

# Holy Trinity 10am Parish Eucharist

*30th June 2024*

*The Fifth Sunday after Trinity*

**5pm Service** today is Choral Evensong with the Historic Churches Trust

## **VOLUNTARY**

*During which the following prayer is shown  
on the screens:*

Lord,  
let my life be a space  
in which you can work in the world.  
Clear away my inner rubbish,  
and fill me with your Spirit  
of healing, delight and peace,  
so that everything I do  
may be the fruit of your life in me.

*(Angela Ashwin)*

## **THE GATHERING**

*Informal welcome*

## **PROCESSIONAL HYMN**

NEH 436

Praise, My Soul

1 Praise, my soul the King of heaven;  
to his feet thy tribute bring.  
Ransomed, healed, restored, forgiven,  
who like me his praise should sing?  
Praise him! Praise him!  
Praise him! Praise him!  
Praise the everlasting King!

2 Praise him for his grace and favour  
to our fathers in distress;  
praise him still the same for ever,

slow to chide, and swift to bless.  
Praise him! Praise him!  
Praise him! Praise him!  
Glorious in his faithfulness.

3 Fatherlike he tends and spares us;  
well our feeble frame he knows;  
in his hands he gently bears us,  
rescues us from all our foes.  
Praise him! Praise him!  
Praise him! Praise him!  
Widely as his mercy flows.

4 Angels, help us to adore him;  
ye behold him face to face;  
sun and moon bow down before him,  
dwellers all in time and space.  
Praise him! Praise him!  
Praise him! Praise him!  
Praise with us the God of grace!

## THE GREETING

*President* We meet in the name of the Father, and of the Son,  
and of the Holy Spirit.

**All** **Amen.**

*President* The Lord be with you.

**All** **And also with you.**

*President* Please be seated.

*The President introduces the service  
and the theme of today's readings and sermon*

## PRAYER OF PREPARATION

**All** **Almighty God,  
to whom all hearts are open,**

**all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord.  
Amen.**

## **PRAYERS OF PENITENCE**

*President* 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.

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.

*All* **Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you in newness of life  
to the glory of your name.  
Amen.**

*President* Almighty God, who forgives all who truly repent,  
have mercy upon you,

pardon † and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in life eternal;  
through Jesus Christ our Lord.

**All**                    **Amen.**

*President*            Please stand to sing the Gloria.

## **GLORIA IN EXCELSIS**

Mass of St Thomas

**All**                    **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**

*President* Almighty and everlasting God,  
by whose Spirit the whole body of the Church  
is governed and sanctified:  
hear our prayer which we offer for all your faithful people,  
that in their vocation and ministry  
they may serve you in holiness and truth  
to the glory of your name;  
through our Lord and Saviour Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

*All* **Amen.**

## **THE LITURGY OF THE WORD**

### **A READING FROM THE BIBLE** *2 Corinthians 8.7–end*

*Read by Eve Archer*

*Reader* This is the word of the Lord.  
*All* **Thanks be to God.**

### **GRADUAL HYMN**

NEH 376

Kingsfold

1 I heard the voice of Jesus say,  
'Come unto me and rest;  
lay down, thou weary one, lay down  
thy head upon my breast.'  
I came to Jesus as I was,  
weary, and worn, and sad;  
I found in him a resting-place,  
and he has made me glad.

2 I heard the voice of Jesus say,  
'Behold, I freely give  
the living water, thirsty one;  
stoop down, and drink, and live.'  
I came to Jesus, and I drank  
of that life-giving stream;  
my thirst was quenched, my soul revived,

and now I live in him.

3 I heard the voice of Jesus say,  
'I am this dark world's Light;  
look unto me, thy morn shall rise,  
and all thy day be bright:'  
I looked to Jesus, and I found  
in him my Star, my Sun;  
and in that light of life I'll walk  
till travelling days are done.

## **GOSPEL READING** *Mark 5.21–end*

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

*All (sung)* **Glory to you, O Lord.**

*President* This is the Gospel of the Lord.

*All (sung)* **Praise to you, O Christ.**

**SERMON** *James Sorel-Cameron*

## **NICENE CREED**

*President* Let us declare our faith in God,  
who is Father, Son and Holy Spirit.

