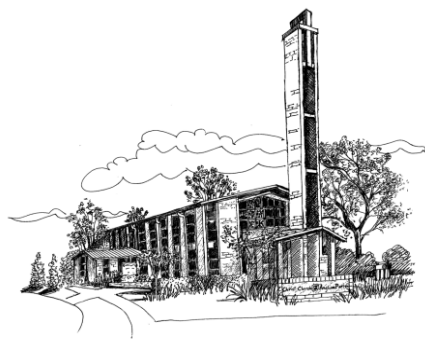


# CHRIST CHURCH ST LUCIA



**Sunday 1<sup>st</sup> August, 2021**

[COVID LOCK DOWN 31/7 – 3/8](#)

*10<sup>th</sup> Sunday after Pentecost (Pr. 13)*



## GATHERING IN GOD'S NAME

PRELUDE: *Prelude on 'Rhosymedre' - R. Vaughan Williams (1872-1958)*

<https://www.youtube.com/watch?v=4pbsBW86ayY>

INTROIT HYMN 631 (t.153)

Tune: ABBOT'S LEIGH

[https://www.youtube.com/watch?v=oyguLv5A\\_b4](https://www.youtube.com/watch?v=oyguLv5A_b4)

1. Father, Lord of all creation,  
ground of being, life and love;  
height and depth beyond description  
only life in you can prove:  
you are mortal life's dependence:  
thought, speech, sight are ours by grace;  
yours is every hour's existence,  
sovereign Lord of time and space.
2. Jesus Christ, the Man for Others,  
we, your people, make our prayer:  
let us love as sisters, brothers,  
all whose burdens we can share.  
Where your name binds us together  
you, Lord Christ, will surely be;  
where no selfishness can sever  
there your love we all may see.
3. Holy Spirit, rushing, burning,  
wind and flame of Pentecost,  
fill our hearts afresh with yearning  
to regain what we have lost.  
May your love unite our action,  
nevermore to speak alone:  
God, in us abolish faction,  
and through us your love make known.

*David Stewart Cross 1928-89*

The Lord be with you.  
And also with you.

**Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name,  
through Christ our Lord. Amen.**

### **Confession & Absolution**

Hear, O Israel, the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' Jesus said: 'This is the great and first commandment. And a second is like it: you shall love your neighbour as yourself.'

Let us therefore bring our sins in penitence and faith,  
confident in God's forgiveness.

**Merciful God, our maker and our judge,  
we have sinned against you in thought, word, and deed,  
and in what we have failed to do:  
we have not loved you with our whole heart;  
we have not loved our neighbours as ourselves;  
we repent, and are sorry for all our sins.  
Father, forgive us.  
Strengthen us to love and obey you in newness of life;  
through Jesus Christ our Lord. Amen.**

*Kyrie eleison (said at 7am, sung at 9am)*

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

Almighty God,  
who has promised forgiveness to all who turn to him in faith:  
pardon you and set you free from all your sins,  
strengthen you in all goodness, and keep you in eternal life,  
through Jesus Christ our Lord. **Amen.**

*The Gloria (said at 7am, sung at 9am)*

**Glory to God in the highest,  
and peace to God's 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 Collects**

*Tenth Sunday after Pentecost*

Living God,

whose Son Jesus fed the hungry

with the bread of his life

and the word of his kingdom:

renew your people with your heavenly grace,

and in all our weakness

sustain us with your true and living bread,

Jesus Christ our Lord;

who lives and reigns with you and the Holy Spirit,

one God, now and for ever. **Amen.**



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.

Hear the word of the Lord,  
**Thanks be to God.**

**Psalm 78.22-28** (sung by the choir at 9am)

Chant – Walter Parratt

<https://youtu.be/41vFpHan5NY?t=289>

Then he commanded the clouds above:  
and opened the doors of heaven.

He rained down manna for them to eat:  
and gave them the grain of heaven.

So they ate the bread of angels:  
and he sent them food in abundance.

He stirred up the south east wind in the heavens:  
and guided it by his power.

He rained down meat upon them thick as dust:  
and winged birds like the sands of the sea.

He made them fall into the midst of their camp:  
and all about their tents.

So they ate and were well-filled:  
for he had given them what they desired.

