

# Ordinary Time

Trinity 10

4<sup>th</sup> August 2024



StMARY *with* StALBAN

PARISH CHURCH of TEDDINGTON

## THE GATHERING

1. Lord, teach us how to pray aright  
with reverence and with fear;  
though dust and ashes in thy sight,  
we may, we must, draw near.

2. We perish if we cease from prayer:  
O grant us power to pray;  
and, when to meet thee we prepare,  
Lord, meet us by the way.

3. God of all grace, we bring to thee  
a broken, contrite heart;  
give what thine eye delights to see,  
truth in the inward part;

✠ We meet in the name of Jesus Christ, who died and was raised to the  
glory of God the Father.

Grace and mercy be with you.

**All and also with you.**

## PRAYER OF PREPARATION

**All 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.**

## SUMMARY OF THE LAW

Our Lord Jesus Christ said: The first commandment is this: 'Hear, O Israel,  
the Lord our God is the only Lord. You shall love the Lord your God with  
all your heart, with all your soul, with all your mind, and with all your  
strength.'

The second is this: 'Love your neighbour as yourself.' There is no other  
commandment greater than these. On these two commandments hang all  
the law and the prophets.

**All Amen. Lord, have mercy.**

## PRAYERS OF PENITENCE

The gospel calls us to turn away from sin and be faithful to Christ. As we offer ourselves to him in penitence and faith, we renew our confidence and trust in his mercy.

**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.**

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. **Amen.**

## GLORIA IN EXCELSIS – *The Mass of St. Thomas, David Thorne*

**Glory to God! Glory to God! Glory to God in the highest!**

**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.**

**Glory to God! Glory to God! Glory to God in the highest.**

**Lord Jesus Christ; Holy 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.**

**Glory to God! Glory to God! Glory to God in the highest.**

**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.**

**Glory to God! Glory to God! Glory to God in the highest.**

## THE COLLECT FOR THE WEEK

*The Collect is said after a short period of silence*

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. **Amen**

## THE LITURGY OF THE WORD

THE FIRST READING – EXODUS 16.2–4, 9–15, *read by a member of the congregation*

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.’

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.”’ <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.”’

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**

THE SECOND READING – Ephesians 4.1–16, *read by the subdeacon*

I therefore, 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 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? <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. 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 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. This is the word of the Lord,

**All Thanks be to God**

#### GRADUAL HYMN

1. Thou art the Way: by thee alone  
from sin and death we flee;  
and they who would the Father seek  
must seek him, Lord, by thee.

2. Thou art the Truth: thy word alone  
true wisdom can impart;  
thou only canst inform the mind  
and purify the heart.

3. Thou art the Life: the rending tomb  
proclaims thy conquering arm;  
and those who put their trust in thee  
nor death nor hell shall harm.

4. Thou art the Way, the Truth, the Life:  
grant us that Way to know,  
that Truth to keep, that Life to win,  
whose joys eternal flow.

#### GOSPEL READING - John 6.24–35

**Alleluia, alleluia, alleluia.**

Welcome with meekness the implanted word that has the power to save our souls.

**Alleluia, alleluia, alleluia.**

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

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

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?' <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.'

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.*

## THE SERMON

## THE NICENE CREED

Let us declare our faith in God, Father, Son and Holy Spirit.

**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 from the Holy Spirit and the Virgin Mary and was made man. 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.**



3.Though with a scornful wonder  
men see her sore opprest,  
by schisms rent asunder,  
by heresies distrest;  
yet saints their watch are keeping,  
their cry goes up, 'How long?'  
And soon the night of weeping  
shall be the morn of song.

4.'Mid toil and tribulation,  
and tumult of her war,  
she waits the consummation  
of peace for evermore;  
till with the vision glorious  
her longing eyes are blest,  
and the great church victorious  
shall be the church at rest.

5.Yet she on earth hath union  
with God the Three in One,  
and mystic sweet communion  
with those whose rest is won:  
O happy ones and holy!  
Lord, give us grace that we,  
like them, the meek and lowly,  
on high may dwell with thee.

