



## Holy Communion for Trinity Season

### SERVICE TWO

**Sunday 18<sup>th</sup> August 2024**  
**12<sup>th</sup> Sunday after Trinity**

Please feel free to sit or stand as you feel most comfortable. Congregational responses are usually shown in **bold type**, where these are also in *italics* they are normally sung.



Presiding Canon Simon Stokes  
Preaching Gerda

WELCOME & Introduction

Song Change my heart

*Change my heart oh God*  
*Make it ever true*  
*Change my heart oh God*  
*May I be like You*

*Change my heart oh God*  
*Make it ever true*  
*Change my heart oh God*  
*May I be like You*

*You are the potter*  
*I am the clay*  
*Mould me and make me*  
*This is what I pray*

*Change my heart oh God*  
*Make it ever true*  
*Change my heart oh God*  
*May I be like You*

The Lord be with you  
And also with you.

**HYMN 595 - *Be thou my vision.***

***Be thou my vision, O Lord of my heart,  
be all else but naught to me save that thou art;  
be thou my best thought in the day and the night,  
both waking and sleeping, thy presence my light.***

***Be thou my wisdom, be thou my true word,  
Be thou ever with me and I with thee Lord;  
Be thou my great Father, and I thy true son;  
Be thou in me dwelling, and I with thee one.***

***Be thou my breastplate, my sword for the fight;  
be thou my whole armour, be thou my true might;  
be thou my soul's shelter, be thou my strong tower:  
O raise thou me heavenward, great Power of my power.***

***Riches I heed not, nor man's empty praise:  
Be thou mine inheritance now and always;  
Be thou, and thou only, the first in my heart;  
O sovereign of heaven, my treasure thou art!***

***High King of heaven, thou heaven's bright son,  
O grant me its joys after victory is won;  
Great heart of my own heart, whatever befall,  
still be thou my vision, O Ruler of all.***

(Irish 8<sup>th</sup> century)

Translated by MARY ELIZABETH BYRNE (1880-1931)

Versified by ELEANOR HENRIETTA HULL (1860-1935)

## **Prayers of Penitence**

*We are invited to confess what we have done wrong  
Followed by change my heart  
We come to God from whom no secrets are hidden,  
and ask for forgiveness and peace.  
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)**

Father, you come to meet us when we return to you:

Restore us when we are lost.

Lord, have mercy.

**Lord, have mercy.**

Jesus, you died on the cross for our sins:

Forgive us when our lives don't reflect your love.

Christ, have mercy.

**Christ, have mercy.**

Spirit, you give us life and peace:

Free us from the turmoil of our hearts.

Lord, have mercy.

**Lord, have mercy.**

*Change my heart oh God*

*Make it ever true*

*Change my heart oh God*

*May I be like You*

*Change my heart oh God*

*Make it ever true*

*Change my heart oh God*

*May I be like You*

*You are the potter*

*I am the clay*

*Mould me and make me*

*This is what I pray*

*Change my heart oh God*

*Make it ever true*

*Change my heart oh God*

*May I be like You*

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

God of constant mercy,

who sent your Son to save us:

remind us of your goodness,

increase your grace within us,

that our thankfulness may grow,

through Jesus Christ our Lord.

THE LITURGY OF THE WORD (Please sit)

**BIBLE READING** Ephesians 5.15-20. Read by Sue

Brothers and sisters, be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

For the word of the Lord.

**Thanks be to God.**

all age talk

**HYMN** *Above all powers*

***Above all powers, above all kings  
above all nature and all created things;  
above all wisdom and all the ways of man,  
you were here before the world began.***

***Above all kingdoms, above all thrones  
above all wonders the world has ever known;  
above all wealth and treasures of the earth,  
there's no way to measure what you're worth.***

***Crucified, laid behind a stone;  
you lived to die, rejected and alone;  
Like a rose, trampled on the ground,  
you took the fall, and thought of me,  
above all.***

**REPEAT**

Lenny LeBlanc and Paul Baloche

## GOSPEL READING : John 6.51-58

(Please remain standing)

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

**Glory to you, O Lord.**

Jesus said to the crowd: I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.' The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## SERMON Gerda

### AFFIRMATION OF FAITH

(If you would like to, please stand)

Do you believe and trust in God the Father,  
source of all being and life, the one for whom we exist?

**We believe and trust in him.**

Do you believe and trust in God the Son,  
who took our human nature, died for us and rose again?

**We believe and trust in him.**

Do you believe and trust in God the Holy Spirit,  
who gives life to the people of God  
and makes Christ known in the world?

**We believe and trust in him.**

This is the faith of the Church.

**This is our faith.**

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

## **PRAYERS OF INTERCESSION led by Sarah**

(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.**

## **CALLING OF BANNERS OF MARRIAGE, NOTICES AND TIME OF SHARING**

### **THE PEACE**

(If you would like to, please stand)

Deep peace be in your hearts,  
Deep peace with God's good earth,  
Deep peace with friend and stranger,  
Deep peace with God - Creator, Redeemer and life-giving Spirit.  
The deep peace of our Lord Jesus Christ be with you.

**And also with you.**

Let us offer one another a sign of peace.

**OFFERTORY HYMN** 589 - Angel voices ever singing.

**Angel voices, ever singing,  
round thy throne of light,  
angel harps, for ever ringing,  
rest not day nor night;  
Thousands only live to bless Thee,  
and confess Thee  
Lord of might.**

**Thou who art beyond the farthest  
mortal eye can scan,  
can it be that thou regardest  
songs of sinful man?  
Can we know that thou art near us  
and wilt hear us?  
Yea, we can.**

Yea, we know that thou rejoicest  
o'er each work of thine;  
thou didst ears and hands and voices  
for thy praise design;  
craftsman's art and music's measure  
for thy pleasure  
all combine.

