

## 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.

## FIRST READING

Either **2 Kings 4:42-end**

*A reading from the second book of Kings.*

A man came bringing food from the first fruits to Elisha, the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, "Give it to the people and let them eat." But his servant said, "How can I set this before a hundred people?" So he repeated, "Give it to the people and let them eat, for thus says the LORD, 'They shall eat and have some left.'" He set it before them, they ate, and had some left, according to the word of the LORD.

Or **2 Samuel 11:1-15**

## PSALM Psalm 145:10-19

**R** *You open wide your hand, O Lord, and satisfy our needs.*

All your works praise you, O Lord,  
and your faithful servants bless you. **R**

They make known the glory of your  
kingdom  
and speak of your power;  
That the peoples may know of your  
power  
and the glorious splendour of your  
kingdom. **R**

Your kingdom is an everlasting  
kingdom;  
your dominion endures throughout all  
ages.

The Lord is faithful in all his words  
and merciful in all his deeds.  
The Lord upholds all those who fall;  
he lifts up those who are bowed  
down. **R**

The eyes of all wait upon you, O Lord,  
and you give them their food in due  
season.

You open wide your hand  
and satisfy the needs of every living  
creature. **R**

The Lord is righteous in all his ways  
and loving in all his works.

The Lord is near to those who call  
upon him,  
to all who call upon him faithfully. **R**

## SECOND READING

**Ephesians 3:14-end**

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

I bow my knees before the Father,  
from whom every family in heaven  
and on earth takes its name. I pray  
that, according to the riches of his  
glory, he may grant that you may be  
strengthened in your inner being with  
power through his Spirit, and that  
Christ may dwell in your hearts through  
faith, as you are being rooted and  
grounded in love. I pray that you may  
have the power to comprehend, with  
all the saints, what is the breadth and  
length and height and depth, and to  
know the love of Christ that surpasses  
knowledge, so that you may be filled  
with all the fullness of God. Now to  
him who by the power at work within  
us is able to accomplish abundantly far  
more than all we can ask or imagine,  
to him be glory in the church and in  
Christ Jesus to all generations, for ever  
and ever. Amen.

## GOSPEL John 6:1-21

*Hear the gospel of our Lord Jesus Christ according to John.*

Jesus went to the other side of the  
Sea of Galilee, also called the Sea of  
Tiberias. A large crowd kept following  
him, because they saw the signs that  
he was doing for the sick. Jesus went  
up the mountain and sat down there  
with his disciples. Now the Passover,  
the festival of the Jews, was near.  
When he looked up and saw a large  
crowd coming towards him, Jesus  
said to Philip, "Where are we to buy  
bread for these people to eat?" He  
said this to test him, for he himself  
knew what he was going to do. Philip  
answered him, "Six months' wages

would not buy enough bread for  
each of them to get a little." One of  
his disciples, Andrew, Simon Peter's  
brother, said to Jesus, "There is a boy  
here who has five barley loaves and  
two fish. But what are they among  
so many people?" Jesus said, "Make  
the people sit down." Now there was  
a great deal of grass in the place; so  
they sat down, about five thousand  
in all. Then Jesus took the loaves,  
and when he had given thanks, he  
distributed them to those who were  
seated; so also the fish, as much as  
they wanted. When they were satisfied,  
he told his disciples, "Gather up the  
fragments left over, so that nothing  
may be lost." So they gathered them  
up, and from the fragments of the  
five barley loaves, left by those who  
had eaten, they filled twelve baskets.  
When the people saw the sign that he  
had done, they began to say, "This is  
indeed the prophet who is to come  
into the world." When Jesus realized  
that they were about to come and  
take him by force to make him king,  
he withdrew again to the mountain  
by himself. When evening came, his  
disciples went down to the lake, got  
into a boat, and started across the  
lake to Capernaum. It was now dark,  
and Jesus had not yet come to them.  
The lake became rough because a  
strong wind was blowing. When they  
had rowed about three or four miles,  
they saw Jesus walking on the lake  
and coming near the boat, and they  
were terrified. But he said to them,  
"It is I; do not be afraid." Then they  
wanted to take him into the boat, and  
immediately the boat reached the land  
towards which they were going.

## POST COMMUNION

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.