

St Cuthbert's, Thetford Sunday 19th July 2020

WELCOME

President: In the name of the Father, and of the Son, and of the Holy Spirit

ALL: *AMEN.*

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

ALL: *and also with you.*

President: We have come together as the family of God in our Father's presence to offer him praise and thanksgiving, to hear and receive his holy word to bring before him the needs of the world, to ask his forgiveness for our sins, and to seek his grace, that through his Son Jesus Christ we may give ourselves to his service.

ALL: *AMEN.*

PRAYERS OF PENITENCE

President: In the first chapter of the First Epistle of John and at verse 8 we read, "If we say we have no sin, we deceive ourselves and the truth is not in us. If we confess our sins, God is faithful and just, and will forgive us our sins and cleanse us from all unrighteousness."

Let us therefore confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all:

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.

AMEN.

President: 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.

ALL: *AMEN.*

GLORIA IN EXCELSIS

President: Let everything be said and done in the name of the Lord Jesus,

ALL: *giving thanks to God through Jesus Christ.*

President: Sing psalms, hymns and sacred songs:

ALL: *let us sing to God with thankful hearts.*

President: Open our lips, Lord:

ALL: *and we shall praise your name.*

President: Now let us say together the words of the Gloria,

ALL: *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

The President introduces a period of silent prayer. The Collect for the day is said.

President: Merciful God, you have prepared for those who love you such good things as pass our understanding: pour into our hearts such love toward you, that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; through Jesus Christ your Son our Lord, who is a live and reigns with you, in the unity of the Holy Spirit, one God, now and forever:

ALL: *AMEN.*

READING

President: Our First reading today comes from the Book of Psalms, Psalm 145 vv 8-15.

8. The Lord is gracious and compassionate, slow to anger and rich in love.

9. The Lord is good to all; he has compassion on all he has made.

10. All your works praise you, Lord; your faithful people extol you.

11. They tell of the glory of your kingdom and speak of your might,

12. so that all people may know of your mighty acts and the glorious splendour of your kingdom.

13. Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is trustworthy in all he promises and faithful in all he does.

14. The Lord upholds all who fall and lifts up all who are bowed down.

15. The eyes of all look to you, and you give them their food at the proper time.

Reader: This is the word of the Lord.

ALL: *Thanks be to God.*

President: Hear the Gospel of our Lord Jesus Christ according to Mark Chapter 3 vv1-6

ALL: *Glory to you, O Lord.*

1. Another time Jesus went into the synagogue, and a man with a shrivelled hand was there.

2. Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath.

3. Jesus said to the man with the shrivelled hand, "Stand up in front of everyone."

4. Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent.

5. He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

6. Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

President: This is the Gospel of our Lord.

ALL: *Praise to you, O Christ.*

SERMON

THE CREED

President: Now let us reaffirm our faith by saying together the words of The Creed.

ALL *I believe in one God, the Father almighty, maker of heaven and earth, and all that is seen and unseen.*

I 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.

I 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.

I believe in one holy catholic and apostolic Church.

I acknowledge one baptism for the forgiveness of sins.

I look for the resurrection of the dead, and the life of the world to come.

AMEN

PRAYERS AND INTERCESSIONS

We sit or kneel to pray

President: Let us join in saying the words that Jesus himself taught us,

ALL: *Our Father which art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
in earth as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses,
as we forgive them that trespass against us.
Lead us not into temptation
but deliver us from evil.
For thine is the kingdom, the power and the glory
For ever and ever.
AMEN.*

The bidding today is:

As you have called us:

And the response

Lord, we come to you.

Our loving God is here, attentive to his children. Let us pray to him now.

Father, on this day when we can open our doors and worship you here, we pray that your Church may always be open to receive your love;

keep us swept clear of pomposity, complacency or self-righteousness;

let us come humbly and simply into your presence and wait on you, knowing our dependence on you, and rejoicing in it.

We thank you for all the lessons we have learnt during these strange times in continuing to meet and praise you online, perhaps to realise that you are always with us whether we are in your house or as we pass the days of our life wherever we may be.

As you have called us:

Lord, we come to you.

God of healing and compassion, we thank you for the establishment of the National Health Service, and for the dedication of all who work in it: give skill, sympathy and resilience to all who care for the sick, and your wisdom to those engaged in medical research. Strengthen all in their vocation through your Spirit, that through their work many will be restored to health and strength;

Everlasting God, at this time we lift to you those from all nations and backgrounds who work on the front line in healthcare. Give them skill and wisdom in their work. Be their strength and their shield as they give of themselves in the care of others.

As you have called us:

Lord, we come to you.

Father, we pray for all world leaders and their governments;
for the strength of authority comes not through force and domination but through co-operation and mutual respect;
we pray for greater consideration of the needs of one another and of our planet, and a desire to right past wrongs and injustices.

As you have called us:

Lord, we come to you.

We pray for our Bishops Graham, Alan and Jonathan and pray that you will give us inspiration to think of new ways in which we may support the work of the diocese.

And on the other side of our world we Pray for the united Church of Pakistan: for Humphrey Peters - Bishop of Peshawar & Moderator of the Church of Pakistan.

We ask you to bless our ministry in this place, and give thanks that we can once again meet together in your house.
We pray for our Ministers, Peter and Tony, for all the Churchwardens of our benefice, thanking you for all they do for us.

As you have called us:

Lord, we come to you

Father, we pray for all who cry out for rest and relief, all who are carrying terrible burdens that weigh them down, all whose poverty denies them the chance of healing, all whose wealth denies them the chance of knowing their need of you.

As you have called us:

Lord, we come to you.

Father, we thank you for your gentleness and humility, which puts our pride and vanity to shame.

Teach us to trust more and more in your truth, discarding what the world considers essential and rejoicing in your freedom.

Keep us, good Lord, under the shadow of your mercy. Sustain and support the anxious, be with those who care for the sick, and lift up all who are brought low; that we may find comfort knowing that nothing can separate us from your love in Christ Jesus our Lord.

Merciful Father

ALL: *accept these prayers for the sake of your son, our Saviour Jesus Christ. AMEN*

CONCLUSION, BLESSING AND THE GRACE

President: The peace of God which passes all understanding keep your hearts and minds in the knowledge and love of God, and of his Son, Jesus Christ our Lord, and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

ALL: *AMEN.*

*May the grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore. Amen.*

DISMISSAL

President: Go in peace to love and serve the Lord

ALL: *in the name of Christ, Amen.*