## **New Testament Reading**

*Ephesians 4.1-16*

*Reader: A reading from the second 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 knitted 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.

Hear the word of the Lord,  
**Thanks be to God.**

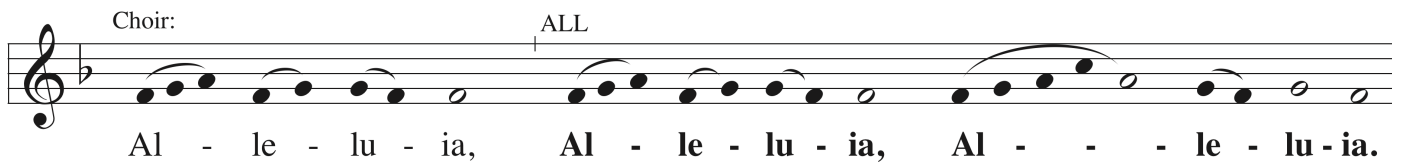
**GRADUAL HYMN Lord of all time (t.620)**

Tune: HIGHWOOD

- 1 Lord of all time, our end and our beginning,  
shaping the whole in which we play our part,  
open our eyes to see your way unfolding,  
and keep eternity within our hearts.
- 2 Lord of all truth, inspiring and surprising,  
keep us alert and watching through the night,  
seeking the signs of your salvation dawning  
in lives illumined by your glorious light.
- 2 Lord of all hope, your song of consolation  
echoes through time, in this and every place;  
Now and in every future generation  
we'll sing this story of transforming grace.

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## The Gospel Acclamation



Choir/ALL: Alleluia, **alleluia, alleluia.**

Choir: *I am the way, the truth and the life, says the Lord;  
no one can come to the Father except through me.*

Choir/ALL: Alleluia, **alleluia, alleluia.**

## The HOLY GOSPEL

*John 6.24-35*

The Lord be with you,  
**And also with you.**

A reading from the Gospel of our Lord Jesus Christ according to St. John.  
**Glory to you, Lord Jesus Christ.**

So 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 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.'

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

**The Sermon:**      The Venerable Valerie Hoare

One of the enduring experiences of Olympic fortnight for me is the deep, heart breaking public disappointment athletes have felt when their expectations of ultimate glory have not been met.

Interviewed on their journey from the finish line to the dim recesses of backstage they barely have breath to string 2 words together but their posture, their faces, their words tell their story.

And their coaches say, "We'll be working with them to overcome this."

And those who have walked this bitter path before them say: "It will take years before they get over this." And they themselves say: "I've learnt a lot about myself."

They're being forced to delve deep into their understanding of who they truly are, how they see themselves, their true being, and where ultimate value lies.

I often speak about a simple 3 step process of Theological Reflection

These are the steps:

1. Choose a recent significant EXPERIENCE from your life that occupies your time and energy and
2. ENGAGE with the event - what feelings does this evoke in you - how does God fit into / clash with the feelings that came and how does God fit into your life structure; and then
3. recognise in all we have felt and learned about self or situations as an INVITATION from God to a new way of doing and being - which leads to a different sort of experience and the cycle begins again.

Business and Education call it an Action / Reflection model - I think we can call it a Transformation model.

Renewal, new life, evolves as individuals and groups take their own lived experiences and seek to become more fully what they can be.

Let's think about our first reading, we get step 1 and 2 together - the experience and the engagement - V. 3 the Israelites say if only we'd died by the hand of



the Lord in the land of Egypt – you have brought us out into the wilderness to kill this whole assembly with hunger.

They engage with the experience with despair, lament – God rescued us from slavery, only to now let us die from hunger. And God hears their complaining and rains down an abundance of food – manna and quail, giving them what they desired as we hear in the last words of the psalm.

Are they satisfied with what they have received, or do they crave more – do they hoard or trust – how is God inviting them and us to live?

Now, think about the people who had been fed by Jesus by the Sea of Galilee – the action we read about last week.

There's a key moment I want to remind you about. Jesus took the loaves and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied John 6:11-12 he moved on to gathering up the fragments.

That word satisfied is important – because I don't think he's talking just about having full tummies. I think the Gospel writer is also wanting us to know that they have had an experience where God has come near – their hunger for the Messiah, the fulfilment of their lives have been met.

