

COLLECT

Almighty Lord and everlasting God,
we beseech you to direct, sanctify and
govern both our hearts and bodies
in the ways of your laws and the
works of your commandments;
that through your most mighty
protection, both here and ever,
we may be preserved in body and
soul;
through our Lord and Saviour Jesus
Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING

Either **Jeremiah 23:1-6**

A reading from the book of the prophet Jeremiah.

Woe to the shepherds who destroy and scatter the sheep of my pasture! says the LORD. Therefore thus says the LORD, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the LORD. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the LORD. The days are surely coming, says the LORD, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: "The LORD is our righteousness."

Or **2 Samuel 7:1-14a**

PSALM Psalm 23

R *The Lord is my shepherd;
I shall not be in want.*

The Lord is my shepherd;
I shall not be in want.
He makes me lie down in green
pastures
and leads me beside still waters. **R**

He revives my soul
and guides me along right pathways
for his name's sake.
Though I walk through the valley of
the shadow of death,
I shall fear no evil;
for you are with me;
your rod and your staff, they comfort
me. **R**

You spread a table before me
in the presence of those who trouble
me;
you have anointed my head with oil,
and my cup is running over.
Surely your goodness and mercy shall
follow me
all the days of my life,
and I will dwell in the house of the
Lord for ever. **R**

SECOND READING

Ephesians 2:11-end

A reading from the letter of Paul to the Ephesians.

Remember that at one time you Gentiles by birth, called "the uncircumcision" by those who are called "the circumcision" – a physical circumcision made in the flesh by human hands – remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone.

In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

GOSPEL Mark 6:30-34. 53-end

Hear the gospel of our Lord Jesus Christ according to Mark.

The apostles returned from their mission. They gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

POST COMMUNION

Strengthen for service, Lord,
the hands that have taken holy things;
may the ears which have heard your
word be deaf to clamour and dispute;
may the tongues which have sung your
praise be free from deceit;
may the eyes which have seen the
tokens of your love shine with the
light of hope;
and may the bodies which have been
fed with your body be refreshed with
the fullness of your life;
glory to you for ever.