



Ninth Sunday after Trinity

♪ Hymn (766) ♪

Praise, my soul, the King of heaven,
to His feet thy tribute bring;
ransomed, healed, restored, forgiven,
who like me His praise should sing?
Praise Him praise Him,
praise Him praise Him,
praise the everlasting King.

Praise Him for His grace and favour
to our fathers in distress;
praise Him still the same for ever,
slow to chide, and swift to bless:
Praise Him praise Him,
praise Him praise Him,
glorious in His faithfulness.

Father-like, He tends and spares us,
well our feeble frame He knows;
in His hands He gently bears us,
rescues us from all our foes:
Praise Him praise Him,
praise Him praise Him,
widely as His mercy flows.

Frail as summer's flower we flourish;
blows the wind and it is gone;
but, while mortals rise and perish,
God endures unchanging on:
Praise Him praise Him,
praise Him praise Him,
praise the high eternal One.

Angels, help us to adore Him;
ye behold Him face to face;
sun and moon, bow down before Him,
dwellers all in time and space:
Praise Him praise Him,
praise Him praise Him,
praise with us the God of grace.

Henry Francis Lyte (1793-1847), based on Psalm 103

♪ Hymn (379) ♪

God has spoken — by His prophets,
spoken His unchanging Word;
each from age to age proclaiming
God the one, the righteous Lord;
in the world's despair and turmoil
one firm anchor holds us fast:
God eternal reigns for ever,
God the first and God the last.

God has spoken — by Christ Jesus,
Christ, the everlasting Son;
brightness of the Father's glory,
with the Father ever one:
spoken by the Word incarnate,
Life, before all time began,
Light of Light, to earth descending,
God, revealed as Son of Man.

God is speaking — by His Spirit
speaking to our hearts again;
in the ageless Word declaring
God's own message, now as then.
Through the rise and fall of nations
one sure faith is holding fast:
God abides, His Word unchanging,
God the first and God the last.

George Wallace Briggs (1875-1959) © 1981 Hope Publishing Co.

♪ Hymn (630) ♪

Father, Lord of all creation,
ground of Being, Life and Love:
height and depth beyond description
only life in You can prove:
You are mortal life's dependence:
thought, speech, sight are ours by grace;
Yours is every hour's existence
sovereign Lord of time and space.

Jesus Christ, the Man for others,
we, Your people, make our prayer:
help us love — as sisters, brothers —
all whose burdens we can share.
Where Your name binds us together
You, Lord Christ, will surely be;
where no selfishness can sever
there Your love the world may see.

Holy Spirit, rushing, burning
wind and flame of Pentecost,
fire our hearts afresh with yearning
to regain what we have lost.
May Your love unite our action,
never more to speak alone:
God, in us abolish faction,
God, through us Your love make known.

Stewart Cross (1928-1989) © Mrs M Cross

♪ Chant (CAHON 929) ♪

In the Lord I'll be ever thankful,
in the Lord, I will rejoice!
Look to God, do not be afraid;
lift up your voices: the Lord is near,
lift up your voices: the Lord is near.

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♪ Hymn (CAHON 388) ♪

Let us praise God together, let us
praise;
let us praise God together all our days:
he is faithful in all his ways,
he is worthy of all our praise,
his name be exalted on high!

Let us seek God together, let us pray;
let us seek his forgiveness as we pray:
he will cleanse us from all our sin,
he will help us the fight to win,
his name be exalted on high!

Let us serve God together, him obey;
let our lives show his goodness through
each day:

Christ the Lord is the world's true
light-

let us serve him with all our might,
his name be exalted on high!

James Edward Seddon (1915 - 1983)

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Seddon / Jubilate Hymns*

♪ Hymn (652) ♪

Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but Thou art mighty;
hold me with Thy powerful hand:
Bread of heaven,
feed me now and evermore.

Open now the crystal fountain
whence the healing stream doth flow;
let the fiery cloudy pillar
lead me all my journey through:
strong Deliverer,
be Thou still my Strength and Shield.

When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side;
songs and praises,
I will ever give to Thee.

William Williams (1717-1791)

trans. Peter Williams (1727-1796)

First Reading

Genesis 32.22–31

The same night he got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. ²³He took them and sent them across the stream, and likewise everything that he had. ²⁴Jacob was left alone; and a man wrestled with him until daybreak. ²⁵When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. ²⁶Then he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you bless me.' ²⁷So he said to him, 'What is your name?' And he said, 'Jacob.' ²⁸Then the man said, 'You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.' ²⁹Then Jacob asked him, 'Please tell me your name.' But he said, 'Why is it that you ask my name?' And there he blessed him. ³⁰So Jacob called the place Peniel, saying, 'For I have seen God face to face, and yet my life is preserved.' ³¹The sun rose upon him as he passed Peniel, limping because of his hip.

Second Reading

Romans 9.1–5

I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—²I have great sorrow and unceasing anguish in my heart. ³For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. ⁴They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; ⁵to them

belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

Gospel

Matthew 14.13–21

Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. ¹⁵When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' ¹⁶Jesus said to them, 'They need not go away; you give them something to eat.' ¹⁷They replied, 'We have nothing here but five loaves and two fish.' ¹⁸And he said, 'Bring them here to me.' ¹⁹Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. ²⁰And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. ²¹And those who ate were about five thousand men, besides women and children.

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 for ever.

Post Communion Prayer

Holy Father,
who gathered us here around the table
of your Son
to share this meal with the whole
household of God:
in that new world where you reveal
the fullness of your peace,
gather people of every race and
language
to share in the eternal banquet of
Jesus Christ our Lord.