



The Sunday Sheet *for* The 7th Sunday after Trinity 14th July 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

King of glory, King of peace,
I will love thee;
and, that love may never cease,
I will move thee.
Thou hast granted my request,
thou hast heard me;
thou didst not my working breast,
thou hast spared me.

Wherefore with my utmost art
I will sing thee,
and the cream of all my heart
I will bring thee.
Though my sins against me cried,
thou didst clear me,
and alone, when they replied,
thou didst hear me.

Seven whole days, not one in seven,
I will praise thee;
in my heart, though not in heaven,
I can raise thee.
Small it is, in this poor sort
to enrol thee:

e'en eternity's too short
to extol thee.

George Herbert 1593-1633

Tune: Gwalchmai

✠ 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.

We are assured that the Lord is always ready to forgive when we are ready to confess.
Holding on in faith to that assurance, let us say sorry to God and ask him to guide us
by his gifts of wisdom and insight.

Silence is kept

We are constantly in need of your forgiveness and your grace to continue in our
pilgrimage of faith.

Lord, have mercy: **Lord, have mercy.**

We need constant reminders that we belong in your kingdom and not to the kingdoms
of this world:

Christ, have mercy: **Christ, have mercy.**

We often fall into the trap of putting human approval and popularity above the
blessing of your faithful love for us.

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 in the highest to the God of heaven!
Peace to all your people through the earth be given:
Mighty God and Father, thanks and praise we bring,
Singing alleluias to our heavenly King.

Jesus Christ is risen, God the Father's Son:
With the Holy Spirit, you are Lord alone!
Lamb once killed for sinners, all our guilt to bear,
Show us now your mercy, now receive our prayer.

Christ the world's true Saviour, high and holy one,
Seated now and reigning from your Father's throne:
Lord and God, we praise you; highest heaven adores:
In the Father's glory, all the praise be yours!

Tune: Camberwell

The Collect

Lord of all power and might,
the author and giver of all good things:
graft in our hearts the love of your name,
increase in us true religion,
nourish us with all goodness,
and of your great mercy keep us in the same;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Ephesians 1. 3-14

A reading from the letter of Paul to the Ephesians.

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were

marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

For the word of the Lord:

Thanks be to God.

The Gospel

Please Stand

God has spoken by his prophets,
spoken his unchanging word;
each from age to age proclaiming
God the One, the righteous Lord;
in the world's despair and turmoil
one firm anchor still holds fast:
God is King, his throne eternal,
God the First and God the Last.

God has spoken by Christ Jesus,
Christ, the everlasting Son;
brightness of the Father's glory,
with the Father ever one:
spoken by the Word incarnate,
Life, before all time began,
Light of light to earth descending,
God, revealed as Son of Man.

God is speaking by his Spirit
speaking to our hearts again;
in the age-long word expounding
God's own message, now as then.
Through the rise and fall of nations
one sure faith is standing fast:
God abides, his word unchanging,
God the First and God the Last.

George Wallace Briggs 1875-1959
Tune: Blaenwern

Mark 6. 14-29

Listen to the Gospel of Christ according to Saint Mark.

Glory to you, O Lord.

King Herod heard of the healings and other miracles, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.'

For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the baptizer.' Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptist on a platter.' The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

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

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing.

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

From heav'n you came, helpless babe,
entered our world, your glory veiled;
not to be served but to serve,
and give your life that we might live.

*This is our God, the Servant King,
he calls us now to follow him,
to bring our lives as a daily offering
of worship to the Servant King.*

There in the garden of tears,
my heavy load he chose to bear;
his heart with sorrow was torn.
"Yet not my will but yours," he said.

Come see his hands and his feet,
the scars that speak of sacrifice,
hands that flung stars into space,
to cruel nails surrendered.

So let us learn how to serve,
and in our lives enthrone him;
each other's needs to prefer,
for it is Christ we're serving.

*This is our God, the Servant King,
he calls us now to follow him,
to bring our lives as a daily offering
of worship to the Servant King.*

Graham Kendrick b.1950

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,
by the grace of this sacrament,
keep us grafted into you, the living vine;
and grant that always abiding in you we may bear fruit to your glory;
who are alive and reign, 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

Let us pray with confidence to the Father:

**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

Before the throne of God above
I have a strong, a perfect plea,
a great High Priest whose name is Love,
who ever lives and pleads for me.
My name is graven on his hands,
my name is written on his heart;
I know that while in heaven he stands
no tongue can bid me thence depart,
no tongue can bid me thence depart.

Behold him there! The risen lamb,
my perfect, spotless righteousness;
the great unchangeable I AM,
the King of glory and of grace!
One with himself I cannot die,
my soul is purchased with his blood;
my life is hid with Christ on high,
with Christ my Saviour and my God,
with Christ my Saviour and my God.

Charitie Lees De Chenez 1843-1923

Silence is kept

Post Communion Prayer

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

Lord God, whose Son is the true vine and the source of life,
ever giving himself that the world may live:
may we so receive within ourselves
the power of his death and passion
that, in his saving cup,
we may share his glory and be made perfect in his love;
for he is alive and reigns, now and for ever. **Amen.**

The Blessing

The Lord be with you
And also with you.

May Christ be with you; may his touch bring healing and his presence peace.
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

Blessed assurance, Jesus is mine:
O what a foretaste of glory divine!
Heir of salvation, purchase of God;
born of his Spirit, washed in his blood.

*This is my story, this is my song,
praising my Saviour all the day long.
This is my story, this is my song,
praising my Saviour all the day long.*

Perfect submission, perfect delight,
visions of rapture burst on my sight;
angels descending, bring from above
echoes of mercy, whispers of love.

Perfect submission, all is at rest,
I in my Saviour am happy and blest;
watching and waiting, looking above,
filled with his goodness, lost in his love.

*This is my story, this is my song,
praising my Saviour all the day long.
This is my story, this is my song,
praising my Saviour all the day long.*

*Fanny Crosby 1820-1915
Tune: Blessed Assurance*

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.

Visiting Choir. The Choir of Bridlington Priory will be singing services at the Cathedral over the weekend of 26th to 28th July as follows:

26th: 5pm Choral Evensong
28th: 11am Cathedral Eucharist
3.30pm Choral Evensong
Your support would be much appreciated!

Churchyard work party on Saturday, 20th July at 10-12 am. All welcome.

The Week Ahead

15th Monday – Feria

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

16th Tuesday – Feria

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

17th Wednesday – Feria

9am Morning Prayer
10.30am Holy Eucharist
5pm Evening Prayer

18th Thursday – Elizabeth of Russia

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

19th Friday – Gregory & Macrina

9am Morning Prayer
9.30am Offeren (*Welsh Eucharist*)
5pm Evening Prayer

20th Saturday – Feria

9am Morning Prayer
5pm Evening Prayer

21st Sunday – Trinity 8

9.30am Parish Eucharist
11am Cathedral Eucharist
3.30pm Evening Prayer

Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk

Today's Readings

Amos 7. 7-15

Amos asserts that he is not a 'paid' prophet who has to earn his bread. Rather he is a prophet called by God to leave his farming work in order to prophesy to the people of Israel.

Psalm 85. 8-13

Ephesians 1. 3-14

Paul praises God for all the blessings he has shown us and the gifts he offers us in and through Jesus Christ.

Mark 6. 14-29

We hear the story of the execution of John the Baptist on the orders of Herod Antipas.