



Sunday 4 August 2024, 10am
The Tenth Sunday after Trinity

The Eucharist

Presider
Revd Dr Sam Wells

Preacher
Revd Richard Carter

Soloist
Ciara Williams

Accompanist
Steve Adams

Mass Setting
Mass of St Thomas *Thorne*

Welcome

Our welcomers are available to assist with any of the following information. Toilets are available: please ask a welcomer.

Welcome whether you are joining us today in our building or online. Our cameras focus on those who are leading our service, but if you are in the building and would like to ensure that you are not caught on camera, please sit outside the pillars on the south of the church (to the right as you enter).

Welcome if you are disabled, unwell, have experiences of dementia, physical, sensory or mental health issues, or are neurodivergent. The order of service is online. Large print copies are also available. The hearing loop works best on the south side of the church. Step-free access to church is via the ramp on the north side, and to the Crypt and Hall via lifts in the NW porch and Pavilion.

Welcome to babies, children and young people. We understand that young children make noise. If your baby becomes upset during the service, you are welcome to go to the back of church if needed to settle — or to our children's church room. We support breastfeeding in services; we also have a room allocated if preferred. We have a children's church group during the service. A youth group for teenagers meets fortnightly on Sundays at 3.30pm.

Welcome to anyone in need of safeguarding. If you would like to reach our safeguarding team, you can email safeguarding@smitf.org.

Welcome to all heritages and experiences of race, culture and language. At the Lord's Prayer all are invited to bring the gift of our preferred language to our worship. Our 1.30pm is in Cantonese: our welcomers are happy to help where they can if you are new to English. You are also very welcome if you are LGBTQIA+.

Welcome if you are agnostic or are from a faith tradition other than Christianity. Welcome if you are wary of faith. **Welcome** if you're exploring. **Welcome** if you are here to support someone else. If you would like to explore what you believe in a friendly and non-judgemental group, our Being With courses run throughout the year online and in the building. Email being-with@smitf.org for more details.

You are welcome to share our meal with God. When we come to Holy Communion, we receive bread in the form of a wafer, then wine from a common cup. Non-alcoholic wine and gluten-free wafers are available in the south aisle. If you need to receive in your seat, please let a welcomer know and ministers will come to you. If you do not want to or cannot receive bread or wine for whatever reason you are welcome to let the priest know you would like to receive a simple prayer for blessing, or to stay in your seat. We welcome your ideas and help for us to become a more welcoming community.

We are glad you are here.

The Gathering

Welcome

Silence is kept.

The Greeting

The Lord be with you.

All **And also with you.**

We acknowledge God's presence drawing each of us into one body as we gather on site and online.

Visit us Lord, by your Holy Spirit.

All **Though in many places, we are united as one body.
Though from many backgrounds, we share one hope.**

Opening Hymn

- 1 Father, Lord of all creation,
ground of being, life and love;
height and depth beyond description
only life in you can prove:
you are mortal life's dependence:
thought, speech, sight are ours by grace;
yours is every hour's existence,
sovereign Lord of time and space.**
- 2 Jesus Christ, the Man for others,
we, your people, make our prayer:
help us love, as sisters, brothers,
all whose burdens we can share.
Where your name binds us together
you, Lord Christ, will surely be;
where no selfishness can sever
there your love the world may see.**

continued...

**3 Holy Spirit, rushing, burning
wind and flame of Pentecost,
fire our hearts afresh with yearning
to regain what we have lost.
May your love unite our action,
never more to speak alone:
God, in us abolish faction,
God, through us your love make known.**

Stewart Cross (1928-1989)

Please sit or kneel.

Confession

Let us confess our sins to the God who knows our hearts and longs to embrace us and restore us to life.

Silence is kept.

You call us to be doers of the word but we have been hearers only.
Lord, have mercy.

All **Lord, have mercy.**

You call us to love you but we have taken our love elsewhere.
Christ, have mercy.

All **Christ, have mercy.**

You call us to love one another but we have been selfish, cruel and mean.
Lord, have mercy.

All **Lord, have mercy.**

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.**

Children gather at the north east door during the Gloria to go to Children's Church.

Please stand.

