



This week

Tenth Sunday after Trinity – Sunday 8 August



It's more about bread again in this week's Gospel! Jesus says to his followers, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' It's a huge claim and one that people struggled to believe in his lifetime. Jesus often used simple examples from everyday experience to help people understand the deep mystery of God and there is always a danger that we get stuck on the literal idea rather than being led into the deeper meaning. But it's not really about understanding just

with our minds of course, but taking the experience into our bodies and our lives. Jesus also talks about how he has come down from heaven in order to raise up those who believe into eternal life – Jesus is no ordinary bread and the life he speaks of is so much more than the life we know now. It's not easy to get our heads round it, but it helps to compare the feeling of physical hunger and thirst satisfied with the joy of spiritual feeding or fulfilment through our faith and worship – and to know that just as Jesus gave his own body on the cross, living out the life of faith asks us to give all of ourselves in service of one another too.

- 9 am** Family Eucharist at St John's
10.30 am Family Eucharist at St Mary's
12 noon Baptism of Emmeline-Jayne Humphriss at St Mary's
2 pm Baptism of Marnie Hillman at St Mary's

Booking is no longer necessary for services but if you need to check ongoing Covid-safe measures then please contact Brenda Elldred on 07816 771702, brenda@elldred.co.uk for St John's and Dave Stuttle on 07941 306391, dchs50@virginmedia.com for St Mary's. To offer reassurance where needed, both churches have an area where social distancing is still in place and we encourage you to continue to wear a mask to protect each other.

Sunday Meeting Point

The **Online Benefice Service** continues – join in alongside either the services in church, or at the usual online time of 10 am – or the service is available on the website all day and on archive pages at www.stmarystjohnunited.co.uk from Monday.

Online Celtic Service – Wednesday 11 August

Join in if you can at 7 pm for this peaceful online service of readings, music, prayer and time for meditation – it is also available to access earlier or later to suit you – www.stmarystjohnunited.co.uk.

Holy Eucharist – Thursday 12 August

10 am at St Mary's

The Assumption of the Blessed Virgin Mary – Sunday 15 August

- 9 am** Family Eucharist at St John's
10.30 am Patronal Festival Eucharist at St Mary's – guest preacher Canon Sarah Brown

Orders of service

Available on the website and some are emailed out each week with this news sheet.

Prayers

Zoom morning prayer

All welcome to join in on Wednesday mornings at 9.30 am for a short service of prayer to start the day – the Zoom link is the same every week:

<https://us02web.zoom.us/j/87847268214?pwd=MmErWkpHVGFMR2IxM3B2dzNUaHRxZz09>

Meeting ID: 878 4726 8214 Passcode: 270307

A prayer for the day

is posted each day on our website. Other prayer resources are available via the [Church of England website](#).

Our prayers have been asked for:

Karen Addis, Richard Bedells, Madge Boxall, Daniel Boxall, Tony Brown, James Christie, Ken Clarke, Allison Cox, Marian Cox, Hazel Cragg, Alan Cufaude, Gillian Dixon, Henry Flynn, Christine Franklin, John Garley, Peter Garley, Iris Gilbert, Cllr David Hamblin, Cynthia Hobson, Noreen Holmes, Peggy Horsfield, Sarah Knight, Tim McGuire, Laura May, Catherine (nee Matthias) & Tom Mayer, Sally Mayes, Andrew Mooney, Freda Pack, Dora Paynton, Paul Paynton (Revd), Peter Paynton, Lynne Pocock, Val Robinson, Jean Shield, Simon Stafford, Elizabeth Swindley, Martin Sykala, Margaret Tuffnail, Garth Ward, Sara Whatley.

Chelveston: Ralph Allen, Joan Amos, Shirley Baxter, Joy Coker, Brittany Fowler, Hilary Goodman, Dinu Johns, Eric Kilsby, Brenda May, Tony Norman, Muriel Palmer, Margaret Sheppard, David Webber, Diana Wright.

In memoriam:

Diane Hales.