And then what do they do with that experience? Did they spend time reflecting on God's invitation to faith and trust?

Today's reading shows Jesus questioning their motives, their purpose for following him: you're looking for me because you're physically hungry, not because you're seeking the faith which endures for eternal life.

Are you like me?

Do you have to make the same – well let's call it poor choice, poor response to a situation (let's just call it what it is, mistakes) a number of times before you're able to really act the way you know is best for everyone?

Here's an example – you know when people start telling you a story of what they've done or seen or heard and you're instantly reminded of a far more interesting story from your own experience, it's funnier, more breathtaking, more heroic.

So you stop listening to their story, and mentally rehearse how you'll tell your story until they finally take a breath and you can jump in and take over the conversation.

It is a mistake - I'm much better at putting my story to one side, then I used to be - but it has taken lots of trying and failing and trying again - Transformation Model.

I think it's like that with people following Jesus - both then and now.

Those who had looked for Jesus were seeking to understand him - they wanted proof -and they wanted it in the way their culture programmed them to look for - miracles, tradition, scripture.

They had several old patterns of how God worked running in their heads - and Jesus simply didn't slot into any of them.

Give us the sign they say, the way Manna was a sign for the Israelites in the wilderness.

Give us something tangible that eases our lives and fills us with feelings of glory.

We want an immediate answer. Few of them, or us, want to put in the commitment to do what Jesus invites us to do - that is to perform the works of God.

And what is that?

To believe in Jesus as the one sent by God. As simple and as hard as that.

The reading from Ephesians spells out something of what that means: lead a life worthy of the calling to which you have been called and the passage goes on with examples of what that involves.

By aligning ourselves with God's intentions, by growing more and more into the likeness of Christ, by becoming a disciple; by being part of a distinctly Christian community where we intentionally build our community in love.

This passage also invites us to consider which of our own personal preferences we value more highly than the experiences of God given unity.

And so we're right back where we began - with recognising that what we do affects who and how we are. I recommend the process of TR. I recommend that you spend a few moments before sleep mulling over the day's experiences, reconnecting to the source of all and asking God to show you where you are being invited to transformed living, where we find our true self in God.

And we're not left to do this on our own. We've got our coach.

Ultimately we're invited to trust that which satisfies the deepest longing and yearnings of our heart, the living bread that gives us life. Whoever eats this bread will never hunger.

## **The NICENE CREED**

**We believe in one God, the Father, the almighty,  
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God, begotten, not made,  
of one being with the Father; through him all things were made.**

**For us and for our salvation he came down from heaven,  
was incarnate of the Holy Spirit and the virgin Mary  
and became truly human.**

**For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures;  
he ascended into heaven**

**and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead  
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is worshipped and glorified,  
who has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.**

**We acknowledge one baptism for the forgiveness of sins.**

**We look for the resurrection of the dead,  
and the life of the world to come. Amen.**

## **THE PRAYERS OF THE PEOPLE**

*Please pray for: Dell, Linda, David, Jarman, Phillip, Julia, Gwenda, Darrel,  
Fr. David, Sophie, Michelle, Zoe & Merle.*

Let us pray for the world and for the church.

*The prayers conclude with the Lord's Prayer:*

Accept our prayers through Jesus Christ our Lord, who taught us to pray:

**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.**

**Save us from the time of trial  
and deliver us from evil.**

**For the kingdom, the power, and the glory are yours  
now and for ever. Amen.**

### **THE GREETING OF PEACE**

We are the body of Christ.

**His Spirit is with us.**

The peace of the Lord be always with you.

**And also with you.**

*We all exchange a COVID safe sign of peace.*

**OFFERTORY HYMN 540 (t.142)**

**Tune: REGENT SQUARE**

- 1 Christians, lift your hearts and voices,  
let your praises be outpoured;  
come with joy and exultation  
to the table of the Lord;  
come believing, come expectant,  
in obedience to his word.
- 2 See, presiding at his table,  
Jesus Christ our great high priest;  
where he summons all his people,  
none is greatest, none is least;  
graciously he bids us welcome  
to the eucharistic feast.

