**St. Cyprian’s Anglican Church & Iona Presbyterian Church**  
1080 Finch Ave East, Toronto, Ontario  
Telephone: 416-494-2442

Church office hours: Tuesdays & Fridays 10:00 a.m. to 1:00 p.m.  
Sunday Worship by Zoom and in person 10:30 a.m.

A group of loaves of bread

Description automatically generated

**Pentecost 11,**

**August 4, 2024**

Minister: Every member of the congregation  
Priest-in-Charge: The Rev. Dr. John Oakes

Email: [revdrjohnoakes@outlook.com](about:blank)

Phone: (647) 219-5754

Rector’s Warden: Carol Berger

People’s Warden: Stacey Leslie

Iona Elders: Marg Black, Dorine Bourque, Melissa Reid   
Director of Music: Laura Hope

Office Administrator: Bob Williams

**Zoom Link**

**https://us02web.zoom.us/j/2897790104?pwd=WTVXeWtJZWV2RW9JVGJGOE5VUVB1dz09**

Or call: 647 374 4685 or 647 558 0588

Meeting ID: 289 779 0104 Passcode: 432441

**Land Acknowledgement**

We acknowledge that we meet on the traditional lands of the Mississauga. We acknowledge this territory’s significance for the Indigenous peoples who lived, and continue to live, upon it and whose practices and spiritualities were tied to the land and continue to develop in relationship to the territory and its other inhabitants today.

**Cell Phones**

Please ensure that your cell phone is switched off or set to “airplane” mode to conserve the wifi service for our Zoom broadcast. Many thanks!

**Holy Communion**

**Hymns are from *Common Praise***

**Presider and Preacher: Rev. Dr. John Oakes**

**Welcome**

**The Gathering of the Community**

**Opening Sentence:** “We do not live by bread alone, but by every word that

comes from the mouth of God.” (Matthew 4:4).

**Processional Hymn #355: *All Creatures of Our God and King*** (vv. 1, 5-7)

Presider: The grace of our Lord Jesus Christ, and the love of God,

and the fellowship of the Holy Spirit, be with you all.

**People: And also with you.**

Presider: Almighty God,

**All: To you all hearts are open, all desires known, and from you 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 Jesus Christ our Lord. Amen.**

**Kyrie Eleison**

Presider: Lord, have mercy upon us.

**People: Christ, have mercy upon us.**

Presider: Lord, have mercy upon us.

**The Collect of the Day**

Presider: Let us pray. Almighty God, your Son Jesus Christ fed the hungry

with the bread of his life and the word of his kingdom.

Renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

**The Proclamation of the Word**

**First Reading: Ephesians 4.1–16 Una Ford**

Reader: The first reading is from the fourth chapter of the Epistle to the Ephesians, beginning at the first verse.

**1**As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. **2**Be completely humble and gentle; be patient, bearing with one another in love. **3**Make every effort to keep the unity of the Spirit through the bond of peace. **4**There is one body and one Spirit, just as you were called to one hope when you were called; **5**one Lord, one faith, one baptism; **6**one God and Father of all, who is over all and through all and in all. **7**But to each one of us grace has been given as Christ apportioned it. **8**This is why it[[a](https://www.biblegateway.com/passage/?search=Ephesians+4%3A1-16&version=NIVUK#fen-NIVUK-29281a)] says: ‘When he ascended on high,  he took many captives  and gave gifts to his people.” **9**(What does “he ascended” mean except that he also descended to the lower, earthly regions? **10**He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) **11**So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, **12**to equip his people for works of service, so that the body of Christ may be built up **13**until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.**14**Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. **15**Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. **16**From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Reader: The Word of the Lord.

**All: Thanks be to God**

**Psalm 51:1–12**

Presider: 1. Have mercy on me, O God, according to your loving-kindness; in your great compassion blot out my offenses.

**People: 2. Wash me through and through from my wickedness**

**and cleanse me from my sin.**

Presider: 3. For I know my transgressions, and my sin is ever before me.

**People: 4. Against you only have I sinned and done what is evil in your sight.**

Presider: 5. And so you are justified when you speak and upright in your judgement.

**People: 6. Indeed, I have been wicked from my birth, a sinner from my mother’s womb.**

Presider: 7. For behold, you look for truth deep within me,

and will make me understand wisdom secretly.

**People: 8. Purge me from my sin, and I shall be pure;**

**wash me, and I shall be clean indeed.**

Presider: 9. Make me hear of joy and gladness,

that the body you have broken may rejoice.

**People: 10. Hide your face from my sins**

**and blot out all my iniquities.**

Presider: 11. Create in me a clean heart, O God,

and renew a right spirit within me.

**People: 12. Cast me not away from your presence**

**and take not your holy Spirit from me.**

Presider: Glory be to the Father, the Son, and the Holy Spirit

**All: As it was in the beginning, is now, and will be forever. Amen.**

**Gradual Hymn #712: *Alleluia* (Chorus x2)**

**Gospel Reading: John 6:24-35 Hanson Lam**

Reader: The Lord be with you.

