

First Reading (1 Kings 19.4-8)

A reading from the First Book of Kings

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

This is the Word of the Lord

Thanks be to God

Psalms 34.1-8**Response:****Turn from evil and do good.**

I will bless the Lord at all times;
his praise shall ever be in my mouth.
I will glory in the Lord;
let the humble hear and rejoice. **R**

Proclaim with me the greatness of the Lord;
let us exalt his name together.
I sought the Lord and he answered me
and delivered me out of all my terror. **R**

Look upon him and be radiant,
and let not your faces be ashamed.
I called in my affliction and the Lord heard me
and saved me from all my troubles. **R**

The angel of the Lord encompasses those who fear him,
and he will deliver them.
Taste and see that the Lord is good;
happy are they who trust in him! **R**

Second Reading (Ephesians 4.25 - 5.2)

A reading from the Letter of Paul to the Ephesians.

Putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.

Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

This is the Word of the Lord

Thanks be to God

Gospel Acclamation

Alleluia, alleluia, alleluia!

Alleluia, alleluia, alleluia!

Do not work for the food which perishes,
but for food that endures for eternal life.

Alleluia, alleluia, alleluia!

Gospel (John 6.35,41-58)

Hear the Gospel of our Lord Jesus Christ
according to John

Glory to you, O Lord

Jesus said to the crowd, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

This is the Gospel of the Lord

Praise to you, O Christ

Parish Contacts

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Priest in Charge:

Fr Matthew Duckett SMMS (Weekly rest day: Monday)

The Vicarage, 48 Rushgrove Avenue, Colindale NW9 6QY

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Churchwardens:

Eleanor Arthur

Robert Wilson

Intercessions

For the sick and those in need who have asked for our prayers.

For the recently departed:

Simon Arthur Walker, Enoch Oblitey, Kwartei Quartey.

Anniversaries of death:

Peggy Munday.

To preserve privacy, the names of the sick and those in need are omitted from the version of the news sheet published online. They are all, however, prayed for at the service in Church.

11am Parish Mass Hymns:

Entrance	714	We hail thy presence glorious
Offertory	381	Let all mortal flesh keep silence
Communion	610	Soul of my Saviour
Recessional	369	Jesu, thou joy of loving hearts
Mass setting:	952	A New People's Mass (Gregory Murray)

Parish Notices

Refreshments Today

Refreshments after Mass today will be in the Vicarage garden, opposite the Church.

Sunday Services

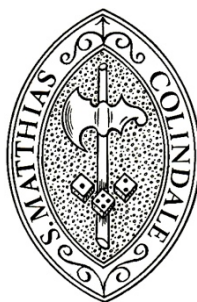
Today and next week (11 & 18 August) the Parish Mass will be celebrated as usual at 11am but there will be no Eucharistic Adoration. Today Fr Matthew is celebrating and preaching at both St Mary's Hendon and Christ Church Hendon.

Grace Francis Piano Recital

Award winning concert pianist Grace Francis will be giving a charity concert at St Augustine's Grahame Park on Saturday 24th August at 4pm. Retiring collection for their roof restoration. Programme: Brahms, Sonata No 3 in F minor; Rachmaninov, Sonata No 2 in B flat minor; Liszt, Concert Etude "Un Sospiro"; Liszt, Tarantella.

Vacancy for Children's and Family Support Worker

There is a vacancy for a Children's and Family Support Worker in the Parish of Edgware. 12 hours per week to include weekend and evening work, £15 an hour. Fr Matthew has the details.



The Parish of Colindale

The Eleventh Sunday after Trinity Sunday 11th August 2024



Mass Times and Readings for Morning and Evening Prayer

Readings and psalms for Morning and Evening Prayer are given for use with Common Worship Daily Prayer or the Book of Common Prayer. MP = Morning Prayer; EP = Evening Prayer. For a shorter version of the Office, use one psalm and one reading. For the same services online see tinyurl.com/jusdp. (* = a long Psalm, part of which may be omitted. Where there is a choice of two sets of Psalms, the first is for the season, the second follows the ordinary cycle.)

Sunday 11th August 11am Parish Mass Trinity XI

MP: Psalm 90; Song of Solomon 8.5-7 or 1 Maccabees 14.4-15; 2 Peter 3.8-13
EP: Psalm 91*; Job 39.1 - 40.4 or Ecclesiasticus 43.13-end; Hebrews 12.1-17

Mon 12th August No services

MP: Psalms 80, 82; 2 Samuel 3.12-end; Acts 6
EP: Psalms 85, 86; Proverbs 8.1-21; Mark 5.1-20

Tues 13th August 12.30pm Mass

Memorial: Jeremy Taylor, Bishop of Down & Connor, Teacher of the Faith

MP: Psalms 87, 89.1-18; 2 Samuel 5.1-12; Acts 7.1-16
EP: Psalm 89.19-end; Proverbs 8.22-end; Mark 5.21-34

Weds 14th August 10am Mass

Memorial: Saint Maximilian Kolbe, Priest, Franciscan Friar, Martyr

MP: Psalm 119.105-128; 2 Samuel 6.1-19; Acts 7.17-43
EP: Psalms 91, 93; Proverbs 9; Mark 5.35-end

Thurs 15th August 9am Mass

MP: Psalms 90, 92; 2 Samuel 7.1-17; Acts 7.44-53
EP: Psalm 94; Proverbs 10.1-12; Mark 6.1-13

Fri 16th August 9am Mass

MP: Psalms 88, (95); 2 Samuel 7.18-end; Acts 7.54 - 8.3
EP: Psalm 102; Proverbs 11.1-12; Mark 6.14-29

Sat 17th August 10am Mass

Saturday Memorial of The Blessed Virgin Mary

MP: Psalms 96, 97, 100; 2 Samuel 9; Acts 8.4-25
EP: Psalm 72; Proverbs 8.22-31; John 19.23-27
(First Evening Prayer of the Assumption)

Sunday 18th August 11am Parish Mass

The Assumption of the Blessed Virgin Mary (transferred)

MP: Psalms 98, 138, 147.1-12; Isaiah 7.10-15; Luke 11.27, 28
EP: Psalm 132; Song of Solomon 2.1-7; Acts 1.6-14