

***This week we pray in love for:***

***The life of the villages***

- ◆ Industry, businesses and shops
- ◆ Those who come here to work
- ◆ Those who commute to work
- ◆ Those who work from home
- ◆ The retired, and carers

***August prayers for...***

***Kensworth***

Bakers Lane, Woods Close, Grove Place,  
Dovehouse Lane and Malms Close

***Studham***

Church Road, Church Close, Church Mead and  
Red Lion Cottages

***Whipsnade***

Bushey Close, Village Hall and Field; and Windy  
Sayles

***This week please remember in your prayers:  
those in the midst of illness, operations or  
accidents, including Don Burger, Lee-Anne  
Burger, Frank and Barbara Walker, Jim and  
Margaret Putterill, Trish Palmer, Jo, John and  
Helen, Hilda, Mike; and those who have died  
recently.***

Do you have a name or a request for prayer that you  
wish to have included on this prayer list? Please  
email Nicola on [revnicolalenthall@btinternet.com](mailto:revnicolalenthall@btinternet.com)  
before Thursday each week.

***A prayer for this week: Lord Jesus Christ, you are  
the bread of life. Help us to feed others as we have  
been fed by you, and to trust in your eternal life and  
love. Amen.***

*Readings for next week:* 1 Kings 19: 4-8;  
Ephesians 4: 25-5: 2; John 6: 35, 41-51

• ***Dates for your diary***

- **Wednesday 7<sup>th</sup> August, 10am-12pm** –  
Whipsnade Coffee Morning, Whipsnade  
Church
- **Saturday 10<sup>th</sup> August, 9.30am -12.30pm**  
– Whipsnade Churchyard Working Party
- **Wednesday 21<sup>st</sup> August, 10am-12pm** –  
Whipsnade Coffee Morning, Whipsnade  
Church

**Foodbank requirements:**

**Long life fruit juice; long life milk; tinned  
veg; jars of pasta sauce; tinned meat  
meals; tinned fruit; sponge pudding; tinned  
solid meat; packets of rice (1kg);  
carrier bags!**

Westminster Abbey – if you are planning a visit  
or pilgrimage here but find the cost prohibitive  
the benefice holds a 'Church Pass' which will  
admit up to four adults, or a family of four free.  
To borrow these (they have to be returned after  
use) contact Nicola  
( [revnicolalenthall@btinternet.com](mailto:revnicolalenthall@btinternet.com) )  
for Studham and Whipsnade; and Jane  
( [jane.bedlington@btinternet.com](mailto:jane.bedlington@btinternet.com) ) for  
Kensworth.

***Our website is [www.parishlink.org.uk](http://www.parishlink.org.uk)***



***Visit and Like our Facebook page:  
Kensworth Studham Whipsnade Parish  
Churches***



# Welcome to the United Benefice of Kensworth, Studham and Whipsnade

*Part of the North Chilterns Group of  
Parishes*

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## **Sunday 4<sup>th</sup> August 2024 Tenth Sunday after Trinity**

Kensworth 10.30am – Holy Communion  
Studham 10.30am – Family Service  
Whipsnade 9.00am – Family Service

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## **Services next week: 11<sup>th</sup> August**

Kensworth 10.30am – Morning Service  
(no Sunday School)  
Studham 10.30am – Holy Communion  
Whipsnade 9.00am – Holy Communion  
(no Sunday School)

***If this is your first visit to one of our churches, then  
please make yourself known as we're a friendly lot –  
really! The rector (Nicola) can be reached on (01582)  
872223 or at [revnicolalenthall@btinternet.com](mailto:revnicolalenthall@btinternet.com). Please  
also email Nicola if you'd like to receive this service sheet  
weekly by email. We hope you enjoy your time with us.***

**Sunday 4<sup>th</sup> August 2024**  
**Tenth Sunday after Trinity**

**The Collect**

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God now and for ever. **Amen.**

**A reading from Exodus**

*Exodus 16: 2-4, 9-15*

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.'

***This is the word of the Lord***

***All: Thanks be to God***

**A reading from St Paul's Letter to the Ephesians**

*Ephesians 4: 1-16*

I, 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 knit 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.

***This is the word of the Lord***

***All: Thanks be to God***

**Hear the Gospel of Our Lord Jesus Christ according to John**

***All: Glory to You, O Lord***

*John 6. 24-35*

When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had given the bread, 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.'

***This is the Gospel of the Lord.***

***All: Praise to you, O Christ.***

**Prayer after Communion**

God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord.

**Amen.**

**REFLECTIONS ON THE READINGS:**

*Make a point of bringing something to church for the Foodbank this month, or leave a donation at a supermarket.*

*For parents and carers, ask your children, "What is your favourite food? What does it feel like to think of Jesus as someone who feeds us?"*