

Welcome & Notices

Please stand:

Grace, mercy and peace from God our Father and the Lord Jesus Christ
be with you
and also with you.

Hymn:

All my hope on God is founded

CP 368

All my hope on God is founded;
he doth still my trust renew.
Me through change and chance he guideth,
only good and only true.
God unknown,
he alone
calls my heart to be his own.
Pride of man and earthly glory,
sword and crown betray his trust;
what with care and toil he buildeth,
tower and temple, fall to dust.
But God's power,
hour by hour,
is my temple and my tower.
God's great goodness aye endureth,
deep his wisdom, passing thought:
splendour, light, and life attend him,
beauty springeth out of naught.
Evermore
from his store
new-born worlds rise and adore.
Daily doth th' Almighty giver
bounteous gifts on us bestow;
his desire our soul delighteth,
pleasure leads us where we go.
Love doth stand
at his hand;
joy doth wait on his command.

Still from earth to God eternal
sacrifice of praise be done,
high above all praises praising
for the gift of Christ his Son.
Christ doth call
one and all:
ye who follow shall not fall.

Joachim Neander (1650 – 1680); Trans: Robert Bridges (1844 – 1930)

Prayers of Penitence

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.

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.

**Almighty God, our heavenly Father,
we have sinned against you and against our neighbour
in thought and word and deed, through negligence, through weakness,
through our own deliberate fault.
We are truly sorry and repent of all our sins.
For the sake of your Son Jesus Christ, who died for us,
forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name.**

The Promise of Forgiveness

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.
Amen.

We say together

The Gloria

**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.
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.
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. Amen.**

The Collect for the Day

Almighty God, who called your Church to bear witness that you were in Christ reconciling the world to yourself: help us to proclaim the good news of your love, that all who hear it may be drawn to you; through him who was lifted up on the cross, and reigns with you in the unity of the Holy Spirit, one God, now and for ever.

Please sit for:

New Testament Reading

James 1: 17 - end

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.

You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

This is the Word of the Lord

Thanks be to God

Hymn

Blest are the pure in heart

CP 391

Blest are the pure in heart,
for they shall see our God;
the secret of the Lord is theirs,
their soul is Christ's abode.

The Lord, who left the heavens
our life and peace to bring,
to dwell in lowliness with men,
their pattern and their King.

Still to the lowly soul
he doth himself impart,
and for his dwelling and his throne
chooseth the pure in heart.

Lord, we thy presence seek;
may ours this blessing be;
give us a pure and lowly heart,
a temple meet for thee.

John Keble (1792 – 1866) and others

Please stand for:

The Gospel

Mark 7: 1 - 8, 14, 15, 21 - 23

Hear the Gospel of our Lord Jesus Christ according to Mark

Glory to you O Lord

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?' He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written,

“This people honours me with their lips,
but their hearts are far from me;
in vain do they worship me,
teaching human precepts as doctrines.”

You abandon the commandment of God and hold to human tradition.’

Then he called the crowd again and said to them, ‘Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.’ For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.’

This is the Gospel of the Lord

Praise to you O Christ

Sermon

Please stand to say

The Nicene Creed

**We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,**

**God from God, Light from Light, true God from true God,
begotten, not made, of one Being with the Father;
through him all things were made.**

**For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures;
he ascended into heaven**

and is seated at the right hand of the Father.

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come.
Amen.**

Please sit or kneel for:

Intercessions

This response may be used:

Lord, in your mercy
hear our prayer

Please stand for:

The Peace

We are the body of Christ.
In the one Spirit we were all baptized into one body.
Let us then 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.

We show a sign of peace to our neighbour, without physical sharing

Hymn:

At the name of Jesus
CP 380

At the name of Jesus ev'ry knee shall bow,
ev'ry tongue confess him King of glory now.
'Tis the Father's pleasure we should call him Lord,
who from the beginning was the mighty Word.
Humbled for a season to receive a name
from the lips of sinners unto whom he came,
faithfully he bore it spotless to the last,
brought it back victorious, when from death he passed.
In your hearts enthrone him; there let him subdue
all that is not holy, all that is not true;
crown him as your Captain in temptation's hour:
let his will enfold you in its light and pow'r.

Surely, this Lord Jesus shall return again,
with his Father's glory, with his angel train;
for all wreaths of empire meet upon his brow,
and our hearts confess him King of glory now.

