

COLLECT

Almighty and everlasting God,
by whose Spirit the whole body of the
Church is governed and sanctified:
hear our prayer which we offer for all
your faithful people,
that in their vocation and ministry
they may serve you in holiness and
truth
to the glory of your name;
through our Lord and Saviour Jesus
Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING Ezekiel 2:1-5

A reading from the book of the prophet Ezekiel.

The heavens were opened, and I saw
visions of God. When I saw this, I fell
on my face, and I heard the voice of
someone speaking. He said to me:
O mortal, stand up on your feet, and
I will speak with you. And when he
spoke to me, a spirit entered into
me and set me on my feet; and I
heard him speaking to me. He said to
me, Mortal, I am sending you to the
people of Israel, to a nation of rebels
who have rebelled against me; they
and their ancestors have transgressed
against me to this very day. The
descendants are impudent and
stubborn. I am sending you to them,
and you shall say to them, "Thus
says the Lord GOD." Whether they
hear or refuse to hear (for they are
a rebellious house), they shall know
that there has been a prophet among
them.

PSALM Psalm 123

R *Our eyes wait upon the Lord our God.*

To you I lift up my eyes,
to you that are enthroned in the
heavens.
As the eyes of servants look to the
hand of their master,
or the eyes of a maid to the hand of
her mistress,

So our eyes wait upon the Lord our
God,
until he have mercy upon us. **R**

Have mercy upon us, O Lord, have
mercy upon us,
for we have had more than enough of
contempt.
Our soul has had more than enough
of the scorn of the arrogant,
and of the contempt of the proud. **R**

SECOND READING

2 Corinthians 12:2-10

A reading from the second letter of Paul to the Corinthians.

I know a person in Christ who
fourteen years ago was caught up
to the third heaven – whether in the
body or out of the body I do not
know; God knows. And I know that
such a person – whether in the body
or out of the body I do not know;
God knows – was caught up into
Paradise and heard things that are not
to be told, that no mortal is permitted
to repeat. On behalf of such a one I
will boast, but on my own behalf I will
not boast, except of my weaknesses.
But if I wish to boast, I will not be a
fool, for I will be speaking the truth.
But I refrain from it, so that no one
may think better of me than what is
seen in me or heard from me, even
considering the exceptional character
of the revelations. Therefore, to
keep me from being too elated, a
thorn was given me in the flesh, a
messenger of Satan to torment me,
to keep me from being too elated.
Three times I appealed to the Lord
about this, that it would leave me,
but he said to me, "My grace is
sufficient for you, for power is made
perfect in weakness." So, I will boast
all the more gladly of my weaknesses,
so that the power of Christ may
dwell in me. Therefore I am content
with weaknesses, insults, hardships,
persecutions, and calamities for the
sake of Christ; for whenever I am
weak, then I am strong.

GOSPEL Mark 6:1-13

Hear the gospel of our Lord Jesus Christ according to Mark.

Jesus came to his home town, and
his disciples followed him. On the
sabbath he began to teach in the
synagogue, and many who heard him
were astounded. They said, "Where
did this man get all this? What is this
wisdom that has been given to him?
What deeds of power are being done
by his hands! Is not this the carpenter,
the son of Mary and brother of James
and Joses and Judas and Simon,
and are not his sisters here with us?"
And they took offence at him. Then
Jesus said to them, "Prophets are not
without honour, except in their home
town, and among their own kin, and
in their own house." And he could do
no deed of power there, except that
he laid his hands on a few sick people
and cured them. And he was amazed
at their unbelief. Then he went about
among the villages teaching. He
called the twelve and began to send
them out two by two, and gave them
authority over the unclean spirits. He
ordered them to take nothing for their
journey except a staff; no bread, no
bag, no money in their belts; but to
wear sandals and not to put on two
tunics. He said to them, "Wherever
you enter a house, stay there until you
leave the place. If any place will not
welcome you and they refuse to hear
you, as you leave, shake off the dust
that is on your feet as a testimony
against them." So they went out and
proclaimed that all should repent.
They cast out many demons, and
anointed with oil many who were sick
and cured them.

POST COMMUNION

Grant, O Lord, we beseech you,
that the course of this world may be
so peaceably ordered by your
governance,
that your Church may joyfully serve
you in all godly quietness;
through Jesus Christ our Lord.



COLLECT

Merciful God,
you have prepared for those who love you
such good things as pass our understanding:
pour into our hearts such love toward you
that we, loving you in all things and above
all things,
may obtain your promises,
which exceed all that we can desire;
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 Amos 7:7-15

A reading from the book of the prophet Amos.

