

WORDS OF MISSION AND BENEDICTION

Go out from here and live lives worthy of the one calling which we all share. In humility, gentleness and patience, speak only what is true and loving and so grow into the unity that is ours in Christ.

And may God the creator re-shape your hearts;
May Christ Jesus, the bread of life, sustain you always;
and may the Holy Spirit unite you in the bond of peace.

We go in peace to love and serve the Lord,
In the name of Christ. Amen.

The sign of the peace is exchanged.

**Please help us to comply with COVID-SAFE Regulations
by wiping areas you have touched on the pews.
Thank you for your assistance.**

BSB: 035-006 (Westpac)
Account Number: 224080 (Pilgrim Church UCA)
Lodgement Reference: Offering



12 Flinders Street
GPO Box 116, Adelaide SA 5001

Phone: 08 8212 3295
E-mail: office@pilgrim.org.au
ABN: 14 903 697 626

www.pilgrim.org.au | facebook.com/pilgrimunitingchurch



Pilgrim
Uniting Church

8.00am Morning Eucharist

Sunday 1st August, 2021

Pentecost 10
COCU50B

The church is fitted with a hearing loop. Hearing aid wearers are advised to sit in the front half of the church and switch their aid to T-setting.

Please help us to comply with the current COVID rules by wearing a mask in church this morning - and wherever you are in the vicinity of others.

WELCOME & GREETING

The grace of our Lord Jesus Christ, the love of God and the communion of the Holy Spirit be with you all.
And also with you

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge that the site of this church is placed adjacent to Tarndanyangga (Victoria Square), which is the site of ceremony and ritual of the Kaurna people, the traditional custodians of the Adelaide Plains. We are awed that they celebrated the religious significance of place, plants, trees and all living creatures; and that care for the earth was implanted in their law. We honour them and also delight in the sacred in our midst. We pray that in the power of the Holy Spirit we might work together for reconciliation and justice in this land.

PRAYER OF INVOCATION

God of awe and great mystery, creator of immensity yet lover of the small and fragile, be especially present and real to us in this time of worship.

For so readily do we look past you, taking the sacred nature of life for granted, that we need clear reminders and soulful awakenings.

Spirit, come, focus our vision, renew our minds in the way and being of Christ.
Amen.

(Source: Words4Worship)

www.pilgrim.org.au | facebook.com/pilgrimunitingchurch

HYMN TiS 107 Sing praise and thanksgiving

1
Sing praise and thanksgiving, let all
creatures living
now worship their maker with
gladness and song;
all glory and honour we come to
him bringing:

3
Lord, frame our desiring to do your
requiring,
that unto your glory be all that we
do;
and where we have faltered, give
strength and give healing:

O praise to the Almighty, sing praise
to our God!

O praise to the Almighty, sing praise
to our God!

2
Our lives of his making he brings to
their waking;
in darkness he held us in his
gracious care,
now into the light we are called
from our sleeping:

Words: Paul Gerhardt 1607-76
tr Margaret Barclay (1955)
adapted by Colin Alexander Gibson 1933-
Tune: Kremser; Netherlands folk melody
arr Eduard Kremser 1838-1914

O praise to the Almighty, sing praise
to our God!

The Psalm for today is a cry from the heart. It is both confession and a
deep longing to be right with God. Let us read as our prayer of
confession.

PSALM FOR THE DAY Psalm 51:1-12
Have mercy on me, O God, according to your loving kindness
in your great compassion blot out my offences.
Wash me through and through from my wickedness
and cleanse me from my sin.
For I know my transgressions
and my sin is ever before me.
Against you only have I sinned
and done what is evil in your sight.
And so you are justified when you speak
and upright in your judgement
Indeed, I have been wicked from my birth,
a sinner from my mother's womb.
For behold, you look for truth deep within me,
and will make me understand wisdom secretly.
Purge me from sin, and I shall be pure,
wash me, and I shall be clean indeed.
Make me hear of joy and gladness,
that the body you have broken may rejoice.

