



Online Parish Mass for the  
Fourth Sunday after Trinity,  
10am, 5th July 2020



WELCOME!

In the name of the Creator and of the Redeemer and Sustainer.  
God be with you. **And also with you.**

**Amen.**

*The service is introduced.*

Let us call to mind our fragility and need of God's forgiveness.

*A time of silence is kept for personal reflection.*

You come to save sinners

Lord have mercy **Lord have mercy.**

You come to heal the broken hearted

Christ have mercy **Christ have mercy.**

You come to bring hope in despair.

Lord have mercy **Lord have mercy.**

May the God of all love and power, forgive and free you from your sins, heal and strengthen you through the Holy Spirit and raise you to new life in Christ our Lord. **Amen.**

**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.**

Let us pray:

Lord of Heaven and earth, whose Son came eating and drinking, exposing the rivalry that tears the world apart: may we father his feast and friendship and lay our burdens in his liberating arms through Jesus Christ, Wisdom's child. **Amen.**

Matthew 11 : 16 - 19, 25 - end

"How can I account for this generation? The people have been like spoiled children whining to their parents, 'We wanted to skip rope, and you were always too tired; we wanted to talk, but you were always too busy.' John came fasting and they called him crazy. I came feasting and they called me a lush, a friend of the riff-raff. Opinion polls don't count for much, do they? The proof of the pudding is in the eating."

Abruptly Jesus broke into prayer: "Thank you, Father, Lord of heaven and earth. You've concealed your ways from sophisticates and know-it-alls, but spelled them out clearly to ordinary people. Yes, Father, that's the way you like to work." Jesus resumed talking to the people, but now tenderly. "The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I'm not keeping it to myself; I'm ready to go over it line by line with anyone willing to listen. "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

The Gospel of the Lord.

*Rev. Sarah gives a short talk.*

*Rev. Eleanor leads intercessions. Please type your prayers on the screen.*

Let us affirm together our common faith in Jesus Christ.

Do you believe and trust in God the Creator, source of all being and life, the one for whom we exist?

**I believe and trust in God.**

Do you believe and trust in God's Son Jesus Christ, who took our human nature, died for us and rose again?

**I believe and trust in God.**

Do you believe and trust in God's Holy Spirit, who gives life to the people of God and makes Christ known in the world?

**I believe and trust in God.**

This is the faith of the Church.

**This is our faith.**

**We believe and trust in one God,  
Father, Son and Holy Spirit.**

*We share the Peace of Christ.*

God is love and those who live in love live in God and God lives in them.

The peace of the risen Christ be always with you

**And also with you.**

*We offer each other a sign of peace.*

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.**

God of blessing, we thank you always for making us in your image to serve the peace of all creation. You shared your name with our mothers and fathers: Sarah and Abraham who left their home and became a blessing to all nations; Moses and Miriam, who went through sea and wilderness to the place of revelation; Deborah and Samson, who gave hope and justice to a people ruled by fear; Ruth and Jonah, who went to foreign soil and found God who loves the stranger.

From our ancestors in faith came Jesus, the son of promise to fulfil the law, embody your love and draw all people to himself. He accepted death to break its fearful hold; he was raised to life to share it in abundance; he comes again to break the bread and pour the wine of hope. Therefore, with all the people whose story you have shaped, with women and men of faith in every part of the world we glory in your generous love and sing in praise of you:

**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 ask that your Holy Spirit will fall upon us and upon these gifts that these fragile, earthly things may be to us the body and blood of our Lord and brother, Jesus Christ; who, on the night that he was betrayed, gathered with his faltering friends for a meal that tasted of freedom.

Calling them to his table, he took bread, gave thanks, broke it and said: 'Take this all of you and eat it, this is my body, which is given for you. Do this to remember me.' +

In the same way after supper, he took the cup, saying: 'Drink this all of you, this cup is the new covenant in my blood. Do this, whenever you drink it, to remember me.' As on that night, so here and now he offers himself in touch and taste beyond all words can hold. +

Therefore, in our eating and drinking we are filled with the life-giving presence of Christ; we proclaim him as creation's host, transforming poverty into plenty in the reckless generosity of love.

Inspire us with the hope that one day death and greed will be no more and people without number will come from east and west, north and south to share the kingdom meal. We ask this 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, God of all blessing, for ever and ever. **Amen.**

As our Saviour taught so we pray:

**Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation but deliver us from evil. For thine is the kingdom, the power and the glory forever and ever. Amen.**

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.**

**Lamb of God, you take away the sin of the world,  
have mercy on us.**

**Lamb of God, you take away the sin of the world,  
have mercy on us.**

**Lamb of God, you take away the sin of the world,  
grant us peace.**

*We share in Communion together wherever we are, for though we are many,  
though we are separated, we are one body.*

**This is love, not that we loved God, but that God loved us and sent us  
the Son that we may know that love. Amen**

*Nico leads the OHANA Prayer:*

**Loving God,  
transform all blocks and obstacles around us and inside our minds,  
bodies and hearts,  
into pathways for your Grace ~  
that we may be channels for your love  
and peace in this place.**

**Embolden us with courage  
to dare to dream of a better life  
in which ALL may flourish.**

**Break our hearts open  
so no one gets forgotten  
or left behind.**

**In Jesus' name.**

**Amen.**

God be with you.

**And also with you.**

Christ, who has nourished us with himself, make us one in praise and one in love that none may feel alone; and the blessing of God, Creator, Redeemer and Sustainer be among you and remain with you always.

**Amen.**

Go in peace to love and serve the Lord.

**In the name of Christ. Amen.**