*All* **We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is,  
seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.  
For us and for our salvation he came down from heaven,**

**was incarnate from the Holy Spirit and the Virgin Mary  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living  
and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is worshipped and  
glorified,  
who has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the  
forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

## **PRAYERS OF INTERCESSION** - *led by Penny Harrison*

*The following response is used after each section*

**All** Lord, in your mercy  
**Hear our prayer**

*The prayers conclude with the following:*

*Intercessor*  
**All** Merciful Father,  
**accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ.  
Amen.**

## **THE LITURGY OF THE SACRAMENT**

## THE PEACE

*President* Jesus says to his disciples,  
'Peace I leave with you; my peace I give you.  
Not as the world gives do I give to you.  
Let not your hearts be troubled or afraid.'

*All* The peace of the Lord be always with you.  
**And also with you.**

Let us offer one another a sign of Christ's peace.

## OFFERTORY HYMN

NEH 364

Blaenwern

1 God is Love: let heav'n adore him;  
God is Love: let earth rejoice;  
let creation sing before him,  
and exalt him with one voice.  
He who laid the earth's foundation,  
he who spread the heav'ns above,  
he who breathes through all creation,  
he is Love, eternal Love.

2 God is Love: and he enfoldeth  
all the world in one embrace;  
with unflinching grasp he holdeth  
every child of every race.  
And when human hearts are breaking  
under sorrow's iron rod,  
then they find that selfsame aching  
deep within the heart of God.

3 God is Love: and though with blindness  
sin afflicts the souls of men,  
God's eternal loving-kindness  
holds and guides them even then.  
Sin and death and hell shall never  
o'er us final triumph gain;



God is Love, so Love for ever  
o'er the universe must reign.

## PREPARATION OF THE TABLE

*The President takes the bread*

*President* Blessed are you, Lord God of all creation:  
through your goodness we have this bread to set before you,  
which earth has given and human hands have made.  
It will become for us the bread of life.

**All** **Blessed be God for ever.**

*The President takes the wine*

Blessed are you, Lord God of all creation:  
through your goodness we have this wine to set before you,  
fruit of the vine and work of human hands.  
It will become for us the cup of salvation.

**All** **Blessed be God for ever.**

## THE EUCHARISTIC PRAYER

*President* The Lord be with you.

**All** **And also with you.**

*President* Lift up your hearts.

**All** **We lift them to the Lord.**

*President* Let us give thanks to the Lord our God.

**All** **It is right to give thanks and praise.**

*President* Father, we give you thanks and praise  
through your beloved Son Jesus Christ, your living Word,  
through whom you have created all things;  
who was sent by you in your great goodness  
to be our Saviour.  
By the power of the Holy Spirit he took flesh;  
as your Son, born of the blessed Virgin,

he lived on earth and went about among us;  
he opened wide his arms for us on the cross;  
he put an end to death by dying for us;  
and revealed the resurrection by rising to new life;  
so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and singing:

## **SANCTUS & BENEDICTUS**

Mass of St Thomas

***All***            **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.**

*President*      Lord, you are holy indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many  
for the forgiveness of sins.

Do this, as often as you drink it,  
in remembrance of me.

Christ is the bread of life:

**All**      **When we eat this bread and drink this cup,  
we proclaim your death, Lord Jesus,  
until you come in glory.**

*President*      And so, Father, calling to mind his death on the cross,  
his perfect sacrifice made once for the sins  
of the whole world;  
rejoicing in his mighty resurrection and glorious ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our redemption.  
As we offer you this our sacrifice of praise and thanksgiving,  
we bring before you this bread and this cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.

Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;

by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever.

**All**      **Amen.**

## **THE LORD'S PRAYER**

*The President introduces the Lord's Prayer*

**All**      **Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;**

on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.

## **BREAKING OF THE BREAD**

*The President breaks the consecrated bread*

*President* We break this bread  
to share in the body of Christ.

*All* **Though we are many, we are one body,  
because we all share in one bread.**

## **Invitation to Communion**

*President* Everyone is invited to participate in the sharing of Holy Communion. Please wait in your seat until invited by a Churchwarden to move.

You can then either come forward to the high altar where there will be a common cup, or if you prefer, when you are invited to move, go to the font where Communion is offered with the bread dipped in the wine. If you are going to the back please make your way down the side aisles to avoid congestion in the centre aisle.

Whichever station you are going to,  
please wait until invited to make your way there.  
Thank you.

*President* Jesus is the Lamb of God  
who takes away the sins of the world.

