

MUSIC

Welcome and notices

Call to worship: *Jesus said, 'This is the work of God, that you believe in him whom he has sent... For the bread of God is that which comes down from heaven and gives life to the world. (John ch 6)*

Please stand for the hymns if you are able to do so.

HYMN: Now thank we all our God

Rejoice and Sing 72

Now thank we all our God, with heart and hands and voices,
Who wondrous things has done, in Whom this world rejoices;
Who from our mothers' arms has blessed us on our way
With countless gifts of love, and still is ours today.

Oh, may this bounteous God through all our life be near us,
With ever joyful hearts and blessed peace to cheer us;
And keep us in His grace, and guide us when perplexed;
And guard us through all ills in this world, till the next!

All praise and thanks to God the Father now be given,
The Son, and Him Who reigns with Them in highest Heaven—
The one eternal God, Whom earth and Heav'n adore;
For thus it was, is now, and shall be evermore.

Martin Rinkart

Poem/Psalm 78 - from Malcolm Guite's David's Crown

Prayer: Adoration, Thanksgiving and Confession. We end with the Lord's Prayer

Bible Reading: Ephesians 4; 1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore, it is said,

'When he ascended on high he made captivity itself a captive; he gave gifts to his people.'

When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things. The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. **We must no longer be children**, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, **we must grow up** in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Reflection: Have we grown up?

HYMN Make me a channel of your peace

Rejoice and Sing 629

<p>Make me a channel of your peace. Where there is hatred let me bring your love. Where there is injury, your pardon, Lord And where there's doubt, true faith in you.</p> <p><i>Oh, Master grant that I may never seek So much to be consoled as to console To be understood as to understand To be loved as to love with all my soul.</i></p>	<p>Make me a channel of your peace Where there's despair in life, let me bring hope Where there is darkness, only light And where there's sadness, ever joy.</p> <p>Make me a channel of your peace For when we give we will ourselves receive. It is in pardoning that we are pardoned And in dying that we're born to eternal life.</p> <p style="text-align: right;"><i>Attr. St Francis</i></p>
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We stand to dedicate the Offering.

We end with the words of The Grace, said to each other.

Prayer: Intercession

HYMN – Help us accept each other

Rejoice and Sing 646

<p>1. Help us accept each other as Christ accepted us; teach us as sister, brother, each person to embrace. Be present, Lord, among us and bring us to believe we are ourselves accepted and meant to love and live.</p> <p>2. Teach us, O Lord, your lessons, as in our daily life we struggle to be human and search for hope and faith. Teach us to care for people, for all not just for some, to love them as we find them or as they may be come.</p>	<p>3. Let your acceptance change us, so that we may be moved in living situations to do the truth in love; to practice your acceptance until we know by heart the table of forgiveness and laughter's healing art.</p> <p>4. Lord, for today's encounters with all who are in need, who hunger for acceptance, for righteousness and bread, we need new eyes for seeing, new hands for holding on: renew us with your Spirit; Lord, free us, make us one!</p> <p style="text-align: right;"><i>Fred Kaan</i></p>
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Blessing

Music