

StF 576 John Bell and Graham Maule

Bread is blessed and broken,
wine is blessed and poured:
Take this and remember
Christ the Lord.

Share the food of heaven
earth can not afford.
Here is grace in essence –
Christ the Lord.

Know yourself forgiven,
find yourself restored,
meet a friend for ever -
Christ the Lord.

God has kept his promise
sealed by sign and word:
Here for those who want him –
Christ the Lord.

The Cotteridge Church

Proper 13

Sunday 4th August 2024



Bible Readings

2 Samuel 11 26-12 13

Psalms 51 1-13

Ephesians 4 1-16

John 6 24-35

Collect

Gracious Father,
revive your Church in our day,
and make her holy, strong and faithful,
for your glory's sake.

Amen

Once there was a young hermit who lived as an ascetic in a forest. He owned nothing except a pair of loincloths. One morning, to his great disappointment, he found that mice had destroyed one of the loincloths. He brought a cat to kill the mice and then a cow to give milk to the cat. Later, as the cows multiplied, he hired a girl from the nearby village to look after the cows and to sell the extra milk in the village. Finally, his ever-growing material needs prompted him to end his religious life, marry the girl and settle down as a farmer in the village. This little story illustrates how easily the never-ceasing hunger for material things can take over our spiritual life. In today's gospel, Jesus promises to satisfy our spiritual hunger by offering his body as our food.

Hymn

1. O food to pilgrims given,
O bread of life from heaven,
O manna from on high!
We hunger; Lord, supply us,
nor thy delights deny us,
whose hearts to thee draw nigh.

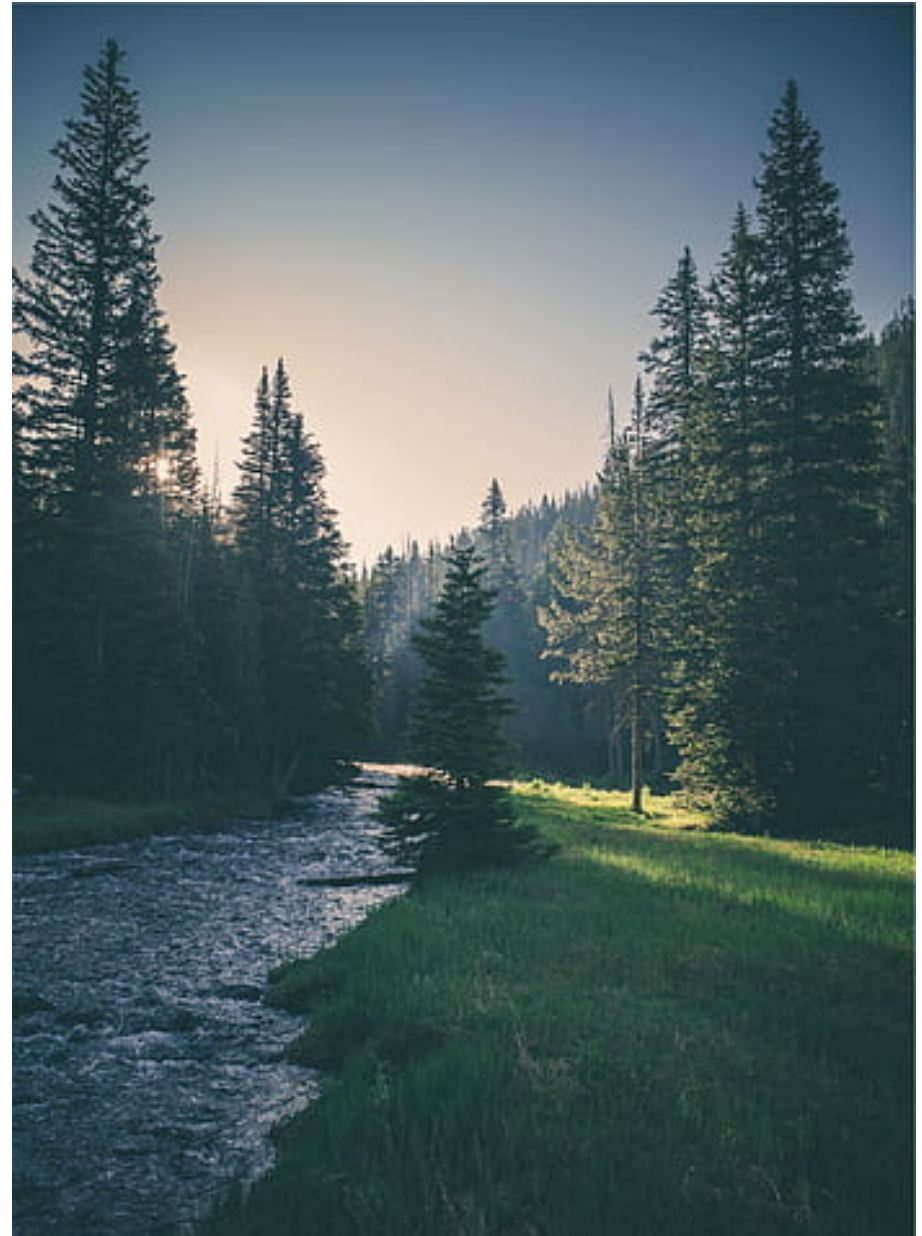
2. O stream of love past telling,
O purest fountain, welling
from out the Saviour's side!
We faint with thirst; revive us,
of thine abundance give us,
and all we need provide.