Caroline M Noel (1817 – 1877)

The Preparation of the Altar

**Yours Lord is the greatness, the power, the glory,
the splendour and the majesty,
for everything in heaven and on earth is yours.
All things come from you and of your own do we give you**

The Eucharistic Prayer

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.

Father, we give you thanks and praise through your beloved Son Jesus Christ, your living Word, through whom you have created all things; who was sent by you in your great goodness to be our Saviour. By the power of the Holy Spirit he took flesh; as your Son, born of the blessed Virgin, he lived on earth and went about among us; he opened wide his arms for us on the cross; he put an end to death by dying for us; and revealed the resurrection by rising to new life; so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and saying:

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Lord, you are holy indeed, the source of all holiness; grant that by the power of your Holy Spirit, and according to your holy will, these gifts of bread and wine may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed, took bread and gave you thanks; he broke it and gave it to his disciples, saying: Take, eat; this is my body which is given for you; do this in remembrance of me. In the same way, after supper he took the cup and gave you thanks; he gave it to them, 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:

Christ has died:

Christ is risen:

Christ will come again.

And so, Father, calling to mind his death on the cross, his perfect sacrifice made once for the sins of the whole world; rejoicing in his mighty resurrection and glorious ascension, and looking for his coming in glory, we celebrate this memorial of our redemption. As we offer you this our sacrifice of praise and thanksgiving, we bring before you this bread and this cup and we thank you for counting us worthy to stand in your presence and serve you.

Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we, in the company of Nicolas and all the saints, may praise and glorify you for ever, through Jesus Christ our Lord; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever.

Amen

The Lord's Prayer

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 for ever. 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**

Giving of Communion

God's holy gifts for God's holy people.

The Body and Blood of Christ.

Amen

*Please come forward and keep as much social distance as possible;
the president distributes the host in silence*

Hymn

For the beauty of the earth

CP 253

For the beauty of the earth,
for the beauty of the skies,
for the love which from our birth
over and around us lies.

*Lord of all, to thee we raise
this, our sacrifice of praise.*

For the beauty of each hour
of the day and of the night,
hill and vale and tree and flower,
sun and moon and stars of light:

*Lord of all, to thee we raise
this, our sacrifice of praise.*

For the joy of human love,
brother, sister, parent, child,
friends on earth, and friends above,
pleasures pure and undefiled

*Lord of all, to thee we raise
this, our sacrifice of praise.*

Foreach perfect gift of thine,
to our race so freely given
graces human and divine
flowers of earth and buds of heaven

*Lord of all, to thee we raise
this, our sacrifice of praise.*

For thy church which evermore
lifteth holy hands above
offering up on every shore
her pure sacrifice of love
*Lord of all, to thee we raise
this, our sacrifice of praise.*

F S Pierpont 1855 – 1917

Prayer after Communion

**Almighty God, we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies to be a living sacrifice.
Send us out in the power of your Spirit
to live and work to your praise and glory.
Amen**

Hymn:

I the Lord of sea and sky
CP 470

I, the Lord of sea and sky,
I have heard my people cry.
All who dwell in dark and sin
My hand will save.
I who made the stars of night,
I will make their darkness bright.
Who will bear my light to them?
Whom shall I send?
*Here I am Lord. Is it I Lord?
I have heard you calling in the night.
I will go Lord, if you lead me.
I will hold your people in my heart.*

I, the Lord of snow and rain,
I have borne my people's pain.
I have wept for love of them.
They turn away.
I will break their hearts of stone,
Give them hearts for love alone.
I will speak my word to them,
Whom shall I send?

*Here I am Lord. Is it I Lord?
I have heard you calling in the night.
I will go Lord, if you lead me.
I will hold your people in my heart.*

I, the Lord of wind and flame,
I will tend the poor and lame.
I will set a feast for them.
My hand will save.
Finest bread I will provide
Till their hearts be satisfied.
I will give my life to them.
Whom shall I send?

*Here I am Lord. Is it I Lord?
I have heard you calling in the night.
I will go Lord, if you lead me.
I will hold your people in my heart.*

Dan Schutte b 1947

Blessing and Dismissal

**Please maintain social distancing as you leave
and take this Service Booklet with you, Thank you**

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