

**Transformation – NOW!
THANKSGIVING FOR THE INSTITUTION
OF HOLY COMMUNION**

Hymn:

Alleluia, sing to Jesus!

sung by St Martin's Voices

Alleluia, sing to Jesus!
His the sceptre, his the throne;
alleluia, his the triumph,
his the victory alone:
hark, the songs of peaceful Sion
thunder like a mighty flood;
Jesus out of every nation
hath redeemed us by his blood.

Alleluia, not as orphans
are we left in sorrow now;
alleluia, he is near us,
faith believes, nor questions how:
though the cloud from sight received him,
when the forty days were o'er,
shall our hearts forget his promised,
'I am with you evermore'?

Alleluia, bread of angels,
thou on earth our food, our stay;
alleluia, here the sinful
flee to thee from day to day:
Intercessor, Friend of sinners,
earth's Redeemer, plead for me,
where the songs of all the sinless
sweep across the crystal sea.

Alleluia, King eternal,
thee the Lord of lords we own;
alleluia, born of May,
earth thy footstool, heaven thy throne,
thou within the veil hast entered,
robed in flesh, our great High Priest:
thou on earth both Priest and Victim
in the eucharistic feast.

William Chatterton Dix (1837-1898)

Opening prayer

Lord God, you draw and welcome us,
emptied of pride and hungry for grace,
to this your kingdom feast.

Nowhere can we find the food for which our souls cry out
but here, Lord at your table.

Invigorate and nourish us, good Lord,
that in and through this Bread and Wine
your love may meet us and your life complete us
in the power and glory of your kingdom. Amen

from the *Church in Wales Holy Eucharist 2004*

Bible Reading: John 6: 51-56 (*Living Bible*)

Yes, I am the Bread of Life! When your fathers in the wilderness ate bread from the skies, they all died. But the Bread from heaven gives eternal life to everyone who eats it. I am that Living Bread that came down out of heaven. Anyone eating this Bread shall live forever; this Bread is my flesh given to redeem humanity.”

Then the Jews began arguing with each other about what he meant. “How can this man give us his flesh to eat?” they asked. So Jesus said it again, “With all the earnestness I possess I tell you this: Unless you eat the flesh of the Messiah and drink his blood, you cannot have eternal life within you. But anyone who does eat my flesh and drink my blood has eternal life, and I will raise him at the Last Day.

For my flesh is the true food, and my blood is the true drink. Everyone who eats my flesh and drinks my blood is in me, and I in him.

Reflection – Love’s choice

written by Malcolm Guite

Imagine you have a morsel of bread or a communion wafer on the palm of your hand. Stare at it for a moment, and place it on your tongue.

This bread is light, dissolving, almost air,
A little visitation on my tongue,
A wafer-thin sensation, hardly there.

Imagine now you are holding a small cup of wine, half a sherry glass, take a sip

This taste of wine is brief in flavour, flung
A moment to the palate’s roof and fled,
Even its aftertaste a memory.

Yet this is how He comes. Through wine and bread
Love chooses to be emptied into me.
He does not come in unimagined light
Too bright to be denied, too absolute
For consciousness, too strong for sight,
Leaving the seer blind, the poet mute;
Chooses instead to seep into each sense,
To dye himself into experience.

Hymn: Eat this bread, drink this cup – Margaret Rizza

sung by St Martin’s Voices

Jacques Berthier (1923-1994)

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Eat this bread, drink this cup, come to him and never be hungry.

Eat this bread, drink this cup, trust in him and you will not thirst.

Christ is the bread of life,
the true bread sent from the Father.

Chorus

Our ancestors ate manna in the desert,
but this is the bread come down from heaven.

Chorus

Intercessions

from Common Worship

We pray to the Lord.

Lord, listen to the prayers of your people,
gathered at your table.

In faith we pray:

we pray to you our God.

Here, where we celebrate how Christ gave us his body
to be our spiritual food,

listen as we pray for his body the Church,
spread throughout the world

In faith we pray:

we pray to you our God.

Here, where we recognize the presence of Christ,
who takes away the sin of the world,

listen as we pray for that world

and for its peoples for whom his blood was shed

In faith we pray:

we pray to you our God.

Here, where we come together as Christ gathered with his friends
to give us this meal of holy fellowship,

listen as we pray for all whom you have given us,

our friends and all whose lives are joined with ours

In faith we pray:

we pray to you our God.

Here, where we remember the night of Christ's agony and trial,

listen as we pray for all who share his sufferings

through fear or pain or distress of many kinds

In faith we pray:

we pray to you our God.

Here, where we join our praises with the whole company of heaven,
listen as we pray for all who have trusted Christ's promise

to raise up on the last day

those who eat his flesh and drink his blood

In faith we pray:

we pray to you our God.

Lord, satisfy our hunger with the food that lasts,
the bread of God which comes down from heaven
and gives life to the world,
Jesus Christ your Son our Lord.

Amen.

The Mothers' Union Prayer

Loving Lord, we thank you for your love so freely given to us all.
We pray for families around the world.

Bless the work of the Mothers' Union as we seek to share your love
through the encouragement, strengthening and support of marriage
and family life.

Empowered by your Spirit, may we be united in prayer and worship,
and in love and service reach out as your hands across the world.

In Jesus' name.

Amen.

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Hymn: How deep the Father's love for us

sung by St Martin's Voices

How deep the Father's love for us,
How vast beyond all measure,
That He should give His only Son
To make a wretch His treasure.
How great the pain of searing loss -
The Father turns His face away,
As wounds which mar the Chosen One
Bring many sons to glory.

Behold the man upon a cross,
My sin upon His shoulders;
Ashamed, I hear my mocking voice
Call out among the scoffers.
It was my sin that held Him there
Until it was accomplished;
His dying breath has brought me life -
I know that it is finished.

I will not boast in anything,
No gifts, no power, no wisdom;
But I will boast in Jesus Christ,
His death and resurrection.
Why should I gain from His reward?
I cannot give an answer;
But this I know with all my heart -
His wounds have paid my ransom.

Stuart Townend

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Closing prayer

God, for your goodness, give me yourself, for you are all that I need.
May I never ask anything that is less than you,
for if I ask anything that is less, I know I will never be satisfied,
only in you have I all that I need.
Your goodness encompasses all of creation and all of your works,
your goodness goes beyond all that we can see,
your goodness is endless, for you are endless.
You created us for yourself,
and re-created us through your Passion, your love and sacrifice.
Keep us in your deepest love and wrap us in your total goodness.
As we rest in you
all shall be well,
and all shall be well,
and all manner of things shall be well.

Material: as stated

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**Thursday Prayers next month will be on
13th July 2023 – Love thy neighbour**