



Wednesday 13 March 2024

Bread for the World

An Informal Eucharist

Introit A grateful heart *Mary Plumstead (words by George Herbert)*

Welcome and Opening Prayers Revd Angela Sheard

Creator God,
Come to us, in the difference of every life gathered
Come to us in song
Come to us in word
Come to us in stillness and silence
Come to us in our care for one another
Come to us in bread and wine
Come to us in flesh and blood
Reach out across time
Be present in all time.

All **Amen.**

All **Come Jesus, be our guest,
Stay with us for day is ending.
With friend, with stranger,
With young and old,
With the lost and found
Be among us tonight
Our guest our host
The one who says all – all are welcome here.**

Opening Hymn

**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.**

Continued...

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.

Horatius Bonar (1808-1889)

Prayers of Forgiveness

God longs to be with us. But we often live in alienation from God, ourselves, one another and God's creation. Therefore in the light of Christ let us confess our sins.

Silence is kept.

Because the world is beautiful but beauty is easily destroyed, we need you.

Lord, have mercy.

All **Lord, have mercy.**

Because we often abandon you and turn away and walk past and are afraid and countless times betray you but you love us to the end and win a victory over all hatred, we need you.

Christ, have mercy.

All **Christ, have mercy.**

Because we have your message to proclaim, because we have your kingdom to build, because there are so many in need of your love, because we have your life to live.

Lord, have mercy.

All **Lord, have mercy.**

And Jesus said "Your sins are forgiven"

In the name of the Father who created you and waits to welcome you home, in the name of the Son who searches for you, in the name of

the Spirit who brings the healing of forgiveness and calls you to do the same, you have been set free.

All **Amen.**

Words on the Edge Matthew 13.1-9

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!'

Poem The Flower Pg 106 *My Sour-Sweet Days*

How fresh, oh Lord, how sweet and clean
Are thy returns! even as the flowers in spring;
 To which, besides their own demean,
The late-past frosts tributes of pleasure bring.
 Grief melts away
 Like snow in May,
As if there were no such cold thing.

Who would have thought my shriveled heart
Could have recovered greenness? It was gone
 Quite underground; as flowers depart
To see their mother-root, when they have blown,
 Where they together
 All the hard weather,
Dead to the world, keep house unknown.

These are thy wonders, Lord of power,
Killing and quickening, bringing down to hell
 And up to heaven in an hour;
Making a chiming of a passing-bell.
 We say amiss
 This or that is:
Thy word is all, if we could spell.

Oh that I once past changing were,
Fast in thy Paradise, where no flower can wither!
 Many a spring I shoot up fair,
Offering at heaven, growing and groaning thither;

Nor doth my flower
Want a spring shower,
My sins and I joining together.

But while I grow in a straight line,
Still upwards bent, as if heaven were mine own,
Thy anger comes, and I decline:
What frost to that? what pole is not the zone
 Where all things burn,
 When thou dost turn,
And the least frown of thine is shown?

And now in age I bud again,
After so many deaths I live and write;
I once more smell the dew and rain,
And relish versing. Oh, my only light,
 It cannot be
 That I am he
On whom thy tempests fell all night.

These are thy wonders, Lord of love,
To make us see we are but flowers that glide;
 Which when we once can find and prove,
Thou hast a garden for us where to bide;
 Who would be more,
 Swelling through store,
Forfeit their Paradise by their pride.

Reflection Wendy Quill - Faith

Anthem The Flower Alec Roth (words by George Herbert)

Prayers

Prayer of Thanksgiving

Prayer of Concern

Prayer of Hope

Each prayer ends with 'We pray to you'



Sharing of the Peace

God of eternal peace, who offers the gift of peace and whose children are the peacemakers; pour your peace into our hearts, that conflict and anger may cease. Peace is the gift of the Risen Christ.

The peace of the Lord be always with you.

All **And also with you.**

Let us offer each other a sign of that peace

As we sing the hymn, you are invited to gather around the altar.

Gathering Hymn

- 1 **Be thou my vision, O Lord of my heart,
be all else but naught to me, save that thou art;
be thou my best thought in the day and the night,
both waking and sleeping, thy presence my light.**
- 2 **Be thou my wisdom, be thou my true word,
be thou ever with me, and I with thee Lord;
be thou my great Father, and I thy true son;
be thou in me dwelling, and I with thee one.**

Continued...

**3 Be thou my breastplate, my sword for the fight;
be thou my whole armour, be thou my true might;
be thou my soul's shelter, be thou my strong tower:
O raise thou me heavenward, great Power of my power.**

**4 Riches I heed not, nor man's empty praise:
be thou mine inheritance now and always;
be thou and thou only the first in my heart;
O Sovereign of heaven, my treasure thou art.**

**5 High King of heaven, thou heaven's bright sun,
O grant me its joys after vict'ry is won;
great Heart of my own heart, whatever befall,
still be thou my vision, O Ruler of all.**

Irish, c 8th century tr Mary Byrne (1880-1931) versified, Eleanor Hull (1860-1935)

The Eucharistic Prayer

The Lord be with you
All **and also with you.**

Together we pray:

All **Bless the earth, heal the sick, let the oppressed go free, and fill
each one of us with your love from on high. Gather your people
from the ends of the earth to feast at your table with all your
saints.**

The Lord's Prayer

Let us pray each in our own preferred language the prayer our Saviour
taught us:

All **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 for ever.
Amen.**

The Breaking of the Bread

Look, Jesus Christ, the Bread of Heaven, is broken for the life of the world. The gifts of God for the people of God.

All **Jesus Bread of Life, Bread which is broken, Bread for the world.**

Communion Anthem Unless a grain of wheat *Bernadette Farrell*

Prayer after Communion

All **Lord Jesus Christ, You are the Word for us to speak, You are the Truth for us to tell; You are the Light for us to light in the darkness, You are the Bread of Life for us to share.**

Notices

Thanksgiving Hymn

- 1 Hope of our calling: hope through courage won
by those who dared to share all Christ had done.
Saints of today, Christ's banner now unfurled,
will bring his gospel to a waiting world.**
- 2 Hope of our calling: hope with strength empowered,
inspired by all that we have seen and heard;
this call is ours, for we are chosen too,
to live for God in all we say and do.**
- 3 Hope of our calling: hope with grace outpoured,
from death's despair the gift of life restored;
our call to serve, to wash each other's feet,
to bring Christ's healing touch to all we meet.**
- 4 Hope of our calling: hope by faith made bold
to sow God's righteousness throughout the world;
bring peace from conflict, fruitfulness from weeds,
the kingdom's harvest from the kingdom's seeds.**
- 5 Hope of our calling: Spirit-filled, unbound,
old joys remembered and new purpose found,
our call refreshed by sacrament and word,
we go in peace to love and serve the Lord.**

Ally Barrett (born 1975)

Blessing

Go simply, lightly, gently

Go with obedience

Go with love

And the blessing of Almighty God,

Father, Son and Holy Spirit be with you now and forever.

All **Amen.**

Blessing Anthem Amazing grace *Will Todd*

President: Revd Angela Sheard

Preacher: Wendy Quill

Choir: Choral Scholars of St Martin-in-the-Fields

Pianist: Polina Sosnina

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