

# **Holy Communion at St Paul's, Ashgrove**



Pentecost 10, 2020

**It is I. Do Not Be Afraid**  
Matthew 14:22-26

## **GATHERING IN GOD'S NAME**

**P: Welcome**

**P: Hymn God is our Strength and Refuge (TiS 28)**

*Note that hymns are only sung in the 9am service*

**P: Blessed be God: Father, Son and Holy Spirit.  
Blessed be God's kingdom, now and for ever.**

**P: The Lord be with you.  
And also with you.**

**LA: They cried out in fear, but Jesus spoke to them and said,  
'Take heart, it is I; do not be afraid.' Matthew 14.26–27**

**LA: [Let us pray.]  
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.**

**Glory to God in the highest,  
and peace to God's 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.**

P: Mighty God and ruler of all creation,  
give new strength to our faith,  
that we may recognise your presence  
even when all hope seems lost.  
Help us to face all trials with serenity  
as we walk with Christ through the stormy seas of life  
and come at the last to your eternal peace.  
We ask this through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. Amen.

## 1st Reading

### **Genesis 37.1-4, 37.12-28**

<sup>1</sup> Jacob settled in the land where his father had lived as an alien, the land of Canaan. <sup>2</sup> This is the story of the family of Jacob. Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives; and Joseph brought a bad report of them to their father. <sup>3</sup> Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. <sup>4</sup> But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him. <sup>12</sup> Now his brothers went to pasture their father's flock near

Shechem. <sup>13</sup> And Israel said to Joseph, 'Are not your brothers pasturing the flock at Shechem? Come, I will send you to them.' He answered, 'Here I am.' <sup>14</sup> So he said to him, 'Go now, see if it is well with your brothers and with the flock; and bring word back to me.' So he sent him from the valley of Hebron. He came to Shechem, <sup>15</sup> and a man found him wandering in the fields; the man asked him, 'What are you seeking?' <sup>16</sup> 'I am seeking my brothers,' he said; 'tell me, please, where they are pasturing the flock.' <sup>17</sup> The man said, 'They have gone away, for I heard them say, "Let us go to Dothan."' So Joseph went after his brothers, and found them at Dothan. <sup>18</sup> They saw him from a distance, and before he came near to them, they conspired to kill him. <sup>19</sup> They said to one another, 'Here comes this dreamer. <sup>20</sup> Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams.' <sup>21</sup> But when Reuben heard it, he delivered him out of their hands, saying, 'Let us not take his life.' <sup>22</sup> Reuben said to them, 'Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him'—that he might rescue him out of their hand and restore him to his father. <sup>23</sup> So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; <sup>24</sup> and they took him and threw him into a pit. The pit was empty; there was no water in it. <sup>25</sup> Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. <sup>26</sup> Then Judah said to his brothers, 'What profit is there if we kill our brother and conceal his blood? <sup>27</sup> Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh.' And his brothers agreed. <sup>28</sup> When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

For the word of the Lord,  
**Thanks be to God.**

## Psalm 105.1-6, 105.16-22

1 O give thanks to the Lord and call upon his name:  
**tell among the peoples what things he has done.**

2 Sing to him, O sing praises:  
**and be telling of all his marvellous works.**

3 Exult in his holy name:  
**and let those that seek the Lord be joyful in heart.**

4 Seek the Lord and his strength:  
**O seek his face continually.**

5 Call to mind what wonders he has done:  
**his marvellous acts, and the judgements of his mouth,**

6 O seed of Abraham his servant:  
**O children of Jacob his chosen one.**

16 Then he called down a famine on the land:  
**and destroyed the bread that was their stay.**

17 But he had sent a man ahead of them:  
**Joseph who was sold into slavery,**

18 Whose feet they fastened with fetters:  
**and thrust his neck into a hoop of iron.**

19 Till the time that his words proved true:  
**he was tested by the Lord's command.**

20 Then the king sent and loosed him:  
**the ruler of nations set him free;**

21 He made him master of his household:  
**and ruler over all his possessions,**

22 To rebuke his officers at will:  
**and to teach his counsellors wisdom.**

## Romans 10.4-15

<sup>4</sup> For Christ is the end of the law so that there may be righteousness for everyone who believes.

<sup>5</sup> Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' <sup>6</sup> But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?" ' (that is, to bring Christ down) <sup>7</sup> 'or "Who will descend into the abyss?" ' (that is, to bring Christ up from the dead).

<sup>8</sup> But what does it say? 'The word is near you, on your lips and in your heart'(that is, the word of faith that we proclaim);

<sup>9</sup> because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. <sup>10</sup> For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.

<sup>11</sup> The scripture says, 'No one who believes in him will be put to shame.' <sup>12</sup> For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. <sup>13</sup> For, 'Everyone who calls on the name of the Lord shall be saved.'

<sup>14</sup> But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? <sup>15</sup> And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

For the word of the Lord,  
**thanks be to God.**

**LA: Hymn     Dear Shepherd of your People, Hear (TiS 444)**

## Gospel Reading

The Lord be with you.

