

ST. MARGARET'S CHURCH
LOWESTOFT



Service of Holy Communion

For Ordinary Time & Trinity Season



Sunday 7th September

12th Sunday after Trinity

Service One

Mass Setting: St. Thomas (D. Thorne)

Deacon Sarah

Presiding & Preaching Canon Simon

SERVICE ONE

Holy Communion



Deacon: Sarah

Presiding & Preaching: 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 598 - Before the throne of God above.

***1 Before the throne of God above
I have a strong, a perfect plea:
a great High Priest, whose name is Love,
whoever lives and pleads for me.
My name is graven on his hands,
my name is written on his heart;
I know that while in heaven he stands
no tongue can bid me thence depart,
no tongue can bid me thence depart.***

***2 When Satan tempts me to despair,
and tells me of the guilt within,
upward I look, and see him there
who made an end of all my sin.
Because the sinless Saviour died,
my sinful soul is counted free;
for God, the Just, is satisfied
to look on him and pardon me,
to look on him and pardon me.***

***3 Behold him there! the risen Lamb!
my perfect, spotless Righteousness,
the great unchangeable I AM,
the King of glory and of grace!
One with my Lord, I cannot die;
my soul is purchased by his blood;
my life is hid with Christ on high,
with Christ, my Saviour and my God,
with Christ, my Saviour and my God.***

*Charitie Lees De Chenez (1841–1923)**

Prayers of Penitence

We are invited to confess what we have done wrong using these 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 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)*

all age talk

BIBLE READING

New Testament: Philemon 1-21 Read by Captain John

Paul, a prisoner of Christ Jesus, and Timothy our brother, to Philemon our dear friend and co-worker, to Apphia our sister, to Archippus our fellow-soldier, and to the church in your house: Grace to you and peace from God our Father and the Lord Jesus Christ. When I remember you in my prayers, I always thank my God because I hear of your love for all the saints and your faith towards the Lord Jesus. I pray that the sharing of your faith may become effective when you perceive all the good that we may do for Christ. I have indeed received much joy and encouragement from your love, because the hearts of the saints have been refreshed through you, my brother. For this reason, though I am bold enough in Christ to command you to do your duty, yet I would rather appeal to you on the basis of love—and I, Paul, do this as an old man, and now also as a prisoner of Christ Jesus. I am appealing to you for my child, Onesimus, whose father I have become during my imprisonment. Formerly he was useless to you, but now he is indeed useful both to you and to me. I am sending him, that is, my own heart, back to you. I wanted to keep him with me, so that he might be of service to me in your place during my imprisonment for the gospel; but I preferred to do nothing without your consent, in order that your good deed might be voluntary and not something forced. Perhaps this is the reason he was separated from you for a while, so that you might have him back for ever, no longer as a slave but as more than a slave, a beloved brother—especially to me but how much more to you, both in the flesh and in the Lord. So if you consider me your partner, welcome him as you would welcome me. If he has wronged you in any way, or owes you anything, charge that to my account. I, Paul, am writing this with my own hand: I will repay it. I say nothing about your owing me even your own self. Yes, brother, let me have this benefit from you in the Lord! Refresh my heart in Christ. Confident of your obedience, I am writing to you, knowing that you will do even more than I say.

For the word of the Lord.

Thanks be to God.

HYMN 789 - Teach me to dance.

***Teach me to dance to the beat of your heart,
teach me to move in the power of your Spirit,
teach me to walk in the light of your presence,
teach me to dance to the beat of your heart.
teach me to love with your heart of compassion,
teach me to trust in the word of your promise,
teach me to hope in the day of your coming,
teach me to dance to the beat of your heart.***

***1. You wrote the rhythm of life,
created heaven and earth;
in you is joy without measure.
So, like a child in your sight,
I dance to see your delight,
for I was made for your pleasure, pleasure.***

***Teach me to dance to the beat of your heart,
teach me to move in the power of your Spirit,
teach me to walk in the light of your presence,
teach me to dance to the beat of your heart.
teach me to love with your heart of compassion,
teach me to trust in the word of your promise,
teach me to hope in the day of your coming,
teach me to dance to the beat of your heart.***

