**The Collect and Readings appointed for the Ninth Sunday after Trinity**

Almighty God,  
who sent your Holy Spirit  
to be the life and light of your Church:  
open our hearts to the riches of your grace,  
that we may bring forth the fruit of the Spirit  
in love and joy and peace;  
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.

**The Old Testament Reading is taken from Exodus,**

**chapter 16, verses 2-4 & 9-15**

In the desert the whole community grumbled against Moses and Aaron.

The Israelites said to them,

‘If only we had died by the LORD’S hand in Egypt!

There we sat round pots of meat and ate all the food we wanted,

but you have brought us out into this desert to starve this entire assembly to death.’

Then the LORD said to Moses,

‘I will rain down bread from heaven for you.

The people are to go out each day and gather enough for that day.

In this way I will test them and see whether they will follow my instructions.

Then Moses told Aaron,

‘Say to the entire Israelite community,

“Come before the LORD, for he has heard your grumbling.”’

While Aaron was speaking to the whole Israelite community,

they looked towards the desert,

and there was the glory of the LORD appearing in the cloud.

The LORD said to Moses,

‘I have heard the grumbling of the Israelites.

Tell them,

“At twilight you will eat meat, and in the morning you will be filled with bread.

Then you will know that I am the LORD your God.’”’

That evening quail came and covered the camp,

and in the morning there was a layer of dew around the camp.

When the dew was gone,

thin flakes like frost on the ground appeared on the desert floor.

When the Israelites saw it, they said to each other,

‘What is it?’

For they did not know what it was.

Moses said to them,

‘It is the bread the LORD has given you to eat.’

**The New Testament Reading is taken from St John’s Gospel,**

**chapter 6, verses 24-35**

Once the crowd realised that neither Jesus nor his disciples

were at the place where the people had eaten the bread

after the Lord had given thanks,

they got into the boats and went to Capernaum in search of Jesus.

When they found him on the other side of the lake, they asked him,

‘Rabbi, when did you get here?’

Jesus answered,

‘I tell you the truth,

you are looking for me,

not because you saw miraculous signs

but because you ate the loaves and had your fill.

Do not work for food that spoils,

but for food that endures to eternal life,

which the Son of Man will give you.

On him God the Father has placed his seal of approval.’

Then they asked him,

‘What must we do to do the works God requires?’

Jesus answered,

‘The work of God is this: to believe in the one he has sent.’

So they asked him,

‘What miraculous sign then will you give that we may see it and believe you?

What will you do?

Our forefathers ate the manna in the desert;

as it is written:

‘He gave them bread from heaven to eat.’’

Jesus said to them,

‘I tell you the truth,

it is not Moses who has given you the bread from heaven,

but it is my Father who gives you the true bread from heaven.

For the bread of God is he who comes down from heaven

and gives life to the world.’

‘Sir,’ they said, ‘from now on give us this bread.’

Then Jesus declared,

‘I am the bread of life.

He who comes to me will never go hungry,

and he who believes in me will never be thirsty.’