

ST. MARGARET'S CHURCH
LOWESTOFT



Service of Holy Communion

For Ordinary Time & Trinity Season
Service One



Sunday 26th July 2026
8th Sunday after Trinity

Mass Setting: St. Thomas (D. Thorne)

Deacon Gill
Presiding & Preaching Canon Simon



WELCOME & Introduction (please remain seated)

Sermon series Week 1:

Blessed Are the Poor in Spirit Matthew 5: 3

Theme:

Entering the kingdom begins with spiritual poverty: recognising our need before God.

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 641 - Glorious things of thee are spoken

**1 Glorious things of thee are spoken,
Zion, city of our God;
he whose word cannot be broken
formed thee for his own abode;
on the Rock of Ages founded,
what can shake thy sure repose?
With salvation's walls surrounded,
thou may'st smile at all thy foes.**

**2 See! the streams of living waters,
springing from eternal love,
well supply thy sons and daughters
and all fear of want remove.
Who can faint, while such a river
ever flows their thirst to assuage?
Grace which, like the Lord, the Giver,
never fails from age to age.**

**3 Round each habitation hovering,
see the cloud and fire appear
for a glory and a covering,
showing that the Lord is near.
Thus they march, the pillar leading,
light by night, and shade by day;
daily on the manna feeding
which he gives them when they pray.**

**4 Saviour, if of Zion's city,
I through grace a member am,
let the world deride or pity,
I will glory in thy Name.
Fading is the worldling's pleasure,
All his boasted pomp and show;
solid joys and lasting treasure
none but Zion's children know.**

JOHN NEWTON (1725 – 1807)

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)*

Lord God,
your Son left the riches of heaven
and became poor for our sake:
when we prosper save us from pride,
when we are needy save us from despair,
that we may trust in you alone;
through Jesus Christ our Lord.
Amen.

THE LITURGY OF THE WORD

(Please sit)

all age talk

BIBLE READING

New Testament: Revelation 3: 14-22 Read by Jennifer T

To the Church in Laodicea

“To the angel of the church in Laodicea write:

These are the words of the Amen, the faithful and true witness, the ruler of God’s creation. I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm - neither hot nor cold - I am about to spit you out of my mouth. You say, ‘I am rich; I have acquired wealth and do not need a thing.’ But you do not realise that you are wretched, pitiful, poor, blind and naked. I counsel you to buy from me gold refined in the fire, so you can become rich; and white clothes to wear, so you can cover your shameful nakedness; and salve to put on your eyes, so you can see. Those whom I love I rebuke and discipline. So be earnest and repent. Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.

To the one who is victorious, I will give the right to sit with me on my throne, just as I was victorious and sat down with my Father on his throne. Whoever has ears, let them hear what the Spirit says to the churches.”

For the word of the Lord.

Thanks be to God.

HYMN 421 - All for Jesus.

***1 All for Jesus, all for Jesus,
this our song shall ever be;
for we have no hope, nor Saviour,
if we have not hope in thee.***

***2 All for Jesus, thou wilt give us
strength to serve thee, hour by hour;
none can move us from thy presence
while we trust thy love and power.***

***3 All for Jesus, at thine altar
thou wilt give us sweet content;
there, dear Lord, we shall receive thee
in the solemn sacrament.***

***4 All for Jesus, thou hast loved us;
all for Jesus, thou hast died;
all for Jesus, thou art with us;
all for Jesus crucified.***

***5. All for Jesus, all for Jesus,
this the church's song must be,
till, at last, we all are gathered
one in love and one in thee.***

W.J. Sparrow- Simpson (1859–1952)

GOSPEL READING Matthew 5: 1-12

(Please remain standing)

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

Glory to you, O Lord.

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.

The Beatitudes

He said:

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the pure in heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

“Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON Canon Simon

Sermon focus:

The blessed life starts not with self-sufficiency but with humble dependence on God's grace.

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 Gerda
(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 383 - Lord thy word abideth.

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

***1 Lord, thy Word abideth,
and our footsteps guideth;
who its truth believeth
light and joy receiveth.***

***2 When our foes are near us,
then thy Word doth cheer us,
Word of consolation,
message of salvation.***

***3 When the storms are o'er us,
and dark clouds before us,
then its light directeth,
and our way protecteth.***

***4 Who can tell the pleasure,
who recount the treasure,
by thy Word imparted
to the simple-hearted?***

***5 Word of mercy, giving
succour to the living;
word of life, supplying
comfort to the dying!***

***6 O that we, discerning,
its most holy learning,
Lord, may love and fear thee,
evermore be near thee!***

HENRY WILLIAMS BAKER (1821-1877)

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: Be still for the presence of the Lord (Evans)

Hymn 389 - Spirit of God.

***Spirit of God, unseen as the wind,
gentle as is the dove,
teach us the truth and help us believe,
show us the Saviour's love.***

1 You spoke to us long, long ago,
gave us the written word;
we read it still, needing its truth,
through it God's voice is heard.
***Spirit of God, unseen as the wind,
gentle as is the dove,
teach us the truth and help us believe,
show us the Saviour's love.***

2 Without your help we fail our Lord,
we cannot live his way;
we need your power, we need your strength,
following Christ each day.

Margaret V. Old (1932–2001)

POST COMMUNION PRAYER

Strengthen for service, Lord,
the hands that have taken holy things;
may the ears which have heard your word
be deaf to clamour and dispute;
may the tongues which have sung your praise be free from deceit;
may the eyes which have seen the tokens of your love
shine with the light of hope;
and may the bodies which have been fed with your body
be refreshed with the fullness of your life;
glory to you for ever.

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 766 - Praise my soul, the King of heaven

***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 our fathers in distress;
praise him still the same for ever,
slow to chide and swift to bless:
Alleluia, alleluia
Glorious in his faithfulness.***

***3 Father-like, he tends and spares us;
well our feeble frame he knows;
in his hand he gently bears us,
rescues us from all our foes.
Alleluia, alleluia
Widely yet his mercy flows.***

***4 Frail as summer's flower we flourish;
Blows the wind and it is gone;
But, while mortals rise and perish,
God endures unchanging on:
Alleluia, alleluia,
Praise the high eternal One.***

***5 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

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.