

Sung Eucharist
Sunday 1st August 2021
at 10 am
The Ninth Sunday after
Trinity



Truro
Cathedral

President and Preacher:
Canon Alan Bashforth,
Chancellor

From Canon Alan

We have probably all, in recent times, been left pondering what is life sustaining for us. Some things we may have thought that were absolutely essential, will have proved themselves to be just frills and froth - and stuff that we have discovered we could happily live without. There will then be other things or people, that we have perhaps neglected in the past, which were revealed as being vital to us.

I think whenever Jesus speaks of himself as the 'Bread of Life' (which he does a lot in our Gospel readings in these weeks of Trinity time) then our minds often wander to the business of Holy Communion, the Eucharist, the Mass, the Lord's Supper or whatever other name you might give to this act of worship that sits at the centre of our shared corporate life.

Unusually we were denied it for a while – some of us got used to viewing it - or performing it - virtually rather than really or physically – some would have been very relieved when they were able to properly receive once again - and some will still look for the day when not only bread, but wine will once again be safely offered to everyone.

What it means to you can be a deeply personal thing and I think because of that, I can only speak much of the time about what I think it means for me. It is a moment of encounter, an, at least weekly, meeting with Jesus – a meal that does not satisfy my physical hunger but one that completes me spiritually.

Sometimes when speaking to school children about this central important recounting of the Last Supper I offer them some un-consecrated wafer. I do that to try and baldly illustrate that there is a lot more going on in all of this than having something nice to eat. We consume the 'Bread of Life' because of what it means to us – in obedience to a commandment given to us – and not because it tastes nice – as one who on occasion needs to consume wafers to honour what they have become, I can certainly vouch for that.

You are welcome again to this encounter today, whether you know this as your regular diet – whether it is a table you have not eaten at for a while – or indeed if in the living of your life you are drawn for the first time to – 'take and eat'.

If you find yourself in this latter place, take the opportunity to talk to one of us about it afterwards.

Canon Alan

THIS WEEK

Please note that when we have Evening Prayer, it will be at 5.00pm until the beginning of September. We are pleased to have Cantemus Cum Spiritu, who are singing services for today, and also Luceat, who are singing the services this week

Monday 2 August	9.00	Holy Communion (<i>St Mary's Aisle</i>)
	9.30	Morning Prayer (<i>St Mary's Aisle</i>)
	5.30	Evensong (<i>Quire</i>)
Tuesday 3 August	9.00	Holy Communion (<i>St Mary's Aisle</i>)
	9.30	Morning Prayer (<i>St Mary's Aisle</i>)
	5.30	Evensong (<i>Quire</i>)
Wednesday 4 August <i>The Curé d'Ars</i>	9.00	Holy Communion (<i>St Mary's Aisle</i>)
	9.30	Morning Prayer (<i>St Mary's Aisle</i>)
	5.30	Solemn Evensong (<i>Quire</i>)
Thursday 5 August Oswald, king and martyr, 642	9.00	Holy Communion (<i>St Mary's Aisle</i>)
	9.30	Morning Prayer (<i>St Mary's Aisle</i>)
	12.10	Meditation (<i>St Mary's Aisle</i>)
	5.30	Evensong (<i>Quire</i>)
Friday 6 August The Transfiguration	9.00	Holy Communion (<i>St Mary's Aisle</i>)
	9.30	Morning Prayer (<i>St Mary's Aisle</i>)
	1.10	Organ Recital by David Humphreys
	5.30	Eucharist (<i>Quire</i>)
Saturday 7 August <i>John Mason Neale, priest and hymn-writer, 1866</i>	9.00	Holy Communion (<i>St Mary's Aisle</i>)
	9.30	Morning Prayer (<i>St Mary's Aisle</i>)
	4.00	Evensong (<i>Quire</i>)
Next Sunday 8th August: The Tenth Sunday after Trinity		
7.30 am	Morning Prayer BCP (<i>St Mary's Aisle</i>)	
8.00 am	Holy Communion BCP	
10.00 am	Sung Eucharist (<i>Live streamed</i>)	
	President and preacher: the Dean	
4.00 pm	Evensong (<i>Live streamed</i>)	

Please stand as a vergers leads the clergy to the altar.

Introit

The prayer of King Henry VI by Henry Ley (1887-1962), sung by the choir

Domine, Jesu Christe,
qui me creasti,
redemisti, et preordinasti
ad hoc quod sum,
tu scis quid de me facere vis;
fac de me secundum
voluntatem tuam
cum misericordia.
Amen.

