

ST. MARGARET'S CHURCH

LOWESTOFT



Holy Communion for Trinity & Ordinary Time

## SERVICE ONE

Sunday 28<sup>th</sup> June 2024 - 9<sup>th</sup> Sunday after Trinity



WELCOME & Introduction

Deacon: Gill

Presiding & Preacher: Canon Simon Stokes

We meet in the presence of God  
who knows our needs, feels our pain,  
and shares our joy.  
This is the day that the Lord has made.  
**We will rejoice and be glad in it.**

HYMN 276 – *Holy, Holy, Holy Lord God almighty*

***Holy, holy, holy! Lord God Almighty!  
early in the morning our song shall rise to thee;  
holy, holy, holy! merciful and mighty!  
God in three persons, blessed Trinity!***

***Holy, holy, holy! all the saints adore thee,  
casting down their golden crowns around the glassy sea;  
cherubim and seraphim falling down before thee,  
which wert and art and evermore shalt be.***

*Holy, holy, holy! though the darkness hide thee,  
though the eye of sinful man thy glory may not see,  
only thou art holy, there is none beside thee  
perfect in power, in love, and purity.*

*Holy, holy, holy! Lord God Almighty!  
all thy works shall praise thy name in earth and sky and sea;  
holy, holy, holy! merciful and mighty!  
God in three persons, blessed Trinity!*

*Reginald Heber (1783–1826)*

The Lord be with you  
**And also with you.**

Let us worship the Lord.  
**Thanks be to God.**  
Prayers of Penitence

*We are invited to confess what we have done wrong using these or other suitable words*

God so loved the world  
that he gave his only Son Jesus Christ  
to save us from our sins,  
to be our advocate in heaven,  
and to bring us to eternal life.  
Therefore, let us confess our sins in penitence and faith,  
firmly resolved to keep God's commandments  
and to live in love and peace with all.

**Confession** *(please sit or kneel)*

**Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly, love mercy,  
and walk humbly with you, our God. Amen.**

Almighty God, who forgives all who truly repent, have mercy upon us, pardon and deliver us from all our sins, confirm and strengthen us in all goodness, and keep us in life eternal; through Jesus Christ our Lord.

**Amen.**

#### THE GLORIA

*(If you are able, please stand to sing the Gloria)*

***Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King, almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One, you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit, in the glory of God the Father. Amen.***

#### THE COLLECT *(Prayer of the week - found on the pew sheet)*

Gracious Father,  
revive your Church in our day,  
and make her holy, strong and faithful,  
for your glory's sake  
in Jesus Christ our Lord.

#### THE LITURGY OF THE WORD

*(Please sit)*

all age talk - Canon Simon

## BIBLE READING

New Testament Reading. Ephesians 3: 14 - 21. Read by Grace

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

For the word of the Lord.

**Thanks be to God.**

**HYMN 448 - *I come with joy, a child of God***

***I come with joy, a child of God,  
forgiven, loved and free,  
the life of Jesus to recall,  
in love laid down for me.***

***I come with Christians far and near  
to find, as all are fed,  
the new community of love  
in Christ's communion bread.***

***As Christ breaks bread, and bids us share,  
each proud division ends.  
The love that made us, makes us one,  
and strangers now are friends.***

***The Spirit of the risen Christ,  
unseen, but ever near,  
is in such friendship better known,  
alive among us here.***

***Together met, together bound  
by all that God has done,  
we'll go with joy, to give the world  
the love that makes us one.***

**Brian Wren (b. 1936)**

**GOSPEL READING: John 6: 1 - 21**

*(Please remain standing)*

Alleluia, alleluia!

Glory to the Father, and to the Son, and to the Holy Spirit,  
one God, who was, and who is, and who is to come, the Almighty. **Alleluia!**

Hear the Gospel of our Lord Jesus Christ according to St John.

***Glory to you, O Lord.***

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.

When evening came, his disciples went down to the lake, got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. The lake became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. But he said to them, 'It is I; do not be afraid.' Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going.

This is the Gospel of the Lord.

