Jesus Christ  
You have come to us  
Born as one with 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.**

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