



Thursday 1st October Holy Communion

Welcome

The Lord be with you
and also with you.

Prayer of Preparation

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

Prayers of Confession

Our Lord Jesus Christ said: The first commandment is this: "Hear, O Israel, the Lord our God is the only Lord. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength." The second is this: "Love your neighbour as yourself". There is no other commandment greater than these. On these two commandments hang all the law and the prophets.

Amen. Lord, have mercy.

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

Lord have mercy

Lord have mercy

Christ have mercy

Christ have mercy

Lord have mercy

Lord have mercy

Almighty God, who forgives all who truly repent, have mercy upon us, pardon and deliver us from all our sins, confirm and strengthen us in all goodness, and keep us in life eternal; through Jesus Christ our Lord. **Amen**

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.

Collect

O Lord, we beseech you mercifully to hear the prayers of your people who call upon you; and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfil them; 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**

Old Testament Reading: Job 19:21-27

“Have pity on me, my friends, have pity, for the hand of God has struck me. Why do you pursue me as God does? Will you never get enough of my flesh? “Oh, that my words were recorded, that they were written on a scroll, that they were inscribed with an iron tool on lead, or engraved in rock forever! I know that my redeemer lives, and that in the end he will stand on the earth. And after my skin has been destroyed, yet in my flesh I will see God; I myself will see him with my own eyes—I, and not another. How my heart yearns within me!

This is the word of the Lord.

Thanks be to God.

Gospel Reading: Luke 10:1-12

Hear the Gospel of our Lord Jesus Christ according to Luke

Glory to you, O Lord

After this the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where he was about to go. He told them, “The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. Go! I am sending you out like lambs among wolves. Do not take a purse or bag or sandals; and do not greet anyone on the road. “When you enter a house, first say, ‘Peace to this house.’ If someone who promotes peace is there, your peace will rest on them; if not, it will return to you. Stay there, eating and drinking whatever they give you, for the worker deserves his wages. Do not move around from house to house.

“When you enter a town and are welcomed, eat what is offered to you. Heal the sick who are there and tell them, ‘The kingdom of God has come near to you.’ But when you enter a town and are not welcomed, go into its streets and say, ‘Even the dust of your town we wipe from our feet as a warning to you. Yet be sure of this: The kingdom of God has come near.’ I tell you, it will be more bearable on that day for Sodom than for that town.

This is the Gospel of the Lord.

Praise to you, O Christ

Sermon: Rev'd Petra Shakeshaft

The image of the disciples 'going out' – or rather, being sent out is one that might feel strange to us today – or, at least, at the moment.

We're beginning to adjust to being able to come back into church and to meet one another, but we're still struggling to find ways of 'going out', reaching out in this time of Covid with all the restrictions in place.

How do we find ways of reaching out to our neighbours, of sharing the gospel when we're denied those normal human means of contact that come so instinctively to us?

It's clear from this passage that being sent out by Jesus is not for the faint-hearted. 'See, I am sending you out like lambs into the midst of wolves.'

You never know what sort of reception you will get.

Jesus tells the seventy not to greet anyone along the road; they are not to be diverted from the task in hand and they are to carry no baggage.

On Monday morning I had a meeting on Whatsapp with my Spiritual Director.

Not only is she an artist, but she spent most of her priestly ministry as a hospital chaplain, so three weeks into my new job as chaplain at Addenbroke's, she was a good person to do some reflecting with.

It struck me, after the meeting, as I sat down to prepare this sermon, that this passage spoke to me in a new way.

She had said to me, *You have to be very sure of who you are and what you are rooted in.*

I'm sure most of you have had that experience

where you have to walk into a room full of people you don't know; maybe a party or a meeting – clergy training days spring to mind – and searching the room for a friendly face;

someone who makes eye contact – probably as desperate as you.

It's a bit like that walking on to a ward each day – fifteen or twenty times each day.

While I'd hardly describe the patients as wolves,

you have no idea, when you introduce yourself,

whether you are a welcome face or the last person they want to see.

you have no idea, as they begin to talk, what story you are about to hear;

what pain and brokenness lies behind the physical brokenness or sickness.