***Praise to you, O Christ.***

**SERMON Canon Simon**

**AFFIRMATION OF FAITH**

*(If you would like to, please stand as we affirm our faith)*

**We believe in God the Father,  
from whom every family  
in heaven and on earth is named.**

**We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.**

**We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God;  
Father, Son and Holy Spirit. Amen.**

**PRAYERS OF INTERCESSION led by Sue**

*(Please sit or kneel)*

*These responses may be used:*

Lord, in your mercy,  
**Receive our prayer.**

*At the end:*

Merciful Father,  
**accept these prayers for the sake of your Son,  
our Saviour Jesus Christ. Amen.**

**NOTICES AND TIME OF SHARING**

## THE PEACE

(If you would like to, please stand)

*These words may be used:*

We are the body of Christ,  
by one spirit we were all baptised into one body.  
Let us pursue all that makes for peace and builds up our common life.

The peace of the Lord be always with you  
**and also with you.**

Let us offer one another a sign of peace.

## OFFERTORY HYMN 667 - *I danced in the morning. [Lord of the dance]*

(During the hymn the bread & wine are brought forward and the altar is prepared)

***I danced in the morning when the world was begun,  
and I danced in the moon and the stars and the sun,  
and I came down from heaven and I danced on the earth;  
at Bethlehem I had my birth.***

***Dance, then, wherever you may be;  
I am the Lord of the Dance, said he,  
and I'll lead you all, wherever you may be,  
and I'll lead you all in the Dance, said he.***

***I danced for the scribe and the pharisee,  
but they would not dance and they wouldn't follow me.  
I danced for the fishermen, for James and John —  
They came with me and the Dance went on.***

***Dance, then, wherever you may be;  
I am the Lord of the Dance, said he,  
and I'll lead you all, wherever you may be,  
and I'll lead you all in the Dance, said he.***

***I danced on the Sabbath and I cured the lame;  
the holy people said it was a shame.  
They whipped and they stripped and they hung me on high,  
and they left me there on a cross to die.***

***Dance, then, wherever you may be;  
I am the Lord of the Dance, said he,  
and I'll lead you all, wherever you may be,  
and I'll lead you all in the Dance, said he.***

*I danced on a Friday when the sky turned black —  
it's hard to dance with the devil on your back.  
They buried my body and they thought I'd gone;  
but I am the Dance, and I still go on.  
Dance, then, wherever you may be;  
I am the Lord of the Dance, said he,  
and I'll lead you all, wherever you may be,  
and I'll lead you all in the Dance, said he.*

*They cut me down and I leapt up high;  
I am the life that'll never, never die;  
I'll live in you if you'll live in me —  
I am the Lord of the Dance, said he.  
Dance, then, wherever you may be;  
I am the Lord of the Dance, said he,  
and I'll lead you all, wherever you may be,  
and I'll lead you all in the Dance, said he.*

*Sydney Carter (1915–2004)*

With this bread that we bring  
**we shall remember Jesus.**

With this wine that we bring  
**we shall remember Jesus.**

Bread for his body, wine for his blood, gifts from God to his table we bring.  
**we shall remember Jesus.**

**EUCHARISTIC PRAYER (please sit or kneel)**

**[The Choir may remain standing]**

The Lord is here.  
***His Spirit is with us.***

Lift up your hearts.  
***We lift them to the Lord.***

Let us give thanks to the Lord our God.  
***It is right to give thanks and praise!***



Lord of all life,  
you created the universe  
where all living things reflect your glory.  
You give us this great and beautiful earth  
to discover and to cherish.

You sent your Son to live among us,  
Jesus our Saviour, Mary's child.  
He suffered on the cross;  
he died to save us from our sins;  
he rose in glory from the dead,  
and we share his risen life.

You send your Spirit  
to bring new life to the world,  
and clothe us with power from on high.  
And so we join the angels  
to celebrate and sing:

***Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.***

***Hosanna, in the highest.***

***Blessed is he who comes in the name of the Lord.***

***Hosanna in the highest.***

Father, on the night before he died,  
Jesus shared a meal with his friends.  
He took the bread and thanked you.  
He broke it, and gave it to them, saying:  
Take and eat; this is my body, given for you.  
Do this in remembrance of me.

After the meal, Jesus took the cup of wine.  
He thanked you, and gave it to them, saying:  
Drink this, all of you.  
This is my blood, the new promise of God's unfailing love.  
Do this in remembrance of me.

Father, as we bring this bread and wine,  
and remember his death and resurrection,  
send your Holy Spirit,  
that we who share these gifts

may be fed by Christ's body and his blood.  
Pour your Spirit on us  
that we may love one another,  
work for the healing of the earth,  
and share the good news of Jesus,  
as we wait for his coming in glory.

