



The Sunday Sheet *for* The 4th Sunday after Trinity 23rd June 2024

*A very warm welcome as we gather for the **Parish Eucharist**.
An induction loop is provided.*

Gluten free wafers are available for those who need them. Please inform one of the stewards/sidespersons who will pass the information on to the clergy. Many thanks

Entrance Hymn

Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.

Saviour, breathe forgiveness o'er us:
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint and weary,
through the desert thou didst go.

Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.

*James Edmeston 1791-1867
Tune: Mannheim*

✠ In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Grace and peace be with you
And keep you in the love of Christ.

The Priest gives an introduction to the Eucharist and calls the people to penitence.

In a moment of quiet let us bring before the Lord all those things in our lives that need his forgiveness and his healing.

Silence is kept

You were sent to heal the contrite:
Lord, have mercy: **Lord, have mercy.**

You came to call sinners:
Christ, have mercy: **Christ, have mercy.**

You plead for us at the right hand of the Father:
Lord, have mercy: **Lord, have mercy.**

Almighty God have mercy on you,
✠ forgive you and set you free from sin,
and keep you in eternal life. **Amen.**

Gloria in Excelsis

**Glory to God, we give you thanks and praise;
of heav'nly joy and earthly peace we sing.
We worship you, to you our hearts we raise,
Lord God, almighty Father, heav'nly King.**

**Lord Jesus Christ, the Father's only Son,
you bore for us the load of this world's sin.
O Lamb of God, your glorious vict'ry won,
receive our pray'r, grant us your peace within.**

**Alone, O Christ, you only are the Lord,
at God's right hand in majesty most high:
who with the Spirit worshipped and adored:
with all the heav'nly host we glorify.**

Tune: Woodlands

The Collect

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

2 Corinthians 6. 1-13

A reading from the second letter of Paul to the Corinthians.

As we work together with Christ, we urge you also not to accept the grace of God in vain. For he says,

'At an acceptable time I have listened to you,
and on a day of salvation I have helped you.'

See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return—I speak as to children—open wide your hearts also.

For the word of the Lord:

Thanks be to God.

The Gospel

Please Stand

Alleluia, alleluia, give thanks to the risen Lord.
Alleluia, alleluia, give praise to his name.

Come, let us praise the living God,
joyfully sing to our Saviour:

Alleluia, alleluia, give thanks to the risen Lord.
Alleluia, alleluia, give praise to his name.

Donald Fishel b. 1950
Tune: Alleluia No.1

Mark 4. 35-41

Listen to the Gospel of Christ according to Saint Mark.

Glory to you, O Lord.

When evening had come, Jesus said to his disciples, 'Let us go across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. He said to them, 'Why are you afraid? Have you still no faith?' And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?'

This is the Gospel of the Lord.

Praise to you, O Christ.

The Homily

Please Sit

An Affirmation of the Faith.

Please Stand

**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;
by the power of the Holy Spirit
he became incarnate from 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.**

The Intercession

Please Sit

Appropriate responses may be used, for example

Lord, in your mercy:

hear our prayer.

Lord, hear us:

Lord, graciously hear us.

The Intercession ends with a suitable collect said by the priest, or the following

Merciful Father,

accept these prayers

for the sake of your Son,

our Saviour Jesus Christ. Amen.

The Peace

Please Stand

As those who have discovered and come to know the Lord, we greet one another in his name, and share his peace.

The peace of the Lord be with you always.

And also with you.

Let us offer one another a sign of the Lord's peace.

Offertory Hymn

I cannot tell how he whom angels worship
should stoop to love the peoples of the earth,
or why as shepherd he should seek the wand'rer
with his mysterious promise of new birth.
But this I know, that he was born of Mary,
when Bethl'ems manger was his only home,
and that he lived at Nazareth and laboured,
and so the Saviour, Saviour of the world, is come.

I cannot tell how silently he suffered,
as with his peace he graced this place of tears,
or how his heart upon the cross was broken,
the crown of pain to three and thirty years.

But this I know, he heals the broken-hearted,
and stays our sin, and calms our lurking fear,
and lifts the burden from the heavy laden,
for yet the Saviour, Saviour of the world, is here.

I cannot tell how all the lands shall worship,
when at his bidding, ev'ry storm is stilled,
or who can say how great the jubilation
when ev'ry heart with perfect love is filled.
But this I know, the skies will thrill with rapture,
and myriad, myriad human voices sing,
and earth to heav'n, and heav'n to earth, will answer:
At last the Saviour, Saviour of the world, is King!

William Young Fullerton 1857-1932
Tune: Londonderry Air

The Thanksgiving

We celebrate together the gifts and grace of God.

**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

Prayer over the Gifts

Lord Jesus Christ,
you came to live among us in time and space,
grant that through this holy feast
we may live in your eternal kingdom;
who is alive and reigns, now and for ever. **Amen.**

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 our 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, holy,
Holy, holy, Lord God Almighty.
And we lift our hearts before you
as a token of our love.
Holy, holy, holy, holy.**

**Gracious Father, gracious Father,
Blessed is the one who comes to us
in your name.**

**And we lift our hearts before you
as we give you thanks and praise.
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 become 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.

