



St Matthew with St Paul
Pilgrims on a journey

1 August 2021

The ninth Sunday after Trinity

Welcome

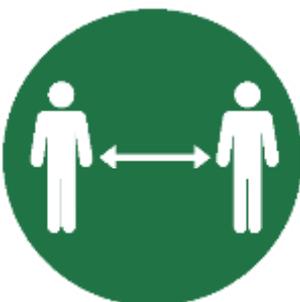
A warm welcome to everyone, whether you are worshipping in church or taking part in the service at home

Covid and fire safety

Please

- continue to show care and consideration for others, sanitising your hands at the entrance and wearing a face-covering indoors
- do your best to restrict your movement around the church
- whenever possible, keep a respectful distance apart, conscious that different people have different vulnerabilities
- those who wish to are now encouraged to sing quietly, with masks on
- at the end, if possible do go outside with your refreshments
- as St Paul's new fire safety system has a very loud sounder, no verbal instructions will be audible if it goes off. Please leave calmly by the nearest exit, with those nearest to the exit going first. For those with reduced mobility: someone will come to assist you.

Thank you for your cooperation



Please feel free to send prayer requests to ursula@stmatthewstpaul.org
or contact Peter Seal on 854849

Prayer

- with the Anglican Communion we pray for the province of South East Asia; for Archbishop Justin
- within our diocese, for Bishops Tim, David and Debbie (Acting Diocesan Bishop, assisted by Bishop Richard Frith, former Bishop of Hereford, and Bishop Geoff Annas, Honorary Assistant Bishop); for the Diocesan Finance Team, parish treasurers and those who encourage us in generous and wise stewardship as disciples of Christ
- in our parish, for all who serve on the PCC; for prayerful preparation, and fruitful listening and discussion as they oversee the parish
- our mission giving: £350 for Trinity Winchester, a day centre where people can address the effects of homelessness and vulnerability through specialist, practical and emotional support
- the people of southern Madagascar, where prolonged drought has wiped out harvests; for food aid programmes and longer-term solutions
- all those working as street pastors in our city; for police officers on duty at night, often in dangerous situations
- those who commit terrible crimes
- all who work in the holiday industry; for those who are paid very little; for recognition of the work that they do
- profound thanks for our senses of sight, smell, hearing, touch and taste; for all who suffer from an impairment of any of these senses
- the unwell: Becky Dunn, Bob and Elizabeth Harland, Tom Mounsey, Steph, Alice Swan, Patricia Watts and Janis Williams
- the long-term unwell: Caroline Behan, William Buncombe, Julia Jones, Kate Morgan, Jane Seal, Vera Willnecker and David Wilson
- those who have died recently, including Thomas Cole and Barbara Mariner; all living with the pain of untimely death; God's comfort for their families and friends and all who remember loved ones

Services for 4 July

9.30 am Family Eucharist at St Paul's/live-streamed

Stand

The gathering In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.



Opening hymn *If you're in church, you are encouraged, if you wish, to sing quietly (with mask on)*

*All things bright and beautiful,
all creatures great and small,
all things wise and wonderful,
the Lord God made them all.*

1 Each little flower that opens,
each little bird that sings,
he made their glowing colours,
he made their tiny wings.

Refrain

2 The purple headed mountain,
the river running by,
the sunset and the morning
that brightens up the sky.

Refrain

3 The cold wind in the winter,
the pleasant summer sun,
the ripe fruits in the garden,
he made them every one.

Refrain

4 The tall trees in the greenwood,
the meadows for our play,
the rushes by the water
to gather every day.

Refrain

5 He gave us eyes to see them,
and lips that we might tell
how great is God Almighty,
who has made all things well.

Refrain

Cecil Frances Alexander (née Humphreys) (1818–1895)

Greeting Grace, mercy and peace
from God our Father
and the Lord Jesus Christ be with you.
And also with you.

**Prayer of
preparation** **Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,**

**that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord.
Amen.**

**Prayers of
penitence**

**Merciful God,
we have not loved you with our whole heart,
nor our neighbours as ourselves.
Forgive what we have been,
accept us as we are,
and guide what we shall be.
Amen.**

May almighty God forgive you,
confirm and strengthen you in all goodness
and help you walk in the light of Christ.
Amen.

Hymn

Clap your hands, all you people.
Shout to our God with a voice of triumph.
Clap your hands, all you people.
Shout to our God with a voice of praise!
Hosanna, hosanna.
Shout to our God with a voice of triumph.
Praise him, praise him.
Shout to our God with a voice of praise!