Year's mind anniversaries:

Ellen Laurence, Paul Ritchie, Susan Slough, Barbara Trusler, Florence Wilkinson, Janet Jarvis, Evelyn Fuller, Ada Groom, Raymond Gilbert, Mary Cockerill, Nora Bennett, Nora Plant, Grace Hardwick, Emma Barker, Margaret Webb, Eric Ginns, Albert Walker, Gladys Chettle, Violet Lawson, Dorothy (Dolly) Mayes, Emily Pashler, Henrietta Owen, Brian Curtis.

Please pray for:

Moheb, Therese & Lilly – our family from Egypt as they continue to wait for an Appeal hearing as their request for permission to reside in the UK has been denied. As Coptic Christians their lives have been in danger in Egypt and things are very difficult for their family back in Egypt. Please pray for them during this very anxious time.

Praying for our Baptism Families, Wedding Couples and Departed Friends:

We have a special Prayer Board near the font with photos and details of those who have been recently baptised or married in St Mary's – and also a Board on the North Aisle for those whose funerals have been held over recent months. Please remember all these special and beloved 'children of God' in your prayers.

Special thanks to Derek Harber for designing and making the Prayer Boards.

St. Mary's and St. John's are open for private prayer

- St. John's is open daily during daylight hours.
- St Mary's is open on Sundays and Wednesdays from 12-4 pm, and where possible on Thursday mornings.
- Necessary safety measures are in place for everyone to be safe.

Leading your church into growth (LyCiG)

Praying for growth is the first and most essential thing to do – God brings growth, we just need to find out God's plan and join in! We continue to share in praying the LyCiG prayer in our public worship and personal prayer and begin to explore some of the ideas that LyCiG offers that helps us build on all we have been doing over previous years to grow in numbers, spiritual commitment and impact on our communities.

*God of mission, who alone brings growth to your Church,
send your Holy Spirit to give vision to our planning,
wisdom to our actions, joy to our worship and power to our witness.
Help our church to grow in numbers, in spiritual commitment to you,
and in service to our local community, through Jesus Christ our Lord. Amen.*

Everyone is invited to get involved and here's your special invitation to:

'Come on board!'



On Saturday 21st August at The Bede House at 8 pm. We will share some of the ideas that LyCiG offers and look at the connections and impact we already have in our local community, as well as the areas where we need to be more involved. An exercise called 'Mapping Our Galilee' will help us do this with the aid of large scale map of our Benefice laid out on the floor! To get us in the mood for this we will enjoy some Middle Eastern nibbles and wine – everyone is welcome – look forward to seeing you there!

(updated 1/8/21)

Don't forget you can get involved by joining in with things already happening as a result of LyCiG.

Litter Picking

Litter poses a threat to the environment and wellbeing – join a small team led by Sue Clarke who are planning to go out into our community and clean up to make it nicer and safer for everyone. We have hi-vis St Mary's jackets, pickers, refuse sacks and hoops all stored in the Bede House. Please let Sue or Dave Stuttle know if you would like to borrow them.

Blessing Our Schools

We have blessed all our local schools by taking it a thank you card and gift before the summer holidays and will be offering to help with assemblies, hearing children read, help in the playground etc or whatever they need from us in the new school year, as well as finding ways to grow our music provision at both churches to work with our schools. If you would be interested in helping as part of a future 'Schools Team' please speak to Revd. Michelle.

BENEFICE PRAYER GROUP – Daily Intentions for the coming week

AIM: To grow in faith as followers of Jesus Christ and to serve our local communities in love.