This is what the Lord God showed me: the Lord was standing beside a wall built with a plumb line, with a plumb line in his hand. And the LORD said to me, "Amos, what do you see?" And I said, "A plumb line." Then the Lord said, "See, I am setting a plumb line in the midst of my people Israel; I will never again pass them by; the high places of Isaac shall be made desolate, and the sanctuaries of Israel shall be laid waste, and I will rise against the house of Jeroboam with the sword." Then Amaziah, the priest of Bethel, sent to King Jeroboam of Israel, saying, "Amos has conspired against you in the very centre of the house of Israel; the land is not able to bear all his words. For thus Amos has said, 'Jeroboam shall die by the sword, and Israel must go into exile away from his land.'" And Amaziah said to Amos, "O seer, go, flee away to the land of Judah, earn your bread there, and prophesy there; but never again prophesy at Bethel, for it is the king's sanctuary, and it is a temple of the kingdom." Then Amos answered Amaziah, "I am no prophet, nor a prophet's son; but I am a herdsman, and a dresser of sycamore trees, and the LORD took me from following the flock, and the LORD said to me, 'Go, prophesy to my people Israel.'"

PSALM Psalm 85:8-end

R Show us your mercy, O Lord.

I will listen to what the Lord God will say,
for he shall speak peace to his people and
to the faithful,
that they turn not again to folly.
Truly, his salvation is near to those who fear
him,
that his glory may dwell in our land. **R**



Mercy and truth are met together,
righteousness and peace have kissed each
other;
Truth shall spring up from the earth
and righteousness look down from
heaven. **R**

The Lord will indeed give all that is good,
and our land will yield its increase.
Righteousness shall go before him
and direct his steps in the way. **R**

SECOND READING Ephesians 1:3-14

A reading from the letter of Paul to the Ephesians.

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in Christ, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

GOSPEL Mark 6:14-29

Hear the gospel of our Lord Jesus Christ according to Mark.

King Herod heard of the healings and other miracles, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is

Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised." For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When Herodias' daughter came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the Baptist." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptizer on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

POST COMMUNION

God of our pilgrimage,
you have led us to the living water:
refresh and sustain us
as we go forward on our journey,
in the name of Jesus Christ our Lord.

COLLECT

Lord of all power and might,
the author and giver of all good things:
graft in our hearts the love of your
name,
increase in us true religion,
nourish us with all goodness,
and of your great mercy keep us in
the same;
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 Jeremiah 23:1-6

A reading from the book of the prophet Jeremiah.

Woe to the shepherds who destroy
and scatter the sheep of my pasture!
says the LORD. Therefore thus says the
LORD, the God of Israel, concerning
the shepherds who shepherd my
people: It is you who have scattered
my flock, and have driven them away,
and you have not attended to them.
So I will attend to you for your evil
doings, says the LORD. Then I myself
will gather the remnant of my flock
out of all the lands where I have
driven them, and I will bring them
back to their fold, and they shall
be fruitful and multiply. I will raise
up shepherds over them who will
shepherd them, and they shall not
fear any longer, or be dismayed, nor
shall any be missing, says the LORD.
The days are surely coming, says the
LORD, when I will raise up for David
a righteous Branch, and he shall reign
as king and deal wisely, and shall
execute justice and righteousness
in the land. In his days Judah will be
saved and Israel will live in safety.
And this is the name by which he
will be called: "The LORD is our
righteousness."

PSALM Psalm 23

R *I will dwell in the house of the Lord
for ever.*

The Lord is my shepherd;
therefore can I lack nothing.
He makes me lie down in green
pastures
and leads me beside still waters. **R**

He shall refresh my soul
and guide me in the paths of
righteousness for his name's sake.
Though I walk through the valley of
the shadow of death, I will fear no evil;
for you are with me; your rod and
your staff, they comfort me. **R**

You spread a table before me in the
presence of those who trouble me;
you have anointed my head with oil
and my cup shall be full.
Surely goodness and loving mercy
shall follow me all the days of my life,
and I will dwell in the house of the
Lord for ever. **R**

SECOND READING

Ephesians 2:11-end

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

Remember that at one time you
Gentiles by birth, called "the
uncircumcision" by those who are
called "the circumcision" – a physical
circumcision made in the flesh by
human hands – remember that you
were at that time without Christ,
being aliens from the commonwealth
of Israel, and strangers to the
covenants of promise, having no hope
and without God in the world. But
now in Christ Jesus you who once
were far off have been brought near
by the blood of Christ. For he is our
peace; in his flesh he has made both
groups into one and has broken down
the dividing wall, that is, the hostility
between us. He has abolished the
law with its commandments and
ordinances, that he might create in
himself one new humanity in place
of the two, thus making peace, and
might reconcile both groups to God
in one body through the cross, thus
putting to death that hostility through
it. So he came and proclaimed peace
to you who were far off and peace
to those who were near; for through
him both of us have access in one
Spirit to the Father. So then you are
no longer strangers and aliens, but
you are citizens with the saints and
also members of the household of
God, built upon the foundation of the
apostles and prophets, with Christ
Jesus himself as the cornerstone.

