



## The Sixth Sunday after Trinity: Sunday 19<sup>th</sup> July

### Welcome

We say together:

**In my head  
in my heart  
and all around me  
Jesus is here.**

### Song: Hosanna (Praise is Rising)

<https://youtu.be/oAaQ5EExidc>

Praise is rising, eyes are turning to You, we turn to You  
Hope is stirring, hearts are yearning for You, we long for You  
'Cause when we see You, we find strength to face the day  
In Your Presence all our fears are washed away, washed away

Hosanna, hosanna  
You are the God Who saves us, worthy of all our praises  
Hosanna, hosanna  
Come have Your way among us  
We welcome You here, Lord Jesus

Hear the sound of hearts returning to You, we turn to You  
In Your Kingdom broken lives are made new, You make us new  
'Cause when we see You, we find strength to face the day  
In Your Presence all our fears are washed away, washed away

Hosanna, hosanna  
You are the God Who saves us, worthy of all our praises  
Hosanna, hosanna  
Come have Your way among us  
We welcome You here, Lord...

### Prayer of Confession:

In a moment of quiet we bring before God those thoughts and words and deeds which have hurt others and ourselves, knowing that, as we turn back to God, we are healed and forgiven.

We sing together:

**For the things we have thought  
that we wish we'd not thought,  
we're sorry, we're sorry,  
we need a new start**

**For the things we have said  
that we wish we'd not said  
we're sorry, we're sorry  
we need a new start**

**For the things we have done  
that we wish we'd not done  
we're sorry, we're sorry  
we need a new start**

The good news is that God always wants to give us a new start. We mark our hands with the sign of the cross or a smile, to remember that we are forgiven children of God.

## **Children's Talk: Liz Partridge**

### **Hymn: Be Thou My Vision**

<https://youtu.be/YxvXGgSIRcs>

Be thou my vision, O Lord of my heart;  
Naught be all else to me, save that thou art -  
Thou my best thought, by day or by night;  
Waking or sleeping, thy presence my light.

Be thou my wisdom, and thou my true word;  
I ever with thee and thou with me, Lord.  
Thou my great Father; thine own may I be,  
Thou in me dwelling and I one with thee.

Riches I heed not, nor vain, empty praise;  
Thou mine inheritance, now and always;  
Thou and thou only first in my heart,  
High King of heaven, my treasure thou art.

High King of heaven, my victory won,  
May I reach heaven's joys, O bright heaven's sun!  
Heart of my own heart, whatever befall,  
Still be my vision, O Ruler of all.

## **Collect**

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 alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

## **New Testament Reading: Romans 8:12 - 25**

Therefore, brothers and sisters, we have an obligation – but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.' The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs – heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. For the creation waits in eager expectation for the children of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God.

We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently.

### **Song: I still haven't found what I'm looking for**

<https://youtu.be/TAXs0qIBw0g>

I have climbed the highest mountains

I have run through the fields

Only to be with you

Only to be with you

I have run I have crawled

I have scaled these city walls

These city walls

Only to be with you

*But I still haven't found*

*What I'm looking for....*

I have kissed honey lips

Felt the healing in the fingertips

It burned like fire

This burning desire..

I have spoken with the tongue of angels

I have held the hand of a devil

It was warm in the night

I was cold as a stone

*But I still haven't found*

*What I'm looking for....*

I believe in the Kingdom come

When all the colours will bleed into one

But yes, I'm still running

You broke the bonds  
and you loosed the chains  
carried the cross of my shame, all my shame  
You know I believe it..

*But I still haven't found  
What I'm looking for....*

## **Gospel Reading: Matthew 13:24 – 30, 36 - 43**

Hear the Gospel of our Lord Jesus Christ according to Matthew

**Glory to you, O Lord**

Jesus told them another parable: 'The kingdom of heaven is like a man who sowed good seed in his field. But while everyone was sleeping, his enemy came and sowed weeds among the wheat, and went away. When the wheat sprouted and formed ears, then the weeds also appeared.

'The owner's servants came to him and said, "Sir, didn't you sow good seed in your field? Where then did the weeds come from?" "An enemy did this," he replied. 'The servants asked him, "Do you want us to go and pull them up?"

