

**Collect**

Almighty God, your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom. Renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

**FIRST READING Exodus 16.2–4, 9–15**

A reading from the book of Exodus.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. 3 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.'

4 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.'

9 Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the LORD, for he has heard your complaining."' 10 And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the LORD appeared in the cloud.

11 The LORD spoke to Moses and said, 12 '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."' 13 In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp.

14 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. 15 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*

**Responsorial Psalm Psalm 78.23–29**

**Response: The Lord gave them grain from heaven.**

23 The Lord commanded the clouds above and opened the doors of heaven. 24 He rained down manna upon them to eat and gave them grain from heaven. 25 So mortals ate the bread of angels; he provided for them food enough. R

26 He caused the east wind to blow in the heavens And led out the south wind by his might. 27 He rained down flesh upon them like dust and winged birds like the sand of the sea. R

28 He let it fall in the midst of their camp and round about their dwellings. 29 So they ate and were well filled, for he gave them what they craved. R

**SECOND READING Ephesians 4.1–16**

A reading from the letter of Paul to the Ephesians.

I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 making every effort to maintain the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit, just as you were called to the one hope of your calling, 5 one Lord, one faith, one baptism, 6 one God and Father of all, who is above all and through all and in all. 7 But each of us was given grace according to the measure of Christ's gift. 8 Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' 9 (When it says, 'He ascended,' what does it mean but that he had also descended into the lower parts of the earth? 10 He who

descended is the same one who ascended far above all the heavens, so that he might fill all things.) 11 The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, 12 to equip the saints for the work of ministry, for building up the body of Christ, 13 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. 14 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. 15 But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and knit 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.

*For the word of the Lord THANKS BE TO GOD*

**Gospel John 6.24–31**

*Hear the gospel our Lord Jesus Christ according to John  
Glory to Christ our Saviour*

When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had given the bread, they themselves got into the boats and went to Capernaum looking for Jesus. 25 When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' 26 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. 27 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.' 28 Then they said to him, 'What must we do to perform the works of God?' 29 Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' 30 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?' 31 Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." 32 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. 33 For the bread of God is that which comes down from heaven and gives life to the world.' 34 They said to him, 'Sir, give us this bread always.' 35 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.'

*Give thanks to the Lord for his glorious gospel*

*Praise to Christ our Lord*

**PRAYER AFTER COMMUNION**

God of grace, we have shared in the mystery of the body and blood of Christ. May we who have tasted the bread of life live with you for ever. We ask this in the name of Jesus Christ our Lord. **Amen**

**BLESSING**

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son, Jesus Christ our Lord: and the blessing of God almighty, + the Father, the Son and the Holy Spirit, be among you and remain with you always. **Amen**

*The notices for the week are on the reverse of this sheet—take this pewsheets home to pass on to neighbours and friends.*





# The Joint Charges of St Johns Johnstone & St Margarets Renfrew

The Scottish Episcopal Church United Diocese of Glasgow and Galloway  
St John's Church, Floors Street, Johnstone PA5 8QS St Margaret's Church, Oxford Road, Renfrew PA4 0SJ

**Physical Services are being recorded this week to go online at 4pm**

we are online at [www.SECStJohnStMargaret.org.uk](http://www.SECStJohnStMargaret.org.uk)

Facebook: [@stmargaretsrenfrew.org.uk](https://www.facebook.com/stmargaretsrenfrew.org.uk) [@StJohnsJohnstone](https://www.facebook.com/StJohnsJohnstone)

Twitter: [@JohnsJohnstone](https://twitter.com/JohnsJohnstone)

Zoom/Telephone is Tel: **01314601196** Meeting ID: **832 4184 0407**

Passcode: **076546** or use the link on the newsletter or website



## Worship today Pentecost 10

0945am Eucharist **St Johns—max 55 people—Level 0**

1130am Eucharist **St Margarets—max 43— Level 0**

Today we are singing again. We shall have 2 hymns to join in with an introit and recessional. We need to wear our face masks.

**7pm Light a Candle** and place it in your window as we pray for the Nation using the prayer on the Intercessions leaflet each week



**Monday 2 August**-feria

**Tuesday 3 August**-feria

**Wednesday 4 August**-feria

**2pm Holy Communion at St Johns & the service will be on the Telephone as well—followed by refreshments**

**7pm Holy Communion at St Margarets & the service will be on zoom as well**

**Thursday 5 August**-comm-Oswald of Northumbria, Martyr, 642

**Friday 6 August**-Festival-The Transfiguration of the Lord

**Saturday 7 August**-feria



### Intercessions

The sick and in need we have promised to pray for: Liz Fairns, Elsbeth Carberry, Pauline Campbell, Alasdair Woods, Jenna McKernan, Audrey Callaghan, Adam Semple, Margaret Kerrigan, May Burton, Joan Harrison, Isobel Reid, Adrian Bull, Isobel Trail, Ellen Jones, Isabel Cummings, Lisa in Oxford, Carol, Joanna, Barbara Clark, Moira Bruce, Jean Souter, Neil Barclay, Paul Bothwell, Veronica Whitelock

**The Departed:** none

We pray for all involved with the Olympics and Para-Olympics  
We pray for good Priests to come and apply for vacancies in the Diocese  
We pray for Rev Keith Thomasson as he joins the Diocese at Troon

**Covid19 prayers in the Weekly Intercession leaflet**



**Weekly downloads the PEWSHEET, the INTERCESSION SHEET, the GOSPEL REFLECTION from**

[www.SECStJohnStMargaret.org.uk](http://www.SECStJohnStMargaret.org.uk)

The Daily Offices can be followed on the provincial website at <https://www.scotland.anglican.org/spirituality/prayer/daily-offices/>

**You are welcome—**The SEC welcomes people of all identities. We welcome our friends and members who have been celebrating the PRIDE season throughout the summer. What's your PRIDE story? Help us to be a more inclusive Church



## Next Sunday—Pentecost 11

0945am Eucharist **St Johns—capacity 55- Level 0-refreshments will be served**

1130am Eucharist **St Margarets—capacity 43—Level 0-**

To ask about arrangements for Weddings, Funerals, Baptisms/Christenings, Confessions, House Blessings etc. please contact the Rector

### Church Contacts

**The Rector:** Reuben Preston, 29 Gleniffer Road, Renfrew PA4 ORD 07971 895897

[Rector@SECStJohnStMargaret.org.uk](mailto:Rector@SECStJohnStMargaret.org.uk)

**Items for inclusion should be sent to Rector@SECStJohnStMargaret.org.uk by 0900 on Wednesdays.**

**Sponsorship: in prayer for Rev Keith Thomasson as he begins ministry at St Ninian's Troon**

If you would like to sponsor this sheet please send you £5 donation to the Rector along with details of the sponsorship (even if anonymous)