

ST. MARGARET'S CHURCH
LOWESTOFT



Service of Holy Communion

For Trinity Season
Service One



Sunday 12th July 2026

6th Sunday after Trinity

Sea Sunday including the commissioning of
Sue Brockie & Rachel McDonough
as Authorised Worship assistants

Mass Setting: St. Thomas (D. Thorne)

**Deacon Sue
Presiding & Preaching Canon Simon**



WELCOME & Introduction [please remain seated]

*We join together on this Sea Sunday to honour the courageous men
and women who keep our world moving.*

*Together, let's pray and give thanks for seafarers facing tough and
often lonely conditions.*

This is the day that the Lord has made.

We will rejoice and be glad in it.

HYMN 623 - Eternal Father, strong to save.

**1 Eternal Father, strong to save,
whose arm doth bind the restless wave,
who bidd'st the mighty ocean deep
its own appointed limits keep:
O hear us when we cry to thee
for those in peril on the sea.**

**2 O Saviour, whose almighty word
and winds and waves submissive heard,
who walkedst on the foaming deep,
and calm amid its rage, didst sleep;
O hear us when we cry to thee
for those in peril on the sea.**

**3 O sacred Spirit, who didst brood
upon the chaos dark and rude,
who bad'st its angry tumult cease,
and gavest light and life and peace:
O hear us when we cry to thee
for those in peril on the sea.**

**4 O Trinity of love and power,
our brethren shield in danger's hour;
from rock and tempest, fire and foe,
protect them whereso'er they go;
and ever let there rise to thee
glad hymns of praise from land and sea.**

WILLIAM WHITING (1825-1878)

[Please be seated]

The COMMISSIONING OF Sue Brockie & Rachel McDonough as AUTHORISED WORSHIP ASSISTANTS [AWA's]

Sue & Rachel stand at the front

Incumbent

Brothers and sisters, we are all baptised by the one Spirit into one body, and given gifts for a variety of ministries for the common good. Today our purpose is to recognise the particular gifts God has given to our new Authorised Worship Assistants and to commission them in the name of Christ Jesus and this congregation to the special ministry to which they have been called.

Incumbent

Sue & Rachel, you have been called to a ministry of Authorised Worship Assistant within this congregation and community. Will you, as long as you are engaged in this work, perform it with diligence?

AWA With the help of God. I will.

Incumbent

Will you faithfully and reverently execute the duties of your ministry to the honour of God, and the benefit of the members of this congregation?

AWA With the help of God. I will.

Incumbent There are varieties of gifts but the same Spirit, and there are varieties of service but the same Lord; and there are varieties of working but it is the same God who inspires them in everyone.

Let us pray

Almighty God, graciously hear our prayers and confirm with your heavenly blessing your servants Sue & Rachel whom we commission to minister in your Church, that with sincere devotion of heart and mind and body they may offer acceptable service to you and to the congregations of this Benefice; through Jesus Christ our Lord.

All Amen.

Incumbent In the name of God and this congregation, I
commission you,
Sue & Rachel, as an Authorised Worship Assistant in this parish.
May the Lord bless your going out and your coming in from this time
forth and for ever more.

Sue & Rachel are presented with their Letter of Authorisation.

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*)

Creator God,
you made us all in your image:
may we discern you in all that we see,
and serve you in all that we do;
through Jesus Christ our Lord.
Amen.

**THE LITURGY OF THE WORD
(*Please sit*)**

All age talk

BIBLE READING

New Testament: Romans 8: 1-11 Read by Helen B

There is therefore now no condemnation for those who are in Christ Jesus.

For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

For the word of the Lord.

Thanks be to God.

**1 When I needed a neighbour,
were you there, were you there?
When I needed a neighbour, were you there?
And the creed and the colour
and the name won't matter,
were you there?**

**2 I was hungry and thirsty,
were you there, were you there?
I was hungry and thirsty,
were you there?
And the creed and the colour
and the name won't matter
were you there?**

**3 I was cold, I was naked,
were you there, were you there?
I was cold, I was naked, were you there?
And the creed and the colour
and the name won't matter
Were you there?**

**4 When I needed a shelter,
were you there, were you there?
When I needed a shelter, were you there?
And the creed and the colour
and the name won't matter
Were you there?**

**5 When I needed a healer,
were you there, were you there?
When I needed a healer, were you there?
And the creed and the colour
and the name won't matter
Were you there?**

**6 Wherever you travel,
I'll be there, I'll be there,
wherever you travel, I'll be there.
And the creed and the colour
and the name won't matter, I'll be there**

SYDNEY CARTER (1915-2004)

GOSPEL READING Luke 5: 2-11

(Please remain standing)

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

Glory to you, O Lord.