**All**

Blessed are those who are called to his supper.  
**Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

**AGNUS DEI**

Mass of St Thomas

**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.**

*The President and people receive Communion or a blessing.  
Please come to a communion station when indicated by a Warden.*

**ANTHEM**

*Strengthen ye the weak hands*

William Henry Harris

*The Lord hath created medicines out of the earth; and he that is wise will not abhor them. And he hath given men skill, that he might be honoured in his marvellous works. My son, in thy sickness leave off from sin, and order thy hands aright, and cleanse thy heart from all wickedness. Strengthen ye the weak hands, and confirm the feeble knees. Say to them that are of a fearful heart, be strong, fear not: behold, your God will come; he will come and save you. Then shall the eyes of the blind be opened, and the ears of the deaf shall be unstopped. Then shall the lame man leap as an hart, and the tongue of the dumb shall sing: for in the wilderness shall waters break out, and streams in the desert. The wilderness and the solitary place shall be glad for them; and the desert shall rejoice, and blossom as the rose. It shall blossom abundantly, and rejoice with joy and singing: the glory of Lebanon shall be given unto it, the excellency of Carmel and Sharon, they shall see the glory of the Lord, and the excellency of our God. O Saviour of the world, who by thy Cross and precious Blood hast redeemed us, save us and help us, we humbly beseech thee, O Lord.  
(Ecclesiasticus 38; Isaiah 35)*

**COMMUNION HYMN**

Saffron Walden

NEH 294

1 Just as I am, without one plea  
but that thy blood was shed for me,  
and that thou bidd'st me come to thee,  
O Lamb of God, I come.

2 Just as I am, though tossed about  
with many a conflict, many a doubt,  
fightings within, and fears without,  
O Lamb of God, I come.

3 Just as I am, poor, wretched, blind;  
Sight, riches, healing of the mind,  
yea all I need, in thee to find,  
O Lamb of God, I come.

4 Just as I am, thou wilt receive,  
wilt welcome, pardon, cleanse, relieve:  
because thy promise I believe,  
O Lamb of God, I come.

5 Just as I am (thy love unknown  
has broken every barrier down),  
now to be thine, yea thine alone,  
O Lamb of God, I come.

6 Just as I am, of that free love  
the breadth, length, depth and height to prove,  
here for a season then above,  
O Lamb of God, I come.

## **PRAYER AFTER COMMUNION**

*President* Grant, O Lord, we beseech you,  
that the course of this world  
may be so peaceably ordered by your governance,  
that your Church may joyfully serve you  
in all godly quietness;  
through Jesus Christ our Lord.

**All** **Amen.**

**All**                    **Almighty God,**  
**we thank you for feeding us**  
**with the body and blood of your Son Jesus Christ.**  
**Through him we offer you our souls and bodies**  
**to be a living sacrifice.**  
**Send us out**  
**in the power of your Spirit**  
**to live and work**  
**to your praise and glory.**  
**Amen.**

## **THE DISMISSAL**

**The notices including Banns of Marriage**

*Please stand*

## **THE BLESSING**

*President*            The Lord be with you.  
**All**                    **And also with you.**

*President*            The love of the Lord Jesus  
draw you to himself,  
the power of the Lord Jesus  
strengthen you in his service,  
the joy of the Lord Jesus fill your hearts;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.  
**All**                    **Amen.**

## **RECESSIONAL HYMN**

Lord Of The Years

HON 409

1 Lord, for the years your love has kept and guided,  
urged and inspired us, cheered us on our way,  
sought us and saved us, pardoned and provided:  
Lord of the years, we bring our thanks today.

2 Lord, for that word, the word of life which fires us,

speaks to our hearts and sets our souls ablaze,  
teaches and trains, rebukes us and inspires us:  
Lord of the word, receive your people's praise.

3 Lord, for our land, in this our generation,  
spirits oppressed by pleasure, wealth and care:  
for young and old, for commonwealth and nation,  
Lord of our land, be pleased to hear our prayer.

4 Lord, for our world; when we disown and doubt you,  
loveless in strength, and comfortless in pain;  
hungry and helpless, lost indeed without you,  
Lord of the world, we pray that Christ may reign.

5 Lord for ourselves; in living power remake us -  
self on the cross and Christ upon the throne,  
past put behind us, for the future take us:  
Lord of our lives, to live for Christ alone.

## **THE DISMISSAL**

*Please turn to face the West door at the back of the church*

*President*

Go in peace to love and serve the Lord.

*All*

**In the name of Christ. Amen.**

## **VOLUNTARY**