**And also with you.**

The Gospel of our Lord Jesus Christ according to Matthew chapter 14 beginning at verse 22

**Glory to you Lord Jesus Christ.**

### **Matthew 14.22-36**

<sup>22</sup> Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds.  
<sup>23</sup> And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, <sup>24</sup> but by this time the boat, battered by the waves, was far from the land, for the wind was against them. <sup>25</sup> And early in the morning he came walking towards them on the lake. <sup>26</sup> But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. <sup>27</sup> But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.' <sup>28</sup> Peter answered him, 'Lord, if it is you, command me to come to you on the water.' <sup>29</sup> He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. <sup>30</sup> But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' <sup>31</sup> Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' <sup>32</sup> When they got into the boat, the wind ceased. <sup>33</sup> And those in the boat worshipped him, saying, 'Truly you are the Son of God.' <sup>34</sup> When they had crossed over, they came to land at Gennesaret. <sup>35</sup> After the people of that place recognized him, they sent word throughout the region and brought all who were sick to him, <sup>36</sup> and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

For the Gospel of the Lord,  
**praise to you Lord Jesus Christ.**

## **Sermon**

## **Silence**

### **LA: Nicene Creed**

Let us together affirm the faith of the Church

**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 of the Holy Spirit and the virgin Mary  
and became truly human.**

**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.**

## **LA: THE PRAYERS OF THE PEOPLE**

Let us pray for the world and for the Church.

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

...

LA: Accept our prayers through Jesus Christ our Lord, who  
taught us to pray,

**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.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power, and the glory are yours  
now and for ever. Amen.**

LA: Hear, O Israel, the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' Jesus said: 'This is the great and first commandment. And a second is like it: you shall love your neighbour as yourself.'

Let us confess our sins in penitence and faith, confident in God's forgiveness.

**Merciful God,  
our maker and our judge,  
we have sinned against you in thought, word, and deed,  
and in what we have failed to do:  
we have not loved you with our whole heart;  
we have not loved our neighbours as ourselves;  
we repent, and are sorry for all our sins.  
Father, forgive us.  
Strengthen us to love and obey you in newness of life;  
through Jesus Christ our Lord. Amen.**

P: Almighty God,  
who has promised forgiveness  
to all who turn to him in faith:  
pardon you and set you free from all your sins,  
strengthen you in all goodness  
and keep you in eternal life,  
through Jesus Christ our Lord. Amen.

**Lord, have mercy  
Christ, have mercy  
Lord, have mercy**

P: We are the body of Christ.  
**His Spirit is with us.**

The peace of the Lord be always with you.  
**And also with you.**

*All may exchange a sign of peace, maintaining 1.5m separation and without touching.*

**P: Hymn Just as I Am (TiS 584)**

*Note that we cannot pass collection bowls around at this time. There is a box at the back of the building to receive your offerings. Alternatively, please consider giving electronically through your bank.*

P: 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 our thanks and praise.**

It is right to praise you, faithful God,  
always and everywhere,  
for with your only begotten Son  
and life-giving Spirit,  
you are the one true God from everlasting to everlasting.

At the dawn of time you wrought from nothing  
a universe of beauty and splendour,  
bringing light from darkness  
and order from chaos.

You formed us, male and female, in your image,  
and endowed us with creative power.

We turned away from you but you did not abandon us.

You called us by name and searched us out,  
making a covenant of mercy,  
giving the law, and teaching justice by the prophets.

And so we praise you,  
joining with your faithful people of every time and place,

singing the eternal song:

**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.**

When the fullness of time was come,  
you sent your Son to be born of Mary.  
Bright image of your glory,  
he learned obedience to you in all things,  
even to death on a cross,  
breaking the power of evil,  
freeing us from sin, and putting death to flight.

You raised him from death,  
exalting him to glory,  
and the new day dawned.

On the night he was betrayed  
your Son Jesus Christ shared food with his friends,  
his companions on the way.

While at table he took bread,  
blessed, and broke it,  
and giving it to them, said:  
'Take, eat; this is my body.'

He took a cup of wine,  
and, giving thanks, he gave it to them, and said,  
'This is my blood of the covenant,  
which is poured out for many.  
Do this in remembrance of me.'  
**Christ has died.  
Christ is risen.  
Christ will come again.**

Therefore, living God, as we obey his command,  
we remember his life of obedience to you,  
his suffering and death,  
his resurrection and exaltation,  
and his promise to be with us for ever.  
With this bread and this cup  
we celebrate his saving death until he comes.

Accept, we pray, our sacrifice of praise and thanksgiving,  
and send your Holy Spirit upon us and our celebration  
that all who eat and drink at this table  
may be strengthened by Christ's body and blood  
to serve you in the world.

As one body and one holy people,  
may we proclaim the everlasting gospel  
of Jesus Christ our Lord,  
through whom, with whom, and in whom,  
in the unity of the Holy Spirit,  
all glory is yours, eternal God, now and for ever.

**Blessing and honour and glory and power  
are yours for ever and ever. Amen.**

We break this bread to share in the body of Christ.  
We who are many are one body,

**for we all share in the 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 your peace.***

The gifts of God for the people of God.

Come let us take this holy sacrament of the body and blood of  
Christ in remembrance that he died for us, and feed on him in  
our hearts by faith with thanksgiving.

*Special Covid-19 Guidelines: Please come forward to receive communion (bread only). Maintain 1.5m separation as you move forward. Queue close to the pew – not in the centre of the isle – in one line. Sanitise hands. Receive the bread while standing and return to your seat.*

While others are receiving communion, you may wish to listen or quietly sing along to the communion song while remaining seated.

Communion Hymn (Not announced): You are my hiding place (TiS 754)

Living God,  
in this holy meal you fill us with new hope.  
May the power of your love,  
which we have known in word and sacrament,  
continue your saving work among us,  
give us courage for our pilgrimage,  
and bring us to the joys you promise.

**Most loving God,  
you send us into the world you love.  
Give us grace to go thankfully and with courage  
in the power of your Spirit.**

## **Announcements**

*Please stand for the blessing:*

P: 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.

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

P: Hymn **Be Thou My Vision (TiS 547)**

#### ACKNOWLEDGEMENTS

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