

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.

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.

Additional Collect

Lord God,
your Son left the riches of heaven
and became poor for our sake:
when we prosper save us from pride,
when we are needy save us from despair,
that we may trust in you alone;
through Jesus Christ our Lord.

Isaiah 55.1–5 (NRSV)

Come, all you who are thirsty,
come to the waters;
and you that have no money,
come, buy and eat!

Come, buy wine and milk
without money and without price.

² Why do you spend your money for that which is not bread,
and your labour for that which does not satisfy?

Listen carefully to me, and eat what is good,
and delight yourselves in rich food.

³ Incline your ear, and come to me;
listen, so that you may live.

I will make with you an everlasting covenant,
my steadfast, sure love for David.

⁴ See, I made him a witness to the peoples,
a leader and commander for the peoples.

⁵ See, you shall call nations that you do not know,
and nations that do not know you shall run to you,
because of the LORD your God, the Holy One of Israel,
for he has glorified you.

Romans 9.1–5 (NRSV)

⁹I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit— ²I have great sorrow and unceasing anguish in my heart. ³For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. ⁴They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; ⁵to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

Matthew 14.13–21 (NRSV)

¹³Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. ¹⁵When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' ¹⁶Jesus said to them, 'They need not go away; you give them something to eat.' ¹⁷They replied, 'We have nothing here but five loaves and two fish.' ¹⁸And he said, 'Bring them here to me.' ¹⁹Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. ²⁰And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. ²¹And those who ate were about five thousand men, besides women and children.