

Reflections

*A quiet contemplative service
lasting about 40 minutes*

**6 October 2024
6pm**

Please feel free to leave when you feel ready – or stay to the end.

Please take this sheet home with you.

If you would like to be part of the Reflections team – please let one of us know.

The next Reflections will be entitled 'Light of the Lord' and will be on Sunday 10 November (3 November is the All Souls candle service)

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The Bread of Life

**The Parish
Church of
St Andrew
and St Cuthman,
Steyping**

Reflections:

Sunday 6 October

THE BREAD OF LIFE

MUSIC ON ENTRANCE

Veni Creator Spiritus
from Canto Gregoriani
*Text: German, c809,
attributed to Rabanus Maurus*

WELCOME and INTRODUCTION

POEM

I am the bread of Life

Where to get bread? An ever-pressing
question
That trembles on the lips of anxious
mothers,
Bread for their families, bread for all
these others;
A whole world on the margin of
exhaustion.
And where that hunger has been
satisfied
Where to get bread? The question still
returns;
In our abundance something starves
and yearns,
We crave fulfilment, crave and are
denied.
And then comes one who speaks into
our needs,
Who opens out the secret hopes we
cherish,
Whose presence calls our hidden
hearts to flourish,
Whose words unfold in us like living
seeds:
Come to me, broken, hungry,
incomplete,
I am the bread of life, break me and
eat.

Malcolm Guite

We say together the Lord's Prayer

**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.**

BLESSING

CLOSING MUSIC

An Upper Room did our Lord Prepare

An upper room did our Lord prepare
for those he loved until the end:
and his disciples still gather there
to celebrate their risen friend.

A lasting gift Jesus gave his own:
to share his bread, his loving cup.
Whatever burdens may bow us down,
he by his cross shall lift us up.

And after supper he washed their feet
for service, too, is sacrament.
In him our joy shall be made complete
sent out to serve, as he was sent.

No end there is! We depart in peace,
he loves beyond the uttermost:
in every room in our Father's house
he will be there as Lord and host.

*performed by the choir of Trinity College,
University of Melbourne.
text: Fred Pratt Green (1903-2000)
tune: 'O Waly Waly', (traditional English)
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Hope Publishing Company/*

St Augustine (354-430 AD) - Who is even now providing nourishment for the whole world, if not the God who creates a field of wheat from a few seeds?

PRAYERS

(we say the words in bold together)

Dear Lord,
In a world where many are lonely
We thank you for our friendships.
In a world where many are captive
We thank you for our freedom.
In a world where many are hungry
We thank you for your provision.

We pray that you will
Enlarge our sympathy,
Deepen our compassion
And give us grateful hearts
In Christ's name,
Amen

A prayer by Terry Waite

Heavenly Father;
Help us to remember that
Many people have cupboards full of
food, with bread enough to spare,
And yet inwardly they are still hungry
for the things of the spirit
You are the bread of life
Without you our hearts can go hungry
and our lives can be empty.
Help us constantly to feed on you by
faith
that we may know the abundant life
you came to bring us all,
For the glory of your name
Amen

BIBLE READING

When the disciples found him on the other side of the lake, they asked him, "Rabbi, when did you get here?" Jesus answered, "Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the son of man will give you. For on him God the Father has placed his seal of approval."

Then they asked him, "What must we do to do the works God requires?" Jesus answered, "The work of God is this: to believe in the one he has sent." So they asked him, "What sign then will you give that we may see it and believe you? What will you do? Our ancestors ate the manna in the wilderness; as it is written: 'He gave them bread from heaven to eat.'"

Jesus said to them, "Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to the world." "Sir," they said, "always give us this bread."

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

John 6: 24-35

MUSIC INTO SILENCE

Eat this bread, drink this cup

Eat this bread, drink this cup,
Come to me and never be hungry.
Eat this bread, drink this cup,
Trust in me and you will not hurt.

I am the bread of life
The true bread sent from the father.
Eat this bread...

Your ancestors ate manna in the
desert,
But this is the bread come down from
heaven.
Eat his flesh and drink his blood

And Christ will raise you up on the last
day.
If we believe and eat this bread
We will have eternal life

*Performed by Sunday 7pm Choir,
St Francis de Sales Parish, Ajax, ON
Canada.*

*Text - Taizé Community,
adapted by Robert J Batasini
Tune - Jacques Berthier (1923-1994)
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Publications,*

PERIOD OF SILENT REFLECTION

(12-15 minutes)

*Please feel free to move around the
church, if you wish, to reflect and pray.*

MUSIC OUT OF SILENCE

O Taste and See

O taste and see how gracious the
Lord is
Blest is the man who trusteth in him

Ralph Vaughan Williams (1872-1958)

Based on Psalm 34

*Performed by Mary Seers and the
Cambridge Singers, directed by John
Rutter*

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SHORT MEDITATION VERSES

Exodus 16:11-12 - The Lord spoke to
Moses and said: 'I have heard the
complaints of the Israelites. Say to
them, "Between dusk and dark you
will have flesh to eat, and in the
morning, bread in plenty. You shall
know that I the Lord am your God.'"

Matthew 4:2-4 - Then the spirit led
Jesus into the desert to be tempted
by the devil...The devil came to him
and said: "If you are God's Son, order
these stones to be turned into
bread." But Jesus answered: "The
scripture says, 'man cannot live on
bread alone, but needs every word
that God speaks'."

John 6:51 - I am the living bread that
came down from heaven. If anyone
eats this bread, he will live for ever.
The bread that I will give him is my
flesh, which I give so that the world
may live.

1 Cor 11:23-26 - The Lord Jesus, on
the night of his arrest, took bread,
and after giving thanks to God, broke
it and said: "This is my body, which is
given for you. Do this in memory of
me".