

ST. MARGARET'S CHURCH

LOWESTOFT



Holy Communion

First Sunday
of the Month



Sunday 5th July

Mass Setting: St. Thomas (D. Thorne)



**Presiding & Preaching Canon Simon
Supported by the young people**

WELCOME & INTRODUCTION

(Please remain seated)

Opening Prayer

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 736 - Name of all majesty

**1 Name of all majesty,
fathomless mystery,
King of the ages
by angels adored;
power and authority,
splendour and dignity,
bow to his mastery,
Jesus is Lord!**

**2 Child of our destiny,
God from eternity,
love of the Father
on sinners outpoured;
see now what God has done
sending his only Son,
Christ the beloved One,
Jesus is Lord!**

**3 Saviour of Calvary,
costliest victory,
darkness defeated
and Eden restored;
born as a man to die,
nailed to a cross on high,
cold in the grave to lie,
Jesus is Lord!**

**4 Source of all sovereignty,
light, immortality,
life everlasting
and heaven assured;
so with the ransomed, we
praise him eternally,
Christ in his majesty,
Jesus is Lord!**

Saying sorry, being forgiven

Jesus says “I am the light of the world”. Those who follow me shall not walk in darkness but will have the light of life. Let us then bring to God our sins and in the glow of his light confess them with penitence and faith:

For things we should not have said:

Lord, have mercy:

Lord, have mercy.

For actions we regret:

Christ, have mercy:

Christ have mercy.

For not loving each other as you love us:

Lord, have mercy:

Lord have mercy.

May the Lord of love

Bring us back to himself

Forgive us our sins

And assure us of his eternal love

Through Jesus Christ our Lord. **Amen**

Collect – Prayer of the Week

Almighty God,

send down upon your Church

the riches of your Spirit,

and kindle in all who minister the gospel

your countless gifts of grace;

through Jesus Christ our Lord.

Amen.

The Gloria- Sung to 'Ode to Joy' (please stand)

*Glory be to God in heaven,
peace to those who love you well;
on the earth let all your people
speak your grace, your wonders tell:
Lord, we praise you for your glory,
mighty Father, heaven's king;
hear our joyful adoration
and accept the thanks we bring.*

*Only Son of God the Father,
Lamb who takes our sin away,
now with God in triumph seated -
for your mercy, Lord, we pray:
Jesus Christ, most high and holy,
Savior, you are God alone
in the glory of the Father
with the Spirit: Three-in-One!*

Please sit for the New Testament Reading

New Testament: Romans 7: 15-25a

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

For the word of the Lord

Thanks be to God

HYMN 144 - How deep the Father's love

***1 How deep the Father's love for us,
how vast beyond all measure,
that he should give his only Son
to make a wretch his treasure.
How great the pain of searing loss;
the Father turns his face away,
as wounds which mar the chosen One
bring many souls to glory.***

***2 Behold the man upon a cross,
my sin upon his shoulders;
ashamed, I hear my mocking voice
call out among the scoffers.
It was my sin that held him there,
until it was accomplished;
his dying breath has brought me life —
I know that 'it is finished.'***

***3 I will not boast in anything,
no gifts, no power, no wisdom;
but I will boast in Jesus Christ,
his death and resurrection.
Why should I gain from his reward?
I cannot give an answer;
but this I know with all my heart,
his wounds have paid my ransom.***

Stuart Townend (b.1963)

Gospel Reading

Gospel: Matthew 11: 16-19, 25-end

Hear the Gospel of our Lord Jesus Christ according to St Matthew
Glory to you, O Lord.

At that time Jesus said,

‘To what will I compare this generation? It is like children sitting in the market-places and calling to one another, “We played the flute for you, and you did not dance; we wailed, and you did not mourn.”

For John came neither eating nor drinking, and they say, “He has a demon”; the Son of Man came eating and drinking, and they say, “Look, a glutton and a drunkard, a friend of tax-collectors and sinners!” Yet wisdom is vindicated by her deeds.’

At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’

This is the Gospel of the Lord.

Praise to you, O Christ.

Sermon Canon Simon

We stand to affirm our Faith

Do you believe and trust in God the Father,
source of all being and life,
the one for whom we exist?

We believe and trust in him.

Do you believe and trust in God the Son,
who took our human nature,
died for us and rose again?

We believe and trust in him.

Do you believe and trust in God the Holy Spirit,
who gives life to the people of God
and makes Christ known in the world?

We believe and trust in him.

This is the faith of the Church.

This is our faith.

**We believe and trust in one God,
Father, Son and Holy Spirit. Amen.**

Prayers of intercession

These responses may be used

Lord, in your mercy

hear our prayer.

at the end

Merciful Father,

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

Banns of Marriage

Notices and time of sharing

The Peace (If you are able, please stand)

God has called us to live in light and peace.

The peace of the Lord be always with you.