In thy house, great God, we offer  
of thine own to thee;  
and for thine acceptance proffer,  
all unworthily,  
hearts and minds and hands and voices,  
in our choicest  
psalmody.

Honour, glory, might and merit,  
thine shall ever be,  
Father, Son, and Holy Spirit,  
blessed Trinity!  
Of the best that thou hast given  
earth and heaven  
render thee.

Francis Pott (1832-1090)

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.**

## **EUCCHARISTIC PRAYER**

(Please sit or kneel)

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.**

Almighty God, good Father to us all,  
your face is turned towards your world.  
In love you gave us Jesus your Son  
to rescue us from sin and death.

Your Word goes out to call us home  
to the city where angels sing your praise.  
We join with them in heaven's song:

***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 of all, we give you thanks for every gift that comes from heaven.  
To the darkness Jesus came as your light.  
With signs of faith and words of hope  
he touched untouchables with love and washed the guilty clean.  
This is his story.

**This is our song:  
Hosanna in the highest!**

The crowds came out to see your Son,  
yet at the end they turned on him.  
On the night he was betrayed he came to table with his friends  
to celebrate the freedom of your people.  
This is his story.

**This is our song:  
Hosanna in the highest!**

Jesus blessed you, Father, for the food.  
He took bread, gave thanks, broke it and said:  
This is my body, given for you all.  
Jesus then gave thanks for the wine;  
He took the cup, gave it and said:  
This is my blood, shed for you all for the forgiveness of sins.  
Do this in remembrance of me.  
This is our story.

**This is our song:  
Hosanna in the highest!**

Therefore, Father, with this bread and this cup  
we celebrate the cross on which he died to set us free.  
Defying death he rose again  
and is alive with you to plead for us and all the world.



This is our story.

**This is our song:**

***Hosanna in the highest!***

Send your Spirit on us now  
that by these gifts we may feed on Christ  
with opened eyes and hearts on fire.  
May we and all who share this food  
offer ourselves to live for you  
and be welcomed at your feast in heaven  
where all creation worships you,  
Father, Son and Holy Spirit:

**Blessing and honour and glory and power  
be yours for ever and ever. Amen.**

#### 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:

***Lamb of God, you take away the sin of the world,  
have mercy on us.  
Lamb of God, you take away the sin of the world,  
have mercy on us.  
Lamb of God, you take away the sin of the world:***

***grant us 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.*

a **HYMN** is sung during Communion. (Please remain seated)

**HYMN 146 - *Jesus Christ, I think upon your sacrifice***

***Jesus Christ, I think upon your sacrifice;  
you became nothing, poured out to death.  
Many times I've wondered at your gift of life  
and I'm in that place once again,  
I'm in that place once again.  
And once again I look upon  
the cross where you died.  
I'm humbled by your mercy  
and I'm broken inside.  
Once again I thank you,  
once again I pour out my life.***

***Now you are exalted to the highest place,  
King of the heavens, where one day I'll bow.  
But for now I marvel at this saving grace  
and I'm full of praise once again,  
I'm full of praise once again.  
And once again I look upon  
the cross where you died.  
I'm humbled by your mercy  
and I'm broken inside.  
Once again I thank you,  
once again I pour out my life.***

***Thank you for the cross,  
thank you for the cross,  
thank you for the cross, my friend.  
Thank you for the cross,  
thank you for the cross,  
thank you for the cross, my friend.***

***And once again I look upon  
the cross where you died.  
I'm humbled by your mercy  
and I'm broken inside.  
Once again I thank you,  
once again I pour out my life.***

Matt Redman (b.1974)

#### **POST COMMUNION PRAYER**

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

God of all mercy,  
in this eucharist you have set aside our sins  
and given us your healing:  
grant that we who are made whole in Christ  
may bring that healing to this broken world,  
in the name of Jesus Christ our Lord.  
through Jesus Christ our Lord.

#### **THANKSGIVING PRAYER**

**Lord, we have broken your bread and received your life.  
By the power of your Spirit, keep us always in your love;  
through Jesus Christ our Lord. Amen.**

#### **HYMN 736 – *Name of all majesty***

***Name of all majesty,  
fathomless mystery,  
King of the ages  
by angels adored;  
power and authority,  
splendour and dignity,  
bow to his mastery,  
Jesus is Lord!***

***Child of our destiny,  
God from eternity,  
love of the Father  
on sinners outpoured;  
see now what God has done  
sending his only Son,  
Christ the beloved One,  
Jesus is Lord!***

**Saviour of Calvary,  
costliest victory,  
darkness defeated  
and Eden restored;  
born as a man to die,  
nailed to a cross on high,  
cold in the grave to lie,  
Jesus is Lord!**

**Source of all sovereignty,  
light, immortality,  
life everlasting  
and heaven assured;  
so with the ransomed, we  
praise him eternally,  
Christ in his majesty,  
Jesus is Lord!**

Timothy Dudley-Smith (1926 - 2024)

## THE BLESSING

The Lord bless us and keep us.  
The Lord make his face to shine upon us, and be gracious to us.  
The Lord lift up his countenance upon us and grant us peace.  
And the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be upon us and remain with us,  
be upon those we 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.***

**Before you go:**

We're so glad that you decided to join us today.

If you are new to the church and would like us to keep in touch,  
or to arrange a time when we can visit you, please leave your details with us.  
You are very welcome to join us for refreshments in the centre following the service.

***May the Lord bless you and keep you.  
May the Lord make his face to shine upon you,  
and be gracious to you.  
May the Lord lift up his countenance upon you,  
and give you peace.***

ST. MARGARET'S CHURCH  
LOWESTOFT

