

## **ANNOUNCEMENTS FOR SUNDAY, AUGUST 15, 2021**

*REMINDER: We have regathered for in person worship each Sunday at 10 am, and no reservations are needed. For those not ready to return, the livestream continues on our YouTube Channel*

### **MESSAGE FROM ROBIN+**

*We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord, whose property is always to have mercy: Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.      BCP, p337*

This prayer is one that may be familiar to many who grew up in The Episcopal Church, or who have attended a Rite I Holy Eucharist. Often referred to as The Prayer of Humble Access, it may be prayed at the end of the Eucharistic Prayer before receiving communion, when using the Rite I liturgy. It is a beautiful prayer that prepares us to receive the presence of Christ.

It came to mind this week as I have been praying with the Gospel for this coming Sunday, John 6:51-58. Jesus tells his listeners that he is the living bread that came down from heaven and that the bread that he will give for the life of the world is his flesh.

We hear similar words in worship every week as we pray together during the Eucharistic Prayer, so the shock value has worn off for us. Imagine though, hearing for the first time “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.”

These are powerful and life-giving words and if we really ponder them, they are hard to swallow. Perhaps this was on the mind of the author of the Prayer of Humble Access, Archbishop Thomas Cramner (1489-1556). Cramner drew from Matthew 8:5-13, Matthew 15:21-28, and John 6:53-56 to remind us of the importance of what we do when we receive communion. We are receiving Christ, receiving life, not because we are worthy but because God is merciful.

Take some time this week to pray this prayer and think about the gift and promise of God through Jesus, the living bread. Consider the ways you are nourished by the Word and Sacrament and how you are filled with the very presence of Christ. How does that change the way you live your life and go about your daily interactions with the world?

## **THANK YOU**

Many thanks to those of you who have generously given to help fund the removal of our two damaged trees. As of this week we have received \$3,700 toward the expected expense of about \$6,000. We have obtained bids from three companies and will be selecting one at this month's Vestry meeting. It's not too late to help us reach our goal to cover the cost of the work. Just send a check to the church office payable to Christ and Grace with "trees" on the memo line. We are grateful for your generosity to keep our church beautiful and safe.

## **PRAYER LIST**

We beg you to feed the hungry, protect the refugee, embrace the distressed, house the homeless, nurse the sick, and comfort the dying. Especially we pray for James Christiansen, Thomas Clark, Shannon Farthing, Melba Felty, Kathy Hackett, Rod Hale, Heydon Lewis, Shelley Richardson, Mark Sheffield, Mary Villeponteaux, David and Wyatt.

To add someone to our prayer list, please contact the church office at 733-7202. We will keep names on the list about a month so please contact us if they need to remain longer.

To send a note of encouragement to parishioners on the Prayer List, please go to [www.christandgrace.org](http://www.christandgrace.org) and under "About Us" you will find the online directory. Contact the church office at 733-7202 for log in password or additional assistance.

## **HOLY COMMUNION**

Our service of Holy Communion is held in person and live-streamed each Sunday at 10 AM on our YouTube channel. Please call the church office at 804-733-7202 or email Robin at [rteasley@christandgrace.org](mailto:rteasley@christandgrace.org) if you would like a home visit with communion.

## **THE COLLECT**

Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

## Psalm 111

### *Confitebor tibi*

1 **H**allelujah!

I will give thanks to the LORD with my whole heart, \*  
in the assembly of the upright, in the congregation.

2 Great are the deeds of the LORD! \*  
they are studied by all who delight in them.

3 His work is full of majesty and splendor, \*  
and his righteousness endures for ever.

4 He makes his marvelous works to be remembered; \*  
the LORD is gracious and full of compassion.

5 He gives food to those who fear him; \*  
he is ever mindful of his covenant.

6 He has shown his people the power of his works \*  
in giving them the lands of the nations.

7 The works of his hands are faithfulness and justice; \*  
all his commandments are sure.

8 They stand fast for ever and ever, \*  
because they are done in truth and equity.

9 He sent redemption to his people;  
he commanded his covenant for ever; \*  
holy and awesome is his Name.

10 The fear of the LORD is the beginning of wisdom; \*  
those who act accordingly have a good understanding;  
his praise endures for ever.

## John 6:51-58

Jesus said, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."