

gave you bread from heaven. But my Father gives you the true bread from heaven. God's bread is the One who comes down from heaven and gives life to the world." The people said, "Sir, give us this bread always." Then Jesus said, "I am the bread that gives life. He who comes to me will never be hungry. He who believes in me will never be thirsty.

John 6. 24-35

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### JOHN 6.24-35

#### I am the bread of life

- ⇒ What is your favourite food and why?
- ⇒ Jesus calls himself the 'bread of life'. What do you think this means?
- ⇒ How can you feed your faith so it keeps growing?
- ⇒ Ask God to give you his daily bread so you can grow as a Christian.
- ⇒ Prepare some food for someone else.
- ⇒ "Food for the body is not enough. There must be a food for the soul"  
*Dorothy Day*

#### Friday, 6th August

In the church calendar we mark the **Feast of the Transfiguration of Christ** on this date. Christians commemorate the occasion when Jesus took three of his disciples, Peter, James & John, up a mountain, where upon the prophets Moses and Elijah appeared. Jesus was transfigured, his face and clothes becoming dazzlingly bright.

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#### Sunday Reflection

Every week, the Diocese of York offers a new reflection and prayer resource on the York Diocese website & [vimeo.com/dioceseforyork](https://www.vimeo.com/dioceseforyork) This Sunday's reflection will be by Tom McLeish, Reader at St Michael le Belfry, York.

#### Ryedale **FOODBANK**

is in urgent need of the following: squash, tins of rice pudding and sponge puddings, custard, toilet rolls & toothbrushes. Please donate, if you can by putting items in the green box at the back of church or you can take them to Morrisons supermarket.



**DISCUSSION GROUP:** A venue for the meetings has been found and they will be held in the back room at Chapter Two. There is no charge for room hire, but an expectation that teas & coffees will be purchased. Home made scones and cakes are also available. David suggests meeting once a month, on say the first Tuesday in the month at 4pm. Would interested parties please let Helen Shaw know if this suggestion suits.

**Cardboard tubes:** Elaine advises that enough cardboard tubes have been collected for children's resources. No more needed for the time being. Thanks to everyone who has been saving them.



## St Michael's Church, Malton

*The Church in the Market Place*

*We are a church, who invites and welcomes others, to journey together, growing in our love of Christ and deepening our relationship with Him.*

**1st August  
2021**

Welcome to our Parish Communion service in church. We welcome to Communion all baptized Christians.

Zooming of this service is suspended during the month of August and will resume on Sunday 5th September.

**FACE COVERINGS are no longer obligatory (but feel free to continue wearing) and we are now allowed to sing.**

#### 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.

Website: [www.maltonbenefice.org.uk](http://www.maltonbenefice.org.uk)

**All Age  
service for  
Ninth  
Sunday  
after Trinity**

**THANK YOU:** to the PCC members who helped to clear the Lady Chapel and re-order the church furniture.

During Communion, the choir will sing 'Be Still for the presence of the Lord' by David Evans. At the end of the service, Alison will play the Chorale Prelude on 'Ein feste Burg ist unser Gott' by Johannes Pachelbel. (A mighty fortress is our God).



**BENEFICE PRAYERS-WEEK 4**

Please pray for those who live or work in these roads: Bridge Road, Castle Howard Road, Hospital Road, Peasey Hills Road, Railway Street and Wells Lane.

**Services at St Mary's Priory**

Sunday: Mattins at 11.15 am.  
2nd Sunday of the month: Choral Evensong at 6.30 pm;  
4th Sunday of the month: Sung Eucharist at 6.30 pm.  
Wed: Holy Communion at 9 am.  
Thurs: Morning Prayer at 10 am.

**RECYCLING:** St Mary's has begun recycling old spectacles and blister packs from drugs. If you want to help, please take your items to St Mary's church. Run-out biros and used postage stamps are still being collected for Oxfam by Adrian but you must leave them outside his house, please. (26 Crabtree Drive)

Items for Weekly Sheet to:  
helen.shaw59@btinternet.com

**READINGS & DUTIES**

**8th August**

Readings: I Kings 19. 4-8  
Ephesians 4. 25-5.2  
John 6. 35, 41-51  
Duty Leader Connie Clark  
Assistant John Morris  
Sidesperson Joyce Birch  
Readers Mark Davey  
Christine R-Holland  
Intercessions Andrew Nicholson  
Flowers Barbara Adamson

**SERVICES**

**Morning Prayer** is said at 9 am every morning via Zoom & **in church on Saturday mornings at 9am**, where the same format as the Northumbria Community is used.

**Parish Communion** on Sundays at 9.30 am in church

**Holy Communion** on Wednesdays at 10.30 am in church.

**Wedding:** Saturday 7th August at 1pm: Marriage of Adrian & Justine.

**WEDDING:** Adrian & Justine will be getting married in church next Saturday at 1pm. They have endured trials and setbacks on account of the pandemic and we send our thoughts and best wishes for a joyful ceremony in our church. We pray that, after delays and disappointments, their marriage will be long and happy.

**NINTH SUNDAY AFTER TRINITY**

**A reading from the letter of Paul to the Ephesians**

I am in prison because I belong to the Lord. God chose you to be his people. I tell you now to live the way God's people should live. Always be humble and gentle. Be patient and accept each other with love. You are joined together with peace through the Spirit. Do all you can to continue together in this way. Let peace hold you together. There is one body and one Spirit. And God called you to have one hope. There is one Lord, one faith, and one baptism. There is one God and Father of everything. He rules everything. He is everywhere and in everything. Christ gave each one of us a special gift. Each one received what Christ wanted to give him. That is why it says in the Scriptures, "When he went up to the heights, he led a parade of captives. And he gave gifts to people." When it says, "He went up," what does it mean? It means that he first came down to the earth. So Jesus came down, and he is the same One who went up. He went up above all the heavens. Christ did that to fill everything with himself. And Christ gave gifts to men—he made some to be apostles, some to be prophets, some to go and tell the Good News, and some to have the work of caring for and teaching God's people. Christ gave those gifts to prepare God's holy people for the work of serving. He gave those gifts to make the body of Christ stronger. This work must continue until we are all joined together in the same faith and in the same knowledge about the Son of God. We must become like a mature person—we must grow until we become like Christ and have all his perfection. Then we will no longer be babies. We will not be tossed about like a ship that the waves carry one way and then another. We will not be influenced by every new teaching we hear from men who are trying to fool us. Those men make plans and try any kind of trick to fool people into following the wrong path. No! We will speak the truth with love. We will grow up in every way to be like Christ, who is the head. The whole body depends on Christ. And all the parts of the body are joined and held together. Each part of the body does its own work. And this makes the whole body grow and be strong with love. Ephesians 4. 1-16

**Hear the Gospel of our Lord according to John**

The people found Jesus on the other side of the lake. They asked him, "Teacher, when did you come here?" Jesus answered, "Are you looking for me because you saw me do miracles? No! I tell you the truth. You are looking for me because you ate the bread and were satisfied. Earthly food spoils and ruins. So don't work to get that kind of food. But work to get the food that stays good always and gives you eternal life. The Son of Man will give you that food. God the Father has shown that he is with the Son of Man." The people asked Jesus, "What are the things God wants us to do?" Jesus answered, "The work God wants you to do is this: to believe in the One that God sent." So the people asked, "What miracle will you do? If we can see a miracle, then we will believe you. What will you do? Our ancestors ate the manna in the desert. This is written in the Scriptures: God gave them bread from heaven to eat." Jesus said, "I tell you the truth. Moses was not the one who