

**Trinity 8 with Spiritual Communion  
Sunday 2nd August 2020**

*( you may like to have a small piece of bread ready  
for this service)*

**Opening Antiphon**

**Holy Spirit, we welcome you  
Holy Spirit, we welcome you  
Move amongst us with holy fire  
As we lay aside all earthly desire  
Hands reach out and hearts aspire  
Holy Spirit, Holy Spirit, Holy Spirit, we welcome you**

**Holy Spirit, we welcome you  
Holy Spirit, we welcome you  
Please accomplish in me today  
Some new work of loving grace I pray  
Unreservedly have your way  
Holy Spirit, Holy Spirit, Holy Spirit, we welcome you**

**Call to worship:**

The Lord our God, the Almighty reigns  
**Let us rejoice and shout for joy, giving God the glory**  
Glory to the Father and to the Son and to the Holy Spirit;  
**as it was in the beginning is now and shall be for ever. Amen.**

**Prayer of Preparation**

Loving God, we have come to worship you.

**Help us to pray to you in faith,  
to sing your praise with gratitude,  
and to listen to your word with eagerness;  
through Christ our Lord. Amen**

We come to God as one from whom no secrets are hidden,  
to ask for his forgiveness and peace.

Lord God,  
we have sinned against you;  
we have done evil in your sight.  
We are sorry and repent  
Lord have mercy **Lord have mercy**

Have mercy on us according to your love.  
Wash away our wrongdoing and cleanse us from our sin.  
Christ have mercy **Christ have mercy**

Renew a right spirit within us  
and restore us to the joy of your salvation,  
Lord have mercy **Lord have mercy**

**cf Psalm 51**

Almighty God,  
who forgives all who truly repent,  
have mercy upon *us*,  
pardon and deliver *us* from all *our* sins,  
confirm and strengthen *us* in all goodness,  
and keep *us* in life eternal;  
through Jesus Christ our Lord.  
**Amen.**

## **Gloria for today**

Let us give glory to the Father  
Through the Son  
In the Holy Spirit,

**For God has made us his people,  
And calls us to sing his praises.**

**Blessed are you, Lord God:  
Blessed are you for ever.  
Holy is your name:  
Blessed are you for ever.  
Great is your mercy for your people:  
Blessed are you for ever. Amen!**

## **Collect**

Lord God,  
your Son left the riches of heaven  
and became poor for our sake:  
when we prosper save us from pride,  
when we are needy save us from despair,  
that we may trust in you alone;  
through Jesus Christ our Lord. **Amen**

## **Romans 9:1-5 New International Version (NIV)**

### **Paul's Anguish Over Israel**

**9** I speak the truth in Christ—I am not lying, my conscience confirms it through the Holy Spirit— **2** I have great sorrow and unceasing anguish in my heart. **3** For I could wish that I myself were cursed and cut off from Christ for the sake of my people, those of my own race, **4** the people of Israel. Theirs is the adoption to sonship; theirs the divine glory, the covenants,

the receiving of the law, the temple worship and the promises.  
5 Theirs are the patriarchs, and from them is traced the human ancestry of the Messiah, who is God over all, forever praised!  
Amen.

This is the word of the Lord. **Thanks be to God.**

**Response:**

**Only by grace can we enter  
Only by grace can we stand  
Not by our human endeavour  
But by the blood of the Lamb  
Into Your presence You call us  
You call us to come  
Into Your presence You draw us  
And now by Your grace we come  
Now by Your grace we come**  
*Gerrit Gustafson*

**Gospel Acclamation**

**Alleluia, Alleluia.**

**Your words are Spirit Lord and they are life**

**You have the words of eternal life. *Jn 6:63:68***

**Alleluia**

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

**Matthew 14:13-21 New International Version (NIV)**

**Jesus Feeds the Five Thousand**

**13** When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds

followed him on foot from the towns. **14** When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

**15** As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food."

**16** Jesus replied, "They do not need to go away. You give them something to eat."

**17** "We have here only five loaves of bread and two fish," they answered.

**18** "Bring them here to me," he said. **19** And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. **20** They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. **21** The number of those who ate was about five thousand men, besides women and children.

This is the Gospel of the Lord. **Praise to you, O Christ.**

### **Sermon**

This is a simple and wonderful story that most of us know so well...