Therefore we join together with all creation in the eternal hymn.

**Holy, holy, holy Lord, God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the One who comes in the name of the Lord.
Hosanna in the highest.**

With thanksgiving we take this bread and this cup and proclaim his death
and resurrection.

Send to us the Holy Spirit that this meal may be holy, and your people
become one. Unite us in faith, inspire us to love, encourage us with hope
that we may receive Christ as he comes to us in this holy banquet.

**May the bread that is broken make us whole so we may bring peace
to a world which has been fed violence and greed.**

The bread is broken

**May this cup which is shared open our hearts to the pain of those
around us so we may bring healing and hope.**

The cup is lifted.

The gifts of God for the people of God.

Communion is shared

PRAYER AFTER COMMUNION

**Lord Jesus Christ, fed and renewed by your life in us, we go to share
that life with others; to spread the message of your love and
compassion to all whom we meet. Amen**

HYMN TiS 569 Guide me, O thou great Redeemer

1
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, bread of heaven,
feed me now and evermore,
feed me now and evermore.

3
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 of praises, songs of praises
I will ever give to thee,
I will ever give to thee.

2
Open now the crystal fountain
whence the living waters flow:
let the fiery, cloudy pillar
lead me all my journey through:
strong deliverer, strong deliverer,
be thou still my strength and shield,
be thou still my strength and shield.

Words: William Williams 1717-91
Tr Peter Williams 1722-96
Tune: Cwm Rhondda; John Hughes 1873-
1932

Offerings can be given via the Offering Box at the East Porch Door, or electronically – see back page for bank details. We give thanks also for the generous provision of grocery items provided each week by the congregation in our food donations box (also by the East Door), distributed to disadvantaged people.

HOLY COMMUNION

INVITATION

This is an open table; all are welcome here. As we share in this meal, we are brought into communion with Christ and with each other, recognising each as the beloved of Christ.

NARRATIVE OF THE LAST SUPPER

We remember..... Long ago, so our tradition says, whilst sharing a meal with his friends, Jesus took bread, offered thanks for it, broke it and handed it to his friends inviting them to eat, saying this is my body broken for you. Do this to remember me.

At the end of the meal Jesus poured a cup of wine, offered thanks for it and handed it to his friends, inviting them to drink, saying this is my blood of the new covenant which is shed for you and for all people. Do this as often as you drink it in remembrance of me.

As we take part in this meal, let us be mindful of one another and the community gathered. Let us be mindful of each one's journey of faith – seeking to uphold one another in prayer and reassuring one another of God's love.

GREAT PRAYER OF THANKSGIVING

Let us lift up our 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 to give you our thanks and praise, O God, for you have sent us bread from heaven to give life to the whole world.

You are above all and through all and in all, and by your word all things were created.

You fed your people with manna from heaven, and even when they defied you, if they turned from their callous ways, you fed them again with your wisdom and truth.

In your Son, Jesus Christ, you have offered yourself to us as the bread of life that we might be nourished and built up as one body in the bond of peace.

Though he was murdered by those he fought to save, you raised him from the depths of the earth to fill the whole universe with his gifts and baptise all things into one body, held together by one spirit, under one Lord.

Hide your face from my sins,
and blot out all my iniquities.

Create in me a clean heart, O God,

and renew a right spirit within me.

Cast me not away from your presence,

and take not your Holy Spirit from me.

Give me the joy of your saving help again,

and sustain me with your bountiful Spirit.

