

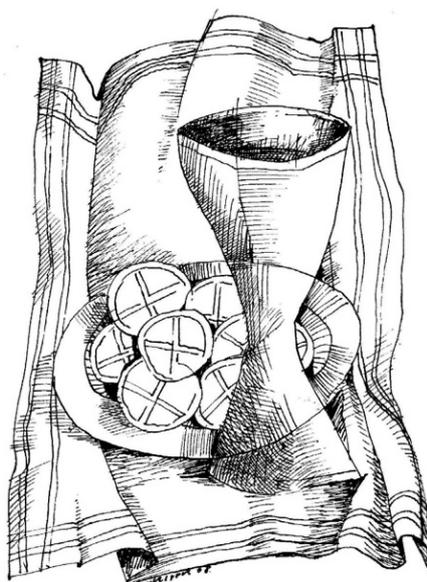


CADEIRLAN
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MISSION AREA



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The Eucharist for ORDINARY TIME

Wednesday 21st July 2021
Howell Harris, Preacher

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

Grace and peace be with you
and keep you in the love of Christ.

The priest offers words of welcome and introduces the Eucharist

**Father of glory, holy and eternal,
look upon us now in power and mercy.
May your strength overcome our weakness,
your radiance transform our blindness,
and your Spirit draw us to that love
shown and offered to us by your Son,
our Saviour Jesus Christ. Amen.**

PENITENTIAL RITE

Silence

Lord Jesus, you have shown us the way to the Father.
Lord, have mercy: **Lord, have mercy.**

Lord Jesus, you have given us knowledge of your truth.
Christ, have mercy: **Christ, have mercy.**

Lord Jesus, you are the good shepherd
 leading us into life.
Lord, have mercy: **Lord, have mercy.**

Almighty God, who forgives all who truly repent,
have mercy on you and set you free from sin,
strengthen you in goodness and keep you in eternal life;
through Jesus Christ our Lord. **Amen.**

COLLECT

Let us pray:

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. **Amen.**

EXODUS 16. 1-5, 9-15

A reading from the book of Exodus.

The whole congregation of the Israelites set out from Elim; and Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. 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. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days.'

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.

For the word of the Lord
Thanks be to God.

PSALM 78. 18-29

R: The Lord gave them bread from heaven.

They tested God in their hearts
and demanded food for their craving.
They spoke against God and said,
'Can God prepare a table in the wilderness?
'He struck the rock indeed, so that the waters gushed out
and the streams overflowed,
but can he give bread or provide meat for his people?' **R:**

When the Lord heard this, he was full of wrath;
a fire was kindled against Jacob
and his anger went out against Israel,
For they had no faith in God
and put no trust in his saving help.
So he commanded the clouds above
and opened the doors of heaven.
He rained down upon them manna to eat
and gave them the grain of heaven. **R:**

So mortals ate the bread of angels;
he sent them food in plenty.
He caused the east wind to blow in the heavens
and led out the south wind by his might.
He rained flesh upon them as thick as dust
and winged fowl like the sand of the sea. **R:**

He let it fall in the midst of their camp
and round about their tents.
So they ate and were well filled,
for he gave them what they desired. **R:**

R: The Lord gave them bread from heaven.

MATTHEW 13. 1-9

Alleluia. Alleluia.

Speak, Lord, for your servant is listening;
you have the words of eternal life. Alleluia.

Alleluia.

The Lord be with you
And also with you.

Listen to the Gospel of Christ according to Saint Matthew.

Glory to you, O Lord.

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!'

This is the Gospel of the Lord.

Praise to you, O Christ.

THE INTERCESSION

Lord, in your mercy: *Or* Lord, hear us:
hear our prayer. Lord, graciously hear us.

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

THE PEACE

We are the body of Christ. In the one Spirit we were all baptized into one body. Let us pursue all that makes for peace and strengthens our common life.

The peace of the Lord be with you always.
And also with you.

THE THANKSGIVING

We celebrate together the gifts and grace of God.
**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

PRAYER OVER THE GIFTS

Lord Jesus Christ,
by the grace of this sacrament,
keep us grafted into you, the living vine;
and grant that always abiding in you we may bear fruit to your glory;
who are alive and reign, now and for ever. **Amen.**

EUCCHARISTIC PRAYER (3)

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right,
it is our duty and our joy
at all times and in all places to give you thanks and praise,
holy Father, heavenly King, almighty, everlasting God,
through Jesus Christ your only Son our Lord.

He is your eternal Word:
through him you created the universe
and formed us men and women in your own image.
You sent him to be our Saviour,
born of Mary through the power of the Spirit.
Upon the cross he opened wide his arms of mercy,
embracing us in perfect love,
destroying the power of evil, suffering and death.
On the first day of the week you raised him from the dead
and opened to us the gate of everlasting life.
Through him you have given us
 your holy and life-giving Spirit,
and made us your own sons and daughters.

Therefore with angels and archangels
and with all the company of heaven
we proclaim your great and glorious name,
for ever praising you and saying:

**Holy, holy, holy Lord,
God of power and might,
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.**

Hear us, heavenly Father,
through Jesus Christ your Son our Lord.
Through him accept our sacrifice of praise,
and grant that, by the power of your Spirit,
these gifts of bread and wine may be for us
his body and his blood;

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 from this, all of you;
for 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 in glory.

Therefore, Father,
remembering the saving death and resurrection of your Son
we offer to you in thanksgiving this bread and this cup, your gifts to us,
and we thank you for counting us worthy
to stand in your presence and serve you.

Send your Holy Spirit upon all of us
who share this bread and this cup.
Strengthen our faith, make us one
and welcome us and all your people
into the glorious kingdom of your Son.

Through him, with him, in him,
in the unity of the Holy Spirit
all honour and glory are yours,
almighty Father, for ever and ever. **Amen.**

Silence is kept

Let us pray with confidence to the Father:

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread,
forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power
and the glory are yours,
now and for ever. Amen.**

The priest breaks the bread

We break this bread to share in the body of Christ.

**Though we are many, we are one body
for we all share in one bread.**

**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.**

Jesus is the Lamb of God
who takes away the sins 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.**

*As the priest receives Holy Communion, you may like to
pray this prayer for Spiritual Communion*

My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things, and desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there and unite myself wholly to You.
Never permit me to be separated from You. Amen.

POST COMMUNION PRAYER

Give thanks to the Lord for he is gracious:
his love is everlasting.

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. **Amen.**

THE BLESSING

The Lord be with you.
And also with you.

The love of the Lord Jesus draw you to himself; the power of the Lord Jesus strengthen you in his service; the joy of the Lord Jesus fill your hearts.
And the blessing of God almighty, the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord.
In the name of Christ.