

Ephesians 4:25 – 5:2

John 6:35, 41-51 A reflection on the readings (written by the Ven. Glen Miller)

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

**He was conceived by the power of the Holy Spirit
and born of the Virgin Mary. He suffered under Pontius Pilate,
was crucified, died, and was buried. He descended to the dead.
On the third day he rose again. He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic Church,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and the life everlasting. Amen.**

Out Of The Depths

**Out of the depths, I turn to you on high; Lord, hear my call.
Bend down your ear and listen to my cry, forgiving all.
If you should mark our sins, who then could stand?
But grace and mercy dwell at your right hand.**

**I wait for you, I trust your holy word; you hear my sighs.
My soul still waits and looks unto you, Lord; my prayers arise.
I look for you to drive away my night –
yes, more than those who watch for morning light.**

**Hope in the Lord: unfailing is God's love; trust and confide.
Mercy and full redemption from above does grace provide.
From sin and evil, mighty though they seem,
God's saving arm will all the saints redeem.**

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The Prayer of the People (see litany below and...)

Parish Prayer cycle:

Our prayers have been requested for: Thelma, Wendy, Vivian, Spruce, Tom.

We continue to pray for the front line workers who serve in the midst of this pandemic and our Archbishop, Anne. We pray for Retreat Houses: Maison Dieu, Bracebridge; Villa Loyola, Sudbury; Anishinabe Spiritual Centre, Espanola. We also pray for the congregation at the Church of the Ascension and the Rev. Canon Dr. John Gibaut, interim priest.

Prayers of the People - Litany # 2 (Let us pray with confidence to the Lord, saying, "Lord hear our prayer.")

O Lord, guard and direct your Church in the way of unity, service, and praise.

Lord, hear our prayer.

Give to all nations an awareness of the unity of the human family.

Lord, hear our prayer.

Cleanse our hearts of prejudice and selfishness, and inspire us to hunger and thirst for what is right.

Lord, hear our prayer.

Teach us to use your creation for your greater praise, that all may share the good things you provide.

Lord, hear our prayer.

Strengthen all who give their energy or skill for the healing of those who are sick in body or in mind.

Lord, hear our prayer.

Set free all who are bound by fear and despair.

Lord, hear our prayer.

Grant a peaceful end and eternal rest to all who are dying, and your comfort to those who mourn.

Lord, hear our prayer.

The Collect of the day

Almighty God, you 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, joy, and peace; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

The Lord's prayer

O God, Unseen Yet Ever Near

O God, unseen yet ever near, your presence may we feel:

And thus, inspired with holy fear, around your table kneel.

Here may your faithful people know the blessings of your love,

The streams that through the desert flow, the manna from above.

We come, obedient to your word, to feast on heavenly food,

To eat the body of the Lord, and drink his precious blood.

O living Bread, enduring Vine, your words we shall obey,

And go, renewed with strength divine, rejoicing on our way.

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Final Blessing & Dismissal

Officiant Let us bless the Lord. **People** Thanks be to God!

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