

ST. MARGARET'S CHURCH  
LOWESTOFT



# Service of Holy Communion

For Trinity Season  
Service One



**Sunday 21<sup>st</sup> June 2026**

3<sup>rd</sup> Sunday after Trinity

**Mass Setting: St. Thomas (D. Thorne)**

**Deacon Gerda  
Preacher: Canon Simon  
Presiding Canon Simon**



## **WELCOME & Introduction [please remain seated]**

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 700 - King of kings**

**1 King of kings, Majesty  
God of Heaven living in me  
Gentle Saviour, closest friend  
Strong Deliverer, beginning and end  
All within me falls at Your throne**

*Your Majesty, I can but bow  
I lay my all before You now  
In royal robes I don't deserve  
I live to serve Your Majesty.*

**2 Earth and Heaven worship You  
Love eternal, Faithful and True  
Who bought the nations, ransomed souls  
Brought this sinner near to Your throne  
All within me cries out in praise.**

*Your majesty, I can but bow  
I lay my all before You now  
In royal robes I don't deserve  
I live to serve Your Majesty  
I live to serve Your Majesty.*

JARROD COOPER

## 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)*

God our saviour,  
look on this wounded world  
in pity and in power;  
hold us fast to your promises of peace  
won for us by your Son,  
our Saviour Jesus Christ.

## THE LITURGY OF THE WORD

*(Please sit)*

all age talk

### BIBLE READING

#### **New Testament: Romans 6: 1b-11 Read by Gill**

What then are we to say? Should we continue in sin in order that grace may abound?

By no means! How can we who died to sin go on living in it?

Do you not know that all of us who have been baptised into Christ Jesus were baptised into his death?

Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his.

We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin.

For whoever has died is freed from sin.

But if we have died with Christ, we believe that we will also live with him.

We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him.

The death he died, he died to sin, once for all; but the life he lives, he lives to God.

So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

For the word of the Lord.

**Thanks be to God.**

**HYMN 639 - Give thanks with a grateful heart.**

***Give thanks with a grateful heart.  
Give thanks to the Holy One.  
Give thanks because he's given Jesus Christ, his Son.  
Give thanks with a grateful heart.  
Give thanks to the Holy One.  
Give thanks because he's given Jesus Christ, his Son.***

***And now let the weak say, 'I am strong!'  
Let the poor say, 'I am rich!'  
because of what the Lord has done for us.  
And now let the weak say, 'I am strong!'  
Let the poor say, 'I am rich!'  
because of what the Lord has done for us.***

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because of what the Lord has done for us.  
And now let the weak say, 'I am strong!'  
Let the poor say, 'I am rich!'  
because of what the Lord has done for us.  
Give thanks.***

Henry Smith (b.1952) 639 Words and Music: © 1978, Integrity Music.

## GOSPEL READING Matthew 10: 24-39

*(Please remain standing)*

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!**

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

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

'A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

'So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known.

What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops.

Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell.

Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father.

And even the hairs of your head are all counted.

So do not be afraid; you are of more value than many sparrows.

'Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

'Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and one's foes will be members of one's own household.

Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me.

Those who find their life will lose it, and those who lose their life for my sake will find it.

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 Captain John  
*(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.**

**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 702 - Lead us, heavenly Father, lead us**

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

***1 Lead us, heavenly Father, lead us  
o'er the world's tempestuous sea;  
guard us, guide us, keep us, feed us,  
for we have no help but thee;  
yet possessing every blessing,  
if our God our Father be.***

***2 Saviour, breathe forgiveness o'er us;  
all our weakness thou dost know;  
thou didst tread this earth before us;  
thou didst feel its keenest woe;  
lone and dreary, faint and weary  
through the desert thou didst go.***

***3 Spirit of our God, descending,  
fill our hearts with heavenly joy;  
love with every passion blending  
pleasure that can never cloy;  
thus provided, pardoned, guided,  
nothing can our peace destroy.***

JAMES EDMESTON (1792-1867)

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**      Author of life divine (McDowall)

**HYMN 455 - My God, and is thy table spread**

***1 My God, and is thy table spread,  
and doth thy cup with love o'erflow?  
Thither be all thy children led,  
and let them all thy sweetness know.***

***2 Hail, sacred feast which Jesus makes,  
rich banquet of his flesh and blood!  
Thrice happy he, who here partakes  
that sacred stream, that heavenly food.***

***3 Why are its bounties all in vain  
Before unwilling hearts displayed?  
Was not for them the victim slain  
Are they forbid the children's bread?***

***4 O let thy table honoured be,  
and furnished well with joyful guests;  
and may each soul salvation see,  
that here its sacred pledges tastes.***

PHILIP DODDRIDGE (1702-1751)

## POST COMMUNION PRAYER

O God, whose beauty is beyond our imagining  
and whose power we cannot comprehend:  
show us your glory as far as we can grasp it,  
and shield us from knowing more than we can bear  
until we may look upon you without fear;  
through Jesus Christ our Saviour.

## 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 477 - Go forth and tell**

**1 Go forth and tell!  
O Church of God, awake!  
God's saving news  
to all the nations take:  
proclaim Christ Jesus,  
Saviour, Lord and King,  
that all the world  
His worthy praise may sing.**

**2 Go forth and tell!  
God's love embraces all;  
He will in grace  
respond to all who call:  
how shall they call  
if they have never heard  
the gracious invitation  
of His word?**

**3 Go forth and tell!  
the doors are open wide:  
share God's good gifts,  
let no one be denied;  
live out your life  
as Christ your Lord shall choose,  
Your ransomed powers  
for His sole glory use.**

**4 Go forth and tell!  
O Church of God, arise!  
Go in the strength  
which Christ Your Lord supplies;  
go till all nations  
His great name adore  
and serve Him,  
Lord and King  
for evermore.**

JAMES SEDDON (1915-1983)

## 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

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.***