

All people that on earth do dwell,
Sing to the Lord with cheerful voice;
Him serve with mirth, His praise forth tell,
Come ye before Him and rejoice.

Know that the Lord is God indeed,
Without our aid He did us make:
We are His folk, He doth us feed,
And for His sheep He doth us take.

"Be still and know that I am God"

We still our hearts and minds, and realise ...
...the wonder of Your invitation, to come into this relationship with Yourself
...the wonder of the truth of Your good news, passed down from age to age,
yet always faithful, always relevant, always meeting us at the point of need.



Help us, we pray, to realise the wonder of the message behind the symbols,
that as we take the symbols and all that they represent we may be deeply aware of
God's love for us, and God's strength and purpose for daily living.

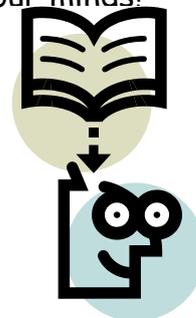
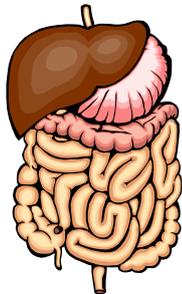
May we then see You more clearly,
love You more dearly
and follow You more nearly
through Jesus Christ our Risen Lord and Saviour to Whom with You O Father and the
Holy Spirit be all praise and glory now and for ever, AMEN



Symbolism meant a great deal to the people of Jesus day. On this plate there were symbols, e.g. the bitter herbs remembering the tears of people suffering exploitation in Egypt. Jews still re-enact this passover meal. An integral part of it was a game in which children took part, and where they ask the meaning of the symbols.



Just as we need to feed our stomachs, so we need to feed our minds!



That raises the question whether a growing generation have a clear understanding of the meaning of life and of the Christian faith?

Reading John 6.25-28

When they found him on the other side of the lake, they asked him, "Rabbi, when did you get here?"

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. 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."

Then they asked him, "What must we do to do the works God requires?"

Jesus answered, "The work of God is this: to believe in the one he has sent."

So they asked him, "What sign then will you give that we may see it and believe you? What will you do? Our ancestors ate the manna in the wilderness; as it is written: 'He gave them bread from heaven to eat.'"

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. For the bread of God is the bread that comes down from heaven and gives life to the world."

"Sir," they said, "always give us this bread."

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. But as I told you, you have seen me and still you do not believe. All those the Father gives me will come to me, and whoever comes to me I will never drive away. For I have come down from heaven not to do my will but to do the will of him who sent me".

Spirit of the Living God,
Fall afresh on me;
Spirit of the living God,
Fall afresh on me.
Break me, melt me,
mould me, fill me.
Spirit of the living God,
Fall afresh on me.

Spirit of the Living God,
Move among us all;
Make us one in heart and mind,
Make us one in love,
Humble, caring,
Selfless, sharing.
Spirit of the living God,
Fill our minds with love

Sometimes people say "I have a lot of time for Jesus, give me the simple teaching of Jesus - complicated by Paul and the church" Let us examine that for a minute :

1. There was a great emphasis on handing on the message accurately
2. The letters of the New Testament quote hymns and creeds already existing in the early church.
3. Paul and the other writers of the New Testament had the same message.
4. While the New Testament is quite open about administrative difference, there is total agreement on the message :

Who Jesus was - the God of the universe entering the world

Why He came - to decontaminate us from all that is wrong

How to become a Christian - by trusting in the grace and love of God.

By taking communion we are symbolising our trust in God
and our commitment to make this good news known.

Here, O my Lord, I see Thee face to face;
Here faith can touch and handle things unseen;
Here would I grasp with firmer hand Thy grace,
And all my weariness upon Thee lean.

Mine is the sin but Thine the righteousness
mine is the guilt but Thine the cleansing blood
here is my robe, my refuge and my peace,
Thy blood, Thy righteousness O Lord my God

Here would I feed upon the Bread of God;
Here drink with Thee the royal wine of heav'n;
Here would I lay aside each earthly load;
Here taste afresh the calm of sin forgiv'n.

This is the hour of banquet and of song;
This is the heav'nly table spread for me;
Here let me feast, and, feasting, still prolong
The brief bright hour of fellowship with Thee.

At this point we have communion. If you are unable to be in church and would like to have communion at home, just let your elder know or contact sandygunn@btinternet.com or 07703469020



Too soon we rise; the symbols disappear;
The feast, though not the love, is past and gone;
The bread and wine remove, but Thou art here,
Nearer than ever still our Shield and Sun.

I have no help but Thine; nor do I need
Another arm save Thine to lean upon;
It is enough, my Lord, enough indeed;
My strength is in Thy might, Thy might alone.

Feast after feast thus comes and passes by,
Yet passing, points to the glad feast above,
Giving sweet foretastes of the festal joy,
The Lamb's great bridal-feast of bliss and love.