

ST. MARGARET'S CHURCH

LOWESTOFT



Holy Communion for Trinity & Ordinary time

SERVICE ONE

Sunday 7th July 2024 - 6th Sunday after Trinity



WELCOME & Introduction

Deacon & Preacher: Gerda

Presiding: Canon Simon Stokes

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: 641 – *Glorious things of thee are spoken*

*Glorious things of thee are spoken,
Zion, city of our God;
he whose word cannot be broken
formed thee for his own abode;
on the Rock of Ages founded,
what can shake thy sure repose?
With salvation's walls surrounded,
thou may'st smile at all thy foes.*

*See! the streams of living waters,
springing from eternal love,
well supply thy sons and daughters
and all fear of want remove.
Who can faint, while such a river
ever flows their thirst to assuage?
Grace which, like the Lord, the Giver,
never fails from age to age.*

*Round each habitation hovering,
see the cloud and fire appear
for a glory and a covering,
showing that the Lord is near.
Thus they march, the pillar leading,
light by night, and shade by day;
daily on the manna feeding
which he gives them when they pray.*

*Saviour, if of Zion's city,
I through grace a member am,
let the world deride or pity,
I will glory in thy Name.
Fading is the worldling's pleasure,
All his boasted pomp and show;
solid joys and lasting treasure
none but Zion's children know.*

JOHN NEWTON (1725 – 1807)

The Lord be with you
And also with you.

Let us worship the Lord.
Thanks be to God.
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 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.
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.
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. Amen.**

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.

THE LITURGY OF THE WORD

(Please sit)

Before the readings there may be an all-age talk

BIBLE READINGS

2 Samuel 5: 1-5, 9-10 Read by Richard

All the tribes of Israel came to David at Hebron, and said, 'Look, we are your bone and flesh. For some time, while Saul was king over us, it was you who led out Israel and brought it in. The Lord said to you: It is you who shall be shepherd of my people Israel, you who shall be ruler over Israel.' So all the elders of Israel came to the king at Hebron; and King David made a covenant with them at Hebron before the Lord, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned for forty years. At Hebron he reigned over Judah for seven years and six months; and at Jerusalem he reigned over all Israel and Judah for thirty-three years. David occupied the stronghold and named it the city of David. David built the city all around from the Millo inwards. And David became greater and greater, for the Lord, the God of hosts, was with him.

For the word of the Lord.

Thanks be to God.

2 Corinthians 12: 2-10 Read by Samuel

I know a person in Christ who fourteen years ago was caught up to the third heaven - whether in the body or out of the body I do not know; God knows. And I know that such a person - whether in the body or out of the body I do not know; God knows - was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given to me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, 'My grace is sufficient for you, for power is made perfect in weakness.' So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore, I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

For the word of the Lord.

Thanks be to God.

HYMN: 144 – How deep the Father’s love

***How deep the Father’s love for us,
how vast beyond all measure,
that he should give his only Son
to make a wretch his treasure.
How great the pain of searing loss;
the Father turns his face away,
as wounds which mar the chosen One
bring many souls to glory.***

***Behold the man upon a cross,
my sin upon his shoulders;
ashamed, I hear my mocking voice
call out among the scoffers.
It was my sin that held him there,
until it was accomplished;
his dying breath has brought me life —
I know that ‘it is finished.’***

***I will not boast in anything,
no gifts, no power, no wisdom;
but I will boast in Jesus Christ,
his death and resurrection.
Why should I gain from his reward?
I cannot give an answer;
but this I know with all my heart,
his wounds have paid my ransom.***

Stuart Townend (b.1963)

GOSPEL READING: Mark 6: 1-13

(Please remain standing)

These words may be used

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!**

When the Gospel is announced:

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

Glory to you, O Lord.

Jesus came to his home town, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him. Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, 'Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.' So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

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 Revd. Pauline
(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 BANNES OF MARRIAGE, 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: 645 – *God is our strength and refuge*

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

***God is our strength and refuge,
our present help in trouble;
and we therefore will not fear,
though the earth should change!
Though mountains shake and tremble,
though swirling floods are raging,
God the Lord of hosts is with us evermore!***

***There is a Flowing river,
within God's holy city;
God is in the midst of her -
she shall not be moved!
God's help is swiftly given,
thrones vanish at his presence -
God the Lord of hosts is with us evermore!***

***Come, see the works of our maker,
learn of his deeds all-powerful:
wars will cease across the world
when he shatters the spear!
Be still and know your creator,
uplift him in the nations -
God the Lord of hosts is with us evermore!***

Richard Bewes (b. 1934) based on Psalm 46

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 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!

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, in the highest.

Blessed is he who comes in the name of the Lord.

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.

DEACON: 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:

Jesus, Lamb of God, have mercy on us.

Jesus, bearer of our sins, have mercy on us.

Jesus, redeemer of the world, grant us your 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.*

An anthem is usually sung by the Choir and then a **HYMN** is also sung during
Communion. (Please remain seated)

Anthem: *Be still, for the presence of the Lord (Evans)*

HYMN: 389 – *Spirit of God*

**Spirit of God, unseen as the wind,
gentle as is the dove,
teach us the truth and help us believe,
show us the Saviour's love.**

**You spoke to us long, long ago,
gave us the written word;
we read it still, needing its truth,
through it God's voice is heard.**

**Spirit of God, unseen as the wind,
gentle as is the dove,
teach us the truth and help us believe,
show us the Saviour's love.**

**Without your help we fail our Lord,
we cannot live his way;
we need your power, we need your strength,
following Christ each day.**

Margaret V. Old (1932–2001)

POST COMMUNION PRAYER

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

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: 652 – Guide me, O thou great redeemer

***Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty;
hold me with thy powerful hand;
Bread of heaven, Bread of heaven,
feed me now and evermore,
feed me now and evermore.***

***Open now the crystal fountain,
whence the healing stream doth flow;
let the fiery cloudy pillar
lead me all my journey through;
strong Deliverer, strong Deliverer,
be thou still my Strength and Shield,
be thou still my Strength and Shield.***

***When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side;
songs and praises, songs and praises,
I will ever give to thee,
I will ever give to thee.***

WILLIAM WILLIAMS (1717-1791)
Translated by PETER WILLIAMS (1727-1796)

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

DEACON: 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.

