**HOLY COMMUNION 4 July 2021 Trinity 5**

# Greeting

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

# Collect for Purity

**Almighty God, to whom all hearts are open,  
all desires known, and from whom no secrets are hidden;  
Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name; through Christ our Lord. Amen.**

# Penitence

**Lord, have mercy on us,**  
**and write these your laws in our hearts.**

# Confession & Absolution

**Almighty God, our heavenly Father,  
we have sinned in thought and word and deed,   
and in what we have left undone.  
We are truly sorry and we humbly repent.  
For the sake of your Son, Jesus Christ,  
have mercy on us and forgive us,  
that we may walk in newness of life  
to the glory of your name. Amen.**.

# Hymn 12

God is our strength and refuge,  
our present help in trouble;  
and we therefore will not fear,  
though the earth should change!  
Though mountains shake and tremble,  
though swirling floods are raging,  
God the Lord of Hosts is with us evermore!

2 There is a flowing river,  
within God s Holy city;  
God is in the midst of her,  
she shall not be moved!  
God s help is swiftly given,  
thrones vanish at his presence,  
God the Lord of Hosts is with us evermore!

## 3 Come, see the works of our maker, learn of his deeds all powerful wars will cease across the world when he shatters the spear! Be still and know your creator, uplift him in the nations; God the Lord of Hosts is with us evermore!

# Collect of The Fifth Sunday after Trinity

# Epistle: 2 CORINTHIANS 12: 2-10

I know a man in Christ who fourteen years ago was caught up to the third heaven. Whether it was in the body or out of the body I do not know—God knows. And I know that this man—whether in the body or apart from the body I do not know, but God knows—was caught up to paradise and heard inexpressible things, things that no one is permitted to tell. I will boast about a man like that, but I will not boast about myself, except about my weaknesses. Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say, or because of these surpassingly great revelations. Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.  
This is the word of the Lord  
**Thanks be to God**

# Thought Spot: When someone says no!

# Gospel MARK 6: 1-6

Hear the Gospel of our Saviour Christ according to Mark Chapter 6 beginning at verse 1:  
**Glory to you, Lord Jesus Christ**  
Jesus left there and went to his home town, accompanied by his disciples. When the Sabbath came, he began to teach in the synagogue, and many who heard him were amazed. ‘Where did this man get these things?’ they asked. ‘What’s this wisdom that has been given him? What are these remarkable miracles he is performing? Isn’t this the carpenter? Isn’t this Mary’s son and the brother of James, Joseph, Judas and Simon? Aren’t his sisters here with us?’ And they took offence at him. Jesus said to them, ‘A prophet is not without honour except in his own town, among his relatives and in his own home.’ He could not do any miracles there, except lay his hands on a few people who were ill and heal them. He was amazed at their lack of faith. Then Jesus went around teaching from village to village.  
This is the Gospel of the Lord **Praise to you, Lord Jesus Christ**

# Hymn 379

## Break thou the bread of life,dear Lord to me, as thou didst break the loaves beside the sea; beyond the sacred page I seek thee, Lord, my spirit longs for thee, O living Word.

## 2 Bless thou the truth, dear Lord, to me, to me, as thou didst bless the bread by Galilee; then shall all bondage cease, all fetters fall, and I shall find my peace, my all in all.

# Sermon

# Apostles’ Creed.

**I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, God’s only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come again to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

# Prayers of the People

Lord, in your mercy **Hear our prayer.**

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

# Taking the Bread & Wine

Christ our passover has been sacrificed for us  
**therefore let us celebrate the feast.**

# Great Thanksgiving

The Lord is here **His Spirit is with us.**  
Lift up your hearts. **We lift them to the Lord.**  
Let us give thanks to the Lord our God. **It is right to give our thanks and praise.**

. . . 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!**

. . . Therefore, Father, with this bread and this cup we do as Christ your Son commanded:  
**we remember his passion and death,  
we celebrate his resurrection and ascension,  
and we look for the coming of his kingdom.**

. . . Through the same Jesus Christ our Lord, by whom, and with whom, and in whom, in the unity of the Holy Spirit,  
**all honour and glory are yours, Almighty Father, for ever and ever. Amen.**

# The Lord’s Prayer

**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.**

# Hymn 354.

## Great is the Lord and most worthy of praise, in the city of our God, the holy place, the Joy of the whole world. Great is the Lord in whom we have the victory he aids us against the enemy, we bow down on our knees.

## And Lord, we want to lift your name on high; and Lord, we want to thank you for the works you’ve done in our lives; and Lord, we trust in your unfailing love: for you alone are God eternal, throughout earth and heaven, above.

# Breaking Bread

The bread which we break is a sharing in the body of Christ.  
**We being many are one body, for we all share in the one bread.**

# Invitation to Receive Communion

# Prayer after Communion

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.**

# Send us

**Almighty God,  
we thank you for feeding us  
with the spiritual food  
of 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.**

# Blessing

# Hymn 618

## Lord of all hopefulness, Lord of all joy, whose trust, ever childlike, no cares could destroy, be there at our waking, and give us, we pray, your bliss in our hearts, Lord, at the break of the day.

## Lord of all eagerness, Lord of all faith, whose strong hands were skilled at the plane and the lathe, be there at our labours, and give us, we pray, your strength in our hearts, Lord, at the noon of the day.

## Lord of all kindliness, Lord of all grace, your hands swift to welcome, your arms to embrace, be there at our homing, and give us, we pray, your love in our hearts, Lord, at the eve of the day.

## Lord of all gentleness, Lord of all calm, whose voice is contentment, whose presence is balm, be there at our sleeping, and give us, we pray, your peace in our hearts, Lord, at the end of the day.

# Dismissal

Go in peace to love and serve the Lord **in the name of Christ. Amen.**