Gloria in Excelsis

Glo-ry to God, Glo-ry to God, Glo-ry to God in the High - est. Glo-ry to God in the High - est, and peace to his peo - ple on earth. Lord God, Heav'n - ly King, Al - migh - ty God and Fa - ther, we wor - ship you, we give you thanks, we praise you for your glo - ry. Glo-ry to God, Glo-ry to God, Glo-ry to God in the High - est. Lord, Je - sus Christ, on - ly son of the Fa - ther. Lord God, Lamb of God, you take a - way the sin of the world; have mer - cy on us; You are sea - ted at the right hand of the Fa - ther: re - ceive our prayer. Glo-ry to God, Glo-ry to God, Glo-ry to God in the High - est. For you a - lone are the Ho - ly one, You a - lone are the Lord, You a - lone are the most high, Je - sus Christ, with the Ho - ly spi - rit, in the Glo - ry of God the Fa - ther, Glo - ry to God, Glo - ry to God, Glo - ry to God in the High - est.

Collect

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever.

All **Amen.**

Please sit.

The Liturgy of the Word

First Reading 2 Samuel 11: 26—12: 13a *read by Eddie Grove*

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son.

But the thing that David had done displeased the Lord, and the Lord sent Nathan to David. He came to him, and said to him, 'There were two men in a certain city, one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meagre fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveller to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him.' Then David's anger was greatly kindled against the man. He said to Nathan, 'As the Lord lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity.'

Nathan said to David, 'You are the man! Thus says the Lord, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the Lord, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the

sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the Lord: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbour, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun.' David said to Nathan, 'I have sinned against the Lord.' Nathan said to David, 'Now the Lord has put away your sin; you shall not die.

Hear the word of the Lord.

All **Thanks be to God.**

Second Reading Ephesians 4: 1-16 *read by Mel Adams*

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.'

(When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Hear the word of the Lord.

All **Thanks be to God.**

Please stand and turn to face the Gospel in the centre aisle.

Gospel Hymn

- 1 **I am the bread of life.**
You who come to me shall not hunger;
and who believe in me shall not thirst.
No one can come to me unless the Father draws them.
And I will raise you up,
and I will raise you up,
and I will raise you up on the last day.
- 2 **The bread that I will give**
is my flesh for the life of the world,
and if you eat of this bread,
you shall live for ever, you shall live for ever.
Chorus
- 3 **Unless you eat of the flesh of the Son of Man**
and drink of his blood,
and drink of his blood,
you shall not have life within you.
Chorus

continued after Gospel reading

Gospel Reading John 6: 24-35

Hear the Gospel of our Lord Jesus Christ according to John.

All **Glory to you, O Lord.**

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."'

Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

This is the Gospel of the Lord.

All **Praise to you, O Christ.**

Hymn *continued*

**4 I am the Resurrection,
I am the life. If you believe in me,
even though you die,
you shall live for ever.**

Chorus

**5 Yes, Lord,
I believe that you are the Christ,
the Son of God,
who has come into the world.**

Chorus

Suzanne S. Toolan (b. 1927)

Please sit after the opening prayer.

Sermon Revd Richard Carter

Anthem Let us break bread together *Trad. arr. Hogan*

Let us break bread together on our knees, *when I fall on my knees with my face to the risin' sun, oh, Lord, have mercy on me.* Let us drink wine together on our knees, *when I fall on my knees...* Let us praise God together on our knees, *when I fall on my knees...*

Trad.

Please stand.

Apostles' Creed

All **We believe in God, the Father almighty,
creator of heaven and earth.
We believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.
We believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.**

Please sit or kneel.

Prayers of Intercession *led by Flora Saxby*

The response to the prayers is:

God of love,

All **hear our prayer.**

And, at the end:

Merciful Father,

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

Please stand.

The Liturgy of the Sacrament

The Peace

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

Let us offer one another a sign of peace.

All may exchange a sign of peace.

A collection will be taken for the work of this church during the following hymn. You are welcome to donate using:

- cash in the collection bags filling in a Gift Aid envelope if applicable*
- select amount and tap the card machines brought by the stewards*
- by texting COLLECTION to 70450 to donate £10 (texts cost £10 plus one standard rate message).*
- by scanning the QR code to the right with your phone*



Offertory Hymn

- 1 O thou, who at thy Eucharist didst pray
that all thy church might be for ever one,
grant us at every Eucharist to say
with longing heart and soul, 'Thy will be done':
O may we all one bread, one body be,
through this blest sacrament of unity.**
- 2 For all thy Church, O Lord, we intercede;
make thou our sad divisions soon to cease;
draw us the nearer each to each, we plead,
by drawing all to thee, O Prince of Peace:
thus may we all one bread, one body be,
through this blest sacrament of unity.**
- 3 We pray thee too for wanderers from thy fold;
O bring them back, good Shepherd of the sheep,
back to the faith which saints believed of old,
back to the church which still that faith doth keep;
soon may we all one bread, one body be,
through this blest sacrament of unity.**

A musical interlude may be played on the organ before the final verse is sung

continued...

