

This Week:-

Today Croeso Worship Group, Llanyrnewydd & each First Sunday of Month **11.15 am**

Thursday HE, St Hilary's, Killay **11 am**

Saturday Wedding Deborah Aldread & Matthew Jones (rehearsal Fri 5pm) **1 pm**

Sunday Worship Leaders Licencing – Pennard St Mary's **11 am**

Please pray for Sarah, Gloria, Rita, Maggie, Lilian and Pam as they answer this calling.

- **August 23rd** Healing Service Llanellen (access through Llanrhidian Holiday Park) **3pm**
- **August 29th** Swagger, Stagger, Strut – 13 mile walk, Gowerton to Llanmadoc.
- **September 1st** Mother's Union returns with Eucharist, Llanrhidian **2 pm**
- **September 3rd** PCC at St David's **7 pm**
- **September 7th** MU Deanery Coffee Morning, Bishopston.
- **September 8th** PCC Llanrhidian **7.30 pm**
- **September 12th** Ministry and Mission Day, celebration of Lay Ministry, Brecon Cathedral. All Bishop's licencees are asked to attend if poss.
- **September 26th** Christian Aid 7th Anniversary Service, Brecon Cathedral with + John and ++ Rowan Williams
- **October 6th** Tues MA meeting for all PCC members & congregation members, Rev Peter B, St David's **7.30**
- **October 10th** Diocesan Conference

Llanrhidian Volunteers to join the rota to clean the church and do the flowers would be greatly appreciated. Please contact Beryl or Jill.

Brother Gildas Subject to tides, boats, weather, knees and any other unexpected incident... Thurs **24th September, 7.00pm**, St David's!

Gower Publishing A group is forming to enable setting up a publishing company similar to Iona, Caldey and Holy Island communities. If you would like to help, please contact Fr Tim. 1st meeting Sept.

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August 2nd: TRINITY 9 (PENTECOST 10) LITURGICAL COLOUR: GREEN

*...open our hearts to the riches of your grace,
that we may bring forth
the fruit of the Spirit in
love and joy and peace*
(from today's Collect)

fr tim writes

Holy Spirit
is
God in us
burning into our souls
with
tongues of love
tearing open
our hearts
with
cosmic light
a healing, freeing thing
conquering the night

Collect

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; 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 forever. **Amen.**

Exodus 16.2-4, 9-15

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. 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." '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. The Lord spoke to Moses and said, '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. 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. 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.

Psalm 78.23-29

R *The Lord gave them grain from heaven.*

The Lord commanded the skies above,
and opened the doors of heaven;
He rained down on them manna to eat,
and gave them the grain of heaven.
So mortals ate of the bread of angels;
he sent them food in abundance. **R**
He caused the east wind to blow in the heavens,
and led out the south wind by his might;
He rained down flesh upon them like dust,
and winged birds like the sand of the sea; **R**
He let it fall in the midst of their camp,
all around their dwellings.
And they ate and were well filled,
for he gave them what they craved. **R**

Ephesians 4.1-16

I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, 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? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, 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. 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, 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.

Gospel of John 6.24-35

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?' 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. 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.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' 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? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' 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. For the bread of God is that which comes down from heaven and gives life to the world.' 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.