

## 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 Isaiah 55:1-5

*A reading from the book of the prophet Isaiah.*

The LORD says this: Everyone who  
thirsts, come to the waters; and you  
that have no money, come, buy  
and eat! Come, buy wine and milk  
without money and without price.  
Why do you spend your money  
for that which is not bread, and  
your labour for that which does  
not satisfy? Listen carefully to me,  
and eat what is good, and delight  
yourselves in rich food. Incline your  
ear, and come to me; listen, so that  
you may live. I will make with you an  
everlasting covenant, my steadfast,  
sure love for David. See, I made him  
a witness to the peoples, a leader  
and commander for the peoples.  
See, you shall call nations that you  
do not know, and nations that do not  
know you shall run to you, because  
of the LORD your God, the Holy One  
of Israel, for he has glorified you.

## PSALM Psalm 145:8-9. 15-22

**R** *You open wide your hand,  
O Lord,  
[and satisfy the needs of every  
creature].*

The Lord is gracious and full of  
compassion,  
slow to anger and of great kindness.  
The Lord is loving to everyone  
and his compassion is over all his  
works. **R**

The Lord upholds all those who fall;  
he lifts up those who are bowed  
down.

The eyes of all wait upon you,  
O Lord,  
and you give them their food in due  
season.

You open wide your hand  
and satisfy the needs of every living  
creature. **R**

The Lord is righteous in all his ways  
and loving in all his works.

The Lord is near to those who call  
upon him,  
to all who call upon him faithfully.  
He fulfils the desire of those who  
fear him,  
he hears their cry and helps them. **R**

The Lord preserves all those who  
love him,  
but he destroys all the wicked.  
My mouth shall speak the praise of  
the Lord;  
let all flesh bless his holy name for  
ever and ever. **R**

## SECOND READING

### Romans 9:1-5

*A reading from the letter of Paul to the Romans.*

I am speaking the truth in Christ.  
I am not lying; my conscience  
confirms it by the Holy Spirit.  
I have great sorrow and unceasing  
anguish in my heart. For I could  
wish that I myself were accursed  
and cut off from Christ for the sake  
of my own people, my kindred  
according to the flesh. They are  
Israelites, and to them belong the  
adoption, the glory, the covenants,  
the giving of the law, the worship,  
and the promises; to them belong  
the patriarchs, and from them,  
according to the flesh, comes  
the Messiah, who is over all, God  
blessed for ever. Amen.

## GOSPEL Matthew 14:13-21

*Hear the gospel of our Lord Jesus Christ according to Matthew.*

When Jesus heard that Herod had  
beheaded John the Baptist, he

withdrew in a boat to a deserted  
place by himself. But when the  
crowds heard it, they followed him  
on foot from the towns. When he  
went ashore, he saw a great crowd;  
and he had compassion for them  
and cured their sick. When it was  
evening, the disciples came to him  
and said, "This is a deserted place,  
and the hour is now late; send the  
crowds away so that they may go  
into the villages and buy food for  
themselves." Jesus said to them,  
"They need not go away; you give  
them something to eat." They  
replied, "We have nothing here  
but five loaves and two fish." And  
he said, "Bring them here to me."  
Then he ordered the crowds to sit  
down on the grass. Taking the five  
loaves and the two fish, he looked  
up to heaven, and blessed and  
broke the loaves, and gave them to  
the disciples, and the disciples gave  
them to the crowds. And all ate and  
were filled; and they took up what  
was left over of the broken pieces,  
twelve baskets full. And those who  
ate were about five thousand men,  
besides women and children.

## 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.