



Holy Communion for Trinity Season

SERVICE TWO

Sunday 25th August 2024
13th 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.



Preaching & Presiding: Canon Simon Stokes
Deacon: Sarah Spall

WELCOME & Introduction

Song as we prepare to worship

Come, now is the time to worship.
Come, now is the time to give your heart.
Come, just as you are, to worship.
Come, just as you are, before your God.
Come.

One day every tongue will confess
You are God.
One day every knee will bow.
Still the greatest treasure remains for those
Who gladly choose you now.

Come, now is the time to worship.
Come, now is the time to give your heart.
Come, just as you are, to worship.
Come, just as you are, before your God.
Come.

**One day every tongue will confess
You our God.
One day every knee will bow.
Still the greatest treasure remains for those
Who gladly choose you now.**

**Come, now is the time to worship.
Come, now is the time to give your heart.
Come, just as you are to worship.
Come, just as you are before your God.
Come.**

Brian Doerksen©1998 Vineyard Songs (UK/Eire)

The Lord be with you
And also with you.

HYMN 805 - There is a Redeemer

**There is a redeemer,
Jesus, God's own son,
precious Lamb of God, Messiah,
Holy One.**

**Thank you, O my Father,
for giving us your Son,
and leaving your Spirit
till the work on earth is done**

**Jesus my redeemer,
names above all names,
precious Lamb of God, Messiah.
O for sinners slain.**

**Thank you, O my Father,
for giving us your Son,
and leaving your Spirit
till the work on earth is done**

**When I stand glory,
I will see his face,
and there I'll serve my King for ever,
in that holy place.**

**Thank you, O my Father,
for giving us your Son,
and leaving your Spirit
till the work on earth is done**

Prayers of Penitence

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

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.

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 would like to, please stand to sing the Peruvian Gloria)

Glory to God, glory to God, glory to the Father!
Glory to God, glory to God, glory to the Father!

To Him be glory for ever!
To him be glory for ever!

Alleluia. Amen.
Alleluia. Amen. Alleluia. Amen. Alleluia. Amen.

Glory to God, Glory to God, Glory to Christ Jesus.....

Glory to God, Glory to God, Glory to the Spirit.....

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

Almighty God,
you search us and know us:
may we rely on you in strength
and rest on you in weakness,
now and in all our days;
through Jesus Christ our Lord.

THE LITURGY OF THE WORD (Please sit)

BIBLE READING from the **New Testament**
Ephesians 6: 10-20 Read by Jennifer T

Be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

For the word of the Lord.
Thanks be to God.

all age talk

HYMN 639 - Give thanks.

Give thanks with a grateful heart.
Give thanks to the Holy One.
Give thanks because he's given Jesus Christ, his Son.
Give thanks with a grateful heart.
Give thanks to the Holy One.
Give thanks because he's given Jesus Christ, his Son.

And now let the weak say, 'I am strong!'
Let the poor say, 'I am rich!'
because of what the Lord has done for us.
And now let the weak say, 'I am strong!'
Let the poor say, 'I am rich!'
because of what the Lord has done for us.

Give thanks with a grateful heart.
Give thanks to the Holy One.
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And now let the weak say, 'I am strong!'
Let the poor say, 'I am rich!'
because of what the Lord has done for us.
Give thanks.

Henry Smith (b.1952) 639 Words and Music: © 1978, Integrity Music.

GOSPEL READING John 6: 56-69

(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: 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.' He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.' Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON Simon Stokes

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 John

(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)

These words may be used:

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 663 - How shall I sing that Majesty.

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

***How shall I sing that majesty
which angels do admire?
Let dust in dust and silence lie;
sing, sing, ye heavenly choir.
Thousands of thousands stand around
thy throne, O God most high;
ten thousand times ten thousand sound
thy praise; but who am I?***

***Thy brightness unto them appears,
whilst I thy footsteps trace;
a sound of God comes to my ears,
but they behold thy face.
They sing, because thou art their Sun;
Lord, send a beam on me;
for where heaven is but once begun
there alleluias be.***

***Enlighten with faith's light my heart,
in flame it with love's fire;
then shall I sing and bear a part
with that celestial choir.
I shall, I fear, be dark and cold,
with all my fire and light;
yet when thou dost accept their gold,
Lord, treasure up my mite.***

***How great a being, Lord, is thine,
which doth all beings keep!
Thy knowledge is the only line
to sound so vast a deep.
Thou art a sea without a shore,
a sun without a sphere;
thy time is now and evermore,
thy place is everywhere.***

John Mason (c.1645–1694)

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 348 - *O perfect love*

***O perfect love, all human thought transcending,
Lowly we kneel in prayer before thy throne,
That theirs may be the love which knows no ending,
Whom thou for evermore dost join in one.***

***O perfect life, be thou their full assurance
Of tender charity and steadfast faith,
Of patient hope, and quiet brave endurance,
Wot childlike trust that fears not pain nor death.***

***Grant them the joy which brightens earthly sorrow,
Grant them the peace which calms all earthly strife;
And to life's day the glorious unknown morrow
That dawns upon eternal love and life.***

POST COMMUNION PRAYER

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

God our creator,
you feed your children with the true manna,
the living bread from heaven:
let this holy food sustain us through our earthly pilgrimage
until we come to that place where hunger and thirst are no more;
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 707 - *Lift high the cross*

*REFRAIN: Lift high the cross, the love of Christ proclaim
till all the world adore his sacred name.*

**Come, let us follow where our Captain trod,
our King victorious, Christ the Son of God:**

* Led on their way by this triumphant sign,
the hosts of God in conquering ranks combine:

* Each new-born soldier of the Crucified
bears on his brow the seal of him who died:

* This is the sign which Satan's legions fear
and angels veil their faces to revere:

* Saved by the cross whereon their Lord was slain,
earth's fallen children their lost home regain:

* From north and south, from east and west they raise
in growing unison their song of praise:

**O Lord, once lifted on the glorious tree,
as thou hast promised, draw us unto thee:**

**Let every race and every language tell
of him who saves our souls from death and hell:**

**From farthest regions let them homage bring,
and on his cross adore their Saviour King:**

**Set up thy throne, that earth's despair may cease
beneath the shadow of its healing peace:**

**For thy blest cross which doth for all atone
creation's praises rise before thy throne:**

George William Kitchin (1827 – 1912)
Michael Robert Newbolt (1874 – 1956)

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