Lord Jesus Christ,
who created,
redeemed, and preordained
me to be this that I am,
you know what you wish to do
with me;
do with me in accordance
with your will,
with mercy.
Amen.

Hymn

Alleluia! sing to Jesus!
His the sceptre, his the throne.
Alleluia! His the triumph,
His the victory alone.
Hark! the songs of peaceful Zion
Thunder like a mighty flood.
Jesus out of every nation
Hath redeemed us by his blood.

Alleluia! not as orphans
Are we left in sorrow now;
Alleluia! He is near us,
Faith believes, nor questions how;
Though the cloud from sight received him
When the forty days were o'er
Shall our hearts forget his promise,
'I am with you evermore'?

**Alleluia! bread of heaven,
Here on earth our food and stay!
Alleluia! here the sinful
Flee to thee from day to day.
Intercessor, friend of sinners,
Earth's Redeemer, plead for me.
Where the songs of all the sinless
Sweep across the crystal sea.**

**Alleluia! King eternal,
Thee the Lord of lords we own;
Alleluia! born of Mary,
Earth thy footstool,
Heaven thy throne.
Thou within the veil hast entered,
Robed in flesh, our great high priest.
Thou on earth both priest and victim
In the Eucharistic feast.**

The president says

In the name of the Father,
and of the Son, and of the
Holy Spirit.

All **Amen.**

The Greeting

The president greets the people

The Lord be with you.

All **And also with you.**

Words of welcome and introduction may be said.

Prayers of Penitence

The president invites all to confess their sins

Though we were once were far off, in Christ Jesus we have been brought near to God through the shedding of his blood. Let us therefore call to mind and acknowledge our sins.

All

**Almighty God,
our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name.
Amen.**

*The choir sings the Kyrie Eleison from Mass in A minor by Caludio Casciolini
(1697-1760)*

Kyrie eleison
Christe eleison.
Kyrie eleison

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

The president says

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

All

Amen.

Please remain standing while the choir sings the Gloria

Gloria in excelsis Deo,
et in terra pax
hominibus bonae voluntatis.
Laudamus te, benedicimus te,
adoramus te, glorificamus te.
Gratias agimus tibi propter
magnam gloriam tuam,
Domine Deus,
Rex caelestis,
Deus Pater omnipotens.
Domine Fili unigenite,
Jesu Christe, Domine Deus, Agnus
Dei, Filius Patris,
qui tollis
peccata mundi,
miserere nobis.
Qui tollis peccata mundi,
suscipe deprecationem nostram.
Qui sedes ad dexteram Patris,
miserere nobis.
Quoniam tu solus Sanctus,
tu solus Dominus,
tu solus Altissimus,
Jesu Christe,
cum Sancto Spiritu:
in gloria Dei Patris.
Amen.

Glory to God in the highest,
and peace
to his people on earth.
Lord God, heavenly King,
Almighty God and Father,
we worship you,
we give you thanks,
we praise you
for your glory.
Lord Jesus Christ,
only Son of the Father,
Lord God,
Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated
at the right hand of the Father:
receive our prayer.
For you alone
are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

The Collect

The president says the Collect, the special prayer for the day.

Let us pray

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.

All **Amen.**

Please sit

The Liturgy of the Word

First Reading

Exodus 16. 2-4, 9-15

A reading from the book 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.

This is the word of the Lord.

All **Thanks be to God.**

Responsorial Psalm 42

As the running deer seeks the flowing brook, even so my soul longs for you, my God.

All **As the running deer seeks the flowing brook, even so my soul longs for you, my God.**

My soul is athirst for God,
Even for the living God:
But when shall I attain
The vision of his face?

All ***Response***

O send your light and truth,
And let them be my guide,
To reach your holy hill,
The place of your abode.

All ***Response***

Why so heavy O my soul?
Why so disquieted within me?
O put your trust in God,
My helper and my God.

All ***Response***

To God's altar will I go,
To God my chiefest joy:
On the strings of the harp
I will offer him my praise.

Second 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, 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. This is the word of the Lord.

All **Thanks be to God.**

Please stand

Gospel Acclamation

Alleluia! Alleluia! Alleluia!

Speak, Lord, for your servant is listening; you have the words of eternal life.

Gospel Reading John 6. 24-35

The president says

The Lord be with you.

All **And also with you.**

Hear the Gospel of our Lord Jesus Christ according to John.