**4 So, Lord, at length when sacraments shall cease,
may we be one with all thy church above,
one with thy saints in one unbroken peace,
one with thy saints in one unbounded love:
more blessed still, in peace and love to be
one with the Trinity in Unity.**

William Henry Turton (1856-1938)

Preparation of the Table Taking of the Bread and Wine

The table is prepared and bread and wine are received from the congregation and placed upon it. The financial gifts of the people are gathered and presented with the following prayer:

Yours, Lord, is the greatness, the power, the glory, the splendour, and the majesty; for everything in heaven and on earth is yours.

All **All things come from you, and of your own do we give you.**

Eucharistic Prayer

The Lord be with you

All **and also with you.**

Lift up your hearts.

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

Let us give thanks to the Lord our God.

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

Forgiving and restoring God, we thank and praise you because you make the gifts of your creation into the means of our redemption and you turn our fallen folly into the occasion of your risen glory. In Christ the Lamb you gave us everything you had. Though we strayed from your ways and slayed your holy one, yet you set before us this gracious banquet in which that crucified and risen Lamb reconciles us with you. And so we live in gratitude for your mercy and in praise of your grace, joining the company of heaven in their constant hymn.

Ho-ly, Ho-ly, Ho - ly Lord, God of po-werand might, Hea-venandearthare
 full of your glo-ry. Ho-san-na, Ho-san-na, Ho-san-na in the high -
 est. Bles - sed is he who comes in the name of the
 Lord. Ho - san-na, Ho - san-na, Ho - san-na in the high - est.

Faithful Father, in Christ you give us the food that will never perish but endures for eternal life. Give us this bread always, that coming to you your people will never be hungry, and believing in you your people will never be thirsty. Bless us with the unity of the Spirit in the bond of peace, that this bread and this wine may be for us the body and blood of our Lord Jesus Christ. Who, at supper with his disciples, took bread, gave you thanks, broke the bread, and gave it to them, saying, 'Take, eat: this is my body which is given for you; do this in remembrance of me.' After supper he took the cup. Again he gave you thanks, and gave it to his disciples, 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.'

Great is the mystery of faith.

- All* **Christ has died:**
Christ is risen:
Christ will come again.

God and Father of all, who is above all and through all and in all, make your church humble, gentle, and patient, living a life worthy of its calling. You summon apostles, prophets, evangelists, pastors, and teachers to equip the saints for the work of ministry, for building up the body of Christ. Empower your people for service, and build your church up in love. Draw all who look to you with hope into unity of faith, growing together into the full stature of Christ. Renew your servants in the gifts of ministry and bless any who labour and are heavy-laden by surrounding them with the joyous companionship of your saints, until all who share in one Lord, one faith, and one baptism are one in unity before your throne, everlasting God, Trinity of perpetual peace.

All **Amen.**

Please sit or kneel.

Lord's Prayer

As our Saviour taught us, so we pray, each in our own preferred language.

