

Eighth Sunday after Trinity

Prayers, Readings, Reflection.

“Welcome to another short act of worship for the Parish Church of St Martin. For those who are able to follow it as written, I hope it offers some comfort, encouragement and a sense of being together despite the distance between us.” Rev Jonny



*Be still, and draw yourself closer to the God who rests beside you,
before you and within you.*

In the name of the Father and of the Son and of the Holy Spirit.

All **Amen.**

The Lord be with you

All **And also with you**

My brothers and sisters,
as we prepare to celebrate the presence of Christ
in word and sacrament,
let us call to mind and confess our sins.

Remember, Lord, your compassion and love,
for they are everlasting.

Lord, have mercy.

All **Lord, have mercy.**

Remember not the sins of my youth or my transgressions,
but think on me in your goodness, O Lord,
according to your steadfast love.

Christ, have mercy.

All **Christ, have mercy.**

O keep my soul and deliver me;
let me not be put to shame, for I have put my trust in you.

Lord, have mercy.

All **Lord, have mercy.**

Almighty God,
who forgives all who truly repent,
have mercy upon *you*,
pardon and deliver *you* from all *your* sins,
confirm and strengthen *you* in all goodness,
and keep *you* in life eternal;
through Jesus Christ our Lord.

All **Amen.**

The Collect for the day

Lord God,
your Son left the riches of heaven
and became poor for our sake:
when we prosper save us from pride,
when we are needy save us from despair,
that we may trust in you alone;
through Jesus Christ our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All **Amen.**

THE LITURGY OF THE WORD

Gospel Reading, from John 6: 1-15

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the

fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, “This is indeed the prophet who is to come into the world.”

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

This is the Gospel of the Lord.
All Praise to you, O Christ

Reflection

(By Fr. Richard Rohr, Spiritual Writer and Franciscan Priest)

We have all known the long loneliness and we have learned that the only solution is *love and that love comes with community*. —Dorothy Day

Everyone relies on community in some way or another, no matter what our personal, social, or economic circumstances. No one can do it all—feed, clothe, heal, comfort, house, employ, and educate—for ourselves or our families. Despite our current obsession with independence and individualism, we were never meant to try! From the very beginning of the evolutionary process, species have worked together in mutually beneficial ways to survive. Mammals particularly have a track record of fostering the young of others within their species and kinship group, but it happens across or between species as well. Even the “fittest,” biggest, and strongest do not survive without the cooperation of others.

The Ayni Institute, an organization that envisions systemic changes through reciprocity and mutual aid, points out that human societies have worked this way for thousands of years.

In hostile environments and less than ideal situations people came together, cooperated in order to survive, and continued our legacy of life.

As tribes we collaborated, traded, and built cultures around our collective identities. We created federations and large and loose organizations of

reciprocity across groups... Those arrangements created practices, rituals, wisdom that sustained life for thousands of years...

Our history is not a history of competition, rather a history of collaboration. We must develop alternatives that have memory, that seek to bring the evolutionary wisdom of the past in relationship to our current reality...

Our own Christian scripture and tradition teaches this insight. All four Gospels contain some version of the miracle of the “loaves and fishes,” where Jesus feeds the multitudes from only a small amount of food. However, without the willingness of the few who shared the little they had, the miracle could not have taken place. Many have proposed that, in reality, the “miracle” was the generosity lying dormant within the crowds. The resources were there waiting to be called forth.

Jesus’ example of mutual aid was so inspirational to Dorothy Day (1897–1980), the founder of the Catholic Worker, that she called her book about the movement *Loaves and Fishes*. She wrote, “Young people say, What good can one person do? What is the sense of our small effort? They cannot see that we must lay one brick at a time, take one step at a time; we can be responsible only for the one action of the present moment. But we can beg for an increase of love in our hearts that will vitalize and transform all our individual actions, and know that God will take them and multiply them, as Jesus multiplied the loaves and fishes.”

May we all pray for an “increase of love in our hearts” that will awaken, transform, and multiply the impact of our actions.

Prayers of Intercession

Pray for one another – those in our church community

Pray for the Parish, the Island and the World

Pray for the sick, the isolated, the anxious and depressed

Pray for the dying, and those who mourn

Pray for yourselves, and for your own needs

Lord in your mercy

All Hear our prayer

The Intercessions may end as follows

Merciful Father

All Accept these prayers

**for the sake of your son,
our Saviour, Jesus Christ. Amen**

The Peace

Peace to you from God our heavenly Father.
Peace from his Son Jesus Christ who is our peace.
Peace from the Holy Spirit, the life-giver.
The peace of the triune God be always with you

All **and also with you.**

Let us pray with confidence, as our Saviour taught us

All **Our Father
who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done, on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation but deliver us from
evil.
For thine is the kingdom, the power, and the glory
For ever and ever. Amen.**

The Blessing.

God the Holy Trinity make you strong in faith and love,
defend you on every side,
and guide you in truth and peace;
and the blessing of God Almighty, the Father, the Son and
the Holy Spirit, be with you and remain with you always.

All **Amen.**

Go in peace to love and serve the Lord.

All **In the name of Christ. Amen.**