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News and events:

Welcome to St. Peter's Church, Cookshire. We are pleased that you have come to join us in worship this morning. Welcome back Canon Lynn. We hope that you enjoyed a pleasant holiday.

Our next Sunday service will be on August 9th and we will meet in St. John's Church, Brookbury at 10:30am. There will be no services in our other churches.

Our Happy Birthday wishes to Bryan Coates and to Sister Mary Florence Liew on Wednesday, and to Peyton Lafond and Robyn Parsons Jacklin on Thursday.

Our congratulations and best wishes for a happy anniversary to Garnet and Sandra Morrison tomorrow and to Mike and Cathy Goddard on Wednesday.

Sunday afternoon, August 9th, the Eaton Corner Museum will be presenting Old Fashioned Day from 1:00 to 5:00pm. This eagerly anticipated annual event gives visitors the opportunity to see demonstrations and displays of heritage crafts of our region, from tatting to timberframing, presented by local people who still know how to do them. An entry fee of \$10 (children 10 and under are admitted FREE) includes the demonstrations and displays, a horse and wagon ride, children's activities, music, and a traditional tea service with homemade scones and jam. A hot dog lunch will be available for save from 11 am to 1:30 pm. Also new this year is museology and heritage consultant Brigitte Campeau who will give practical tips on how to preserve your family treasures, and ideas for making a family time capsule to keep for future generations. Contact Serena Wintle for more information at [819-875-5210](tel:819-875-5210)

Sentence: *We do not live by bread alone, but by every word that comes from the mouth of God. Matthew 4.4*

Collect: Almighty God, your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom. Renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

- We pray for all people; for Dennis, our Bishop, Lynn, our Priest, for all who are in leadership, both lay and ordained. Grant them the gifts of wisdom and courage as they lead the church.

- In our Diocesan Fellowship of prayer, we pray for St. Mathias, Fitch Bay, for layreader Mr. Fred Robertson; we pray for our Companion Dioceses, The Diocese of Moray Ross and Caithness in Scotland and Bishop Mark Strange, and the Diocese of Bujumbura in Burundi and Bishop Eraste Bigirimana.

- In the Provincial Prayer Cycle, we pray for Ecclesiastical Province of Rupert's Land, for Archbishop David Ashdown and the Provincial Council; in the Anglican Cycle of Prayer, we pray for The Rt Revd Josph Garang Atem of the Diocese of Renk, Sudan.

- In the Ecumenical Prayer Cycle we pray for Christian faith communities in Canada and the USA. We pray for continued efforts to ensure the rights of all peoples in Canada: First Nations, English and French speaking, and all immigrants, for an end to the creation and proliferation of nuclear, biological and chemical weapons, for those who experience poverty, discrimination and lack of opportunity amid great wealth, and for the growing gap between rich and poor, for those affected by terrorist attacks and for revitalization in the churches and renewed leadership.

- We pray for our families, friends, and communities and we ask blessings for Bryan, Sister Mary Florence, Peyton, and Robyn on their birthdays and for Garnet and Sandra and for Mike and Cathy on their anniversaries.

- We ask, O Lord, for your comfort and healing for all who are sick and suffering in any way, and for their families, remembering especially: Joan Dougherty, Earl Lancaster, Gordie Coates, and Janet Coates.

- We pray for a world of peace and justice for all. **Amen.**

A Scripture Prayer: God of hope, when your hungry people longed for the slave food of Egypt, you opened the doors of heaven and rained down manna. Feed us with the bread of life at your table, that we may taste the freedom of eternal life and lead lives worthy of our calling, through Christ our head. **Amen.**

ACC Prayer of the Week: Prayers for those who are in pain today

Lord God, whose son, Jesus Christ, Understood people's fear and pain before they spoke of them
We pray for those in hospital. Surround the frightened with your tenderness
Give strength to those in pain. Hold the weak in your arms of love
And give hope and patience, To those who are recovering
We ask this through the same Jesus Christ, our Lord. **Amen.**

Prayer for the Diocese of Quebec: Loving God, fill us with your Spirit that we may live out with greater faithfulness your call to shine with Christ's light in acts of praise and reconciling love. Make us bearers of the Good News, ministers of your grace, and faithful stewards of your Church and Kingdom. In the name of Jesus Christ, your Son, our Lord. **Amen.**

