

### The Collect

**T**he Blessed Lord, who in a wonderful Sacrament has left us a memorial of thy Passion: grant us, we beseech thee, so to venerate the sacred mysteries of thy Body and Blood, that we may ever perceive within ourselves the fruit of thy redemption, who lives and reigns with the Father and the Holy Spirit, one God, world without end. Amen.

**T**he Old Testament reading is taken from the Book of Exodus, beginning to read in Chapter 16 at the 9<sup>th</sup> verse.

16:9 And Moses said to Aaron, "Say to the whole congregation of the people of Israel, 'Come near before the Lord, for he has heard your murmurings.'" 10 And as Aaron spoke to the whole congregation of the people of Israel, they looked toward the wilderness, and behold, the glory of the Lord appeared in the cloud. 11 And the Lord said to Moses, 12 "I have heard the murmurings of the people of Israel; say to them, 'At twilight you shall eat flesh, and in the morning you shall be filled with bread; then you shall know that I am the Lord your God.'"

13 In the evening quails came up and covered the camp; and in the morning dew lay round about the camp. 14 And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as hoarfrost on the ground. 15 When the people of Israel saw it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "It is the bread which the Lord has given you to eat.

The word of the Lord. All: Thanks be to God.

**T**he New Testament reading is taken from the 1<sup>st</sup> Epistle of St Paul to the Corinthians, beginning to read in Chapter 11 at the 23<sup>rd</sup> verse.

11:23 For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, 24 and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me." 25 In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." 26 For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

27 Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. 28 Let a man examine himself, and so eat of the bread and drink of the cup. 29 For any one who eats and drinks without discerning the body eats and drinks judgment upon himself.

The word of the Lord. All: Thanks be to God.

**P**salm appointed 116:12-13 and 17-19

Priest: The Lord be with you.

All: And also with you.

**H**ear the Holy Gospel according to St John.  
Glory to you, O Lord.

6:53 So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you;

54 he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day.

55 For my flesh is food indeed, and my blood is drink indeed.

56 He who eats my flesh and drinks my blood abides in me, and I in him.

57 As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.

58 This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever.”

The Gospel of the Lord.

Praise to you, O Christ.

**P**ostcommunion Collect

Grant, we beseech thee, O Lord: that we who in these outward tokens have been made partakers of thy most precious Body and Blood; may after this life be replenished with the fruition of thy glorious Godhead. Who livest and reignest with the Father, and the Son in the Unity of the Holy Spirit, One God, world without end. Amen.