But you know how it is with the Gospel - so often when we revisit it - we see something that we never noticed before - old familiar passages offer suddenly new and fresh meanings - and we learn something new about God , or about ourselves - or both!

Notice the context of Matthew's telling of this story.

Our reading today began "When Jesus heard it .... he went away from there in a boat to a deserted spot by himself".

The "it" that Jesus heard - was that - at a very different kind of meal from the one Matthew is about to describe - Herodias's daughter - at her mother's prompting - had asked for the head of John the Baptist on a plate - and so John was beheaded and it was given to her.

It was by all accounts a lavish meal - a table of plenty - a birthday celebration with wine, women, and dancing - and deadly sins abounding. A careless oath - a drunken vow - lust filled eyes - evil scheming - murderous vengeance - All of which brought physical death to John - the death of the prophet of God - and - without judging for only God can do that - surely such danger of spiritual sickness and death to so many there.

Herod's meal was a meal that must leave a really bad taste in our mouths.... and one that brought so much grief and pain to Jesus at the news of the death of his cousin...

And then our reading today begins with such a wonderfully human picture of Jesus. The same Jesus that wept at the tomb of his friend Lazarus - he needs to slip away to quietness and solitude....

Surely he needed to process his feelings at the sordid and wasteful death of John.... his grief for someone he loved .... but in the death of the one sent "to prepare the way" he must have felt "time move on" and perhaps seen the shadow of things to come in his own life...

But the crowds heard that he was there and came out on foot to him from the towns...

How would you respond? It would be really human and natural to say - not today thank you - this is a really bad day for me and I just can't deal with all 5000 of you now! But Jesus response is not self serving, it is not anger, or frustration - but compassion. He saw them and he was sorry for them... and he healed their sick.

He healed their sick until Jesus disciples draw everyone's attention to the lateness of the hour and the people's need for food. they suggest sending the people away to nearby towns to get food .... But Jesus has another solution - and says to the disciples - **you** feed them! The resources the disciples can muster are meagre (notice Matthew doesn't have the boy that John has in his telling of the story) ... 5 barley loaves and two fish ... but in Jesus hands they become more than enough.

Jesus takes the pitifully small amount of food - and blessed it , gave thanks for it, broke it and shared it...

There is lots to notice here...

Notice the eucharistic language - takes, blesses , breaks and shares... the food.

This was a meal that unlike Herod's party - started with next to nothing in the middle of nowhere - that brought health and life - physical and spiritual to all who were there - with more left over to share. It was meal bringing life, life in all its fullness, reaching to eternal life.

It is the miracle that takes our minds back to Moses and the Manna in the desert.... and that at the same time prefigures the last supper.

And something else: Surely if (remembering the temptations in the desert) Jesus could have turned the stones into bread - he had no need for the disciples to give him the wherewithal - the bread and the fish to perform this miracle. And neither did he really need them to hand out the food... But Jesus does choose to work through his followers then and now...

I love this miracle because it is just one concrete example of Eph 3:20 - Glory be to him whose power at work in us can do infinitely more than we can ever ask or imagine. This is not an invitation for us to give Jesus a little bit (and keep the rest for ourselves! But for all of us who feel small, inadequate, that we don't have quite enough to give - it is the promise that Jesus can take what we have to offer and do more with it than we could ever ask or even imagine...

Jesus can take our bread and fish, our money, sense of humour, time , energy, talents, love, artistic gifts, skill with words, practical abilities , common sense.... whatever... hold our gifts before the Father - bless them - and give them back to us to use.

And a hungry world still waits.....

### **Our response: A Spiritual Communion**

This is the Lord's table.  
The Lord Jesus invites us

to share this joyful feast.

From east and west, from north and south,  
people will come and take their places  
at the banquet in the kingdom of God.

*(Luke 13:29). Common Order*

## **A Spiritual Communion...**

As we break our bread together and apart this morning we  
look forward with hope to the time again soon - when as his  
people we may share with joy and thanksgiving in our family  
meal, our holy communion - one bread and one cup.

*(we suggest taking half / some of your piece of bread yourself  
- and feeding the rest to the birds - 'missing one another' until  
that time when we can celebrate communion together in our  
churches)*

I eat this *(unconsecrated)* bread as a sign that  
I am asking you to come again into my heart.

