



# St Anne's Church, Chingford

Web site: [www.stanneE4.org.uk](http://www.stanneE4.org.uk)

## 4th August 2024 – Trinity 10 Proper 13

### Parish Eucharist 10.00

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**Welcomers:** Jacqui Haniff-Bentham, Jenny Miller  
**Servers:** Caroline Acton, Julie Adesina, Lindsey Archer  
**Chalice:** Julie Adesina, Heather Gwynn  
**Lessons:** Lindsey Archer  
**Prayers:** Rosalind Tatam  
**Leader:** Mick Scotchmer  
**Preacher:** Mick Scotchmer  
**Celebrant:** Mick Scotchmer  
**Music:** Peter Stannard

**Hymns:**  
 172 Father, Lord of all Creation  
 323 I am the bread of life  
 83 Bread of heaven, on thee we feed  
 579 O thou, who at thy Eucharist did pray  
 275 Guide me, O thou great Redeemer

**“Miners use canaries to warn of deadly gases. It might not be a bad idea if we took heed of the dead birds in our countryside”**  
 Lord Shackleton



<b>This week</b>  →	Tuesday	6th Aug	No MLT
	Friday	9th Aug	09.30 Eucharist
	Sunday	11th 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**

<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.'

<sup>4</sup>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.'

<sup>9</sup>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."'

<sup>13</sup>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.

All Thanks be to God.

## **New Testament Reading**

## **Ephesians 4.1-16**

<sup>1</sup>I, 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, <sup>5</sup>and Father of all, who is above all and through all and in all.

<sup>7</sup>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 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.

<sup>24</sup>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.

<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.

All Praise to you, O Christ.

N

We do not take a collection during the service at St. Anne's as we have a Parish Giving scheme. However if you wish to make a contribution you will find a plate at the back of church and a card reader if you prefer to donate in that way. If you would like to join the **Parish Giving** scheme



please speak to Lindsey Archer or the church wardens. Also, scanning this QR code will provide information about the scheme and how you can make contributions if you wish.

E

**Eucharist Friday 9th August** - The Eucharist next Friday will start at 9.30am rather than 10.00.

**Ukraine and Eat or Heat** - We are still collecting for both at the back of the church—children, toddler's and baby items are still very much needed as the war takes its toll on the people of Ukraine. As are long lasting food products and hygiene products for Eat or Heat.

W

**African Caribbean Evening: Saturday 7 September** There is a list to sign at the back of church to book your tickets for this popular evening.

S

**Creation Care** In the April informal service I introduced the Creation Care website which I suggested might help us improve our own Environmental Care. This can be found at [www.creationcare.org.uk](http://www.creationcare.org.uk) . When registering please select St Anne, Chingford as your church. To date only four other households have registered. As we approach the Harvest Festival when we shall again be offering our environmental care using the site may provide a useful audit.

#### 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:** 1st Margaret Halford, 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 rise in glory. Amen*