3. O Jesus, by thee bidden,
we here adore thee, hidden
in forms of bread and wine.
Grant when the veil is risen,
we may behold, in heaven,
thy countenance divine.

OescaViatorum

Translated by John Athelstan Laurie Riley

The Cotteridge Church
Proper 14 Sunday 11th August



Bible Readings

2 Samuel 18 5-9, 15, 31-33

Psalm 130

Ephesians 4 v25 - 5 v2

John 6 35 41-51

Collect

Lord of heaven and earth,
as Jesus taught his disciples to be persistent in
prayer,
give us patience and courage never to lose hope,
but always to bring our prayers before you; through
Jesus Christ our Lord.
Amen

Never forget, that inside you there is a fight going on - a savage and vicious battle between two wolves. One wolf is anger, arrogance, envy, guilt, sorrow, regret, greed, inferiority, self-pity, lies, false pride, superiority, resentment, and ego. The other is joy, compassion, benevolence, love, hope, serenity, humility, kindness, peace, empathy, generosity, truth, good and faith. The same fight is going on inside me - and inside every single other human being on this planet.

Do you know which wolf will win?

The one you feed.

StF 793 Magnificat

1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour
he has looked with favour on his lowly servant.

2 From this day all generations will call me
blessed:
the Almighty has done great things for me,
and holy is his Name.

3 He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.

4 He has cast down the mighty from their thrones,
and has lifted up the lowly.
he has filled the hungry with good things,
and the rich he has sent away empty.

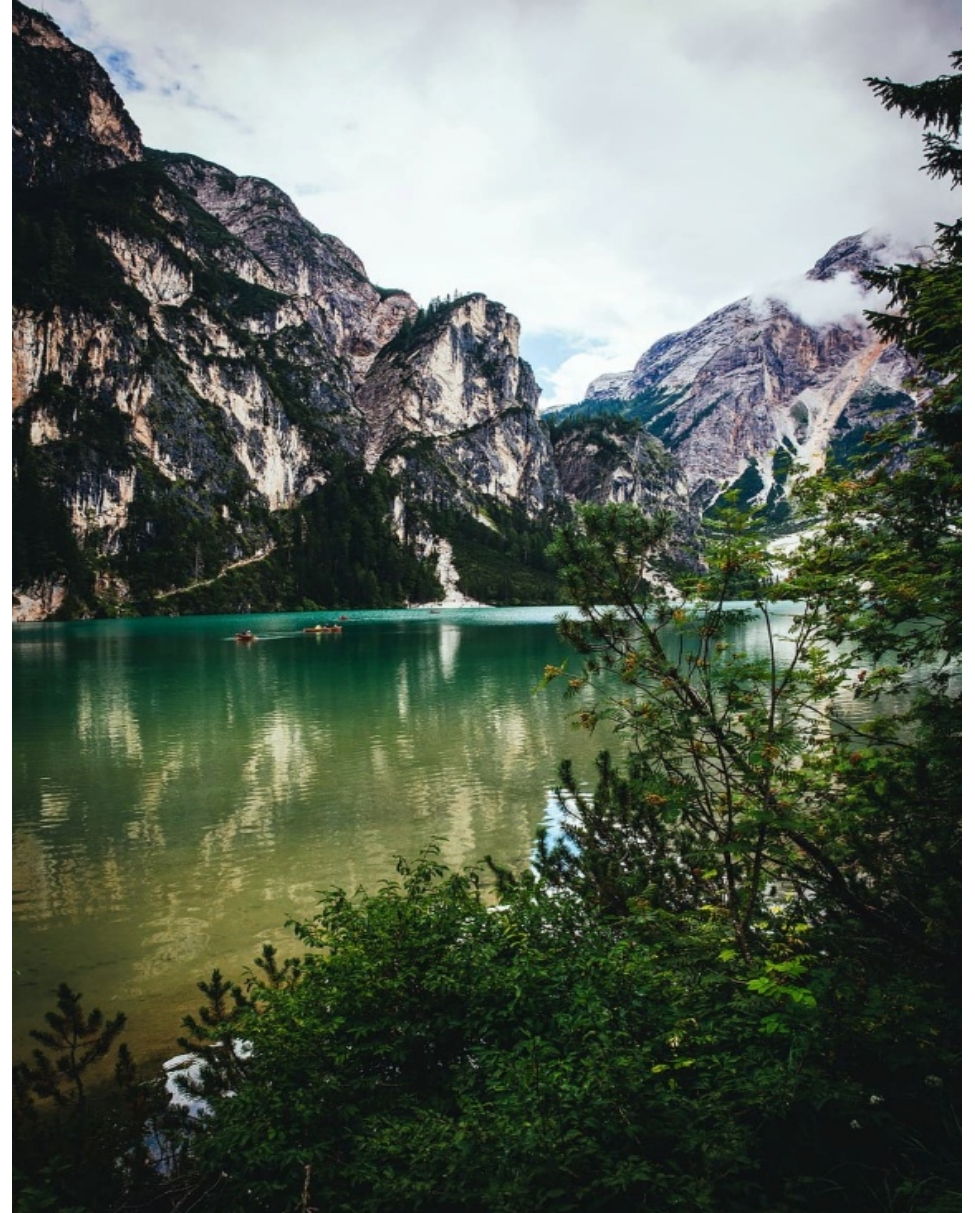
5 He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