WORDS OF ASSURANCE

God, in tender mercy, does not cast us aside, or withdraw the Holy Spirit from us, but saves us, washing away our sin and cleansing us from our guilt. Sisters and Brothers, our sins are forgiven; be at peace. **Amen**

BIBLE READINGS

Epistle: Ephesians 4:1-16 from "The Message"

TO BE MATURE

In the light of this, here's what I want you to do. While I'm locked up here, a prisoner for the Master, I want you to get out there and walk – better yet, run! – on the road God called you to travel. I don't want any of your sitting around on your hands. I don't want anyone strolling off, down some path that goes nowhere. And mark that you do this with humility and discipline. – not in fits and starts. But steadily, pouring yourselves out for each other in acts of love, alert at noticing differences and quick at mending fences.

You were all called to travel on the same road and in the same direction, so stay together, both outwardly and inwardly. You have one Master, one faith, one baptism, one God and Father of all, who rules over all, works through all, and is present in all. Everything you are and think and do is permeated with Oneness. But that doesn't mean you should all look and speak and act the same. Out of the generosity of Christ, each of us is given their own gift. The text for this is:

"He climbed the highest mountain.

He captured the enemy and seized the booty,

He handed it all out in gifts to the people."

It's true, is it not, that the One who climbed up also climbed down, down to the valley of earth? And the One who climbed down is the One who climbed back up, up to highest heaven. He handed out gifts above and below, filled heaven with his gifts, filled earth with his gifts. He handed out gifts of apostle, prophet, evangelist, and pastor-teacher to train Christians in skilled servant work, working within Christ's body, the church, until we're all moving rhythmically and easily with each other, efficient and graceful in response to God's Son, fully mature adults, fully developed within and without, fully alive like Christ.

No prolonged infancies among us, please. We'll not tolerate babes in the woods, small children who are an easy mark for imposters. God wants us to grow up, to know the whole truth and tell it in love – like Christ in everything. We take our lead from Christ, who is the source of everything we do. He keeps us in step with each other. His very breath and blood flow through us, nourishing us so that we will grow up healthy in God, in robust love.

In this is the word of the Lord.
Thanks be to God.

GOSPEL John 6: 24-35 New Revised Standard Version

THE BREAD OF LIFE

When the crowd realised that Jesus was gone and was not coming back, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" 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. Do not work for 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." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him who he has sent," 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? Our ancestors ate the manna in the wilderness; as it is written, He gave them bread from heaven to eat."

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. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always."

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."

The gospel of the Lord.
Praise to you, Lord Jesus Christ.

REFLECTION

PRAYERS FOR OTHERS

The world's needs will always be innumerable, our resources will be small, and God's abundance will always be infinite.
Let us pray.

Open our minds. Risen Christ that we might think beyond ourselves and spare a thought for those less fortunate.

Open our hearts, risen Christ that we might have more compassion when we think about those who suffer in the world.

Open our mouths, risen Christ, that we might join in your call for justice and speak up for those whose lives are downtrodden by poverty and affliction.

Open our hands, risen Christ, that we might find ways to serve the needs of others.

Open our lives, risen Christ, that we might follow daily in your way, giving of ourselves in your call to love others.

Open our faith, risen Christ, that we might be compelled beyond naïve belief and self-focused religion.

Open our lives, risen Christ, so that we might be saved from our self-preoccupation and work with you in your work of redemption and re-creation. Amen

THE LORD'S PRAYER

**Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as in heaven.**

Give us this day 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 forever. Amen**

HYMN TiS 429 Break now the bread of life

1
Break now the bread of life,
dear Lord, to me,
as once you broke the loaves
beside the sea;
beyond the sacred page
I seek you, Lord,
my spirit longs for you,
O living Word.

2
Bless your own truth, dear Lord,
to me, to me
as when you blessed the bread
by Galilee;
then shall all bondage cease,
all shackles fall,
and I shall find my peace,
my all in all.

Words: Mary Artemisia Lathbury 1841-1913
Tune: Bread of Life;
William Fisk Sherwin 1826-88

OFFERING & PRAYER OF DEDICATION

We bring our gifts in gratitude and hope.

In dedicating them, we dedicate ourselves again to being your people in the world, in the strength and enabling power of Jesus Christ. **Amen**