All **Glory to you, O Lord.**

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. When they found him on the other side of the sea, 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.

This is the Gospel of the Lord.

All **Praise to you, O Christ.**

Sermon

The preacher says an opening invocation or prayer, and then all sit.

Please stand

Affirmation of Faith

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

All **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?

All **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?

All **We believe and trust in him.**

This is the faith of the Church.

All The peace of the Lord be always with you.
And also with you.

Hymn

**Guide me O Thou Great Redeemer
Pilgrim through this barren land
I am weak, but Thou art mighty
Hold me with thy powerful hand
Bread of heaven
Feed me till I want no more.**

**Open now the crystal fountain
Whence the healing streams do flow
Let the fire and cloudy pillar
Lead me all my journey though:
Strong Deliverer
Be Thou still my strength and shield.**

**When I tread the verge of Jordan
Bid my anxious fears subside;
Death of death and hell's destruction
Land me safe on Canaan's side
Songs of praises
I will ever give to thee'**

The president says the prayer over the gifts

As the grain once scattered in the fields
and the grapes once dispersed on the hillside
are now reunited on this table in bread and wine,
so, Lord, may your whole Church soon be gathered together
from the corners of the earth
into your kingdom.

All **Amen.**

Eucharistic Prayer B

The president says

The Lord be with you.

All **And also with you.**

Lift up your hearts.

All **We lift them to the Lord.**

Let us give thanks to the Lord our God.

All **It is right to give thanks and praise.**

Father, we give you thanks and praise
through your beloved Son Jesus Christ, your living Word,
through whom you have created all things;
who was sent by you in your great goodness to be our Saviour.
By the power of the Holy Spirit he took flesh;
as your Son, born of the blessed Virgin,
he lived on earth and went about among us;
he opened wide his arms for us on the cross;
he put an end to death by dying for us;
and revealed the resurrection by rising to new life;
so he fulfilled your will and won for you a holy people.
Therefore with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and saying:

The choir sings the Sanctus and Benedictus

Sanctus, Sanctus, Sanctus
Dominus Deus Sabaoth.
Pleni sunt coeli et terra
gloria tua.
Hosanna in excelsis.

Holy, holy, holy Lord,
God of power and might,
heaven and earth are full
of your glory.
Hosanna in the highest.

Benedictus qui venit
in nomine Domini.
Osanna in excelsis.

Blessed is he who comes
in the name of the Lord.
Hosanna in the highest

Please remain standing as the president continues

Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.

Great is the mystery of faith:

All **Christ has died:
Christ is risen:
Christ will come again.**

The Prayer continues

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.
As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom

all who share this one bread and one cup,
so that we, in the company of the Blessed Virgin Mary
and all the saints,
may praise and glorify you for ever,
through Jesus Christ our Lord;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, Almighty Father,
for ever and ever.

All **Amen.**

Please remain standing

The Lord's Prayer

Breaking of the Bread

The president breaks the consecrated bread.

We break this bread to share in the body of Christ.

All **Though we are many, we are one body,
because we all share in one bread.**

Giving of Communion

The president says the following invitation to Communion.

Jesus is the Lamb of God who takes away the sin of the world.

Blessed are those who are called to his supper.

All **Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

At the Distribution the president says

The body of Christ.

The communicant replies each time Amen, and then receives.

The choir sings the Agnus Dei

Agnus Dei, qui tollis
peccata mundi:
miserere nobis.
Agnus Dei, qui tollis
peccata mundi:
dona nobis pacem.

Lamb of God, you take away
the
sin of the world,
have mercy upon us.
Lamb of God, you take away
the sin of the world,
grant us peace.

Anthem

Christus factus est by Jones?????

After Communion

Please stand

Let us pray

The president says the 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.

All **Amen.**

All **Almighty God,
we thank you for feeding us
with the body and blood
of your Son Jesus Christ.
Through him we offer you
our souls and bodies
to be a living sacrifice.
Send us out in the power of your Spirit
to live and work
to your praise and glory.
Amen.**

The Dismissal

The president says

The Lord be with you.

All **And also with you.**

Christ, who has nourished us with himself the living bread,
make you one in praise and love, and raise you up at the last day;
and the blessing of God almighty, the Father, the Son, and the Holy
Spirit, be with you, and remain with you always.

All **Amen.**

The president says

Go in the peace of Christ.

All **Thanks be to God.**

Please remain standing as the clergy depart.

Recessional Music

Please take this order of service away with you.

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Truro
Cathedral