Time and time again, what people want is to tell their story.

In this state of vulnerability and dependence, faced often with their own mortality, their sense of identity is challenged.

I need to tell my story so I can be sure of who I am;

who I have been and who I might be in the future –

When Jesus tells his disciples to 'travel light', he doesn't want them weighed down by *anything*.

If we are to be truly present to the person in front of us,

we need to leave our own emotional baggage behind.

The spiritual word *kenosis* means self-emptying;

self-emptying of one's own will and becoming entirely receptive to God's divine will,

and it's what incarnation is all about.

In Philippians, Paul talks about Christ emptying himself and taking the form of a servant – it is the purest form of humility.

Jesus sends the seventy to the places he himself intends to go.

I hear this as the reassurance that there is nowhere Jesus sends us where he is not present, And while we might feel very alone when we walk into that room full of people, or when we have to introduce ourselves to someone new, or when we feel we need to ask that difficult question that will help someone to tell their story, we're not alone.

We need to be sure of who we are and what we are rooted in

Jesus' ministry is *incarnational* ministry – a ministry of physical presence.

Laying our own baggage down enables us to be fully the people Jesus calls us to be and to be entirely present for another person –

The place for this is at the foot of the cross, at God's feet, for that is where we are rooted.

It's the place we return to time and again to lay down those things that burden us, distract us to let Christ hold them for us, if only for a time.

At the beginning of each working day in the Chaplaincy we gather together for prayer and it's this that reminds us of who we are and where our strength comes from; that we are not alone in our work.

That is what *this* time is for too;

to gather together to pray. to meet him in bread and wine, to remain rooted in he who sends us

and to discern where the people and the places are to which he is sending us *now*.

And wherever that is, he will be there.

It is in meeting God in prayer that we are all reminded of where our roots and identity lie; in the one who made us in his own image.

Be assured of who *you* are and what *you* are rooted in.

Nicene Creed

**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,
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.
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.**

Prayers

The Peace

The peace of the Lord always be with you

And also with you.

Let us offer one another a sign of peace.

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 thanks and praise.

Father, you made the world and love your creation. You gave your Son Jesus Christ to be our Saviour. His dying and rising have set us free from sin and death. And so we gladly thank you, with saints and angels 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.**

We praise and bless you, loving Father, through Jesus Christ, our Lord; and as we obey his command, send your Holy Spirit, that broken bread and wine outpoured may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends and, taking bread, he praised you. He broke the bread, gave it to them and said: Take, eat; this is my body which is given for you; do this in remembrance of me.

When supper was ended he took the cup of wine. Again he praised you, gave it to them and said: 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. So, Father, we remember all that Jesus did, in him we plead with confidence his sacrifice made once for all upon the cross. Bringing before you the bread of life and cup of salvation, we proclaim his death and resurrection until he comes in glory.

Great is the mystery of faith

Christ has died

Christ has risen

Christ will come again.

Lord of all life, help us to work together for that day when your kingdom comes and justice and mercy will be seen in all the earth. Look with favour on your people, gather us in your loving arms and bring us with all the saints to feast at your table in heaven. Through Christ, and with Christ, and in Christ, in the unity of the Holy Spirit, all honour and glory are yours, O loving Father, for ever and ever. **Amen**

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.

The Breaking of the Bread

We break this bread to share in the body of Christ.

Though we are many, we are one body, because 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, grant us peace.

Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you and his blood which he shed for you. Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

We do not presume to come to this your table, merciful Lord, trusting in our own righteousness, but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your table. But you are the same Lord whose nature is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of your dear Son Jesus Christ and to drink his blood, that our sinful bodies may be made clean by his body and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen

Prayer after Communion

Almighty God, you have taught us through your Son that love is the fulfilling of the law: grant that we may love you with our whole heart and our neighbours as ourselves; through Jesus Christ our Lord. **Amen**

Almighty God, we thank you for feeding us with 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

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. **Amen**

Go in peace to love and serve the Lord

In the name of Christ. Amen

If you have any prayer or pastoral needs, please don't hesitate to contact
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