He saw at the water's edge two boats, left there by the fishermen, who were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little from shore. Then he sat down and taught the people from the boat. When he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch." Simon answered, "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets." When they had done so, they caught such a large number of fish that their nets began to break. So they signalled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink. When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" For he and all his companions were astonished at the catch of fish they had taken, and so were James and John, the sons of Zebedee, Simon's partners. Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people." So they pulled their boats up on shore, left everything and followed him.

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 Christine
(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.**

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 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 Forth in the peace of Christ (Ogden)

HYMN 557 - Beauty for brokenness

**1 Beauty for brokenness, hope for despair,
Lord, in your suffering world this is our prayer.
Bread for the children, justice, joy, peace,
sunrise to sunset your kingdom increase!**

**2 Shelter for fragile lives, cures for their ills,
work for the craftsmen, trade for their skills.
Land for the dispossessed, rights for the weak,
voices to plead the cause of those who can't speak.
*God of the poor, friend of the weak,
give us compassion, we pray:
melt our cold hearts, let tears fall like rain.
Come, change our love from a spark to a flame.***

**3 Refuge from cruel wars, havens from fear,
cities for sanctuary, freedoms to share.
Peace to the killing fields, scorched earth to green,
Christ for the bitterness, his cross for the pain.**

**4 Rest for the ravaged earth, oceans and streams,
plundered and poisoned: our future, our dreams.
Lord, end our madness, carelessness, greed;
make us content with the things that we need.
*God of the poor, friend of the weak,
give us compassion, we pray:
melt our cold hearts, let tears fall like rain.
Come, change our love from a spark to a flame.***

**5 Lighten our darkness, breathe on this flame,
until your justice burns brightly again;
until the nations learn of your ways,
seek your salvation and bring you their praise.
*God of the poor, friend of the weak,
give us compassion, we pray:
melt our cold hearts, let tears fall like rain.
Come, change our love from a spark to a flame.***

POST COMMUNION PRAYER

God of our pilgrimage,
you have led us to the living water:
refresh and sustain us
as we go forward on our journey,
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 Will your anchor hold (On Separate Sheet / screens)

**Will your anchor hold in the storm of life,
when the clouds unfold their wings of strife?
When the strong tides lift
and the cables strain, will your anchor drift
or firm remain?**

***We have an anchor that keeps the soul
Steadfast and sure while the billows roll;
Fastened to the rock which cannot move,
grounded firm and deep in the Saviour's love!***

**Will your anchor hold in the straits of fear,
When the breakers roar and the reef is near?
While the surges rage, and the wild winds blow,
shall the angry waves then your bark o'erflow?**

***We have an anchor that keeps the soul
Steadfast and sure while the billows roll;
Fastened to the rock which cannot move,
grounded firm and deep in the Saviour's love!***

**Will your anchor hold in the floods of death,
when the waters cold chill your latest breath?
On the rising tide you can never fail,
while your anchor holds within the veil.**

***We have an anchor that keeps the soul
Steadfast and sure while the billows roll;
Fastened to the rock which cannot move,
grounded firm and deep in the Saviour's love!***

**Will your eyes behold through the morning light,
the city of gold and the harbour bright?
Will you anchor safe by the heav'nly shore,
when life's storms are past for evermore?**

***We have an anchor that keeps the soul
Steadfast and sure while the billows roll;
Fastened to the rock which cannot move,
grounded firm and deep in the Saviour's love!***

THE BLESSING

O Trinity of love and power,
our brothers and sisters shield in danger's hour;
from rock and tempest, fire and foe,
protect them and us where ever they go;
and ever let our rise to thee
glad hymns of praise from land and sea.

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.