Let us proclaim the mystery of faith:

Christ has died

Christ is risen

Christ will come in glory.

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 Mary, the Virgin Mother of God,
the apostles 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.

Silence is kept

Please Sit

Jesus taught us to call God our Father, so in faith and trust 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.
Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power
and the glory are yours,
now and for ever. Amen.**

The Communion

The priest breaks the bread
We break this bread to share in the body of Christ.
**Though we are many, we are one body
for we all share in one bread.**

**Jesus, Lamb of God: have mercy on us.
Jesus, bearer of our sins: have mercy on us.
Jesus, redeemer of the world: give us your peace.**

The Invitation to Holy Communion

Jesus is the Lamb of God
who takes away the sins of the world.
Happy are those who are called to his supper.
**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

The sacrament is administered with these words:

The body of Christ. **Amen.** The blood of Christ. **Amen.**

All those who are baptised (Christened) are welcome to receive Holy Communion today. Baptised (Christened) children are welcome to receive holy communion at the discretion of their parents.

If you are not receiving you are welcome to come forward for a blessing but please bring this leaflet with you as a signal to the priest.

Hymn at the end of Communion

Bless the Lord, my soul,
and bless God's holy name.

Bless the Lord, my soul,
who leads me into life.

Sing through 3 times!

Taize Community

Silence is kept

The Sending Out

Please Stand

Post Communion Prayer

Give thanks to the Lord for he is gracious:
his love is everlasting.

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.
Amen.

The Blessing

The Lord be with you
And also with you.

May the God who made himself known to us in our Lord Jesus Christ deepen our knowledge of him, and enrich your lives with his love.
And the blessing of God almighty, ✠ the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

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

Final Hymn

Now thank we all our God,
With heart and hands and voices,
Who wondrous things hath done,
In whom his world rejoices;
Who from our mother's arms
Hath blessed us on our way
With countless gifts of love,
And still is ours today.

O may this bounteous God
Through all our life be near us,
With ever joyful hearts
And blessed peace to cheer us;
And keep us in his grace,
And guide us when perplexed,
And free us from all ills
In this world and the next.

All praise and thanks to God
The Father now be given,
The Son, and him who reigns
With them in highest heaven,
The One eternal God,
Whom heaven and earth adore;
For thus it was, is now,
And shall be evermore.

*German, Martin Rinkart 1586-1649 Tr. Catherine Winkworth 1827-78
Tune: Nun Danket*

CCL No: 961722

Notices

Refreshments. Please do join us for refreshments after the service if you can.

Praying for Growth. Please pray for the growth and renewal of the Church here in this place. Here is the Leading Your Church into Growth Prayer:

*God of Mission,
Who alone brings growth to your
Church,
Send your Holy Spirit to give
Vision to our planning,
Wisdom to our actions,
Joy to our worship,
And power to our witness.
Help our church to grow in numbers,
In spiritual commitment to you,
And in service to our local community,
Through Jesus Christ our Lord. Amen.*

The Community Fridge takes place every Sunday from 4-5pm at the Parish Church.

Sunday Sheet. Please take this sheet home with you for the notices for the week and to pray for what is happening in the life of our Church.

Receiving Holy Communion. A reminder that intinction (dipping the Host in the chalice) is not allowed. The Bishops of the Church in Wales stopped this practice some time ago. Also, when you have received the Host, please consume it before returning to your seat and before receiving the Chalice. Thank you for your co-operation.

Singing Group takes place on Thursday 27th June at 7pm in the Parish Church. All welcome!

Coffee Morning. There will be a Coffee Morning at the Parish Church on Saturday 6th July from 10am to 1pm. Please come along if you can! Stalls and Raffle as well.

The Week Ahead

24th Monday – The Nativity of John the Baptist

9am Morning Prayer
9.30am Holy Eucharist
5pm Evening Prayer

25th Tuesday – Feria

9am Morning Prayer
5pm Evening Prayer
6pm Holy Eucharist

26th Wednesday – Ember Day

9am Morning Prayer
10.30am Holy Eucharist
2pm Ordination Rehearsal
6.15pm Sung Evening Prayer

27th Thursday – Feria

9am Morning Prayer
10am Holy Eucharist *at the Parish Church*
10.45am Prayer Group *at the Parish Church*
5pm Evening Prayer
7pm Singing Group *at the Parish Church*

28th Friday – Ember Day

9am Morning Prayer
9.30am Offeren (*Welsh Eucharist*)
6pm Choral Evensong

29th Saturday – Peter & Paul, Apostles

9am Morning Prayer
10am Ordination Service
5pm Evening Prayer

30th Sunday – Trinity 5

9.30am Parish Eucharist

11am Cathedral Eucharist

3.30pm Evening Prayer

Today's Readings

Job 38. 1-11

The Lord answers Job out of the whirlwind, and reminds him of his insignificance in the order of things.

Psalm 133

2 Corinthians 6. 1-13

Paul opens his heart to the Church at Corinth as to the personal cost of his discipleship. In return, he asks them to open their hearts to him.

Mark 4. 35-41

Jesus calms the storm on Lake Galilee. The disciples are awestruck, and ask themselves who Jesus can be to have such power.



Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk