

**Written service of the Word Trinity 7
Led by Revd Prof Hugh Houghton**



We meet in the name of the Father,
and of the Son, and of the Holy Spirit.

The Greeting

Grace mercy and peace from God our father and
the Lord Jesus Christ be with us.

Words of welcome

Jesus said to his disciples:
'Come away...and rest a while.'
We come into the Lord's presence now,
away from the burdens and stresses of life.

We come with open arms, to receive the rest that Jesus offers to restore our souls, and equip us for whatever comes next. **Amen.**

Invitation to confession

Jesus says, 'Repent, for the kingdom of heaven is close at hand.'

So let us turn away from sin and turn to the Lord, confessing our sins in penitence and faith..

**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. Amen.**

Kyrie Eleison

You raise the dead to life in the Spirit.
Lord, have mercy

You bring pardon and peace to the broken in
heart:
Christ, have mercy

You make one by your Spirit the torn and
divided:
Lord, have mercy

The Absolution

May the God of love and power
forgive us and free us from our sins,
heal and strengthen us by his Spirit,
and raise us to new life in Christ our Lord.
Amen.

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

Generous God,
you give us gifts and make them grow:
though our faith is small as mustard seed,
make it grow to your glory
and the flourishing of your kingdom;
through Jesus Christ our Lord. **Amen.**

First Reading Jeremiah 23.1-6

Woe to the shepherds who destroy and scatter the sheep of my pasture! says the Lord. Therefore, thus says the Lord, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the Lord. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the Lord.

The days are surely coming, says the Lord, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in

safety. And this is the name by which he will be called: 'The Lord is our righteousness.'

This is the word of the Lord Thanks be to God

Second Reading Ephesians 2.11-end

So then, remember that at one time you Gentiles by birth, called 'the uncircumcision' by those who are called 'the circumcision'—a physical circumcision made in the flesh by human hands—remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world.

But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us.

He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it.

So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer

strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

This is the word of the Lord, Thanks be to God

Gospel Reading Mark 6.30-34, 53-end

Alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit, one God, who was, and who is, and who is to come, the Almighty.

Alleluia.

Hear the Gospel of our Lord Jesus Christ
according to Mark

All

Glory to you, O Lord

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat.

And they went away in the boat to a deserted place by themselves. Now many saw them going

and recognized them, and they hurried there on foot from all the towns and arrived ahead of them.

As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When they had crossed over, they came to land at Gennesaret and moored the boat.

When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was.

And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

This is the Gospel of the Lord.

All

Praise to you, O Christ.

No talk received from Revd Prof Hugh Houghton

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This week, the Gospel reading consist of short pieces of text that are often overlooked because

they are the connecting verses between more prominent well-known stories. The action takes place around the Sea of Galilee, which is an inland sea – rather like a large Scottish loch. If someone had access to a boat, it would be easy therefore to row or sail across to the other side.

Unfortunately, because of the hilly ground all around, anyone watching from the shore would also have a good view of your progress and could make a good guess as to where you were going to land. And because rowing – well, this sort of rowing – is not the fastest form of transport, someone could make the journey on foot and be there to greet you. This is what happened when Jesus took his disciples away to a quiet place to rest. The crowds got there before them.

Jesus seems to have been recognised and followed by crowds wherever he went, with little time to rest or even eat on occasions. No wonder that his desire – for himself and for his disciples – was to get away and have some ‘me time’ – even though his plans were somewhat thwarted.

Busyness – with all its attendant stresses – is a common problem. For some people, the idea of rest as a way of moving on – ‘retreating in order to advance’ – is too counterintuitive. If I take time off or away, I’ll only have twice as much to do when I get back!

But putting yourself first is not always the wrong thing to do. Anyone one who has flown in an aeroplane will know that you have to put on your own oxygen mask before trying to help someone

else. Looking after yourself puts you in a better position to show compassion to others.

So, where do you go to for your spiritual 'me time'? Indeed, do you seek rest when you most need it.

