

A very warm Welcome to St Michael's Church

In our **Gospel** Jesus gives us the bread of life because he is the bread of life. We hear his words, full of hope with the promise of eternal life. We are reminded that Jesus is with us now and gives himself to us.

Sunday 1st August 2021

Opening Sentence

God, come to my help. Lord, quickly give me assistance. You are the one who helps me and sets me free: Lord, do not be long in coming

Greeting and Entrance

In the name of the Father,
and of the Son and of the Holy Spirit. **Amen.**

The Lord be with you
And with your spirit

Call to Confession

My brothers and sisters,
to prepare ourselves to celebrate the sacred mysteries,
let us first call to mind our sin.

May almighty God have mercy on us, forgive us our sins and bring us to everlasting life. **Amen.**

Gloria

**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.**

**Lord Jesus Christ, only 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.

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. Amen.

The Liturgy of the Word

Let us pray
Father of everlasting goodness,
our origin and our guide,
be close to us
and hear the prayers of all who praise you.
Forgive our sins and restore us to life.
Keep us safe in your love. **Amen.**

First Reading (Sit)

A reading from the book of Exodus (16:2-4.12-15)

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not.

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God."'

And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

This is the word of the Lord: **Thanks be to God**

Responsorial Psalm (Psalm 77)

R. The Lord gave them bread from heaven.

The things we have heard and understood,
the things our fathers have told us,
we will tell to the next generation:
the glories of the Lord and his might. **R.**

He commanded the clouds above
and opened the gates of heaven.
He rained down manna for their food,
and gave them bread from heaven. **R.**

Mere men ate the bread of angels.
He sent them abundance of food.
He brought them to his holy land,
to the mountain which his right hand had won. **R.**

2nd Reading

A reading from St Paul's letter to the Ephesians (4:17.20-24)

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

This is the word of the Lord
Thanks be to God

Alleluia

Alleluia, alleluia!

I am the Way, the Truth and the Life, says the Lord;
No one can come to the Father except through me.

Alleluia, alleluia

Gospel

The Lord be with you,
And also with you.

A reading from the Holy Gospel according to John
Glory to you, O Lord.

When the people saw that neither Jesus nor his disciples were there, they got into those boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?'

Jesus answered:

'I tell you most solemnly,
you are not looking for me because you have seen the signs
but because you had all the bread you wanted to eat.

Do not work for food that cannot last,
but work for food that endures to eternal life,
the kind of food the Son of Man is offering you,
for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: *He gave them bread from heaven to eat.*' Jesus answered:

'I tell you most solemnly,
it was not Moses who gave you bread from heaven,
it is my Father who gives you the bread from heaven,
the true bread;
for the bread of God
is that which comes down from heaven
and gives life to the world.'

'Sir,' they said 'give us that bread always.' Jesus answered:

'I am the bread of life.

He who comes to me will never be hungry;
he who believes in me will never thirst.'

This is the Gospel of Our Lord. Praise to you O Christ.

Sermon

Creed

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 men and for our salvation
he came down from heaven;
by the power of the Holy Spirit
he became incarnate of 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.
We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son
he is worshipped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the
forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

Intercessions: Lord in your mercy, hear our prayer.

The Peace

Christ is our peace he has reconciled us to God in one body by the cross; we meet in his name and share his peace!

The peace of the Lord be with you always.

And with your spirit

Offertory Prayers

Let us pray my brothers and sisters, that our sacrifice may be acceptable to God, the almighty Father.

**May the Lord accept this sacrifice at your hands,
for the praise and glory of his name,
for our good and the good of all his holy Church.**

The Eucharistic Prayer

Prayer over the Gifts

Merciful Lord,
make holy these gifts,
and let our spiritual sacrifice
make us an everlasting gift to you. **Amen**

The Lord be with you,
and with your spirit.

Lift up your hearts,
we lift them up to the Lord.
Let us give thanks to the Lord our God.
It is right and just.

Preface

Father, all powerful and ever living god,
we do well always and everywhere to give you thanks
through Jesus Christ our Lord.

He is the true and eternal priest
who established this unending sacrifice.
He offered himself as a victim for our deliverance
and taught us to make this offering in his memory.
As we eat his body which he gave for us,
we grow in strength.
As we drink his blood which he poured out for us,

we are washed clean.

Now , with angels and archangels,
and the whole company of heaven,
we sing the unending hymn of your praise.

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Lord, you are holy indeed, the source of all holiness;
grant that, by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;
Who in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying.
Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way after supper
he took the cup and gave you thanks;
he gave it to them, saying.
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:

Christ has died, Christ is risen, Christ will come again.

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of all,
rejoicing at his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate the memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy

to stand in your presence and serve you.
Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of Holy Mary mother of God, St
Michael and all the saints,
may praise and glorify you for ever,
through Jesus Christ our Lord.

By whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever. **Amen.**

The Communion

Our Father

Let us pray with confidence to the Father
in the words our Saviour gave us:

**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.**

Breaking of the bread

We break this bread to share in the Body of Christ.
**Though we are many, we are one Body,
because we all share in one Bread.**

Lamb of God

**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.**

This is the Lamb of God who takes away the sin of the World.
Happy are those who are called to His supper.

**Lord I am not worthy to receive you
but only say the word and I shall be healed.**

Communion Antiphon

I am the bread of life. A man who comes to me will not go away hungry, and no one who believes in me will thirst.