Jimmy Owens © 1972 Bud John Songs/EMI Christian Music Publishing

Collect

Lord, giver of lasting life,
satisfy our hunger through Christ, the Bread of Life,
and quench our thirst with your gift of belief,
that we may no longer work for food that perishes,
but believe in the One whom you have sent.
We ask this through our Lord Jesus Christ, your Son.
Amen.

Sit

**Liturgy of the
word**

The reading is from John's gospel, chapter 6

The people said to Jesus, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent'. So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of

God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always'.

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

For God's holy word,
thanks be to God.

Sermon

Revd Mary Copping

Stand

Creed

Do you believe and trust in God the Father,
who made the world?

We believe and trust in him.

Do you believe and trust in his Son, Jesus Christ,
who died and lives?

We believe and trust in him.

Do you believe and trust in his Holy Spirit,
who gives life to the people of God?

We believe and trust in him.

This is the faith of the Church.

**This is our faith: we believe and trust in one God,
Father, Son and Holy Spirit.**

Sit

Prayers

Lord, in your mercy,
hear our prayer.

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

Stand

The Peace

The peace of the Lord be always with you.
And also with you.

**Offertory
hymn**

1 There is a Redeemer,
Jesus, God's own Son,
precious Lamb of God, Messiah,
Holy One.

*Thank you, O my Father,
for giving us your Son,
and leaving your Spirit
till the work on earth is done.*

2 Jesus, my Redeemer,
name above all names,
precious Lamb of God, Messiah,
O for sinners slain.

Refrain

3 When I stand in glory,
I will see his face,
and there I'll serve my King for ever,
in that holy place.

Refrain

Melody Green (fl. 1982), v. 3 by Keith Green (1953–1982) © 1982 Ears To Hear Music/Birdwing Music/EMI Christian Music Publishing/BMG Songs, Inc./Small Stone Media, adm. by Song Solutions Daybreak, info@songsolutions.org. Used by permission

Eucharistic Prayer

With this bread that we bring
we shall remember Jesus.

With this wine that we bring
we shall remember Jesus.

Bread for his body, wine for his blood,
gifts from God to his table we bring.
We shall remember Jesus.

The Lord be with you.
And also with you.

Lift up your hearts.
We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give thanks and praise.

Almighty God, good Father to us all,
your face is turned towards your world.
In love you gave us Jesus your Son
to rescue us from sin and death.
Your Word goes out to call us home
to the city where angels sing your praise.
We join with them in heaven's song:

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessèd is he who comes in the name of the Lord.
Hosanna in the highest.**

Father of all, we give you thanks
for every gift that comes from heaven.

To the darkness Jesus came as your light.
With signs of faith and words of hope
he touched untouchables with love
and washed the guilty clean.

This is his story.

This is our song: hosanna in the highest.

The crowds came out to see your Son,
yet at the end they turned on him.
On the night he was betrayed
he came to table with his friends
to celebrate the freedom of your people.

This is his story.

This is our song: hosanna in the highest.

Jesus blessed you, Father, for the food;
he took bread, gave thanks, broke it and said:
This is my body, given for you all.



Jesus then gave thanks for the wine;
he took the cup, gave it and said:
This is my blood, shed for you all
for the forgiveness of sins.
Do this in remembrance of me.



This is our story.

This is our song: hosanna in the highest.

Therefore, Father, with this bread and this cup
we celebrate the cross
on which he died to set us free.
Defying death he rose again
and is alive with you to plead for us and all the world.

This is our story.

This is our song: hosanna in the highest.

Send your Spirit on us now that by these gifts
we may feed on Christ
with opened eyes and hearts on fire.
May we and all who share this food
offer ourselves to live for you
and be welcomed at your feast in heaven
where all creation worships you,
Father, Son and Holy Spirit:

**Blessing and honour and glory and power
be yours for ever and ever.
Amen.**

Sit

**The Lord's
Prayer**

As our Saviour taught us, so we pray:
**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power
and the glory are yours,
now and for ever.
Amen.**

**Breaking of
the Bread**

We break this bread to share in the body of Christ.
**Though we are many, we are one body,
because we all share in one bread.**

Agnus Dei

**Jesus, Lamb of God,
you take away the sins of the world:
have mercy on us.**

**Jesus, Lamb of God,
you take away the sins of the world:
have mercy on us.**

**Jesus, Lamb of God,
you take away the sins of the world:
grant us your peace.**

**Giving of
Communion**

Draw near with faith.
Receive the body of our Lord Jesus Christ
which he gave for you,
and his blood which he shed for you.
Eat and drink in remembrance that he died for you,
and feed on him in your hearts
by faith with thanksgiving.