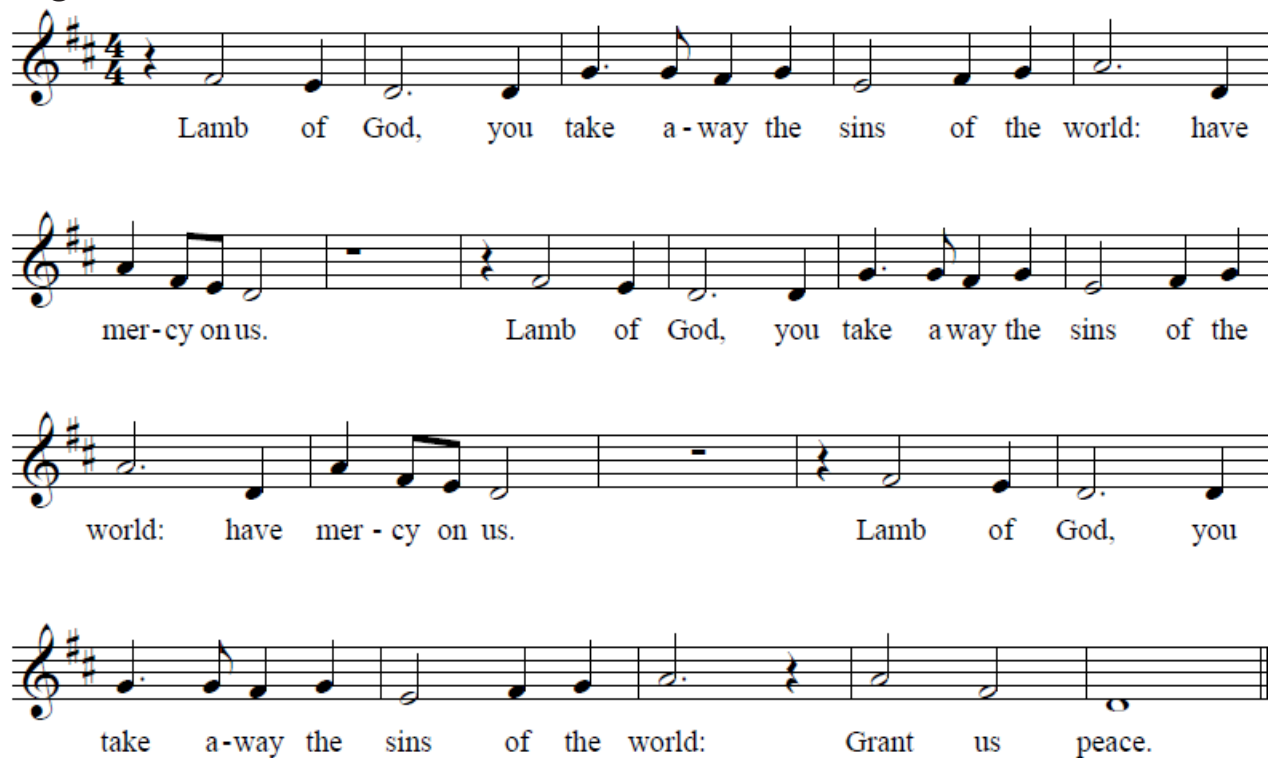
All **Our Father in heaven,
hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.**

Breaking of the Bread

The body of Christ, broken for the life of the world

All **Lord, unite us in this sign.**

Agnus Dei



Lamb of God, you take a-way the sins of the world: have
mer-cy on us. Lamb of God, you take a way the sins of the
world: have mer - cy on us. Lamb of God, you
take a-way the sins of the world: Grant us peace.

Giving of Communion

Those who eat this bread will never be hungry.

All **Lord, give us this bread always.**

Communion Motet O mysterium inefabile *Lalouette*

O mysterium inefabile, O caritatis sacramentum admirabile, O bonitatis prodigium, O pietatis miraculum. Hic est panis vita vitæ, hic est cibus animæ. Ibi caro confert semen gratiæ, ibi sanguis donat pignus gloriæ. O amor, O pietas, O epularum jucunditas, O convivarum felicitas. *O ineffable mystery, O wonderful sacrament of charity, O wonder of goodness, O miracle of mercy. Here is the bread of life, here is food for the soul. There the flesh contributes the seed of grace, there the blood gives a pledge of glory. O love, O mercy, O the delight of feasts, O the happiness of the guests.*

Eucharistic Motet

Silence is kept.

Prayer after Communion

God only wise, you delight to make your people out of food; and the food out of which you make us is your body and blood. As we have become your body in the eating of food, bless those with whom we share food this week, and bless those with whom we share you and in whom we meet you; that in being made your body, we may become food for your world, and through the change they see in us, all may come to praise the glories of your name.

All **Amen.**

The Dismissal

Notices

Please stand.

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

All **Amen.**

Thanksgiving Hymn

- 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?
Alleluia, alleluia,
praise the everlasting King.**
- 2 Praise him for his grace and favour
to his people in distress;
praise him still the same for ever,
slow to chide, and swift to bless:
Alleluia, alleluia,
glorious in his faithfulness.**

continued...

- 3** Father-like, he tends and spares us;
well our feeble frame he knows;
in his hands he gently bears us,
rescues us from all our foes:
Alleluia, alleluia,
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:
Alleluia, alleluia,
praise with us the God of grace.

Henry Francis Lyte (1793-1847) based on Psalm 103

Dismissal

Go in peace to love and serve the Lord.

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

Blessing Anthem The Lord bless you and keep you *John Rutter*

The Lord bless you and keep you: The Lord make his face to shine upon you and be gracious unto you. The Lord lift up the light of his countenance upon you and give you peace. Amen.

Numbers 6: 24

Organ Voluntary

Prayers for healing are available at the altar rail after the service.

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