- 3 Lord, we offer in thanksgiving  
life and work for you to bless;  
yet unworthy is the offering,  
marred by pride and carelessness;  
so, Lord, pardon our transgressions,  
plant in us true holiness.
- 4 On the evening of his passion  
Jesus gave the wine and bread,  
so that all who love and serve him  
shall for evermore be fed.  
Taste and see the Lord is gracious,  
feed upon the living bread.

John Edward Bowers (b.1923)

*The Prayer over the gifts*

Blessed are you, Lord, God of all creation.  
Through your goodness we have these gifts to share.  
Accept and use our offerings for your glory  
and for the service of your kingdom.  
**Blessed be God for ever.**

**THE GREAT THANKSGIVING**

The Lord be with you.  
**And also with you.**  
Lift up your hearts.  
**We lift them to the Lord.**

Let us give thanks to the Lord our God.  
**It is right to give our thanks and praise.**

It is right to praise you, faithful God,  
always and everywhere,  
for with your only begotten Son  
and life-giving Spirit,  
you are the one true God from everlasting to everlasting.

At the dawn of time you wrought from nothing  
a universe of beauty and splendour,  
bringing light from darkness  
and order from chaos.

You formed us, male and female, in your image,  
and endowed us with creative power.

We turned away from you but you did not abandon us.  
You called us by name and searched us out,  
making a covenant of mercy,  
giving the law, and teaching justice by the prophets.

And so we praise you,  
joining with your faithful people of every time and place,  
singing the eternal song:

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

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

When the fullness of time was come,  
you sent your Son to be born of Mary.

Bright image of your glory,  
he learnt obedience to you in all things,  
even to death on a cross, breaking the power of evil,  
freeing us from sin, and putting death to flight.

You raised him from death,  
exalting him to glory,  
and the new day dawned.

On the night he was betrayed  
your Son Jesus Christ shared food with his friends,  
his companions on the way.

While at table he took bread,  
blessed, and broke it,  
and giving it to them, said:  
'Take, eat; this is my body.'

He took a cup of wine, and,  
giving thanks, he gave it to them, and said,  
'This is my blood of the covenant,  
which is poured out for many.  
Do this in remembrance of me.'

Therefore, living God, as we obey his command,  
we remember his life of obedience to you,  
his suffering and death,  
his resurrection and exaltation,  
and his promise to be with us for ever.  
With this bread and this cup  
we celebrate his saving death until he comes.

In faith we acclaim you, O Christ:

**Christ has died;**

**Christ is risen;**

**Christ will come again.**

Accept, we pray, our sacrifice of praise and thanksgiving,  
and send your Holy Spirit upon us and our celebration  
that all who eat and drink at this table  
may be strengthened by Christ's body and blood  
to serve you in the world.

As one body and one holy people,  
may we proclaim the everlasting gospel of Jesus Christ our Lord,  
through whom, with whom, and in whom,  
in the unity of the Holy Spirit,  
all glory is yours, eternal God, now and for ever.

**Blessing and honour and glory and power  
are yours for ever and ever. Amen.**

## THE BREAKING OF THE BREAD

As this broken bread was once many grains,  
which have been gathered together and made one bread:  
**so may your Church be gathered  
from the ends of the earth into your kingdom.**

*Agnus Dei* (sung by all at 9am)

**Jesus, Lamb of God: have mercy on us.**

**Jesus, bearer of our sins: have mercy on us.**

**Jesus, redeemer of the world: grant us your peace.**

## THE COMMUNION

The gifts of God for the people of God. Come let us take this holy sacrament of the body and blood of Christ in remembrance that he died for us, and feed on him in our hearts by faith with thanksgiving.

*Communicant Christians of other church traditions  
are invited also to receive Communion.*

## MUSIC DURING COMMUNION

ORGAN: *Voluntary No. 3 - Alfred Ernest Floyd (1877-1974)*

CHOIR: *Ave verum corpus - Edward Elgar (1857-1934)*

[https://www.youtube.com/watch?v=tWJRKoKrV\\_8](https://www.youtube.com/watch?v=tWJRKoKrV_8)

*Ave verum corpus,  
natum de Maria Virgine:  
Vere passum immolatum  
in cruce pro homine:  
Cujus latus perforatum,  
vero fluxit sanguine:  
Esto nobis praegustatum  
in mortis examine.  
O Clemens, O pie,  
O dulcis Jesu Fili Mariae.*

All hail true Body,  
born of the Blessed Virgin Mary:  
which in anguish, to redeem us  
did suffer upon the cross:  
From whose side, pierced by spear,  
came forth water and blood:  
Be to us at our last hour  
the source of consolation.  
O merciful, O holy,  
O sweet Jesu, Son of Mary.