Sun	We give thanks for Jesus, the bread of life who satisfies all our hungers. We pray for Emmeline and Marnie who come to be baptised today and for their parents, Mel & Marcus and Cassie & Ryan.
Mon	We remember Mary Sumner today, the Founder of the Mothers' Union on the 100 th anniversary of her death and 145 th anniversary of the Founding of the MU.
Tues	We give thanks for the refreshment of summer holidays and pray for all who are travelling and enjoying time with family and friends.
Wed	We pray for all who are ill and those continuing to suffer the ongoing effects of Covid. For the NHS as we face increasing cases in the UK once again. For all those involved in administering the vaccination programme across the world.
Thurs	We pray for all leaders across the world, that they may be courageous, faithful and honest and lead by example. For a willingness to work together to respond to the challenges of climate change.
Fri	For St Mary's 600 Appeal – for so much already achieved and for ongoing generosity so we may safeguard our heritage and extend our mission. For fundraising efforts at St John's and our mission to engage more fully with the community.
Sat	We pray for the Church and all God's people - for the Leading Your Church into Growth programme that it may help us grow our churches, our faith and our mission. For the Northamptonshire Historic Churches Trust Study Day today at St Mary's.

Please use this news sheet to help you pray for our churches and their mission during the week.

NEWS AND EVENTS

Organ Recitals Return

Organ and music recitals on Farmers' Market Saturdays have begun again, and the next organ recital will be given by Rosemary Nayyar on 28th August at **11.30 am**. Free entry but retiring donations welcomed. Please spread the word. Many thanks to Tony Edwards for an excellent recital last week. *(updated 8/8/21)*

Singing in Church Returns!



From Sunday 1st August we will be able to sing in church again – Alleluia! To begin with we will sing the first and last hymn and will need to wear our masks as we do so. Hopefully we will soon be able to sing even more during our main services but for now it is important to go carefully and help each other grow in confidence at each step. O Sing to the Lord! *(added 1/8/21)*

Northamptonshire Historic Churches Trust 'Study Day'

On Saturday 14th August, NHCT are holding a Study Day at St Mary's with a tour of the church, Bede House and Chantry Chapel led by Mr Bruce Bailey ALA FSA, an architectural historian and archivist, and contributor to Pevsner's Buildings of England series of books on historic buildings in English counties. A flyer and booking form are available from the website www.stmarystjohnunited.co.uk. *(updated 1/8/21)*

St Mary's Patronal Festival

We will be welcoming Canon Sarah Brown, Canon Missioner at Peterborough Cathedral and Dean-Designate of Hereford as our Guest Preacher for our Patronal Festival on 15th August, and we will be filling the church with flowers for that special celebration. Please bring along a vase of flowers, a jug of lilies or gladioli, a jam jar of daises or whatever you fancy to place on windowsills, and around the church. If you would like to do a floral arrangement please speak to Ena, Ruth or Karin who can help with oasis and stands. You can bring flowers in on Saturday 14th afternoon or before church on the 15th. Please pass on the invitation to everyone you can think of! The Patronal Service will be followed by a BYO Picnic in the churchyard, and we'll have access to the Vicarage Garden and the Bede House too. *(updated 8/8/21)*

Richard Hacon Memorial

Our Patronal also coincides with the 150th anniversary of the death of Richard Hacon, the young Higham doctor who lost his life aged 29 after dedicating himself to the care of those suffering from the Cholera outbreak in 1871. His memorial on the north side of the church has been cleaned and the railings repainted as part of a special project by the Friends of St Mary's and to honour the front-line workers in the NHS and Care Homes who have cared for the sick and dying during Covid. We will re-dedicate the Memorial as part of our Patronal Festival Service. Many thanks to the Friends for their work and generous support to this project. *(added 8/8/21)*

Mothers' Union

The weather forecast wasn't promising so we moved our Afternoon Tea in aid of MU's Summer of Hope appeal on Thursday from Ruth's garden to the Bede House, where members and friends enjoyed a lovely afternoon of fellowship and delicious food whilst raising the fantastic sum of £140 for the appeal. And it was so good to have member Mary Jackson and visitors Noreen Holmes and Ena Jeffries, all well into their 90s, with us and feel that we are returning to some sort of 'normality'. Thank you to all who came, and a special thanks to Ruth who took on much of the catering and organisation.