In him the whole structure is joined
together and grows into a holy
temple in the Lord; in whom you also
are built together spiritually into a
dwelling-place for God.

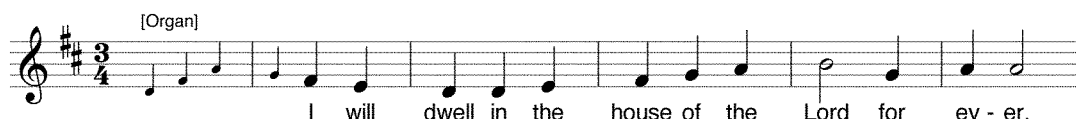
GOSPEL Mark 6:30-34. 53-end

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

The apostles returned from their
mission. They gathered around Jesus,
and told him all that they had done
and taught. He said to them, "Come
away to a deserted place all by
yourselves and rest a while." For
many were coming and going, and
they had no leisure even to eat. And
they went away in the boat to a
deserted place by themselves. Now
many saw them going and recognized
them, and they hurried there on
foot from all the towns and arrived
ahead of them. As he went ashore,
he saw a great crowd; and he had
compassion for them, because they
were like sheep without a shepherd;
and he began to teach them many
things. When they had crossed over,
they came to land at Gennesaret
and moored the boat. When they
got out of the boat, people at once
recognized him, and rushed about
that whole region and began to bring
the sick on mats to wherever they
heard he was. And wherever he went,
into villages or cities or farms, they
laid the sick in the market-places, and
begged him that they might touch
even the fringe of his cloak; and all
who touched it were healed.

POST COMMUNION

Lord God, whose Son is the true vine
and the source of life,
ever giving himself that the world
may live:
may we so receive within ourselves
the power of his death and passion
that, in his saving cup,
we may share his glory and be made
perfect in his love;
for he is alive and reigns, now
and for ever.



COLLECT

Almighty Lord and everlasting God,
 we beseech you to direct, sanctify
 and govern both our hearts and
 bodies
 in the ways of your laws and the
 works of your commandments;
 that through your most mighty
 protection, both here and ever,
 we may be preserved in body and
 soul;
 through our Lord and Saviour Jesus
 Christ,
 who is alive and reigns with you,
 in the unity of the Holy Spirit,
 one God, now and for ever.

FIRST READING 2 Kings 4:42-end

A reading from the second book of Kings.

A man came bringing food from the first fruits to Elisha, the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, "Give it to the people and let them eat." But his servant said, "How can I set this before a hundred people?" So he repeated, "Give it to the people and let them eat, for thus says the LORD, 'They shall eat and have some left.'" He set it before them, they ate, and had some left, according to the word of the LORD.

PSALM Psalm 145:10-19

R Great is the Lord and highly to be praised.

All your works praise you, O Lord,
 and your faithful servants bless you.
 They tell of the glory of your kingdom
 and speak of your mighty power,
 To make known to all peoples your
 mighty acts
 and the glorious splendour of your
 kingdom. **R**

Your kingdom is an everlasting
 kingdom;
 your dominion endures throughout all
 ages.
 The Lord is sure in all his words
 and faithful in all his deeds.
 The Lord upholds all those who fall
 and lifts up all those who are bowed
 down. **R**

The eyes of all wait upon you, O Lord,
 and you give them their food in due
 season.

You open wide your hand
 and fill all things living with plenty. **R**

The Lord is righteous in all his ways
 and loving in all his works.

The Lord is near to those who call upon
 him,
 to all who call upon him faithfully. **R**

SECOND READING

Ephesians 3:14-end

A reading from the letter of Paul to the Ephesians.

I bow my knees before the Father,
 from whom every family in heaven and
 on earth takes its name. I pray that,
 according to the riches of his glory, he
 may grant that you may be strengthened
 in your inner being with power through
 his Spirit, and that Christ may dwell in
 your hearts through faith, as you are being
 rooted and grounded in love. I pray that
 you may have the power to comprehend,
 with all the saints, what is the breadth
 and length and height and depth, and
 to know the love of Christ that surpasses
 knowledge, so that you may be filled with
 all the fullness of God. Now to him who
 by the power at work within us is able to
 accomplish abundantly far more than all
 we can ask or imagine, to him be glory
 in the church and in Christ Jesus to all
 generations, for ever and ever. Amen.

GOSPEL John 6:1-21

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

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for

each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to Jesus, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then 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, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world." When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself. When evening came, his disciples went down to the lake, got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. The lake became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going.

POST COMMUNION

Strengthen for service, Lord,
 the hands that have taken holy things;
 may the ears which have heard your
 word be deaf to clamour and dispute;
 may the tongues which have sung your
 praise be free from deceit;
 may the eyes which have seen the
 tokens of your love shine with the
 light of hope;
 and may the bodies which have been
 fed with your body be refreshed with
 the fullness of your life;
 glory to you for ever.

