

ST. MARGARET'S CHURCH
LOWESTOFT



Service of Holy Communion

For Ordinary Time & Trinity Season
Service One

Sunday 22nd June 2025
1st Sunday after Trinity



Mass Setting: St. Thomas (D. Thorne)

Deacon & Preacher: Sarah
Presiding Canon Simon

WELCOME & Introduction [please remain seated]

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 486 - *Christ is the King!*

***1 Christ is the King! O friends rejoice;
brothers and sisters with one voice
tell all the world he is your choice.
Alleluia.***

***2 O magnify the Lord, and raise
anthems of joy and holy praise
for Christ's brave saints of ancient days.
Alleluia.***

***3 They with a faith for ever new
followed the King, and round him drew
thousands of faithful hearts and true.
Alleluia.***

***4 O Christian women, Christian men,
all the world over, seek again
the Way disciples followed then.
Alleluia.***

***5 Christ through all ages is the same:
place the same hope in his great name,
with the same faith his word proclaim.
Alleluia.***

***6 Let love's unconquerable might
your scattered companies unite
in service to the Lord of light.
Alleluia.***

***7 So shall God's will on earth be done,
new lamps be lit, new tasks begun,
and the whole church at last be one.
Alleluia.***

George Kennedy Allen Bell (1883–1958)*

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, Glory to God, Glory to God in the highest.
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.
Glory to God, Glory to God, Glory to God in the highest.***

***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.***

***Glory to God, Glory to God, Glory to God in the highest.
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.
Glory to God, Glory to God, Glory to God in the highest.***

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

God of truth,
help us to keep your law of love
and to walk in ways of wisdom,
that we may find true life
in Jesus Christ your Son.

THE LITURGY OF THE WORD

(Please sit)

all age talk

BIBLE READING

New Testament: Galatians 3: 23-end Read by Grace

Before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian, for in Christ Jesus you are all children of God through faith. As many of you as were baptised into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus.

And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

For the word of the Lord.

Thanks be to God.

HYMN 512 - *Christ's is the world in which we move*

***1 Christ's is the world in which we move;
Christ's are the folk we're summoned to love;
Christ's is the voice which calls us to care,
and Christ is the one who meets us here.
To the lost Christ shows his face,
to the unloved he gives his embrace,
to those who cry in pain or disgrace,
Christ makes, with his friends, a touching place.***

***2 Feel for the people we most avoid —
strange or bereaved or never employed.
Feel for the women and feel for the men
who fear that their living is all in vain.***

**3 Feel for the parents who've lost their child,
feel for the women whom men have defiled,
feel for the baby for whom there's no breast,
and feel for the weary who find no rest.**

**4 Feel for the lives by life confused,
riddled with doubt, in loving abused;
feel for the lonely heart, conscious of sin,
which longs to be pure but fears to begin.**

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

GOSPEL READING Luke 8: 26-39

(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 Luke.

Glory to you, O Lord.

Jesus and his disciples arrived at the country of the Gerasenes, which is opposite Galilee. As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. When he saw Jesus, he fell down before him and shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me'— for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the

demon into the wilds.) Jesus then asked him, 'What is your name?' He said, 'Legion'; for many demons had entered him. They begged him not to order them to go back into the abyss.

Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. Those who had seen it told them how the one who had been possessed by demons had been healed. Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, 'Return to your home, and declare how much God has done for you.' So he went away, proclaiming throughout the city how much Jesus had done for him.

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON Sarah

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 Jennifer D

(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.

Deacon: Let us offer one another a sign of peace.

OFFERTORY HYMN 621 - *Dear Lord and Father*

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

***1 Dear Lord and Father of mankind,
forgive our foolish ways!
Re-clothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence, praise;
in deeper reverence, praise.***

***2 In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word,
rise up and follow thee;
rise up and follow thee.***

**3 O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity
interpreted by love!
interpreted by love!**

**4 Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace;
the beauty of thy peace.**

**5 Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind, and fire,
O still, small voice of calm;
O still, small voice of calm.**

JOHN GREENLEAF WHITTIER (1807-1892)

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 Choir may remain standing]

The Lord be with you
and also with you

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, Hosanna, Hosanna, in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna, Hosanna, 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:

***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.***

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. The choir will receive Holy Communion first at the High Altar, followed by the rest of the congregation who will receive Holy Communion at the Chancel step.

An anthem is usually sung by the Choir and then a Hymn is also sung during communion (please remain seated)

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.

Anthem

Author of life divine (McDowell)

Hymn 723 - *Loved with everlasting love*

***1 Loved with everlasting love,
led by grace that love to know;
Spirit, breathing from above,
you have taught me it is so.
O what full and perfect peace,
joy and wonder all divine!
In a love which cannot cease
I am his, and he is mine.***

***2 Heaven above is softer blue,
earth around is richer green;
something lives in every hue,
Christless eyes have never seen:
songs of birds in sweetness grow,
flowers with deeper beauties shine,
since I know, as now I know,
I am his and he is mine.***

***3 His for ever, his alone!
Who the Lord from me shall part?
With what joy and peace unknown
Christ can fill the loving heart!
Heaven and earth may pass away,
sun and stars in gloom decline,
but of Christ I still shall say:
I am his and he is mine.***

George Wade Robinson (1838–1877)*

POST COMMUNION PRAYER

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

Eternal Father,
we thank you for nourishing us
with these heavenly gifts:
may our communion strengthen us in faith,
build us up in hope,
and make us grow in love;
for the sake 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 679 - *In Christ there is no east or west*

- 1 In Christ there is no East or West,
in him no South or North,
but one great fellowship of love
throughout the whole wide earth.
- 2 In him shall true hearts everywhere
their high communion find,
his service is the golden cord
close-binding humankind.
- 3 Join hands, then children of the faith,
whate'er your race may be!
Who serves my Father as his child
is surely kin to me.
- 4 In Christ now meet both East and West,
in him meet South and North,
all Christlike souls are one in him,
throughout the whole wide earth.

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.

