



Diocese of London - Willesden Episcopal Area  
**The Parish Church of St. Lawrence Little Stanmore**  
alias **Whitchurch**



**The Most Holy Body and Blood of Christ**  
**(Corpus Christi)**  
**22<sup>nd</sup> June 2014**

*Today we celebrate a great feast of the Church, and a great mystery. It is a mystery we celebrate every time we come to The Eucharist - the mystery that we are the body of Christ here, because we are fed by Jesus' own body and blood in the Eucharist.*

**FIRST READING** Deuteronomy 8:2-3. 14-16

*The people of Israel are reminded that they know who God is through their learning to trust God in the wilderness. It was here that God reached their "inmost heart" and here that the Lord provided for all their needs.*

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not become proud of heart. Do not forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

**RESPONSORIAL PSALM** Ps 147:12-15,19-20

**R/ O praise the Lord, Jerusalem!**

O praise the Lord, Jerusalem!

Zion, praise your God!

He has strengthened the bars of your gates  
he has blessed the children within you. **R/**

He established peace on your borders,  
he feeds you with finest wheat.

He sends out his word to the earth  
and swiftly runs his command. **R/**

He makes his word known to Jacob,  
to Israel his laws and decrees.

He has not dealt thus with other nations;  
he has not taught them his decrees. **R/**

**SECOND READING** 1 Corinthians 10:16-17

*The Corinthians were a troubled and divided community. Here Paul reminds them that all who share in the body and blood of Christ are, in him, one body.*

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

I am the living bread which has come down from heaven,  
says the Lord.

Anyone who eats this bread will live for ever.

Alleluia!

**THE GOSPEL** John 6:51-58

*Jesus scandalises his hearers, telling them that he gives his body to be their food. He insists upon it: eating and drinking of Christ's flesh and blood draws us into his life, and eternal life with the Father.*

'I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever;

and the bread that I shall give is my flesh,

for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,

if you do not eat the flesh of the Son of Man and drink his blood,  
you will not have life in you.

Anyone who does eat my flesh and drink my blood

has eternal life,

and I shall raise him up on the last day.

For my flesh is real food

and my blood is real drink.

He who eats my flesh and drinks my blood

lives in me

and I live in him.

As I, who am sent by the living Father,

myself draw life from the Father,

so whoever eats me will draw life from me.

This is the bread come down from heaven;

not like the bread our ancestors ate:

they are dead,

but anyone who eats this bread will live for ever.'

Welcome to the Christian Family here at S Lawrence's, particularly to any visitors or newcomers who might be here for the first time. At the heart of this service is the reception of Holy Communion and everyone is encouraged to come up to the Altar Rails. All who are communicant members of their own churches are welcome to communion if not, then, please come and bow your head to receive a Blessing.

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**CHRISTIAN AID QUIZ NIGHT** It was a great shame that for the second year running that we had to cancel the Christian Aid Quiz Night owing to a lack of support from within the Congregation. Three years ago we made the commitment to raise money for Christian Aid by a means other than the Annual Street Collection owing to people not signing up to help and also because we were concerned for the safety of the collectors. As a Parish **we need to raise at least £500 for Christian Aid** - preferably more - to replace that which they now do not receive from us. **We will now do this by means of a retiring collection over the next few weeks please give generously.**

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**CONFIRMATION** Fr Paul would like to start running two Confirmation classes - one adult and one for young people - in preparation for a Confirmation in the Autumn. Please let him know by email if you would like to take this next sacramental step in your Christian journey. Young people should be in at least Yr 6.

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**HOME VISITS** Fr Paul would like to begin a round of pastoral visits to people in their homes during the July. Please either speak to Fr Paul or drop him an email if you would appreciate a home visit.

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**STANDING TOGETHER** We realise that there is often a lot of standing during The Parish Eucharist and whilst it is good to "Stand Together" and it is our preferred posture, if you find it difficult, then please feel free to sit down during any parts of the service including the Eucharistic Prayer, if this is easier for you.

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**HARROW FOODBANK** Nationally over 900,000 adults and children have received three days' emergency food and support from Trussell Trust foodbanks in the last 12 months, a shocking 163 percent rise on numbers helped in the previous financial year. Despite signs of economic recovery, the poorest have seen incomes squeezed even more than last year reports The Trussell Trust, the UK's largest foodbank network. More people are being referred to Trussell Trust food banks than ever before. Since the Foodbank began thousands of people have sought emergency support from the borough's food bank. From when the Foodbank began in June 2013 to June 2014 the Harrow Foodbank has fed 2,509 people and of that 988 were children. **Did you bring something for the Harrow Foodbank today - if not then next week please?**

### PLEASE REMEMBER IN YOUR PRAYERS

*The Sick* Michael Allen, Eric Boston, Thomas Crompton, Martyn Davies, Lesley Durbin, Kathy Foreman, Roy Fuller, Brenda & Jim Gilbert, Martin Heveiside, Kathleen Hill, Tom, Billy Johal, Bridie Moynihan, Dennis Northen, Iris Ovenden Peter Pulford, John Ruddock, Jacob Sawyerr, Graham Sivyer, Judy Tayler-Smith, Kit White Doreen Windsor, The Royal National Orthopaedic Hospital, St Luke's Hospice, The Elderly & Housebound of our Parish especially all those who live within Knights Court & Whitchurch Lodge Residential Homes.

### The Departed

*Recent* Colin Austin, Molly Kennedy, Doug Nulty, Victor Obidke, Silvana Tommasi, James Vaughan

### Those Whose Anniversaries Occur At This Time

Charles Atkinson, Ted Balam Duncan Bailey, Percy Benjamin Eileen Foley, Jim Golden, Giuseppe Grasso, Peter Humeny, Gertrude Israel, Anthony Kew, Mary Mouton Arthur Paine, Dinah Parker Vera Miles, Paul Smith Iris Trimbey Richard Trinder, Costa Vanieris Ernest Weng Edna Woods

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### THIS WEEK AT ST LAWRENCE' S

<b>22 Sun</b>	<b>CORPUS CHRISTI</b> <b>08:00 The Eucharist</b> <b>10:00 The Parish Eucharist</b> <b>18:00 Evening Prayer</b>
<b>24 Tues</b>	<i>The Birthday of Saint John the Baptist</i> <b>09:30 The Eucharist</b>
<b>26 Thu</b>	<b>19:30 The Eucharist</b>
<b>29 Sun</b>	<b>SS PETER &amp; PAUL, Apostles</b> <b>08:00 The Eucharist</b> <b>10:00 The Parish Eucharist</b> <b>18:00 Evening Prayer</b>

Always at your service is your **Rector & Parish Priest**

Fr Paul M Reece

T: 020 8952 0019 or M: 07860 690 503

E: [little.stanmore@london.anglican.org](mailto:little.stanmore@london.anglican.org)

Father Paul would be grateful to be informed about illnesses or any other emergencies affecting parishioners.

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