

ST. MARGARET'S CHURCH
LOWESTOFT



Service of Holy Communion

For Trinity Season
Service One



Sunday 28th June 2026

4th Sunday after Trinity

Mass Setting: St. Thomas (D. Thorne)

Deacon Gill

Preacher: Gerda

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 563 - Jesus Christ is waiting

**1 Jesus Christ is waiting,
Waiting in the streets;
No one is his neighbour,
All alone he eats.
Listen, Lord Jesus,
I am lonely too.
Make me, friend or stranger,
Fit to wait on you**

**2 Jesus Christ is raging,
Raging in the streets,
Where injustice spirals
And real hope retreats.
Listen, Lord Jesus,
I am angry too.
In the Kingdom's causes
Let me rage with you.**

**3 Jesus Christ is healing,
Healing in the streets;
Curing those who suffer,
Touching those he greets.
Listen, Lord Jesus,
I have pity too.
Let my care be active,
Healing just like you.**

**4 Jesus Christ is dancing,
Dancing in the streets,
Where each sign of hatred
He, with love, defeats.
Listen, Lord Jesus,
I should triumph too.
Where good conquers evil,
Let me dance with you.**

**5 Jesus Christ is calling,
Calling in the streets,
Who will join my journey?
I will guide their feet.
Listen, Lord Jesus,
Let my fears be few.
Walk one step before me;
I will follow you.**

**JOHN BELL (b. 1949)
GRAHAM MAULE (b. 1958)**

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)*

Gracious Father,
by the obedience of Jesus
you brought salvation to our wayward world:
draw us into harmony with your will,
that we may find all things restored in him,
our Saviour Jesus Christ.

THE LITURGY OF THE WORD

(Please sit)

BIBLE READING

New Testament: Romans 6: 12-end (Read by Augustine)

Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace. What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

For the word of the Lord.

Thanks be to God.

HYMN 258 - O thou who camest from above.

***1 O thou who camest from above
the fire celestial to impart,
kindle a flame of sacred love
on the mean altar of my heart.***

***2 There let it for thy glory burn
with inextinguishable blaze,
and trembling to its source return
in humble prayer and fervent praise.***

***3 Jesus, confirm my heart's desire
to work and speak and think for thee;
still let me guard the holy fire
and still stir up the gift in me.***

***4 Ready for all thy perfect will,
my acts of faith and love repeat,
till death thy endless mercies seal,
and make the sacrifice complete.***

CHARLES WESLEY (1707-1788)

GOSPEL READING Matthew 10: 40-end

(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.

'Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple - truly I tell you, none of these will lose their reward.'

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON Gerda

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 Sue

(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 489 - From heaven you came.

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

**1 From heaven you came, helpless babe,
Entered our world, your glory veiled;
Not to be served but to serve,
And give your life that we might live.
This is our God, the Servant King,
He calls us now to follow him,
To bring our lives as a daily offering
Of worship to the Servant King.**

**2 There in the garden of tears,
My heavy load he chose to bear;
His heart with sorrow was torn,
'Yet not my will but yours,' he said.
This is our God, the Servant King,
He calls us now to follow him,
To bring our lives as a daily offering
Of worship to the Servant King.**

**3 Come, see his hands and his feet,
The scars that speak of sacrifice,
Hands that flung stars into space
To cruel nails surrendered.
This is our God, the Servant King,
He calls us now to follow him,
To bring our lives as a daily offering
Of worship to the Servant King.**

**4 So let us learn how to serve,
And in our lives enthrone him;
Each other's needs to prefer,
For it is Christ we're serving.
This is our God, the Servant King,
He calls us now to follow him,
To bring our lives as a daily offering
Of worship to the Servant King.**

GRAHAM KENDRICK (b. 1950)

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 Irish Blessing (Chilcott)

HYMN 249 - Holy Spirit, living breath of God.

***1 Holy Spirit, living Breath of God,
breathe new life into my willing soul.
Bring the presence of the risen Lord
to renew my heart and make me whole.
Cause your word to come alive in me,
give me faith for what I cannot see;
give me passion for Your purity;
Holy Spirit, breathe new life in me.***

***2 Holy Spirit, come abide within,
may your joy be seen in all I do.
Love enough to cover every sin
in each thought and deed and attitude:
kindness to the greatest and the least,
gentleness that sows the path of peace.
turn my strivings into works of grace;
Breath of God, show Christ in all I do.***

***3 Holy Spirit, from creation's birth,
giving life to all that God has made,
show your power once again on earth,
Cause your church to hunger for your ways.
May the fragrance of our prayers arise;
lead us on the road of sacrifice,
that in unity the face of Christ
may be clear for all the world to see.***

Keith Getty (b. 1974) and Stuart Townend (b. 1963)

POST COMMUNION PRAYER

Eternal God,
comfort of the afflicted and healer of the broken,
you have fed us at the table of life and hope:
teach us the ways of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son 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 579 - I vow to thee my country.

1 I vow to thee, my country, all earthly things above
entire and whole and perfect, the service of my love;
the love that asks no question, the love that stands the test,
that lays upon the altar the dearest and the best;
the love that never falters, the love that pays the price,
the love that makes undaunted the final sacrifice.

2 And there's another country, I've heard of long ago
most dear to them that love her, most great to them that know;
we may not count her armies, we may not see her King;
her fortress is a faithful heart, her pride is suffering;
and soul by soul and silently her shining bounds increase,
and her ways are ways of gentleness, and all her paths are peace.

CECIL ARTHUR SPRING-RICE (1859 – 1918)

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.