The Cotteridge Church

Proper 15

Sunday 18th August 2024



Bible Readings

1 Kings 2 10-12, 3 3-14

Psalm 111

Ephesians 5 15-20

John 6 51-58

Collect

God of glory,
the end of our searching,
help us to lay aside
all that prevents us from seeking your
kingdom, and to give all that we have
to gain the pearl beyond all price,
through our Saviour Jesus Christ.
Amen

New standards for diet were proposed recently. A food pyramid was developed as a guide for healthy eating. It includes a base of bread, cereals, rice and pasta. The next level up the pyramid is vegetables and fruit. A still smaller next level is milk, yogurt, cheese, meat, poultry, fish, eggs, and nuts. The smallest group at the top is fats, oils and sweets.

We can propose a food pyramid for those who want a healthy spiritual life. You can develop your own, but it might include a base of feeding on the Word of God in the Eucharist and by study and meditation on the Scriptures. Above that is being nourished by Christian fellowship. It should include servings of regular worship. To that a daily use of prayer and devotions could be added. On top of those elements should be time for Christian service to meet the needs of others.

StF 250

Cecil Frances Alexander

1 Jesus calls us o'er the tumult
of our life's wild, restless sea;
day by day his voice is sounding,
saying "Christian, follow me."

2 As of old apostles heard it
by the Galilean lake,
turned from home and toil and kindred,
leaving all for his dear sake.

3 Jesus calls us from the worship
of the vain world's golden store,
from each idol that would keep us,
saying "Christian, love me more."

4 In our joys and in our sorrows,
days of toil and hours of ease,
still he calls, in cares and pleasures,
"Christian, love me more than these."

5 Jesus calls us; by your mercies,
Saviour, may we hear thy call,
give our hearts to your obedience,
serve and love you best of all.

The Cotteridge Church

Proper 16 Sunday 25th August 2024



Bible Readings

1 Kings 8 1, 6, 10-11, 22-30, 41-43

Psalms 84

Ephesians 6 10-20

John 6 56-69

Collect

God of constant mercy,
who sent your Son to save us and
remind us of your goodness,
increase your grace within us, that our
thankfulness may grow,
through Jesus Christ our Lord.
Amen

A certain downtown businessman became fond of the little boy who shined his shoes every day. He did such a good job that one day the businessman asked him, "Son, how come you are so conscientious about your work?"

The boy felt complimented. He looked up to the man, and said, "Mister, I'm a Christian and I try to shine every pair of shoes as if Jesus Christ were wearing them."

The businessman saw something genuine in the shoeshine boy. Soon after that he began reading his Bible. When he decided to be a Christian himself, he credited his decision to the little boy who shined every pair of shoes "as if Jesus Christ were wearing them."

That's a blessing.