If watching the Mass online, we would encourage you to join in with the liturgy. At the point at which the clergy who are present receive Holy Communion you may wish to make an act of spiritual communion by using the following prayer:

Lord Jesus Christ, you are the bread of life and the one true vine. I believe that you are truly present in the Most Holy Sacrament of the Eucharist. I seek you. I worship and adore you. Since I cannot receive you in the Eucharistic bread and wine, I pray that you will come into my heart and soul, that I may be united to you, by your all-powerful and ever-present Holy Spirit. Let me receive you, and be nourished by you. Become for me the manna in my wilderness, the bread of angels for my very human journey through time, a foretaste of the heavenly banquet, and solace in the hour of my death. I pray all this, trusting that you yourself are our Life, our Peace, and our everlasting Joy. **Amen.**

Prayer after Communion

Lord,
You give us the strength of new life
by the gift of the eucharist.
Protect us with your love
and prepare us for eternal redemption. **Amen.**

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.

Blessing

The Lord be with you,
and also with you.

Bow your heads and pray for God's blessing.

**The Mass is ended, Go in peace.
Thanks be to God!**

The Angelus

The angel of the Lord brought tidings to Mary
And she conceived by the Holy Spirit

Hail, Mary, full of grace
The Lord is with thee.
Blessed art thou among women,
And blessed is the fruit of thy womb, Jesus.

**Holy Mary, Mother of God,
Pray for us sinners, now,
And at the hour of our death.**
Behold the handmaid of the Lord
Be it unto me according to thy word.

Hail Mary.....
Holy Mary.....

And the Word was made flesh.
And dwelt among us

Hail Mary.....
Holy Mary.....

Pray for us, O holy Mother of God.
That we may be made worthy of the promises of Christ.

We beseech thee, O Lord, pour thy grace into our hearts;
That as we have known the incarnation of thy Son Jesus Christ by
the message of an angel, so by his Cross and Passion we may be
brought to the glory of his Resurrection; Through Jesus Christ our
Lord. **Amen**

At your service:

Fr Ian Booth 020 83513125 frianbooth@googlemail.com
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Your clergy are called by God to serve you and are always happy to speak with you

Web: woodgreenparish.com



Wood green parish church of St Michael



@StMichaelsN22

Making an offering to the Church via your bank: -

St Michael Wood Green Business Premium Account
Sort code 20-98-21 Account number 00790869
Using as reference: Gift and you name, if you wish.

Bounds Green food bank – wish list: -

Urgently needed food items include tinned fruit/meat/fish/ sauces.
tea bags, oil, dried pasta/Rice uht milk, condensed milk.
breakfast cereal, jam, honey, sugar.
Baby formula, sanitary towels and cleaning products.

Thank you to all who have given so far, it is much appreciated. We are pleased to accept any donations and pass them on to the food bank.

Thank you for the support it really is appreciated especially as we are feeding over 250 families each week on **Tuesdays and Thursdays 2-4pm**



St Michael's Followers – Our junior church meet every Sunday during the 10.30am Mass. At this moment in time with social distancing we can only accommodate 12 children over the age of 5

We pray for all who are ill, that God may grant them health and peace:

Christopher Gibbons, Georgia Cordell, Naomi Brown, Francis Ng Yu Tin, Milan, Baby Naira, Kathleen, Eric, Kate, Seelah, Maureen Clements, Jean Bjork, Simon Payen, Shirley Angus, Augustus Olufunwa, Chris Zinzan, Jazzmine Grimes, Androulla & Fannos Hadjiordani, Ray and Pam Bennett , Emmanuel Kuye, Doreen Lelliot, Bob Wood, Krystyna Hammil, Cicely Blalock, Amy Harris, Jerry Moran, Daniel Sintin, Sally Sintin, Amie Samura, Marcus Cullen, Jennifer Douglas, Alexandra F Assis, Joshua Rattray, Victorine Clarke, Thomas Hewitt, Geri Thompson, Mary Thompson, Sarah Reggerie, Ian Lennon, Kathleen Wale, Serena Forni, Derek Ogden, Lawrence Barrett, Dominic Swift, Peter John Clements, Patience Mafunga, Jereline Simoms, Ayo Dumbuya, , Dorren Norine, Beverley Pownall, Shola Adebowale ,Una and Pat Murphy , Andrea Negri, Shane Claridge, Francis Burniston, James Ighodaro, Theresa Naish, Louiise, Anastasia, Allen, Jean Bromley, Angela Whyte, Josephine Baker, Saman Joseph, Myrtle, Brenda la Rose, Joe Donkor, Dorothy, Brandon, Ronald, Edna Noel, Anita Atherley, Evelyn Baker, Vincent Booth, Rita Thompson, Mark, Ogbonna Quarcoopme-Harper, Gabriel, Julie Zinzan, Margaret and Ted, Adeline

for those who have died recently

Mildred Stewart, Victor Snaith; Trevor Monerville, Rex Charles Samuels; Junior Yethman; Frederick Coker;

and for all whose anniversary of death falls at this time:

1st August Leslie Norman Pr

St Michael's Candle: Is burning in loving memory of Pakion Sunassee

The Blessed Sacrament Candle: is burning in loving memory of
Tylemay Vythelingum

The Blessed Virgin Mary's Candle: is burning in loving memory of
Mr and Mrs Robert Ng Yu Tin