"No," he answered, "because while you are pulling up the weeds, you may uproot the wheat with them. Let both grow together until the harvest. At that time I will tell the harvesters: first collect the weeds and tie them in bundles to be burned; then gather the wheat and bring it into my barn."

Then he left the crowd and went into the house. His disciples came to him and said, 'Explain to us the parable of the weeds in the field.' He answered, 'The one who sowed the good seed is the Son of Man. The field is the world, and the good seed stands for the people of the kingdom. The weeds are the people of the evil one, and the enemy who sows them is the devil. The harvest is the end of the age, and the harvesters are angels.

'As the weeds are pulled up and burned in the fire, so it will be at the end of the age. The Son of Man will send out his angels, and they will weed out of his kingdom everything that causes sin and all who do evil. They will throw them into the blazing furnace, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. Whoever has ears, let them hear.

This is the Gospel of the Lord.

**Praise to you, O Christ**

## **Sermon: The Hope of the Kingdom (Sara Merritt)**

### ***Hope of the Kingdom***

What hope do you have? What are you hoping for?  
*(let's just spend a moment thinking about that quietly – maybe short term hopes, maybe longer term...)*

*What are our readings all about?*  
Well now, those readings are tricky, aren't they?

## **Parable**

First we have the parable of the wheat and the tares.. Jesus tells this story: of a farmer who sows seed in his field, but then finds that prickly weeds have sprung up among his lovely wheat. So his workers say “Shall we pull up the weeds?” but he says “No, because you might pull up the wheat too, so let’s leave them together. Then at harvest time we’ll separate it all out and burn the weeds”. Jesus says this is a metaphor for the whole world, where the “sons of the kingdom” are the good seed, and the “sons of evil” are the prickly weeds. They’re going to be left to grow up together, but at “the end of the age” the weeds will be burnt up “with wailing and gnashing of teeth” while the righteous will “shine forth as the sun”.

It’s not the easiest parable, is it?! It’s not like the Good Samaritan, which we can all read and say “Oh yes, I should be kind to my neighbours even if they’re not like me” or the one after this, the Pearl of Great Price, about God’s kingdom being more important than anything else. Those are powerful but kind of straightforward.  
No, this one is darker and deeper.

For instance, who are the sons of the kingdom and who are the sons of evil? (I’m pretty sure this doesn’t just mean men, so let’s try “children” instead.) Who are the children of the Kingdom and who are the children of evil? Which are you? And, who is the “enemy” who sows the seeds? And when is the end of the age? And, most importantly, what is Jesus trying to tell us in this parable?

...

I don’t think this parable is about some people being evil and others good. Jesus is all about forgiveness and change and growth and second chances, new beginnings. He is not about some people being bad from the roots. I’m sure these weeds are not people...

Maybe the key is in verse 41. The angels will gather and destroy “all that causes sin and all lawlessness”. Maybe those weeds are not individuals, but bits of individuals, or bits of society. Perhaps we are each a field with wheat and thistles growing. Or perhaps we can see our culture, or even all creation, in the same way, with goodness and evil growing together.  
It’s wonderful to have that picture of a future where there is no evil left, only good, but it’s also good to acknowledge that that is not the world we live in now. Perhaps this parable is in fact an acknowledgement of the problem of suffering.

Have you ever tried telling someone the good news about Jesus? Has anyone said to you “what about all the bad stuff in the world, the wickedness and suffering? Did God make that, and if so how can he be good? And if he’s all powerful why doesn’t he stop it?” I think it’s the hardest question to answer, the problem that is an obstacle to many people finding God. We need to have an answer to give them.

Is that answer here? Well, this parable actually says that no, God didn’t make evil, the ‘enemy’ did (although we then have to ask whether God made the Enemy). But it also says that the reason God won’t get rid of it yet is that the good stuff (the wheat) might get pulled up along with the bad (the weeds). So God opts to let it all grow together until the end when it can be carefully separated out. Hmm. Does that make sense? If we got rid of all sin and suffering in the world would that really endanger goodness and love? That is a big, deep question for us all to continue thinking about.