**Post-Communion Sentence** (sung by the choir at 9am)

You gave us bread from heaven Lord;  
a sweet tasting bread that was good to eat.



## The SENDING OUT OF GOD'S PEOPLE

Bountiful God,  
at this table you graciously feed us  
with the bread of life and the cup of eternal salvation.  
May we who have reached out our hands to receive this sacrament  
be strengthened in your service;  
we who have sung your praises  
tell of your glory and truth in our lives;  
we who have seen the greatness of your love  
see you face to face in your kingdom  
and come to worship you with all your saints for ever.

**Most loving God, you send us into the world you love.  
Give us grace to go thankfully and with courage  
in the power of your Spirit.**

THANKSGIVING HYMN 456

Tune: THORNBURY

<https://www.youtube.com/watch?v=esJ7WWqG-dI>

- 1 Your hand, O God, has guided  
your flock from age to age;  
the wondrous tale is written,  
full clear on every page;  
your people owned your goodness,  
and we their deeds record,  
and both of this bear witness:  
one church, one faith, one Lord.
  
- 2 Your heralds brought glad tidings  
to greatest, as to least;  
they bade them rise, and hasten  
to share the great King's feast,  
and this was all their teaching,  
in every deed and word,  
to all alike proclaiming  
one church, one faith, one Lord.

- 3 Through many a day of darkness,  
Through many a scene of strife,  
the faithful few fought bravely  
to guard the nation's life.  
Their gospel of redemption,  
sin pardoned, earth restored,  
was all in this enfolded:  
one church, one faith, one Lord.
- 4 Your mercy will not fail us,  
nor leave your work undone;  
with your right hand to help us,  
the victory shall be won,  
and then by all creation  
your name shall be adored,  
and this shall be their anthem:  
One church, one faith, one Lord.

Edward Hayes Plumptre (1821-91) alt.

## THE BLESSING & DISMISSAL

The peace of God which passes all understanding  
keep your hearts and minds in the knowledge and love of God,  
and of his Son, Jesus Christ our Lord;  
and the blessing of God almighty, the Father, the Son, and the Holy Spirit,  
be among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord,  
**In the name of Christ.**

POSTLUDE: *Præludium in E - Vincent Lübeck (1654-1740)*

[https://youtu.be/qDz\\_MYBecKw?t=3792](https://youtu.be/qDz_MYBecKw?t=3792)

*Today's Mass Setting: MATHIAS*

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*Services on Sunday 8<sup>th</sup> August (Eleventh Sunday after Pentecost)*

*Preacher: The Ven. Valerie Hoare*

*Holy Eucharist will be celebrated at 7am & 9am*

*Baptism of Georgina Michéle Whitelaw at 9am*

*COVID-19 safe practices are still required before, during and after the services*

*Parish Office is open Monday – Friday 8.30am to 12pm*

*phone 3870 8887 | email [stlucia@anglicanchurchsq.org.au](mailto:stlucia@anglicanchurchsq.org.au)*

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*Readings for Sunday 8<sup>th</sup> August 2021*

*1Kings 19.4 -8 | Psalm 34.1-8 | Ephesians 4.25-5.2 | John 6.35, 41-51*

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**Remember to bring your phone to Check In  
and you're good to go!**

We're making it easier for you to help keep us all COVID safe.  
Download the **Check In Qld** app today at  
[www.covid19.qld.gov.au/check-in-qld](http://www.covid19.qld.gov.au/check-in-qld)

We're using it because it's safe, secure and convenient. We look forward to seeing you soon.

Don't have a smartphone? The COVID-SAFE Team will be able to help you check in.

**[www.anglican-stlucia.org](http://www.anglican-stlucia.org)**