As the grain once scattered in the field 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.**

## THE EUCHARISTIC PRAYER

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.**

Blessed are you, Lord God, our light and our salvation; to you be glory and praise for ever. From the beginning you have created all things and all your works echo the silent music of your praise. In the fullness of time you made us in your image, the crown of all creation. You give us breath and speech, that with angels and archangels and all the powers of heaven we may find a voice to sing your praise:

**All Holy, holy, holy Lord; God of power and might. Heaven and earth are full of your glory. Hosanna, hosanna, hosanna in the highest!**  
**✠ Blessed is he who comes in the name of the Lord.**  
**Hosanna, hosanna, hosanna in the highest!**

As a mother tenderly gathers her children, you embraced a people as your own. When they turned away and rebelled your love remained steadfast. From them you raised up Jesus our Saviour, born of Mary, to be the living bread, in whom all our hungers are satisfied. He offered his life for sinners, and with a love stronger than death he opened wide his arms on the cross.

On the night before he died, he came to supper with his friends and, taking bread, he gave you thanks. He broke it and gave it to them, saying: *Take, eat; this is my body which is given for you; do this in remembrance of me.*

At the end of supper, taking the cup of wine, he gave you thanks, and said: *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.*

Let us proclaim the mystery of faith:

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

Father, we plead with confidence his sacrifice made once for all upon the cross; we remember his dying and rising in glory, and we rejoice that he intercedes for us at your right hand.

Pour out your Holy Spirit ✠ as we bring before you these gifts of your creation; may they be for us the body and blood of your dear Son.

As we eat and drink these holy things in your presence, form us in the likeness of Christ, and build us into a living temple to your glory.

Remember, Lord, your Church in every land. Reveal her unity, guard her faith, and preserve her in peace.

Bring us at the last with all the saints to the vision of that eternal splendour for which you have created us; through Jesus Christ, our Lord, by whom, with whom, and in whom, with all who stand before you in earth and heaven, we worship you, Father almighty, in songs of everlasting praise:

**All Blessing and honour and glory and power be yours for ever and ever.**  
**Amen.**



## THE LORD'S PRAYER

Trusting in the compassion of God, and as our Saviour taught us, so we pray:

**All Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven.  
Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us.  
And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever.  
Amen.**

## THE BREAKING OF THE 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.**

## AGNUS DEI

**Lamb of God, you take away the sins of the world; have mercy on us.  
Lamb of God, you take away the sins of the world; have mercy on us  
Lamb of God you take away the sins of the world; grant us peace.**

## GIVING OF COMMUNION

Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you. Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

*Everyone is welcome to come forward for Holy Communion or a blessing.*

## PRAYER AFTER 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. **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 Notices are given*

## **SENDING OUT**

### POST-COMMUNION HYMN

1. 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 now and evermore.

2. Open now the crystal fountain  
whence the healing stream doth flow;  
let the fiery cloudy pillar  
lead me all my journey through:  
strong deliverer,  
be thou still my strength and shield.

3. 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 and praises  
I will ever give to thee.

### THE BLESSING

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.




**All Amen.**



Go in peace to love and serve the Lord.