And also with you

Please offer one another the sign of peace

OFFERTORY HYMN 667 - I danced in the morning

(During the offertory hymn the bread and wine and collection are brought to the Altar)

***1 I danced in the morning when the world was begun,
and I danced in the moon and the stars and the sun,
and I came down from heaven and I danced on the earth;
at Bethlehem I had my birth.***

***Dance, then, wherever you may be;
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.***

***2 I danced for the scribe and the pharisee,
but they would not dance and they wouldn't follow me.
I danced for the fishermen, for James and John —
They came with me and the Dance went on.***

***Dance, then, wherever you may be;
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.***

***3 I danced on the Sabbath and I cured the lame;
the holy people said it was a shame.
They whipped and they stripped and they hung me on high,
and they left me there on a cross to die.***

***Dance, then, wherever you may be;
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.***

***4 I danced on a Friday when the sky turned black —
it's hard to dance with the devil on your back.
They buried my body and they thought I'd gone;
but I am the Dance, and I still go on.***

***Dance, then, wherever you may be;
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.***

***5 They cut me down and I leapt up high;
I am the life that'll never, never die;
I'll live in you if you'll live in me —
I am the Lord of the Dance, said he.
Dance, then, wherever you may be;
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.***

Sydney Carter (1915–2004)

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.

THE EUCHARISTIC PRAYER

Please sit - 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

Let us come together at the Lord's table.

Reader 1: *Who is invited to the Lord's Table?*

Reader 2: *Listen, and we will hear.*

All are invited;
the young and the old,
the rich and the poor,
the lowest and the least.

Reader 1: *Why do we give thanks at this table?*

Reader 2: *Listen, and we will hear.*

We give thanks because Jesus showed us the way;
we give thanks because Jesus is the Way.
Jesus is a gift from God for the world.

Reader 1: *Why do we eat and drink at this table?*

Reader 2: *Listen, and we will hear.*

We eat because on the night before Jesus died,
he ate with his friends.
He gave them bread and said,
“This is my body which is given for you.
Do this in remembrance of me.”



At that same meal he took a cup of wine and said,
“Drink this cup. This is my blood of the covenant,
which is poured out for many for the forgiveness of sins.”



Reader 1: What do we remember at this table?

Reader 2: Listen, and we will hear.

We remember Jesus' birth
and his presence as God with us.
We remember Jesus' life and his love.
We remember Jesus' suffering and death on the cross.
We remember the resurrection and the promise of new life.
We remember that we are waiting in hope
to see Jesus again.

And now we give you thanks because Christ, Light of the World, has
dawned in our hearts.

***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.***



As our Saviour taught us, so we pray

**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. fAmen**

The breaking of the bread

We break the bread of life
And that life is the light of the world

**God here among us
Light in the midst of us
Bring us to light and life**

The Agnus Dei

***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.***

Come to this table, because Jesus loved you
and gave himself for you.
Come and meet the risen Christ,
for we are his Body.

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: Loving Shepherd of thy Sheep (Ledger)

HYMN 592 - As the deer

**1 As the deer pants for the water,
So my soul longs after you.
You alone are my heart's desire
And I long to worship you.**

**You alone are my strength, my shield,
To you alone may my spirit yield.
You alone are my heart's desire
And I long to worship you.**

**2 I want you more than gold or silver,
Only you can satisfy.
You alone are the real joy-giver
And the apple of my eye.**

**You alone are my strength, my shield,
To you alone may my spirit yield.
You alone are my heart's desire
And I long to worship you.**

**3 You're my friend and you're my brother,
Even though you are a king.
I love you more than any other,
So much more than anything.**

Martin Nystrom b. 1956

POST COMMUNION PRAYER

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.
Amen.

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 650 - Great is thy faithfulness

**1 Great is thy faithfulness, O God my Father,
There is no shadow of turning with thee;
Thou changest not, thy compassions, they fail not;
As thou hast been thou forever wilt be.**

**Great is thy faithfulness! Great is thy faithfulness!
Morning by morning new mercies I see;
All I have needed thy hand hath provided;
Great is thy faithfulness, Lord, unto me!**

**2 Summer and winter, and springtime and harvest,
Sun, moon and stars in their courses above,
Join with all nature in manifold witness
To thy great faithfulness, mercy and love.**

**Great is thy faithfulness! Great is thy faithfulness!
Morning by morning new mercies I see;
All I have needed thy hand hath provided;
Great is thy faithfulness, Lord, unto me!**

**3 Pardon for sin and a peace that endureth,
Thine own dear presence to cheer and to guide;
Strength for today and bright hope for tomorrow,
Blessings all mine, with ten thousand beside!**

**Great is thy faithfulness! Great is thy faithfulness!
Morning by morning new mercies I see;
All I have needed thy hand hath provided;
Great is thy faithfulness, Lord, unto me!**

THOMAS O. CHISHOLM (1866 – 1960)

CLOSING PRAYER & BLESSING

May God the Father who raised Jesus from the dead strengthen you
May Jesus the son our constant companion lead you in paths of
peace

And may the Holy Spirit guide your way as you seek to lead lives
that recognise him in all things

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.

