Holy Eucharist
The Twelfth Sunday after Trinity
30 August, 2020
Great St Mary’s, the University Church, Cambridge

Streamed online at
facebook.com/greatstmarys
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The Gathering

Canon Adrian Daffern, presiding, says

In the name of the Father, and of the Son,
and of the Holy Spirit.
Amen.

The president welcomes everyone, and introduces the service
"Take up your cross," the Savior said,
"if you would my disciple be;
take up your cross with willing heart,
and humbly follow after me."

Take up your cross; let not its weight
fill your weak spirit with alarm;
Christ's strength shall bear your spirit up
and brace your heart and nerve your arm.

Take up your cross, heed not the shame,
and let your foolish heart be still;
the Lord for you accepted death
upon a cross, on Calv'ry's hill.

Take up your cross, then, in Christ's strength,
and calmly ev'ry danger brave:
it guides you to abundant life
and leads to vict'ry o'er the grave.

Charles William Everest, 1814-1877
Tune: BRESLAU, Lochamer Gesangbuch, 1450?, alt. (melody); Joseph
Clauder's Psalmodia Nova, Leipzig, 1630
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.

The Liturgy of Penitence

The president introduces the prayer of confession

Confession

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,
forget us all that is past;
and grant that we may serve you in newness of life
to the glory of your name.
Amen.

The president says words of forgiveness and everyone replies
All Amen.

Gloria in Excelsis Deo
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

Almighty and everlasting God,  
you are always more ready to hear than we to pray  
and to give more than either we desire or deserve:  
pour down upon us the abundance of your mercy,  
forgiving us those things of which our conscience is afraid  
and giving us those good things  
which we are not worthy to ask  
but through the merits and mediation  
of 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.
9 Let love be genuine; hate what is evil, hold fast to what is good; 10 love one another with mutual affection; outdo one another in showing honour. 11 Do not lag in zeal, be ardent in spirit, serve the Lord. 12 Rejoice in hope, be patient in suffering, persevere in prayer. 13 Contribute to the needs of the saints; extend hospitality to strangers.

14 Bless those who persecute you; bless and do not curse them. 15 Rejoice with those who rejoice, weep with those who weep. 16 Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. 17 Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. 18 If it is possible, so far as it depends on you, live peaceably with all. 19 Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, ‘Vengeance is mine, I will repay, says the Lord.’ 20 No, ‘if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.’ 21 Do not be overcome by evil, but overcome evil with good.

Romans 12.9–21

This is the Word of the Lord.

All Thanks be to God.
The Gospel Reading

The righteous shall shine like the sun
in the kingdom of the Father

All Alleluia, Alleluia, Alleluia!

Hear the Gospel of our Lord Jesus Christ
according to Matthew

All Glory to you, O Lord.

21 From that time on, Jesus began to show his disciples that he must go
to Jerusalem and undergo great suffering at the hands of the elders and
chief priests and scribes, and be killed, and on the third day be
raised. 22 And Peter took him aside and began to rebuke him, saying, ‘God
forbid it, Lord! This must never happen to you.’ 23 But he turned and said
to Peter, ‘Get behind me, Satan! You are a stumbling-block to me; for you
are setting your mind not on divine things but on human things.’

24 Then Jesus told his disciples, ‘If any want to become my followers,
let them deny themselves and take up their cross and follow
me. 25 For those who want to save their life will lose it, and those who
lose their life for my sake will find it. 26 For what will it profit them if
they gain the whole world but forfeit their life? Or what will they give
in return for their life?

27 ‘For the Son of Man is to come with his angels in the glory of his
Father, and then he will repay everyone for what has been
done. 28 Truly I tell you, there are some standing here who will not
taste death before they see the Son of Man coming in his kingdom.’

Matthew 16.21–28

This is the Gospel of the Lord.

All Praise to you, O Christ.
The Sermon

The Affirmation of Faith

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.

The Prayers of Intercession

The Liturgy of the Sacrament

The Peace

The president introduces the Peace, ending

The peace of the Lord be always with you

All and also with you.
Lord Jesus Christ
You have come to us
You are one with us,
Mary's Son.
Cleansing our souls from all their sin.
Pouring Your love and goodness in.
Jesus our love for you we sing,
Living Lord.

Lord Jesus Christ
Now and every day
Teach us how to pray,
Son of God.
You have commanded us to do
This in remembrance Lord of you
Into our lives your power breaks through,
Living Lord.

Lord Jesus Christ
You have come to us
Born as one with us,
Mary's Son.
Led out to die on Calvary,
Risen from death to set us free,
Living Lord Jesus help us see
You are Lord.

Lord Jesus Christ
I would come to you
Live my life for you,
Son of God.
All your commands I know are true,
Your many gifts will make me new,
Into my life your power breaks through,
Living Lord.
The Eucharistic Prayer

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

Lift up your hearts.
All **We lift them to the Lord.**

Let us give thanks to the Lord our God.
All **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 singing

Everyone sings (to the tune ‘Slane’)

**Holy, most holy, all holy the Lord,**
**In power and wisdom for ever adored.**
**The earth and the heavens are full of your love;**
**Our joyful hosannas re-echo above.**

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.

Great is the mystery of faith.

All
Christ has died:
Christ is 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.

All 
Amen.
All  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,  
for ever and ever.  
Amen.

Breaking of the Bread

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

All  Though we are many, we are one body,  
because we all share in one bread.
SPIRITUAL COMMUNION

You may wish to make an act of spiritual communion at this point, using one or more of the following prayers:

Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly, day by day.
Amen.

After St Richard of Chichester

Lord Jesus Christ, you said to your disciples, ‘I am with you always’.
Be with me today, as I offer myself to you.
Hear my prayers for others and for myself,
and keep me in your care.
Amen.

O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord.
Amen.
God of all mercy,
in this eucharist you have set aside our sins
and given us your healing:
grant that we who are made whole in Christ
may bring that healing to this broken world,
in the name of Jesus Christ our Lord.

All  Amen.
Lord, make us servants of your peace:
Where there is hate, may we sow love;
Where there is hurt, may we forgive;
Where there is strife, may we make one.

Where all is doubt, may we sow faith;
Where all is gloom, may we sow hope;
Where all is night, may we sow light;
Where all is tears, may we sow joy.

Jesus, our Lord, may we not seek
To be consoled, but to console,
Nor look to understanding hearts,
But look for hearts to understand.

May we not look for love's return,
But seek to love unselfishly,
For in our giving we receive,
And in forgiving are forgiven.

Dying, we live, and are reborn
Through death's dark night to endless day;
Lord, make us servants of your peace,
To wake at last in heaven's light.

att. St. Francis, of Assissi; Paraphraser: James Quinn
Tune O Waly Waly , traditional
The Dismissal

The president gives the blessing, ending

. . . and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

All Amen.

The Blessing

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