I’m not sure this parable really answers the problem of evil, but I’m glad it’s here, acknowledging the question and attempting an answer. If you want to discuss this question more, let’s make space in church to do so. If you want a book to read I would suggest CS Lewis *The Problem of Pain* which is old but evergreen and just makes sense. I expect the other ministers would also be happy to suggest reading, and we should make it an ongoing conversation.

But there is another side to the parable, and that is the powerful image of the pain of the current age being burnt away, overshadowed by the glory of the world to come. Perhaps the most important thing to take away from it is not ideas of enemies or weeds or gnashing of teeth, but of hope, the hope that just maybe it will all make sense in the end, that good will triumph and evil will be destroyed.

For now we live in a world of conflict, between good seed and bad seed, but at the end of the age only good seed will survive, in the glorious kingdom of God.

### ***Romans***

Now, let's have a look at our other reading, from Romans, and see if this can help us at all with that tricky parable.

Romans is, itself, a notoriously difficult letter. But if we try hard with it we can sometimes find great treasure.

When I read this passage with the parable in mind, I noticed several parallels. Paul also divides life into two sides – flesh and spirit. Living according to the flesh will end in death, but living according to the spirit will end in life. Perhaps these are the same as the weeds and the wheat?

He says that we, who live according to the Spirit of God, are the children of God, which again leads us back to the wheat in the parable. Paul talks about life now being full of suffering, not just for people, but for all of creation, and how all of creation is waiting to be liberated.

In the parable, this time we are awaiting was pictured as a harvest. Paul pictures that same time as a freedom from bondage, freedom from slavery to the 'master' which is decay, corruption, evil. If we go back to that wheatfield, it's freedom from growing up alongside those nasty prickly weeds.

And then he gives us another picture – this time of birth! He says this suffering, this living in bondage, living with the painful weeds, is like being pregnant and the end will be like birth!

### ***Three images of hope***

That might sound a bit confusing so I'll say it again. It seems to me that the parable and Paul say that this suffering, evil world is like a wheatfield waiting to be free of its weeds, like a slave waiting to be free, and like a labouring woman waiting to see her baby.

Do those pictures resonate with you?

Which one works best for you, the wheatfield, the slave or the pregnant woman?

You won't be surprised to hear that I like the birth one best! (I'm a midwife, in case anyone doesn't know!)

I know a little bit of what Paul says about the pains of childbirth. I know that after a baby is born most women who've been well cared for will completely forget about labour. The suffering – or hard work – seems insignificant in comparison to the glory of the new baby.  
(which is lucky as it allows the possibility of subsequent children!)

I also know that when you are pregnant for the first time you cannot imagine what parenthood is going to be like. I think it is totally impossible, and I have certainly never met a couple who have managed it. You cannot imagine what life is going to be like after the birth. You get really caught up with the exciting, frustrating, hard work of being pregnant. You know there's all this potential going on inside, the baby growing, and you try to imagine. But you have no idea what that baby is going to look like or be like, and you have no idea how your life is going to change. When you've had a baby you become a different person. A mother and father are born as well as a baby. It's a new, different life for everyone.

Do you think our current conflicted world is like a woman in labour, suffering now but with the hope of a new world to come?

And can we take some comfort from Paul's insight that the world to come is as unimaginable as life with a new baby?!

Can we take some comfort from the hope of the Kingdom of God? We don't know what it will be like or when it will be, but we have been promised that it will be glorious.

To sum up:  
Life is hard work and painful.  
We don't know what's coming next  
We have one great big Hope...

***Now what?***

What are we going to do about it?  
What difference does this understanding of life, or this hope, make?  
*Pie in the sky when you die?*  
*Is this hope just for some unimaginable future? What's the point of it?*

Imagine a film. A superhero film, or science fiction, or a thriller – anything that has goodies and baddies. Think about it for a moment, how it feels when you're watching it. You know what's going to happen. You know that good is going to win, even if it's the first time you've seen it. So although the film might be scary, you have hope all the way through.

If you were a character in that film, and you knew that good always triumphs, wouldn't that change the way you acted? I suppose if you were a baddie it might make you change sides... If you were a goodie it might give you strength to carry on.

I guess this is what films do – they try to give us hope that good will win. Isn't that just what Jesus and Paul are both saying in today's readings?