Our next meeting will be on Thursday 2nd September at 2 pm in the Bede House, speaker to be confirmed, and visitors made very welcome. *(updated 8/8/21)*

Farmers Market Coffee Morning and Brass on the Grass

We had a wonderful weekend last week with social events happening once again. Many thanks to Rosy Lee Tea & Cakes for organising the Farmers Market Coffee Morning. Sunday afternoon in the churchyard with the Raunds Temperance Band and a crowd of all ages enjoying the music was fantastic too, and we are so grateful to J&P Fresh Fruit & Veg for providing the strawberries to go with our pink fizz – as a result of this and both events we raised £530 for St Mary's 600 Appeal – well done everyone and thanks to all for helping and supporting. *(added 8/8/21)*

Big Bank Holiday Weekend

An exciting weekend lies ahead for the August Bank Holiday!

(added 8/8/21)

HIGHAM FERRERS TOURISM
BUSINESS AND COMMUNITY PARTNERSHIP

HIGHAM FERRERS
BIG
BANK HOLIDAY WEEKEND
28-30 August 2021

TOWN-WIDE GARAGE SALE
Saturday 28 August
PICK UP A MAP FOR ONLY £1 FROM MARKET SQUARE 9-1

HIGHAM'S HIDDEN GARDENS
SUNDAY 29 AUGUST
12 NOON TO 5PM
TICKETS £4 (UNDER 16 FREE)
ON SALE FROM MARKET SQUARE ON THE DAY

PROCEEDS GO TOWARDS FLOWER TROUGHS IN THE TOWN

COVID CREATIONS & STORIES
28-30 August 2021
An exhibition of work by local artists plus community lockdown stories

ST. MARY'S CHURCH
SAT 10-4, SUN 12-5, MONDAY 10-4

FREE ENTRY

Volunteers Needed!

We will need volunteers to act as welcomers/stewards during the Covid Creations Art Exhibition in church over the Bank Holiday weekend – see note above. Please speak to Karen Holmes or Revd Michelle if you can help.

Also, as the Vicarage Garden is supposed to be part of Hidden Gardens on Sunday 29th August, Michelle would be very glad to hear from anyone who can help to make it look more 'visitor-ready'! Thank you! (added 8/8/21)

Beer and Hymns

Higham Deanery (Church of England) invites you to Beer and Hymns In the garden of The Swan, Newton Bromswold on Wednesday 8th September from 7.30 pm - 9 pm. All welcome. (added 1/8/21)

Sealed Bid Auction

Julie Buchanan has kindly offered a selection of special items for sale by a sealed bid auction to raise funds for the 600 Appeal. A series of pictures of St Mary's and a candlestick with an intriguing connection to St Mary's were all part of Canon Eric Buchanan's personal collection and here's now your chance to bid for a slice of history with a special link to a much-loved vicar. See the poster below or via the website www.stmarystjohnunited.co.uk.

(updated 8/8/21)







Sealed Bid Auction

A selection of special items from the personal collection of the late **Canon Eric Buchanan**, Vicar of Higham Ferrers (1990-97) are up for Auction by kind permission of Mrs Julie Buchanan to raise funds for St Mary's 600 Appeal.

Items include a silver candlestick with an interesting history connected with St Mary's and framed pictures of St Mary's, The Bede House, and St John's, Chelveston.

The items will be offered in 7 Lots:

1. The Silver Candlestick (silverplate)
2. A framed signed drawing of St Mary's by Stuart Ball
3. A framed signed drawing of St John's by Stuart Ball
4. A framed engraving of Chichele College
5. A framed set of four engravings of the West Porch carvings
6. A framed set of three engravings of St Mary's, the Churchyard Cross and the ruined Bede House Chapel.
7. A large watercolour of the Kissing Gate in Chelveston Churchyard by R.E. Beckett

The Auction will take place by Sealed Bids (**closing date Saturday 14th August**) with the bids to be opened at the Patronal Festival Picnic on 15th August 2021.

Please place bids with an odd pound or two eg £56 rather than £50 – the highest bid in each case will be the winner. If two bids 'tie' the earlier one received will be the successful bid.

