

**Subject:** Daily Prayer with reflection by Canon Simon Stephens  
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Good morning

As usual let us begin with a few moments of silence to still our minds and bodies.....

I arise today  
Through a mighty strength:  
God's power to guide me,  
God's might to uphold me,  
God's eyes to watch over me;  
God's ear to hear me,  
God's word to give me speech,  
God's hand to guard me,  
God's way to lie before me,  
God's shield to shelter me,  
God's host to secure me.  
(first millenium - bridgid of gael)

**John 6:1-15**

### **Feeding the Five Thousand**

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' He said this to test him, for he himself knew what he was going to do. Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.'

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

### **Reflection by Canon Simon Stephens**

Jesus Feeds the Five Thousand

Those of us who regularly attend Church, will say that we know the contents of this Miracle Story by heart. Over the years, we have either read it or it has been read to us, thousands of times. But the miracle of reading the Bible prayerfully, is that every time we open the Book, in expectation and longing, God will speak to us anew and we will discover a hidden jewel of spiritual blessing to guide our lives ; and so enable us to care more effectively for others.

In recent weeks, Lockdown celebrities around the world have expressed the relief they have found by not being 'haunted' by over-zealous fans and the Media. Perhaps the Lockdown has given them the rare opportunity to reflect on their careers and make plans for the future. And I am sure that each one of us, in our own particular way, can identify ourselves with that relief.

Jesus is besieged by his fans! He loves them, but! So he crosses the far shore of the Sea of Galilee and heads for the Mountains for some respite, as he had done in the past. Perhaps we take them for granted, but the Tramontana Mountains which almost encircle Pollenca, are a blessing to many ; and much loved by the visitors. Thankfully his disciples were waiting for him, but even so with the Passover Pilgrims milling in their thousands nearby, Jesus was very conscioes of their needs.

I suspect that the Man from Galilee was feeling exhausted, nevertheless the hungry must be fed! Of course Philip was pessimistic. We have insufficient funds, he says, forgetting perhaps in whose presence, he was standing.

But our Patron Saint - St Andrew, steps forward with the bewildered boy, clutching five small loaves of bread and two small fish ; and we all know the rest of the story and the hungry are fed, five thousand of them!  
There are a thousand jewels hidden within John's account of this miracle, but I take great hope and comfort that from the boy's small gifts, thousands are fed. We are taught that if we give ourselves unconditionally to God, then He can and will do great things with us. But the gift of our lives to Him must be without reservation , without a list of conditions.  
Hopefully our Pandemic Lockdown is enabling each one of us, in our own way, to rededicate our lives to God, that those around us here in Pollenca, may be fed with His love.

Merciful God,  
we entrust to your tender care  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold them safe.  
Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord.  
**Amen.**

Let us pray in the words that Jesus has taught us

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power, and the glory for ever and ever. Amen.

And we will finish with The Grace

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore. Amen.

Until tomorrow

Blessing

Vicky