*This hope must affect our behaviour.*

I have four suggestions:

1. Be good: For a start, if you believe that good is going to win that's a pretty big motivation to be on the right side. Don't be a tare or a thistle, be good seed, Be fruitful, contribute to the good stuff in the world, not the evil stuff. Don't be an obstacle to others and don't be lawless. Follow God's law, which is summed up in "love God and love your neighbour". These are the basics. Do we get that right? Are you a goodie? A child of the kingdom? Be on the right side.
2. Be your true self: In one of Paul's ideas he talks about freedom from slavery. A slave is treated as a non-person, but when they are liberated they become a person. Now, of course, we know that slavery is deeply wrong, because all people should be treated as people and those who treat other people as inferior, as non-persons – are very very wrong. But if we can imagine the difference it makes to someone changing from being seen as a non-person to being seen as a person, perhaps we can catch a glimpse of the difference it will make to all of creation when it is redeemed at the end of the age, when it is liberated to becoming what it truly is. Its true self. Perhaps this is something we can experience a taste of now. With the Spirit in us we can start to be our beautiful true selves, the eternal persons we were created to be...
3. Be with God: If we live now by the Spirit, rather than just "in the flesh" we have a taste of what life in all its fulness will be like, in that future. Eternal life is not just for the future, it's for now, and our experience of God and love now gives us hope
4. Be unafraid: This hope is actually based on what we experience now. To the extent that we know the faithfulness and love of God now, in this life, that will help us to we can trust God for the future. What we know now informs what we hope for. We walk by faith not by sight, we can live without fear because we live in hope. This lack of fear, this confidence, affects the way we walk, the way we live, every step.

So, maybe we still haven't found what we're looking for, but we must keep looking for it, working for it, hoping for it, living it. Let us go forward in that hope.

### **Song: Build your Kingdom Here**

<https://youtu.be/YcSWpVKKMcs>

Come, set Your rule and reign  
In our hearts again  
Increase in us we pray  
Unveil why we're made  
Come, set our hearts ablaze with hope  
Like wildfire in our very souls  
Holy Spirit come invade us now  
We are Your church  
We need Your power in us

We seek Your kingdom first  
We hunger and we thirst  
Refuse to waste our lives  
For You're our joy and prize  
To see the captive hearts released  
The hurt, the sick, the poor at peace  
We lay down our lives for Heaven's cause  
We are Your church  
We pray: revive this earth

*Build Your kingdom here  
Let the darkness fear  
Show Your mighty hand  
Heal our streets and land  
Set Your church on fire  
Win this nation back  
Change the atmosphere  
Build Your kingdom here  
We pray*

Unleash Your kingdoms power  
Reaching the near and far  
No force of Hell can stop  
Your beauty changing hearts  
You made us for much more than this  
Awake the kingdom seed in us  
Fill us with the strength and love of Christ  
We are Your church  
We are the hope on earth

## Affirmation of Faith

Let us declare our faith in the God who welcomes each and every one of us and holds us in his abundant love.

**We believe in God the Father, from whom every family in heaven and on earth is named.  
We believe in God the Son, who lives in our hearts through faith, and fills us with his love.  
We believe in God the Holy Spirit, who strengthens us with power from on high.  
We believe in one God; Father, Son and Holy Spirit. Amen.**

## Prayers

God our Father, Lord of heaven and earth, who made the world and everything in it, we give you thanks for the wonderful gift of life and all the pleasures that it brings us. We praise you for the joys of creation, so evident in these lovely summer days.

Lord in your mercy, **hear our prayer.**

God of all hope we call on you today. We pray for our church in this time of uncertainty; for those people who are worried about attending worship and for those who may feel more isolated by not being able to attend. We give thanks for the Zoom services and for the wonderful contributions made by everyone, and which has brought us together during the past few months. As we start to open up St Mary's and welcome people from our community back into church to sit for a while in peace and prayer, we give thanks for the church building itself and for the churchyard with the trees and birds who inhabit it; it is still there for us and it is a good space to be.

Lord in your mercy, **hear our prayer.**

Merciful God we pray for our world and all who suffer within it. We pray for all the countries affected by Covid-19, especially where the rate of infections is still rising. We pray for all those who have died and the families who have been made homeless by the heavy monsoon flooding in the north Indian state of Assam which has submerged thousands of villages, and parts of the Kaziranga National Park, a Unesco World Heritage site, where wild animals have also died.