A Reading from the Second Book of Samuel...⁵The king ordered Joab and Abishai and Ittai, saying, "Deal gently for my sake with the young man Absalom." And all the people heard when the king gave orders to all the commanders concerning Absalom.⁶So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim.⁷The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men.⁸The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. ⁹Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. ¹⁵And ten young men, Joab's armour-bearers, surrounded Absalom and struck him, and killed him. ³¹Then the Cushite came; and the Cushite said, "Good tidings for my lord the king! For the Lord has vindicated you this day, delivering you from the power of all who rose up against you."³²The king said to the Cushite, "Is it well with the young man Absalom?" The Cushite answered, "May the enemies of my lord the king, and all who rise up to do you harm, be like that young man."³³The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, "O my son Absalom, my son, my son Absalom! Would I had died instead of you, O Absalom, my son, my son!" *2 Samuel 18:5-9, 15, 31-33*

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A Reading from the Letter of Paul to the Ephesians...²⁵So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another.²⁶Be angry but do not sin; do not let the sun go down on your anger,²⁷and do not make room for the devil.²⁸Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy.²⁹Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.³⁰And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption.³¹Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice,³²and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. ⁵Therefore be imitators of God, as beloved children,²and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. *Ephesians 4:25-5:2*

The Holy Gospel of our Lord Jesus Christ according to John...³⁵Jesus said to the people, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. ⁴¹Then the Jews began to complain about him because he said, "I am the bread that came down from heaven."⁴²They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?"⁴³Jesus answered them, "Do not complain among yourselves.⁴⁴No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day.⁴⁵It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me.⁴⁶Not that anyone has seen the Father except the one who is from God; he has seen the Father.⁴⁷Very truly, I tell you, whoever believes has eternal life.⁴⁸I am the bread of life.⁴⁹Your ancestors ate the manna in the wilderness, and they died.⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die.⁵¹I am the living bread that came down from

heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh." *John 6:35, 41-51*

Chuckles: In a train carriage there was Bill Clinton, George Bush, Janet Reno and Bo Derek. After several minutes of the trip, the train passes through a dark tunnel and the unmistakable sound of a slap is heard. When they leave the tunnel, Clinton has a big red slap mark on his cheek.
(1) Bo Derek thought - "That sleazeball Clinton wanted to touch me and by mistake, he must have put his hand on Janet Reno, who in turn must have slapped his face."
(2) Janet Reno thought - "That dirty Bill Clinton laid his hands on Bo Derek and she smacked him."
(3) Bill Clinton thought - "George put his hand on Bo Derek and by mistake she slapped me."
(4) George Bush thought - "I hope there's another tunnel soon so I can smack Clinton again."

Three pastors went to the pastor convention and were all sharing one room. The first pastor said, "Let's confess our secret sins one to another. I'll start - my secret sin is I just love to gamble. When I go out of town, it's cha-ching cha-ching, let the machines ring."
The second pastor said, "My secret sin is that I just hate working. I copy all my sermons from those given by other pastors."
The third pastor said, "My secret sin is gossiping and, oh boy, I just can't wait to get out of this room!"

A man from Texas, driving a Volkswagen Beetle, pulls up next to a guy in a Rolls Royce with Nevada plates at a stop sign. Their windows are open and he yells at the guy in the Rolls, "Hey, you got a telephone in that Rolls?"
The guy in the Rolls says, "Yes, of course I do."
"I got one too... see?" the Texan says.
"Uh, huh, yes, that's very nice."
"You got a fax machine?" asks the Texan.
"Why, actually, yes, I do."
"I do too! See? It's right here!" brags the Texan.
The light is just about to turn green and the guy in the Volkswagen says, "So, do you have a double bed in back there?"
The guy in the Rolls replies, "NO! Do you?"
"Yeah, got my double bed right in back here, see?" the Texan replies.
The light turns and the man in the Volkswagen takes off.
Well, the guy in the Rolls is not about to be one-upped, so he immediately goes to a customizing shop and orders them to put a double bed in back of his car. About two weeks later, the job is finally done. He picks up his car and drives all over town looking for the Volkswagen beetle with the Texas plates. Finally, he finds it parked alongside the road, so he pulls his Rolls up next to it. The windows on the Volkswagen are all fogged up and he feels somewhat awkward about it, but he gets out of his newly modified Rolls and taps on the foggy window of the Volkswagen. The man in the Volkswagen finally opens the window a crack and peeks out. The guy in the Rolls says, "Hey, remember me?"
"Yeah, yeah, I remember you," replies the Texan. "What's up?"
"Check this out... I got a double bed installed in my Rolls."
The Texan exclaims, "YOU GOT ME OUT OF THE SHOWER TO TELL ME THAT?!"

