

HYMNS

238i Come down O Love divine
790 Teach me my God and King
628 Father of heaven whose love profound
652 Guide me O thou great Redeemer

PRAYERS

- For the Church; in the Anglican Church of Hong Kong (Hong Kong Sheng Kung Hui), for Church of Transfiguration in Yau Tong, for the Revd Wong Ka Pok

-For Hong Kong and the world... for the people of Myanmar and especially our friends in the Diocese of Toungou.

-For the sick, especially David Wong, Naomi Burnett, Helen, and Ronnie.

-For the departed...

If you would like to include anyone by name in our prayers, please let Will, Alison or Derek know.

VOLUNTEERS	TODAY	NEXT SUNDAY
Welcomers	Alison	Henry Yung
Altar Server	Boris	Boris
Readers	Christine Bruckner Ronald	Max Patel
Intercessions	Phoebe	Alison
Offertory & Collection	Hannah & Graham Price	Tanya & Henry Yung
Flowers	Lyden Family	
<i>Refreshments</i>	<i>No Refreshments</i>	<i>at present</i>
Junior Church	Naomi Weir	Philippine

Thank you to all volunteers!

**The colour for this season is Green
for Growing in faith.**

NOTICES

This Sunday please welcome the Revd Amos Poon from St John's Cathedral.

Next Sunday please welcome the Archbishop Emeritus Paul Kwong.

Will and Dot are on annual leave until the first week of September. If you need to speak to a priest please contact the cathedral on 2523 4157.

As the HK government is gradually relaxing Covid restrictions we are now allowed to have 50% capacity in the church. There is also an option to have 100% capacity if 2/3 of the congregation has received at least the first dose of the vaccine. May I encourage you to consider our responsibility to be safe and keep others safe

Sundays 5pm at St John's Cathedral

**Today – Choral Evensong
August 8th – Healing Eucharist**

As we don't pass the basket round for donations during the service due to Covid restrictions, please remember to place your offering in the basket before you leave.

Sunday School continues through August.

The Revd Will Newman

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Wardens: Derek Lin and Alison Harada

St. Stephen's Chapel

Stanley, Hong Kong

A daughter church of St. John's Cathedral
in the Anglican / Episcopal Diocese of Hong Kong Island

www.ststephen.org.hk

 [St Stephen's Chapel Stanley Hong Kong](#)

9th Sunday after Trinity

1st August 2021

10am Holy Eucharist
The Revd Amos Poon



*I am the bread of life. Whoever comes to me will
never be hungry, and whoever believes in me
will never be thirsty*

1st Reading from Exodus

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' Then the Lord said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not.

Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining." ' And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God." ' In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.

Exodus 16.2-4, 9-15

Reader: This is the word of the Lord.

All: Thanks be to God.

2nd Reading from Ephesians

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended', what does it mean but that he had also descended* into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Ephesians 4.1-16

Reader: This is the word of the Lord.

All: Thanks be to God.

THE GOSPEL

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

All: Glory to you, O Lord.

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.' Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

John 6.24-35

Priest: This is the Gospel of the Lord.

All: Praise to you, O Christ.