**All: And also with you.**

Reader: The Holy Gospel of our Lord Jesus Christ according to the sixth

chapter of St. John, beginning at the twenty-fourth verse.

**All: Glory to you, Lord Jesus Christ.**

**24**Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus. **25**When they found him on the other side of the lake, they asked him, ‘‘Rabbi, when did you get here?” **26**Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. **27**Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”

**28**Then they asked him, “What must we do to do the works God requires?” **29**Jesus answered, “The work of God is this: to believe in the one he has sent.” **30**So they asked him, “What sign then will you give that we may see it and believe you? What will you do?  **31**Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’”**32**Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. **33**For the bread of God is the bread that comes down from heaven and gives life to the world.” **34”**Sir,” they said, “always give us this bread.” **35**Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

Reader: The Gospel of Christ

**All: Praise to you, Lord Jesus**

**Gradual Hymn #712: *Alleluia* (Chorus x2)**

**Sermon:** “The Bread of Life” – Rev. Dr. John Oakes

**Response Hymn: *I Am the Bread of Life*** (Suzanne Toolan)

**I am the bread of life. He who comes to me shall not hunger;**

**he who believes in me shall not thirst.**

**No one can come to me unless the Father draw him.**

**And I will raise him up, and I will raise him up,**

**and I will raise him up on the last day.**

**The bread that I will give is my flesh for the life of the world,**

**and he who eats of this bread, he shall live for ever,**

**he shall live for ever.**

**And I will raise him up, and I will raise him up,**

**and I will raise him up on the last day.**

**I am the resurrection I am the life.**

**He who believes in me even if he die,**

**he shall live for ever.**

**And I will raise him up and I will raise him up,**

**and I will raise him up on the last day.**

**Yes, Lord, I believe that you are the Christ,**

**the Son of God, who has come**

**into the world.**

**And I will raise him up, and I will raise him up,**

**and I will raise him up on the last day.**

**The Apostles’ Creed**

Presider: Let us confess the faith of our baptism, as we say:

**All: 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 God 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.**

**Prayers of the People**

Intercessor: In peace let us pray to the Lord, responding to the words, “Lord, in your mercy” with “Hear our prayer.”

We pray for all who confess the name of Christ: fill us with the power of your Holy Spirit.

Lord, in your mercy.

**People: Hear our prayer.**

Intercessor: We pray for Andrew, Kevin and Riscylla our bishops, for Alex our Interim Moderator, for John our priest and pastor, and for all other ministers: guide and empower them for your service.

Lord, in your mercy.

**People: Hear our prayer.**

Intercessor: We pray for the world’s leaders and for those nations caught up in armed conflict and strife, especially in Ukraine, Russia, Israel, Palestine, and elsewhere: bring peace and justice where most needed.

Lord, in your mercy.

**People: Hear our prayer.**

Intercessor: We pray for those whose lives are bound in mutual love, and for those who live in celibacy: be their joy and their strength.

Lord, in your mercy.

**People: Hear our prayer.**

Intercessor: For all in danger, especially for victims of the wildfires and for those who have lost their church buildings in Jasper, Toronto, and elsewhere; for those who are far from home, for prisoners, exiles, victims of oppression: grant them your strength and salvation.

Lord, in your mercy.

**People: Hear our prayer.**

Intercessor: For all who are facing trials and difficulties, for those who are sick, sorrowful, and dying, especially Diane, Edna, Freda, Judy, and all others whom we now name: show them your kindness, mercy, and healing comfort and grace.

Lord, in your mercy.

**People: Hear our prayer.**

Intercessor: We pray for one another: may we always be united in service and love.

Lord, in your mercy.

**People: Hear our prayer.**

Intercessor: May we be strengthened by our communion with all Christ’s saints.

Lord, hear in your mercy.

**People: Hear our prayer.**

Intercessor: We pray to be forgiven our sins and offences against you and one another and set free from all guilt and shame.

*Silence.*

**All: Have mercy upon us, most merciful Father; In your compassion, forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honour and glory of your name; through Jesus Christ our Lord. Amen.**

**Absolution**

Presider: Almighty God, have mercy upon you. Pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life through Jesus Christ our Lord, Amen. *Please stand*

**The Peace**

**Presider:** The peace of the Lord be always with you.

**People: And also with you.**

*You are invited to greet those around you in the name of Christ.*

**Offertory Hymn #349: *All People That on Earth Do Dwell***

**Prayer over the Gifts**

Presider: God our sustainer, accept all we offer you this day,

and feed us continually with that bread which satisfies all hunger,

your Son our Saviour Jesus Christ. **Amen.**

**The Celebration of the Eucharist**

**Communion Prayer**

Presider: The Lord be with you.  
**People: And also with you.**  
Presider: Lift up your hearts.  
**People: We lift them to the Lord.**  
Presider: Let us give thanks to the Lord our God.  
**People: It is right to give our thanks and praise.**

Presider: It is indeed right that we should praise you, gracious God,

for you created all things. You formed us in your own image:

male and female you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel,and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people

from bondage into freedom; through the prophets

you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age,

we give thanks and raise our voices to proclaim the glory of your name.

