

### 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.

### FIRST READING

**Exodus 16:2-4, 9-15**

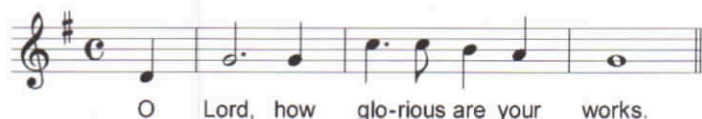
*A reading from the book of Exodus.*  
The whole congregation of the Israelites  
complained against Moses and Aaron in  
the wilderness. The Israelites said to them,  
"If only we had died by the hand of the  
LORD in the land of Egypt, when we sat  
by the fleshpots and ate our fill of bread;  
for 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."



### PSALM Psalm 78:23-29

*R O Lord, how glorious are your works.*

So he commanded the clouds above  
and opened the doors of heaven.  
He rained down upon them manna to eat  
and gave them the grain of heaven.  
So mortals ate the bread of angels;  
he sent them food in plenty. *R*



He caused the east wind to blow in the  
heavens  
and led out the south wind by his might.  
He rained flesh upon them as thick as  
dust  
and winged fowl like the sand of the sea. *R*

He let it fall in the midst of their camp  
and round about their tents.  
So they ate and were well filled,  
for he gave them what they desired. *R*

### SECOND READING

**Ephesians 4:1-16**

*A reading from the letter of Paul to the  
Ephesians.*

I, 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.

### GOSPEL John 6:24-35

*Hear the gospel of our Lord Jesus Christ  
according to John.*

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. 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."

### 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.

# Holsworthy Benefice

Bridgerule, Hollacombe, Holsworthy and Pyworthy with Pancrasweek

## 5<sup>th</sup> August - Tenth Sunday after Trinity

Priest in Charge: Mother Elizabeth Burke

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*warm welcome to church today! If you have not been here before, please make yourself known to one of the team - you are very welcome.*



### EVERY FRIDAY 10.30am Communion & 11am Community No Cost Café at St Peter & Paul

		Bridgerule	Hollacombe	Holsworthy	Pancrasweek	Pyworthy
Trinity 10	5 <sup>th</sup> August	11:15am Family Holy Communion	3pm Benefice Lammas Sung BCP Evensong	9:30am Sung Eucharist		11:15am Family Worship
	10 <sup>th</sup> August	10.30am Benefice FRIDAY COMMUNION & 11am NO COST CAFÉ, Holsworthy				
Trinity 11 The Blessed Virgin Mary	12 <sup>th</sup> August	11.15am Morning Prayer	9.30am Sung BCP Holy Communion	9.30am Holy Communion		11.15am Family Holy Communion with Baptism
	17 <sup>th</sup> August	10.30am Benefice FRIDAY COMMUNION & 11am NO COST CAFÉ, Holsworthy				
Trinity 12	19 <sup>th</sup> August	11.15am Holy Communion	9.30am Sung BCP Holy Communion	9.30am Holy Communion		11.15am Morning Prayer
	24 <sup>th</sup> August	10.30am Benefice FRIDAY COMMUNION & 11am NO COST CAFÉ, Holsworthy				
Trinity 13	26 <sup>th</sup> August	11.15am Morning Prayer		9:30am Morning Prayer	9:30am Eucharist with Hymns	11:15am Sung Eucharist
	31 <sup>st</sup> August	No Service or Cafe				
Trinity 14	2 <sup>nd</sup> Sept	11.15am Sung Eucharist		9.30am Sung Eucharist		11.15am All Age Service
	7 <sup>th</sup> Sept	No Service or Cafe				

**Friends of Holsworthy Parish Church.** We hope to launch this Autumn. Please do let Mother Elizabeth know if you are interested in coming on the sub-committee.

**Lift to church** – are you able to give someone who lives in Holsworthy a lift to St Peter and St Paul's church. Please speak with either Sarah Battams or Mthr Elizabeth.

**Vocations day for all** Saturday 8<sup>th</sup> September at the Boniface Centre, Crediton. A day for anyone who feels a sense of calling to ministry, with information about discernment and training and opportunity for reflection <http://exeter.anglican.org/events/exploring-vocation-to-ministry>

**Developing Lay Ministry in Holsworthy Mission Community.** Over the past 9 months, a number of people from our four benefices have been meeting to think about the future shape of ministry across our Mission Community. One area of focus has been lay ministry – how do we take the best of what's already going on and develop it for our future as a Mission Community? If you would like to hear some of our thinking and contribute to the discussion, please join us on **Tuesday 25 September, 6:30pm for 7pm at Ashwater Parish Hall, EX21 5EZ**

#### Coming up...

Wed 22<sup>nd</sup> Aug 1.30pm

**Pastoral Team Meeting** – The Rectory

Please pray for the recently departed: Dennis Isaac, Robert Blayney