**All In the name of Christ. Amen**

*The ministers and people depart.*

# NOTICES

<p><b>Pints of View Wednesday 7<sup>th</sup> August</b></p> <p><b>Sue and Peter Stevens Sunday 11<sup>th</sup> August</b></p> <p><b>Other August dates</b></p> <p><b>Parish Office closed 19<sup>th</sup> to 25<sup>th</sup> August</b></p> <p><b>On holiday until September</b></p>	<p>Tide End Pub 8.00pm. This is an opportunity to gather each month, at the same time each month in the Tide End Pub, for some unscripted, agenda-free and committee-free fellowship over a pint or equivalent.</p> <p>Sue and Peter's Marriage will be blessed in the 10.00am service. Please do join them in the Hall afterwards for 'Fizz and Cake' to celebrate their Golden Wedding.</p> <p><b>Tuesday 13<sup>th</sup> August:</b> Parish Lunch Piazza Firenze 12noon <b>Tuesday 27<sup>th</sup> August:</b> Coffee Shambles Restaurant 10.30am</p> <p>Everyone in the office will take time off over August, with the Parish Office closed for a week from Monday 19th to Sunday 25th August. Cover will remain in place throughout the month, even when the office is closed, as <a href="mailto:enquiries@teddingtonparish.org">enquiries@teddingtonparish.org</a> inbox and messages left on 020 8943 2262 will continue to be monitored.</p> <p><b>Children's Church, First Wednesday, Church Mice and Plain &amp; Pearl</b> will also be taking a break over August.</p>
<p> <b>Buy a Brick Already over half have sold</b></p> <p><b>Please keep your leftover foreign coins and donate for Building Anew</b></p> <p><b>Early Bird Offer for School Disco 28<sup>th</sup> September 6.30- 10.30pm</b> </p>	<p><b>100 Limited Edition fundraising bricks available for £100 to be part of the legacy of this historic community project.</b> Includes an invitation to opening ceremony, a place on the 'Bricklayer Wall of Fame' in the Project's Commemorative Book of Donors and on the website. Scan the QR code to the left.</p> <p>Thank you for all the donation so far. Donations can be put in an envelope (with gift aid info if you can) and in the plate on Sunday, or to the Parish Office. </p> <p><b>Calling Teddington parents!</b> Join us at the party of the year and celebrate getting our kids back to school after a long summer! Live music, an epic 80's and 90's DJ set and bowl food from an ex Jamie Oliver chef. The bar will be serving everything from prosecco to margaritas. Tuck shop and treats are on us! <i>Tickets cost £45 – you can buy your August special ticket for £39. using the QR code. Price will increase in September.</i></p>

<p><b><u>Vinyl Sale</u> - Are you a vinyl enthusiast? Can you help with a new Building Anew fundraising initiative?</b></p>	<p>We will be launching an online vinyl auction to buy or donate used vinyl LPs and singles using an online catalogue. If you would like to be part of the pilot scheme to test the process, and gain early sight of the emerging catalogue, please contact <a href="mailto:chris@teddingtonparish.org">chris@teddingtonparish.org</a> or <a href="mailto:nadia@teddingtonparish.org">nadia@teddingtonparish.org</a>.</p>
<p><b>Summer Activities in the Parish Hall</b></p>	<p><b>CYGNETS ART:</b> Around the World Workshops 4 weeks: Tues-Thur, 30th July – 29th August 5-12yr olds (all abilities)</p> <p><b>SASSY STIRRERS:</b> Learn to Love to Cook; 7th August: Pizzas, pasta and pastels 8th August: chill-down summer party cooking</p>  
<p><b>Plain &amp; Pearl's next project</b></p>	<p>If you have any spare embroidery hoops, fir cones or striped t-shirt fabric please leave at the back of church or with the Parish Office for Plain &amp; Pearl.</p>
<p><b>Thank You</b></p>	<p><b>Thank you to the Salvation Army for their generous donation</b> of toys for the Church Mice Toddler Service. Emily and Joel Watson, the Lieutenants of the Salvation Army in Teddington, and their children are regulars at Church Mice each Wednesday. The Church Mice children will love playing with their new toys after the services when they restart in September.</p>
<p><b>Monday</b> <b>Tuesday</b> <b>Wednesday</b> <b>Thursday</b></p> <div data-bbox="108 1283 225 1435" style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>N W E E X E T K</p> </div>	<p><b>Community Café:</b> 1.30-4.30pm at Peter &amp; Paul Centre <b>Memory Café:</b> 1.30-3.00pm at Peter &amp; Paul Centre <b>Holy Communion:</b> 9.30am SMwSA <b>Compline:</b> on Zoom 8.30pm</p>


## Ways to donate to us

St Mary with St Alban



Building Anew



**Vicar** The Rev'd David Cloake 07729 944769 [vicar@teddingtonparish.org](mailto:vicar@teddingtonparish.org)  
**Parish Office open T, W, F. 10am-2.00pm:** 020 8943 2262 [enquiries@teddingtonparish.org](mailto:enquiries@teddingtonparish.org)  
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