

COLLECT

Almighty Lord and everlasting God,
we beseech you to direct, sanctify and
govern both our hearts and bodies
in the ways of your laws and the
works of your commandments;
that through your most mighty
protection, both here and ever,
we may be preserved in body and
soul;
through our Lord and Saviour Jesus
Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING

Either **Jeremiah 23:1-6**

A reading from the book of the prophet Jeremiah.

Woe to the shepherds who destroy
and scatter the sheep of my pasture!
says the LORD. Therefore thus says
the LORD, the God of Israel,
concerning the shepherds who
shepherd my people: It is you who
have scattered my flock, and have
driven them away, and you have not
attended to them. So I will attend
to you for your evil doings, says the
LORD. Then I myself will gather the
remnant of my flock out of all the
lands where I have driven them, and I
will bring them back to their fold, and
they shall be fruitful and multiply. I
will raise up shepherds over them who
will shepherd them, and they shall not
fear any longer, or be dismayed, nor
shall any be missing, says the LORD.
The days are surely coming, says the
LORD, when I will raise up for David
a righteous Branch, and he shall reign
as king and deal wisely, and shall
execute justice and righteousness
in the land. In his days Judah will be
saved and Israel will live in safety.
And this is the name by which he
will be called: "The LORD is our
righteousness."

Or **2 Samuel 7:1-14a**

PSALM Psalm 23

R *The Lord is my shepherd;
I shall not be in want.*

The Lord is my shepherd;
I shall not be in want.
He makes me lie down in green
pastures
and leads me beside still waters. **R**

He revives my soul
and guides me along right pathways
for his name's sake.
Though I walk through the valley of
the shadow of death,
I shall fear no evil;
for you are with me;
your rod and your staff, they comfort
me. **R**

You spread a table before me
in the presence of those who trouble
me;
you have anointed my head with oil,
and my cup is running over.
Surely your goodness and mercy shall
follow me
all the days of my life,
and I will dwell in the house of the
Lord for ever. **R**

SECOND READING

Ephesians 2:11-end

A reading from the letter of Paul to the Ephesians.

Remember that at one time you
Gentiles by birth, called "the
uncircumcision" by those who are
called "the circumcision" – a physical
circumcision made in the flesh by
human hands – remember that you
were at that time without Christ, being
aliens from the commonwealth of
Israel, and strangers to the covenants
of promise, having no hope and
without God in the world. But now in
Christ Jesus you who once were far
off have been brought near by the
blood of Christ. For he is our peace;
in his flesh he has made both groups
into one and has broken down the
dividing wall, that is, the hostility
between us. He has abolished the
law with its commandments and
ordinances, that he might create in
himself one new humanity in place
of the two, thus making peace, and
might reconcile both groups to God
in one body through the cross, thus
putting to death that hostility through
it. So he came and proclaimed peace
to you who were far off and peace
to those who were near; for through
him both of us have access in one
Spirit to the Father. So then you are
no longer strangers and aliens, but
you are citizens with the saints and
also members of the household of
God, built upon the foundation of the
apostles and prophets, with Christ
Jesus himself as the cornerstone.

In him the whole structure is joined
together and grows into a holy temple
in the Lord; in whom you also are built
together spiritually into a dwelling-
place for God.

GOSPEL Mark 6:30-34. 53-end

Hear the gospel of our Lord Jesus Christ according to Mark.

The apostles returned from their
mission. They gathered around Jesus,
and told him all that they had done
and taught. He said to them, "Come
away to a deserted place all by
yourselves and rest a while." For many
were coming and going, and they
had no leisure even to eat. And they
went away in the boat to a deserted
place by themselves. Now many saw
them going and recognized them,
and they hurried there on foot from all
the towns and arrived ahead of them.
As he went ashore, he saw a great
crowd; and he had compassion for
them, because they were like sheep
without a shepherd; and he began
to teach them many things. When
they had crossed over, they came to
land at Gennesaret and moored the
boat. When they got out of the boat,
people at once recognized him, and
rushed about that whole region and
began to bring the sick on mats to
wherever they heard he was. And
wherever he went, into villages or
cities or farms, they laid the sick in the
market-places, and begged him that
they might touch even the fringe of
his cloak; and all who touched it were
healed.

POST COMMUNION

Strengthen for service, Lord,
the hands that have taken holy things;
may the ears which have heard your
word be deaf to clamour and dispute;
may the tongues which have sung your
praise be free from deceit;
may the eyes which have seen the
tokens of your love shine with the
light of hope;
and may the bodies which have been
fed with your body be refreshed with
the fullness of your life;
glory to you for ever.