**All (sung): (#735)**

**Holy, holy, holy Lord, God of power and might,**

**Holy, holy, holy Lord, God of power and might,**

**heaven and earth are full, full of your glory.  
Hosanna in the highest. Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest. Hosanna in the highest.**

Presider: Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us,

to reconcile us to you, the God and Father of all. He healed the

sick and ate and drank with outcasts and sinners; he

opened eyes of the blind and proclaimed the good news of your

kingdom to the poor and to those in need. In all things he

fulfilled your gracious will. On the night he freely gave himself

to death, our Lord Jesus Christ took bread, and when he had

given thanks to you, he broke it, and gave it to his disciples,

and said, “Take, eat: this is my body which is given for you.

Do this for the remembrance of me.” After supper he took the

cup of wine; and when he had given thanks, he gave it to them,

and said, “Drink this, all of you: this is my blood of the new

covenant, which is shed for you and for many for the

forgiveness of sins. Whenever you drink it, do this for the

remembrance of me.” Gracious God, his perfect sacrifice

destroys the power of sin and death; by raising him to life you

give us life for evermore. Therefore we proclaim our hope.

**All: Dying you destroyed our death, rising you restored our life.**

**Lord Jesus, come in glory.**

Presider: Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts,

that all who eat and drink at this table may be one body and

one holy people, a living sacrifice in Jesus Christ, our Lord.

Through Christ, with Christ, and in Christ, in the unity of the

Holy Spirit, all glory is yours, almighty Father, now and for ever

**Amen.** (“Eucharistic Prayer 1” from the *BAS*)

**The Lord’s Prayer**

Presider: And now, as our Saviour Christ has taught us, we are bold to say:

**All:**  **Our Father, who art in heaven. Hallowed be thy name, thy**

**Kingdom come, thy will be done on earth, as it is in heaven. Give**  **us this day our daily bread. And forgive us our trespasses, as we**  **forgive those who trespass against us. And lead us not into**  **temptation, but deliver us from evil. For thine is the kingdom, the**  **power and the glory, for ever and ever, Amen.**

**Breaking of the Bread**

Presider: “I am the bread of life,” says the Lord. “Whoever comes to me will

never be hungry; whoever believes in me will never thirst.”

**All:**  **Taste and see that the Lord is good;**

**happy are they who trust in him!**

Presider: The gifts of God for the People of God.

**People: Thanks be to God.**

**All (sung): #745**

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

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

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

**Communion Hymn #576: *For the Healing of the Nations***

**Prayer after Communion**

Presider: God of grace, we have shared in the mystery of the body and blood of Christ. May we who have tasted the bread of life live with you for ever. We ask this in the name of Jesus Christ our Lord.  **Amen.**

Presider: Glory to God.

**All: Whose power working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation. In the church and in Christ Jesus forever and ever, Amen**.

**Announcements**

**Blessing**

Presider: The peace of God, which passes all understanding keep your hearts and minds in the knowledge and love of God and of his son Jesus Christ our Lord. And the blessing of God Almighty, the Father, the Son and the Holy Spirit be among you and remain with you always. Amen.

**Recessional Hymn #388: *Glorious Things of Thee Are Spoke***

**Dismissal**

Presider: Alleluia! Let us go in peace to love and serve the Lord.

**People: Thanks be to God. Alleluia!**

**ANNOUNCEMENTS**

**Welcome to St. Cyprian’s and Iona, as we continue our combined worship and ministry at 10:30 a.m. on Sundays. All are invited to join the fellowship time in the Iona space after the service.**

**Summer Fellowship Time**

For **the remaining Sundays this summer, a cool drink and a cookie will be available for self-serve after the service**, as we continue to take time to chat, catch up, and stay in touch. Do stay and join us and if you wish to volunteer one Sunday, please speak to an elder or warden.

**Sunday Bible Study**

The Sunday Bible Study is **taking a break** until September**.**

**Wednesday Noon Meditation**

The **Wednesday meditation continues** with David Rudd and others **at 12 noon.** It is **20 minutes long** and **a helpful way to nurture your faith** through the practice of silent prayer.

[**https://us02web.zoom.us/j/9321564941?pwd=QmhLdDZ6ekQ2a1FLMmRWK2tXU0F0Zz09**](about:blank)

Meeting ID: 932 156 4941

Passcode: 1080

**Friday Zoom Bible Study**

Rev. John’s weekly **Zoom Bible Study on Fridays at 7:00 p.m. is now on summer break. Watch this space** for news about its resumption**.**

**Ministry Opportunities**

There are **ministry opportunities in** a number of **different areas,** for which **volunteers are welcome**. To help, **please contact Rev. John** **or one of the St. Cyprian’s wardens or Iona elders.**

**Happy Birthdays**

|  |
| --- |
|  |
| **Fortune Ekeanyanwu Aug 4**  **Justin Charles Aug 5** |

**Happy birthday, Happy birthday, God loves you.**

**Happy birthday and may all your dreams come true.**

**When you blow out the candles, one light stays aglow.**

**It’s the love light of our Lord for all to know.**