Thanks be to you, Lord Jesus Christ,  
for all the benefits you have given me,  
for all the pains and insults you have borne for me.  
Since I cannot now receive you sacramentally,  
I ask you to come spiritually into my heart.  
O most merciful redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly, day by day. **Amen**

*(pause to eat your bread)*

## Post spiritual-communion prayer.

**Strengthen for service, Lord,  
the hands that have taken holy things;  
may the ears which have heard your word  
be deaf to clamour and dispute;  
may the tongues which have sung your  
praise be free from deceit;  
may the eyes which have seen the tokens of your love  
shine with the light of hope;  
and may the bodies which have been fed with your body  
be refreshed with the fullness of your life;  
glory to you for ever. Amen.**

## Our Declaration of Faith

Do you believe and trust in God the Father,  
source of all being and life,  
the one for whom we exist?

**We believe and trust in him.**

Do you believe and trust in God the Son,  
who took our human nature,  
died for us and rose again?

**We believe and trust in him.**

Do you believe and trust in God the Holy Spirit,  
who gives life to the people of God  
and makes Christ known in the world?

**We believe and trust in him.**

This is the faith of the Church.

**This is our faith.**

**We believe and trust in one God,  
Father, Son and Holy Spirit.**

**Amen.**

## **Intercessions: Prepared and led for us by Jenny Dann**

The response today is:

Lord, hear our small prayers

**May they be channels for your great love**

"When Jesus saw the crowd, his heart was filled with pity for them."

Compassionate Lord, you see the needs of people everywhere in the world, and you long to heal and provide for them.

We pray for the mission of your Church in every land, that we who believe may be filled with that same compassion and reach out in loving service to others. And when we feel weak and inadequate to the task, may we find strength and renewal in the power of your Word and the presence of your Spirit, day by day.

Lord, hear our small prayers

**May they be channels for your great love**

"It is late, and this is a lonely place."

God of wisdom, in this time of global crisis we pray especially for all who walk lonely paths of decision-making and responsibility for the welfare of others, often in the face of criticism and hostility. Give them courage, steadfastness and clarity of vision.

We pray too for those who are persecuted because they have made a stand for faith, truth and justice; sustain and bless them, Lord, and may their stories be heard.

Lord, hear our small prayers

**May they be channels for your great love**

"All we have here are five loaves and two fish."

Father God, we praise and thank you for the gifts we can offer, however small. Grant us the joy and blessing of helping our family, friends and community in ways that reflect your amazing love and faithfulness. Encourage and strengthen all who work

to care for and support others, whether they are paid or voluntary;  
and may each act of kindness be multiplied by your grace.

Lord, hear our small prayers

**May they be channels for your great love**

"Bring them here to me," Jesus said.

Lord, we bring to you now all those who are on our hearts: people who need healing of body, mind or spirit; anyone who lacks hope; those who are deprived of the necessities of life; those who are vulnerable or fearful; those who are mourning the loss of loved ones. In a moment of silence we place into the hands of Jesus all the concerns, anxieties and needs that assail us today.

(Pause)

Lord, hear our small prayers

**May they be channels for your great love**

"Everyone ate and had enough."

God of the eternal feast, we thank and praise you for the great and mystical fellowship that binds together your people, your saints in earth and heaven. We remember with gratitude our loved ones who have died, whether recently or at this time in a previous year; and we continue to trust in your provision and care for them, until we all meet again in glory.

Lord, hear our small prayers

**May they be channels for your great love**

In the name of Jesus Christ our Lord, Amen.

**Merciful Father accept these prayers for the sake of you Son,  
our Saviour Jesus Christ. Amen**

Let's pray together the prayer that Jesus taught us.

**Our Father in Heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and forever. Amen.**

**Notices and Birthdays**

**The BLESSING and SENDING**

**God of power,  
may the boldness of your Spirit transform us,  
may the gentleness of your Spirit lead us,  
may the gifts of your Spirit equip us  
to serve and worship you  
now and always. Amen.**

*And the blessing.....*

Go into the world  
to walk in God's light,  
to rejoice in God's love  
and to reflect God's glory. **Amen.**

## **Final acclamation**

**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,  
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.      *Patrick Appleford***

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*“Jesus gave thanks to God for the five loaves and two fish. Then he gave them to the disciples, and the disciples gave them to the people - about five thousand men, besides women and children.” Matthew 14*



# Jesus Feeds the Five Thousand

**Matthew 14:13-21**

Jesus fed over five thousand people with five loaves of bread and two fish. Some words from this story are hidden in the basket. Try to find all the words listed below.

