

Fourth verse of today's 3rd hymn (not as in the book!)

Alleluia, King eternal, thee the Lord of lords we own;
alleluia, born of Mary, earth thy footstool, heaven thy throne;
thou within the veil hast entered, robed in flesh, our great High Priest;
thou on earth both priest and victim in the Eucharistic feast.

A thought for the day

'The bread of life that we have eaten commits us to one another. If we are one with the Lord, we must also be one with each other. If he committed himself to us at the cost of his life, we must live for one another and see to it that among us no person is trampled underfoot.'

Camilo J Marivoet

A prayer for the week for ourselves

Lord Jesus Christ, when confronted with our own miseries and those of the people around us, we feel small and powerless. Be to all of us the bread of strength, that our hearts may be compassionate, our love warm and deep, and our service faithful and self-effacing, for you are our Lord and teacher for ever. Amen

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Walking together in faith

11th August 2024

Eleventh Sunday after Trinity

(19th Sunday in Ordinary Time)

The Sunday Eucharist:

10.15am **San Eugenio**, Playa de Las Américas

12 noon **San Blas**, Golf del Sur

6.00pm **Espiritu Santo**, Los Gigantes

Welcome to everyone to our worship. Today, we continue to focus on how God nourishes us with food for life. Just as we need physical food for life on earth to be possible, and the food of love and security to enable us to thrive, so we need the spiritual food that can only be given by a trusting faith in God. That faith is kept alive and growing in us as we follow Jesus Christ, our 'bread of life.' He nourishes us particularly through the Eucharist, the spiritual food for our journey through this life. Through the presence and feeding of our Lord today, let us be encouraged and strengthened for our continuing walk with him and for the loving tasks he entrusts to us.

Important information regarding the reception of Holy Communion
*Holy Communion is distributed in both kinds (bread and wine). You may receive in one kind only if you prefer. To receive from the chalice, please drink (sip!) from it. We ask you not to dip the wafer bread into the chalice. It is more infection risky and is not approved in the Diocese in Europe. **If you require gluten-free bread, please let us know before the service begins.***

Today's readings

1 Kings 19: 4 – 8 *Bread for the journey*

Tired of being God's voice to a people that does not listen, Elijah is on the verge of a breakdown. Through an angel, God gives him food to sustain him on a long journey south to Mount Horeb (Sinai) to encounter God and be given new strength for his mission as a prophet.

Psalm 34: 1 – 8, with the response:

O taste and see that the Lord is gracious.

Ephesians 4: 25 – 5: 2 *Following Christ's way of love*

A series of instructions about how the new life in Christ will be put into practice. All destructive worldly vices must be rejected. Christians are to be loving and forgiving in the way that Christ is towards them.

John 6: 35 & 41 – 51 *Bread for the life of the world*

In this dialogue, the bread which fed the Israelites of old is contrasted with the bread that is Jesus himself. Those who ate the manna (physical food) in the Exodus story are now dead, but those who eat the bread of life in the person of Jesus (spiritual food) will live for ever.

Eucharistic Prayer: E (pages 14 – 15) with an alternative Preface for a Sunday. The Lord's Prayer and Holy Communion follow (page 21).

A collection will be taken at the Offertory.

If you are a UK taxpayer, please consider using the Gift Aid envelope provided, or available at the back of church. It would increase your donation by 25% with no extra cost to you.

Contributions at any time are also most welcome by bank transfer to either our euro or sterling

accounts. For security reasons the details have had to be withdrawn from the pew sheet. Please contact our treasurer Gwen Furmston, in church (San Eugenio) or by email to sgfurmston@gmail.com

We are a completely self-supporting Chaplaincy. Your generous giving is very important to us and much appreciated, helping us to maintain an Anglican presence and ministry in south Tenerife.

Our Charity Shop in Los Gigantes

With so many volunteers currently away, the shop will be open on Fridays only during August: 10.00am – 2.00pm Apologies for the inconvenience. Enquiries to Jill Pargeter – 711 03 64 74.

Every Tuesday San Blas church is open from 11.00am to 12 noon for private prayer or for someone to chat or pray with you, or just come and find peace and rest for a while. Coffee available.

Thursday, 15th August *The Blessed Virgin Mary (Festival)*

Eucharist: 10.30am at Espiritu Santo, Los Gigantes

(Readings: Revelation 11: 19 – 12: 6 & 10; Galatians 4: 4 – 7;

Luke 1: 39 – 56)

Every Friday at midday, all are welcome to meet over coffee (or whatever you prefer) at the Kiosco restaurant in San Blas commercial

centre (middle square). An opportunity for regular St Francis church members and others to meet in a friendly and informal way.

Next Sunday, 18th August Trinity 12

Eucharist: Times and locations as today.

(Readings: Proverbs 9: 1 - 6; Psalm 34; Ephesians 5: 15 - 20
John 6: 51 – 58)