Great is the mystery of faith.

***Christ has died;  
Christ is risen;  
Christ will come again.***

### THE LORD'S PRAYER

United as one body, we pray for the coming of God's Kingdom in heaven and on earth,  
using the words our Saviour taught us:

**Our Father in heaven  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins, as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from evil.  
For the Kingdom, the power, and the glory are yours  
now and forever. Amen.**

### BREAKING OF THE BREAD

We break this bread to share in the body of Christ.  
**Though we are many, we are one body  
because we all share in one bread.**

The Agnus Dei is sung:

***Jesus, Lamb of God, have mercy on us.  
Jesus, bearer of our sins, have mercy on us.***

***Jesus, redeemer of the world, grant us your peace.***

Draw near with faith.

Receive the body of our Lord Jesus Christ which he gave for you,  
and his blood which he shed for you.

Eat and drink in remembrance that he died for you,  
and feed on him in your hearts by faith with thanksgiving.

*All are welcome to come forward to receive the bread and the wine or a blessing, it is helpful for us if you say your name when you come to the front.*

An anthem is usually sung by the Choir and then a **HYMN** is also sung during Communion. (Please remain seated)

**Anthem: *Let all mortal flesh keep silence (Cleobury)***

**Hymn 429 - *Bread is blessed and broken.***

***Bread is blessed and broken,  
wine is blessed and poured:  
take this and remember  
Christ the Lord.***

***Share the food of heaven  
earth cannot afford.  
Here is grace in essence -  
Christ the Lord.***

***Know yourself forgiven,  
find yourself restored,  
meet a friend for ever -  
Christ the Lord.***

***God has kept his promise  
sealed by sign and word:  
here, for those who want him -  
Christ the Lord.***

***John L. Bell (b. 1949) and Graham Maule (b. 1958)***

### **POST COMMUNION PRAYER**

Said by a minister and found on the weekly pew sheet.

Holy Father, who gathered us here around the table of your Son  
to share this meal with the whole household of God:  
in that new world where you reveal the fullness of your peace,  
gather people of every race and language  
to share in the eternal banquet of Jesus Christ our Lord.

### **THANKSGIVING PRAYER**

**Father of all, we give you thanks and praise,  
that when we were still far off  
you met us in your Son and brought us home.  
Dying and living, he declared your love,  
gave us grace, and opened the gate of glory.  
May we who share Christ's body live his risen life;  
we who drink his cup bring life to others;  
we whom the Spirit lights give light to the world.  
Keep us firm in the hope you have set before us,  
so we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord. Amen.**

**HYMN 453 - *Lord, enthroned in heavenly splendour.***

***Lord, enthroned in heavenly splendour,  
first-begotten from the dead.  
Thou alone, our strong defender,  
liftest up thy people's head.  
Alleluia! Alleluia!  
Jesu, true and living bread!***

*Here our humblest homage pay we,  
here in loving reverence bow;  
here for faith's discernment pray we,  
lest we fail to know thee now.  
Alleluia! Alleluia!  
Thou art here, we ask not how.*

*Though the lowliest form doth veil thee  
as of old in Bethlehem,  
here as there thine angels hail thee,  
branch and flower of Jesse's stem.  
Alleluia! Alleluia!  
We in worship join with them.*

*Paschal Lamb, thine offering, finished  
once for all when thou wast slain,  
in its fullness undiminished  
shall for evermore remain.  
Alleluia! Alleluia!  
Cleansing souls from every stain.*

*Life-imparting heavenly Manna,  
stricken Rock with streaming side,  
heaven and earth with loud hosanna  
worship thee, the Lamb who died.  
Alleluia! Alleluia!  
Risen, ascended, glorified!*

*GEORGE HUGH BOURNE (1840-1925)*

## THE BLESSING

May the Lord bless you and keep you.

May the Lord make his face shine upon you and be gracious to you.

May the Lord lift up his countenance upon you and give you peace.

And the blessing of God almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you, be upon those you love, pray for and care for now and for evermore. **Amen.**

## THE DISMISSAL

Go in peace to love and serve the Lord.

***In the name of Christ. Amen.***

*or*

By the power of the Spirit, we take into our community the peace and love of God.

***In the name of Christ. Amen.***