***2. Let all my movements express
a heart that loves to say 'yes,'
a will that leaps to obey you.
Let all my energy blaze
to see the joy in your face,
let my whole being praise you, praise you.***

***Teach me to dance to the beat of your heart,
teach me to move in the power of your Spirit,
teach me to walk in the light of your presence,
teach me to dance to the beat of your heart.
teach me to love with your heart of compassion,
teach me to trust in the word of your promise,
teach me to hope in the day of your coming,
teach me to dance to the beat of your heart.***

Graham Kendrick born 1950 & Steve Thompson

GOSPEL READING Luke 14.25-33

(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.

Now large crowds were travelling with him; and he turned and said to them, 'Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple. Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying, "This fellow began to build and was not able to finish." Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. So therefore, none of you can become my disciple if you do not give up all your possessions.

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 Gerda

(Please sit or kneel)

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 BANNS OF MARRIAGE, NOTICES AND TIME OF SHARING

THE PEACE

(If you would like to, please stand)

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 489 - From heaven you came.

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

***1 From heaven you came, helpless babe,
Entered our world, your glory veiled;
Not to be served but to serve,
And give your life that we might live.
This is our God, the Servant King,
He calls us now to follow him,
To bring our lives as a daily offering
Of worship to the Servant King.***

***2 There in the garden of tears,
My heavy load he chose to bear;
His heart with sorrow was torn,
'Yet not my will but yours,' he said.
This is our God, the Servant King,
He calls us now to follow him,
To bring our lives as a daily offering
Of worship to the Servant King.***

***3 Come, see his hands and his feet,
The scars that speak of sacrifice,
Hands that flung stars into space
To cruel nails surrendered.
This is our God, the Servant King,
He calls us now to follow him,
To bring our lives as a daily offering
Of worship to the Servant King.***

***4 So let us learn how to serve,
And in our lives enthrone him;
Each other's needs to prefer,
For it is Christ we're serving.
This is our God, the Servant King,
He calls us now to follow him,
To bring our lives as a daily offering
Of worship to the Servant King.***

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: Forth in the peace of Christ (Ogden)

Hymn 427 - Behold the lamb who bears our sins away.

***1 Behold the Lamb who bears our sins away,
slain for us: and we remember
the promise made that all who come in faith
find forgiveness at the cross.
So we share in this bread of life,
and we drink of his sacrifice,
as a sign of our bonds of peace
around the table of the King.***

***2 The body of our Saviour, Jesus Christ,
torn for you: eat and remember
the wounds that heal, the death that brings us life,
paid the price to make us one.
So we share in this bread of life,
and we drink of his sacrifice,
as a sign of our bonds of love
around the table of the King.***

***3 The blood that cleanses every stain of sin,
shed for you: drink and remember
he drained death's cup that all may enter in
to receive the life of God.
So we share in this bread of life,
and we drink of his sacrifice,
as a sign of our bonds of grace
around the table of the King.***

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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.

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 748 - O Jesus, I have promised.

***1 O Jesus, I have promised
to serve thee to the end;
be thou for ever near me,
my Master and my Friend:
I shall not fear the battle
if thou art by my side,
nor wander from the pathway
if thou wilt be my guide.***

****2 O let me feel thee near me:
the world is ever near;
I see the sights that dazzle,
the tempting sounds I hear;
my foes are ever near me,
around me and within;
but, Jesus, draw thou nearer,
and shield my soul from sin.***

***3 O let me hear thee speaking
in accents clear and still
above the storms of passion,
the murmurs of self-will;
O speak to reassure me,
to hasten or control;
O speak, and make me listen,
thou guardian of my soul.***

***4 O Jesus, thou hast promised
to all who follow thee,
that where thou art in glory
there shall thy servant be;
and, Jesus, I have promised
to serve thee to the end:
O give me grace to follow,
my Master and my Friend.***

***5 O let me see thy foot-marks,
and in them plant mine own;
my hope to follow duly
is in thy strength alone:
O guide me, call me, draw me,
uphold me to the end;
and then in heaven receive me,
my Saviour and my Friend.***

John Ernest Bode (1816–1874)

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.