**Music during
Communion**

Duets by George Philip Telemann
Violins: David Blunt and Ursula Payne

**Post-
Communion
prayers**

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.
Amen.

**Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out
in the power of your Spirit
to live and work to your praise and glory.
Amen.**

Stand

**Post-
Communion
hymn**

- 1 Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty,
hold me with thy powerful hand:
Bread of Heaven, Bread of Heaven,
feed me till I want no more,
feed me till I want no more.
- 2 Open now the crystal fountain
whence the healing stream doth flow;
let the fire and cloudy pillar
lead me all my journey through;
strong deliverer, strong deliverer,
be thou still my strength and shield,
be thou still my strength and shield.

3 When I tread the verge of Jordan
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side;
songs of praises, songs of praises,
I will ever give to thee,
I will ever give to thee.

William Williams (1717–1791), trans. Peter Williams (1727–1796) and others

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 the Father, the Son and the Holy Spirit
be with you now and remain with you always.

Amen.

Go in peace to love and serve the Lord.

In the name of Christ. Amen.

*Refreshments available at the back. If possible, do take them
outside into the courtyard or meadow.*

11.15 am
St Matthew's

[BCP] Mattins

Readings

Exodus 16: 2–4, 9–15 [p. 639]

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger'.

Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.

Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining"'. And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God"'.
'

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw

it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat'.

John 6: 24–35 [p. 641]

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent'. So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always'.

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

Services for 8 August

The tenth Sunday after Trinity

BCP	<i>p. 172</i>
9.30 am	Parish Eucharist (St Paul's/live-streamed) <i>Readings: 1 Kings 19: 4–8; Ephesians 4: 25–5: 2; John 6: 35, 41–51 [p. 644]</i>
11.15 am	[BCP] Holy Communion (St Matthew's)

Booking for services:

St Paul's: Maggie Brecknell, 856552, brecknell1@uwclub.net

St Matthew's: Linda Russell-Smith, 853584

Bring and share farewell lunch

Please come along to the farewell lunch for Peter Seal and family at St Paul's on Sunday 22 August, 12.30 pm! Sign up as soon as possible at either church or contact Peter and Irene Casey, 808776, pheasants@picasey.me.uk. Everyone very welcome!



Notices

Dennis Wright's thanksgiving service will be live-streamed from St Paul's on Wed 4 August, 3.30 pm, available via our [website](#) and [YouTube channel](#).

Big butterfly count From now until Sun 8 August: 15 minutes wherever you are, as often as you like. The state of butterflies is an indicator for wider health of the ecological system of God's beautiful creation, and you are invited to add your count (even if you don't see any) at <https://bigbutterflycount.butterfly-conservation.org/>.

Contributions for September magazine We would welcome articles, prayers, book reviews, etc. for the next parish magazine. Please send by Thurs 12 August to ursula@stmatthewstpaul.org.

Winchester Hospice fundraiser concert at St Paul's An evening of summer-themed madrigals, folksongs and part-songs by a Winchester-based group of 12 young singers, Esprimo. Sat 14 August, 6–7.30 pm. Tickets £8/£6 plus booking fee from tinyurl.com/thy67aps.

Watercress Way sponsored walk On Sun 15 August, starting at Abbey House, this 10-mile circular walk will raise funds for the charities chosen by the Mayor of Winchester, Cllr Vivian Achwal: Friends of the Family, Winchester Youth Counselling and The Eight Foundation. To take part, see <https://winchesteryouthcounselling.org/watercress-way.../>. 3 or 4 marshals are needed on the day; to volunteer contact lisa@fotfwinchester.org.

Become a Western Church School reading buddy As we move out of lockdown, the Foundation Governors (Peter Seal, Helen Jesty, Vicki Tibbitts) are seeking opportunities to strengthen ties between St Paul's/St Matthew's and Western CE Primary School. To help the school with its Covid recovery phase, they are inviting volunteers from the congregations to visit Western to sit alongside a child, read together and give them some precious one-to-one time. This is an invaluable help to staff and can really assist children in developing confidence and fluency with reading. They are looking for individuals who can commit to regular weekly visits over a six-week/half-term period. Visits needn't be long (30 minutes welcome), and training will be provided. All volunteers will need to be DBS checked via the school.