Sealed bids can be posted through the Vicarage letterbox in Wood Street, brought into church or emailed to Revd Michelle at michelleacd@hotmail.co.uk

The items can be viewed in St Mary's on Wednesdays and Sundays between 12-4 or online at www.stmarystjohnunited.co.uk






The Bookshelf

Newly arrived to the left of the Sacristy is **THE BOOKSHELF**
Here's how it works :

You can

- Donate Books you no longer need
- Please write a price inside the front cover, in pencil
- Bring a book you no longer need and exchange it for one off the shelf - *Free*
- Borrow a book to read and return it later - *Please make a donation*
- Purchase a book to keep - *Just pay the price inside the front cover*

All profits will go to the St Mary's 600 appeal.

(added 8/8/21)

For Sidespeople/Welcomers

If you haven't already done so, please collect your copy of the latest rota from the back of church. Thank you!

(added 8/8/21)

Weddings and Baptisms

Please pray for Libby and Will to be married on 5th September at St Mary's.

Please pray for Emmeline-Jayne, Marnie, Mason and Eva – all of whom will be baptised over the summer.

Celebrations

Happy Birthday to Mary Jackson, who will be 95 years young on Friday 13th August 😊

If you have happy news/events (birthdays, anniversaries, achievements, etc) to share with the rest of the parish family via the news sheet please let me know – jane@smeathers.com or 01933 357707.

For all enquiries and requests for pastoral help:

Revd Michelle	Tel: 01733 569147 / 07961 003352 or michelleacd@hotmail.co.uk
Brenda Elldred (Reader)	07816 771702, brenda@elldred.co.uk
Pastoral Team	St. Mary's Lynne on 07800 636943, lynnempocock@netscape.net St. John's Brenda Elldred (as above)
Parish Office	01933 741140 or stmarys.higham@gmail.com
Bede House Enquiries	01933 741140 or thebedehouse@gmail.com
Website	www.stmarystjohnunited.co.uk

Find us on 



Supporting our community

First steps ...

First Steps ... Walks are now planned for the first Tuesday of each month – join us on Tuesday 7th September and/or Tuesday 5th October – meet at St Mary's ready to leave on foot at 11 am for a walk arranged by Chris & Graham Newell – each walk will be an hour, hour and a half max and will be an opportunity to walk and talk together about life, faith, Covid, God, hope or whatever you want as we go along together. Please let Chris & Graham know if you'd like to join and are looking forward to a series of mini pilgrimages together. *(updated 1/8/21)*

Support for our wellbeing & mental health



There is support and resources available via [Northamptonshire Redeeming Our Communities Community Engagement Charity website](#).

Supporting our community

If you or anyone you know needs help with food shopping, picking up medicines, or just a chat over the phone, do get in touch with any of our Ministry Team, as well as Lynne Pocock who leads our Pastoral Group.

Spiritual resources online

You can find much more support online by visiting [our website](#): online services, resources and fun activities for children and families.

Food Bank

If you're able to add something to your weekly shop, we currently need:

Long-life semi-skimmed milk;	Anti-bac spray;
Tinned potatoes;	Bleach;
Long grain rice;	Shampoo & Conditioner.

Donations can be put in the box at the back of the church. Thank you for all your continued support.

(updated 4/7/21)

Scams - Think Jessica

We are currently being bombarded with scams, some of which are extremely convincing. Some of you may remember the story of a lady Jessica who was scammed out of her savings. This led to a movement called 'Think Jessica' and you can find out more about how to keep yourself safe by clicking on the link

<https://www.thinkjessica.com>.

Please take care with any requests for money or personal details from people you do not know. If you are unsure about any request there is a list of helplines on this link <https://www.thinkjessica.com/help-advice/> *(added 18/7/21)*

News Sheet

This news sheet is emailed out widely each week. If you know of anyone who doesn't receive it and would like to, please let me know on jane@smeachers.com.