The creed

**All I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his 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 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 Intercession led by Lisa Wakeman

Let us pray

Loving Lord, ever true and ever faithful to the promises you have made, we come before you with thanksgiving and to celebrate your unfailing love and mercy. We ask that you forgive our weaknesses and renew us and all your people with your undying love.

Lord, in your Mercy, hear our prayer.

Loving Lord, we pray for all who are living with and in the shadow of, Covid 19. Give them comfort and hope, that they may make a speedy recovery to good health. Look with compassion on those who are vulnerable and fearful of the spread of the pandemic variants as lockdown is lifted this coming week. Support those who work in the medical profession; and the scientists tasked with adapting the vaccines to combat the ever-changing environments where this disease continues to evolve. May they all know your presence, your love, your compassion and your mercy.

Lord, in your Mercy, hear our prayer..

Loving Lord, we pray for Elizabeth, our Queen; one who has kept her promise to serve you and all her subjects during her lifetime. We pray for our Government, members of Parliament and all world leaders, that they will work tirelessly to bring to fruition all the decisions and promises they make for the good of all. We remember and pray for, this day and every day, those

living in war torn areas, in refugee camps and those seeking a country where they can build a better life for their families .We also think of those affected by extreme weather conditions in Western Europe and around the world
Lord, in your Mercy, hear our prayer.

Loving Lord, we pray for all who bring your word to us in our parish especially Hugh who is celebrating with us today and all other visiting clergy as they minister to us .We pray for our families, friends and neighbours, wherever they may be in the world especially those who live and work in Marlborough road. May we always work and live together, being mindful of each other's needs through this uncertain time.
Lord, in your Mercy, hear our prayer..

Loving Lord, we pray for those who are suffering ill-health at this time, be it at home, in hospital or in care homes; all those needing comfort and support through their difficulties. Let them feel your presence and gain strength from it; let them know their lives are important to us all. Let us remember and bring to mind all who are known only to ourselves who need our prayers at this time.....
Lord, in your Mercy, hear our prayer.

Loving Lord, We give thanks for family and friends who now rest with you in your eternal kingdom.

We especially pray for those who miss them dearly, may their memories bring them comfort knowing that they may rest in peace and rise in glory Lord, in your Mercy, hear our prayer..

Loving Lord, we now ask you to help us to consider carefully the promises we make this day, so that we may mean them with all our hearts and carry them out in the days ahead..

And at the end

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

The Peace

Peace to you from God our heavenly Father.
Peace from his Son Jesus Christ who is our
peace. Peace from the Holy Spirit, the life-giver.
The peace of the triune God be always with you

**Holy God,
holy and strong,
holy and immortal,
give us the bread of everlasting life,
and make us branches of the true vine.
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.

An act of Spiritual Communion

You may wish to find a space for prayer in front of a cross, a candle, or a special place.

Lord Jesus Christ, you are the bread of life and the one true vine. We believe that you are truly present in the Most Holy Sacrament of the Eucharist.

We seek you. We worship and adore you. Since we cannot receive you in the Eucharistic bread and wine,

We pray that you will come into our hearts and souls, that we may be united to you, by your all-powerful and ever-present Holy Spirit.

Let us receive you, and be nourished by you.
Become for us the manna in our wilderness, the
bread of angels for our very human journey
through time, a foretaste of the heavenly
banquet, and solace in the hour of our death.
We pray all this, trusting that you yourself are
our Life, our Peace, and our everlasting Joy.
Amen

A sending out prayer

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

We read that you rested on the seventh day –
after all the busyness and work of creation;
and we read of Jesus' desire for his disciples to
rest. As your followers, your disciples, now, and
as we return to our busy lives, may we know the
rest you offer every day this week. Amen

Blessing

God, who cares for all, give us the courage to face our fears, and to go on our way in faith and trust, for your love keeps us safe and brings us home.

Let us bless the Lord:
Blessing, honour and glory be ours,
here and everywhere, now and for ever.
Amen.

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

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