For more information and to express your interest, please contact Helen Jesty, helen.jesty@btinternet.com, 07818 018543, or Vicki Tibbitts, tibbitts@cantab.net, 07884 060999.

St Paul's toddler group will continue throughout the summer holidays in the parish rooms behind the church. It will meet every Friday, 9.30–11 am, with an age-range of 0–5 years. If you plan to come, please email Sophie Ryde, chairpersonstpaulspreschool@gmail.com, or Mary Copping, 07921 886016, youth@stmatthewstpaul.org.

Parish visitors: looking for new recruits A training scheme for parish visitors is being run this coming autumn at St Paul's. If you'd be interested, please contact Jan Walley, 808441, parish.visitor.1@stmatthewstpaul.org, for an informal discussion.

Seeking welcomers for future baptisms As a parish we love welcoming in new families to have babies and young children baptised. At each service, a pair of volunteer welcomers prepare by filling the font and putting out the shell and oil, then welcome the family and friends in. Is this something you might like to do on an occasional basis? Please contact Mary Copping (see above).

Knitting for the Mission to Seafarers The *Beyond Ourselves* committee write: 'Jeanette Batt is very kindly co-ordinating this for us. If you would like to contribute, please be in touch with her on 860249 and she can give you more information. Knitting patterns are available from the parish office or can be downloaded from <https://www.missiontoseafarers.org/wp-content/uploads/MtS-Knitting-Patterns.pdf>. The items can be dropped off at Jeanette's house or St Paul's office and we'll keep a record of how many we, as a parish, have sent. With many thanks.'

Wheeler Jones Trust This tiny charity, which provides financial support to families and students in need within the parish boundaries of St Barnabas' and St Matthew's with St Paul's, is seeking someone to do its annual accounts (quite a small job). Mike Russell-Smith and Dick Wilkinson are trustees and would be able to give further information; offers of help to Revd Ed Dines, 07572 322011.

UN climate conference COP26 Global South and other marginalised communities will face many obstacles even to get to the November climate conference in Glasgow. If you would like to provide financial support, you can donate at <https://www.crowdfunder.co.uk/support-global-south-activists-get-to-cop26>.

Jobs with Christian Community Trust, a local charity Serving Christ and the community by encouraging, facilitating, and supporting inter-church initiatives, has two paid opportunities : [Inter-Church Schools Work Project Leader](#) An opportunity for someone with experience in education, to lead a group of volunteers in an expression of Christian faith-based work in local infant, junior and primary schools. [Finance Administrator](#) Part-timer to play a key role in administering the financial activities and related areas of FCCT in its mission supporting inter-church projects. Further details at <https://www.fcct.support>.

Team building Good progress is being made, but each of the following need additional support, please.

i Friday toddler group Mary Copping would welcome any offers of help every Friday, going through the summer holidays as well. The sessions last from 9.30 to 11 am, with setting out beginning at 9 and clearing away until 11.30.

ii Crucifer/servers at St Paul's A really special way to be involved in our Sunday worship. Please contact Alexa Heady, alexa.HEADY@gmail.com.

iii Sunday coffee at St Paul's The team is becoming well established; thank you to all who are making this possible. New team members welcomed; contact Vicky Scott, vicky@saxonfarm.com.

iv Sound operators Many thanks to all who have joined this team and to Martin West for organising the rota. Do chat to one of the clergy if you'd like to learn this skill.

v Parish maintenance team Interested in joining? Please contact Nick Page, pagesymons@gmail.com.

Basics Bank Please leave donations in the crate at the back of church: tinned vegetables (no tomatoes or beans), tinned fruit, tinned potatoes, tinned fish (salmon, tuna, sardines), tinned meat and meatballs, bags/microwave packs of rice, pasta/curry sauce, jam, UHT milk, fruit juice; laundry tablets/small bottles of laundry liquid, kitchen/bathroom cleaning spray, deodorant. (Donations must be in date.)



Alek Rapoport (1933–1997), *Trinity in Dark Tones (Genesis 18)*, 1994. Tempera on cotton, 48 x 63 in (121.9 x 160 cm). Collection of the artist's family, USA

Contact us

Canon Peter Seal, Rector

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Ursula Payne, Rector's Assistant & *Building for Life* Administrator

844878 M, Tu, Th, ursula@stmatthewstpaul.org (please send me any notices)

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Please make cheques payable to St Matthew's PCC – all gifts gratefully received
Sort code 55-81-26, Account 73264024

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