

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 .

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Jude is on holiday this week. If anything urgent arises please contact Mick (020 8504 7497) and he will deal with it.

Eat or Heat

Just a reminder that we collect for Eat or Heat and deliver our donations to them each week. There is still a need for the service in the summer, particularly in these heatwave conditions so please keep your gifts coming in.

As a reminder the items which are accepted are:

Large and Small Boxes of Cereal, Canned soup, Canned spaghetti, Canned fish, Canned meat, Canned tomatoes, Canned potatoes/ Instant mash, Canned vegetables, Canned fruit, Canned dessert, Sugar, Long Life milk / Milk Powder, Teabags, Instant Coffee, Pasta Sauce, Squash, Porridge, Pulses, Kidney Beans, Chick Peas, Pasta, Rice, Couscous, Noodles, Cooking Oil, Soap, Shower Gel, Tooth Brush, Tooth Paste, Shampoo, Razors, Sanitary Towels, Tampons, Washing Powder/Tablets.

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: 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



Parish Church of St. Anne Chingford

Web site: www.stanneE4.org.uk



Trinity 10 –5th August 2018

Parish Eucharist 10.00

- Sidesmen:** Aeryn White, Velma Davis, Joyce Sullivan
- Servers:** Julie Adesina, Lindsey Archer, Steve White
- Chalice:** Lindsey Archer, Anthony Sullivan
- Lessons:** Julie Adesina
- Prayers:** Steve White
- Preacher:** Les Acklam
- Celebrant:** Les Acklam
- Music:** Peter Stannard

Order of Service

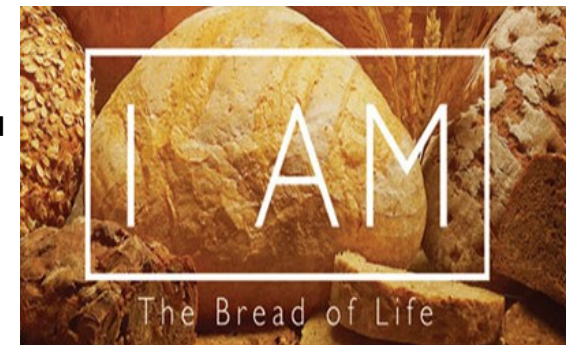
- Option 2
- Eucharistic prayer C

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Hymns:

- 702 The Church's one Foundation
- 424 Let all mortal flesh keep silence
- 323 I am the bread of life
- 453 Lord, enthroned in heav'nly splendour
- 275 Guide me, O thou great Redeemer

This morning we welcome Les Acklam to celebrate and preach at our Eucharist.



This week



Friday	10th Aug	10.00	Communion
Sunday	12th Aug	10.00	Parish Eucharist

Collect

Let your merciful ears, O Lord,
be open to the prayers of your humble servants;
and that they may obtain their petitions
make them to ask such things as shall please you;
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

God of our pilgrimage,
you have willed that the gate of mercy
should stand open for those who trust in
you:
look upon us with your favour
that we who follow the path of your will
may never wander from the way of life;
through Jesus Christ our Lord.

Old Testament Reading

Exodus 16.2-4,9-15

²The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The 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.'

⁴Then 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.'

⁹Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the LORD, for he has heard your complaining."' ¹⁰And 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. ¹¹The LORD spoke to Moses and said, ¹²'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."'

¹³In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When 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

¹I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

⁷But each of us was given grace according to the measure of Christ's gift. ⁸Therefore it is said,

'When he ascended on high he made captivity itself a captive;
he gave gifts to his people.'

⁹(When it says, 'He ascended,' what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until 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. ¹⁴We 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. ¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from 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.**

²⁴When 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.

²⁵When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' ²⁶Jesus 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. ²⁷Do 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.' ²⁸Then they said to him, 'What must we do to perform the works of God?' ²⁹Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' ³⁰So 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?' ³¹Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat.'" ³²Then 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. ³³For the bread of God is that which comes down from heaven and gives life to the world.' ³⁴They said to him, 'Sir, give us this bread always.'

³⁵Jesus 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.**