

Daily Bread

Feria of 18th Week of Ordinary Time

Monday, 5th August

Jeremiah 28: 1-17;
Matthew 14: 13-21

Tuesday, 6th August

Jeremiah 30: 1-2, 12-22;
Matthew 14: 22-36

Wednesday, 7th August

Jeremiah 31: 1-7;
Matthew 15: 21-28

Thursday, 8th August

Jeremiah 31: 31-34;
Matthew 16: 13-23

Friday, 9th August

Nahum 1: 15; 2: 2; 3: 1-3, 6-7;
Matthew 16: 24-28

Saturday, 10th August

Habakkuk 1: 12 - 2: 4;
Matthew 17: 14-20

Sunday, 11th August

12th Sunday after Pentecost
1 Kings 19: 4-8; Psalm 34: 1-8;
Ephesians 4: 25 - 5: 2;
John 6: 35, 41-51
Eucharist (St Serf's Church),
10.30am

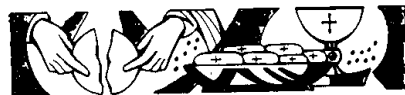


Announcements

Next Sunday, 11 August: There will be no service at St John's Church on Sunday, 11 August. There will be a 1982 Eucharist at St Serf's Church at 10.30am. All are welcome.

Morning Prayer will be livestreamed at 9am on Facebook on Mondays, Tuesdays and Wednesdays.

Days Off: Revd Tess takes **Thursday** and **Friday** as days off.



Priest-in-Charge: Reverend Tess Lowe
Email: priest@eastendepiscopal.org.uk

Office telephone: 0141 778 4392.

Pastoral Assistant: Mrs Maureen Langford

Team Administrator: Miss Trudy Hill
East End Episcopal Churches Office
St Serf's, 1464 Shettleston Road
Glasgow, G32 9AL
Office telephone: 0141 778 4392.

Website: www.eastendepiscopal.org.uk
Visit us also on Facebook - East End
Episcopal Churches.

St John's Church, 23 Swinton Road
Baillieston, G69 6DS

Scottish Charity No. SC001473

GLASGOW EAST END EPISCOPAL CHURCHES

**(Incorporating St John's,
Baillieston; St Kentigern's,
Dennistoun and St Serf's,
Shettleston)**

11th Sunday after Pentecost

4th August 2024

Welcome to our church for this Sunday's service; do stay for tea or coffee afterwards, we look forward to meeting you. If the morning service is the celebration of the Eucharist, all are welcome to make their communion here. Or if you prefer to receive a blessing, please come forward to the rail with arms by your sides.

Collect

Grant to us, Lord, the spirit to think on those things that are right, and always to be ready to do them: that we, who without you cannot be alive, may have the strength to live according to your will; through Jesus Christ, our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, world without end.

Lectionary

Exodus 16: 2-4, 9-15

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 toward 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.'

Psalm 78

**R You opened wide your hands,
O Lord, gave them the bread of
heaven.**

Things we have learned from our
parents of old,
these we must tell to our children;

tell of the glories of God the Most High;
sing of God's marv'lous vict'ries.

R

Tell how God opened the gates of the
skies,
rained down for food gifts of manna;
bread of the angels God sent in
abundance,

gave them the bread from heaven.

R

Tell how God brought them to this holy
land,
through to the mount of God's
presence;

safe to the place which God's right
hand has won,

fed with the bread from heaven.

**R You opened wide your hands,
O Lord, gave them the bread of
heaven.**

Ephesians 4: 1-16

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

I, the prisoner in the Lord, beg you to
lead a life worthy of the calling to which
you have been called, with all humility
and gentleness, with patience, bearing
with one another in love, making every
effort to maintain the unity of the Spirit
in the bond of peace. There is one
body and one Spirit, just as you were
called to the one hope of your calling,
one Lord, one faith, one baptism, one
God and Father of all, who is above all
and through all and in all. But each of
us was given grace according to the
measure of Christ's gift. Therefore it is
said, 'When he ascended on high he
made captivity itself a captive; he gave
gifts to his people.' (When it says, 'He
ascended,' what does it mean but that
he had also descended into the lower
parts of the earth? He who descended
is the same one who ascended far
above all the heavens, so that he might

fill all things.) The gifts he gave were
that some would be apostles, some
prophets, some evangelists, some
pastors and teachers, to equip the
saints for the work of ministry, for
building up the body of Christ, 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. 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. But speaking the
truth in love, we must grow up in every
way into him who is the head, into
Christ, 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.

John 6: 24-35

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

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. 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.'

Post Communion

God of grace, we have shared in the
mystery of the body and blood of
Christ. May we who have tasted the
bread of life live with you for ever. We
ask this in the name of Jesus Christ our
Lord.

Intercessions

***Please pray for healing and
comfort for:***

Dorothea, David, Alex, Elizabeth,
Valerie, Ina, Joseph, Liz, Harry John,
Danut, Mihaela, Alan, Janet,
Christina, John, Sarah and Ashley.

Faithful departed anniversaries:
Robert Leebody, Irene Wray and
Catherine McGregor.

Reflection

You cannot satisfy the satisfied,
or fill those who are already full,
or meet the needs of those who have
no needs.

Jesus said:

"Blessed are the hungry,
for they shall get their fill".

It is a happy day then when we can
admit that we are poor and
vulnerable, weak and wounded and in
need of nourishment.

For it is in our emptiness that we are
filled.

It is in our confusions that we are
guided.

It is in our weakness that we are
strengthened.

It is in our sins that we are forgiven.

It is in our hunger and we are fed.

Lord, we turn to you for that food
which endures to eternal life,
which you alone can give us,
and which alone can satisfy all our
hungers and all our longings,
and which will sustain us as we
journey through this life,
which at times can become as bare
as a desert, until we reach at last the
promised land of heaven.