St. Mary's 600 Appeal

Town Garage Sale

Thank you if you have already donated items for the church Bric a Brac stalls at this event. If you still have treasures to donate then please note that the last date for donations will be **Friday 20th August**, to allow us time to sort everything. We are not able to accept electrical items, textiles of any kind (unless they are good quality rugs), children's toys, books, DVD's or CD's. Please bring your donations to church where they will be stored in the Vicarage garage until the big day. Thank you for your support!

(added 8/8/21)

Raffle Prizes

As we now begin to have our social events once more we are in need of good quality raffle prizes (as opposed to those items that are continual raffle prizes, never settling anywhere for long 😊) So if you have unwanted gifts, vouchers, bottles of booze, etc that you are able to give then please do bring them to church and pop them beneath the table that has the churchyard prints on and they will be scooped up, with thanks, in readiness for the right occasion.

(added 8/8/21)

Community Survey

If you have a few minutes, could you please complete [our online survey](#). This information will be useful when we are submitting future bids for money that may be available – your thoughts and opinions are important to us. If you prefer to complete a paper copy then please let one of the appeal group know.

(added 27/6/21)

How you can donate

Difficulties with depositing money or making a bankers' order into " St Mary the Virgin PCC Higham 600 Appeal " bank account? It is proving impossible for some people to type this long NAME into the space provided on your screen and apparently it is perfectly acceptable for you to make some abbreviation, as long as you incorporate "St Mary" and "600 Appeal" all will be well. Sort code 30-96-09 and account NUMBER 84427260 remain the same. We're sorry for this confusion and frustration, and thank for your patience and continuing support. *Avril*

(updated 18/7/21)

Fundraising contacts

Sue Dennis, Chair of the Fundraising Group, 07773 586352, suedennis1105@gmail.com

Avril Harlow, Appeal Treasurer, 01933 314694, avrilharlow@gmail.com

Other Fundraising

Easyfundraising

A quick reminder that if you have downloaded the App PLEASE try and remember to use it. It has brought in over £150 for our church to date but I am sure that we are not always remembering to check whether a retailer is on the list or not - currently John Lewis are giving a **2%** donation. Please try and remember to use the App, it will cost you nothing extra but it will help our church. If unsure about anything then please just ask.

(added 8/8/21)

Growing & giving in love & faith

Thank you to all who have already responded – the Stewardship Refreshed Campaign has now concluded, but you can still respond if you haven't yet had a chance to – anything you can give, or any additional amount you can add, however small, will make a huge difference to the mission of St Mary's! Thank you!

(added 27/6/21)

Al Ahli Hospital, Gaza

The Episcopal Diocese of Jerusalem, part of the Anglican Communion, supports the Al Ahli Hospital in Gaza. The hospital is on the front line of the major humanitarian crisis, and is in desperate need of funds. Archbishop Hosam, the new Archbishop in Jerusalem, has issued an appeal to Anglicans worldwide.

You can find a link to this here: [Al Ahli Hospital Appeal 2021 | jmecca.org.uk](https://www.jmecca.org.uk).

Readings for the Tenth Sunday after Trinity

COLLECT OF THE DAY

Lord of heaven and earth, as Jesus taught his disciples to be persistent in prayer, give us patience and courage never to lose hope, but always to bring our prayers before you; through Jesus Christ our Lord. **Amen**

FIRST READING: 1 Kings 19.4-8

But he himself 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.' ⁵Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' ⁶He 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. ⁷The 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.' ⁸He 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.

PSALM 34.1-8

SECOND READING: Ephesians 4.25 – 5.2

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. ²⁶Be angry but do not sin; do not let the sun go down on your anger, ²⁷and do not make room for the devil. ²⁸Thieves 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. ²⁹Let 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. ³⁰And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption ³¹Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, ³²and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.

⁵¹Therefore be imitators of God, as beloved children, ²and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

GOSPEL: John 6.35,41–51

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.'

⁴¹Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.'

⁴²They 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"?' ⁴³Jesus answered them, 'Do not complain among yourselves. ⁴⁴No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵It 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. ⁴⁶Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹I 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.'

FINAL PRAYER

God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord. **Amen**