Lord in your mercy, **hear our prayer.**

We pray for our Queen and her family, please keep them safe and well. We pray for our Government: Gracious Lord, grant those in positions of power and responsibility, patience, knowledge and wisdom with regard to the decisions they must make for our safety and our future.

Lord in your mercy, **hear our prayer**

Gracious God, we give thanks for Alan's ministry during the past 11 years. As his retirement draws near, we pray for Alan, for Liz and for their family and wish them all God's blessing on their future lives together. May retirement bring them much joy and happiness.

Lord in your mercy, **hear our prayer.**

Heavenly Father, we pray for our own families and those we know and for the children growing up within them and those who will soon be on holiday from school. This has been a very unsettling time for children everywhere and we bless them each and every one and may they know your presence and feel your guidance in their lives as they face new challenges when they go back to school in the autumn.

Lord in your mercy, **hear our prayer.**

Compassionate God, we pray for the elderly, especially those unable to leave their homes; we pray for the lonely, especially those separated from loved ones and we pray for all those who are ill, especially those receiving end of life care.

We pray for those who we know who are ill at this time, and in our church community we pray for....

Lord in your mercy, **hear our prayer**

We pray for those who mourn because of the death of loved ones, and for those who still miss the companionship and care of those dear to them. We remember before God all those who have died.

Lord in your mercy, **hear our prayer.**

Holy God, we remember that you have promised that nothing will separate us from your love, so please be with us in the week ahead. Help us to be strong and not afraid. Stay beside us to defend us, guide us and lead us, and be with us for ever and ever. Amen.

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

### **The Peace:**

Christ is our peace. He has reconciled us to God in one body by the cross. We meet in his name and share his peace.

The peace of the Lord be always with you.

**And also with you.**

Let us offer one another a sign of peace.

### **Hymn: To God be the Glory**

<https://www.youtube.com/watch?v=-15v9iworAU>

To God be the glory  
Great things He has done  
So loved He the world that He gave us His Son  
Who yielded His life an atonement for sin  
And opened the life-gate that all may go in

*Praise the Lord, praise the Lord  
Let the earth hear His voice  
Praise the Lord, praise the Lord  
Let the people rejoice  
O come to the Father  
Through Jesus the Son  
And give Him the glory  
Great things He has done*

O perfect redemption, the purchase of blood  
To every believer the promise of God  
The vilest offender who truly believes  
That moment from Jesus a pardon receives

*Praise the Lord, praise the Lord...*

Great things He has taught us, great things He has done  
And great our rejoicing through Jesus the Son  
But purer, and higher, and greater will be  
Our wonder, our rapture, when Jesus we see

*Praise the Lord, praise the Lord...*

## **Blessing**

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

## **Breakout Rooms:**

There will now be time to meet with each other and talk in breakout rooms. Bring your own cup of coffee!

# Eucharistic Service

## Confession

The gospel calls us to turn away from sin and be faithful to Christ. As we offer ourselves to him in penitence and faith, we renew our confidence and trust in his mercy.

**Father eternal, giver of light and grace,  
we have sinned against you and against our neighbour,  
in what we have thought,  
in what we have said and done,  
through ignorance, through weakness,  
through our own deliberate fault.  
We have wounded your love,  
and marred your image in us.  
We are sorry and ashamed,  
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 lead us out from darkness  
to walk as children of light. Amen.**

Almighty God, our heavenly Father, who in his great mercy has promised forgiveness of sins to all those who with heartfelt repentance and true faith turn to him: have mercy on you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life, through Jesus Christ our Lord. Amen.

## Offertory

Be present, be present, Lord Jesus Christ, our risen high priest; make yourself known in the breaking of bread. **Amen.**

## The Eucharistic Prayer

The Lord is here  
**His Spirit us with us.**

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, 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 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.**

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 be to us 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.

Great is the mystery of faith:

**Christ has died:**

**Christ is risen:**

**Christ will come again.**

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 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.**

## **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

God of our pilgrimage, you have led us to the living water: refresh and sustain us as we go forward on our journey, in the name of 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.**

## The 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**

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

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