

# ¶ *The Gathering*

*Priests Greeting and welcome*

*Today our Speaker is The Dean of St Albans  
Cathedral Jeffery John*

*A hymn is sung.*

*The president says*

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

*All* **Amen.**

## **The Greeting**

*The president greets the people*

The Lord be with you

*All* **and also with you.**

## **Prayer of Preparation**

*This prayer may be said*

*All* **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 Penitence

*All* Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as  
ourselves.  
In your mercy  
forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly,  
love mercy,  
and walk humbly with you, our God.

**Amen.**

*The president says*

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

*All* **Amen.**

## **The Collect**

Let us pray.

Almighty God,  
who sent your Holy Spirit  
to be the life and light of your Church:  
open our hearts to the riches of your grace,  
that we may bring forth the fruit of the Spirit  
in love and joy and peace;  
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.

*All* Amen.

## *¶ The Liturgy of the Word*

### **Readings**

Readings today are read by Sarah

#### **Romans 10.5-15**

5 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.'

14 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!

### **Matthew 14.22-33**

22 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.'

28 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.'

Our Sermon Today is brought to us by

## **Sermon by the The Dean of Sy Albans Cathedral Jeffery John**

### **The Creed**

*All* 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 of Intercession**

Our prayers are led by Roger

## *¶ The Liturgy of the Sacrament*

### **Preparation of the Table**

### **Taking of the Bread and Wine**

*A hymn is sung.*

### **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.**

It is right to praise you, Father, Lord of all  
creation;

in your love you made us for yourself.

When we turned away

you did not reject us,

but came to meet us in your Son.

**All You embraced us as your children  
and welcomed us to sit and eat with you.**

In Christ you shared our life  
that we might live in him and he in us.

**All He opened his arms of love upon the cross  
and made for all the perfect sacrifice for sin.**

On the night he was betrayed,  
at supper with his friends  
he took bread, and gave you thanks;  
he broke it and gave it to them, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

**All Father, we do this in remembrance of him:  
his body is the bread of life.**

At the end of supper, taking the cup of wine,  
he gave you thanks, and said:  
Drink this, all of you; this is my blood of the new  
covenant,  
which is shed for you for the forgiveness of sins;  
do this in remembrance of me.

**All Father, we do this in remembrance of him:  
his blood is shed for all.**

As we proclaim his death and celebrate his rising  
in glory,

send your Holy Spirit that this bread and this wine  
may be to us the body and blood of your dear Son.

**All As we eat and drink these holy gifts  
make us one in Christ, our risen Lord.**

With your whole Church throughout the world we offer you this sacrifice of praise and lift our voice to join the eternal song of heaven:

**All Holy, holy, holy Lord,  
God of power and might,  
Heaven and earth are full of your glory.  
Hosanna in the highest.**

## **The Lord's Prayer**

Let us pray with confidence as our Saviour has taught us

**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**

*The president breaks the consecrated bread.*

Every time we eat this bread  
and drink this cup,

**All** we proclaim the Lord's death  
until he comes.

**All** 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.

## **Giving of Communion**

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed are those who are called to his supper.

God's holy gifts  
for God's holy people.

**All** Jesus Christ is holy,  
Jesus Christ is Lord,  
to the glory of God the Father.

**All** Therefore let us keep the feast. Alleluia.

**All** Most merciful Lord,  
your love compels us to come in.  
Our hands were unclean,  
our hearts were unprepared;

**we were not fit  
even to eat the crumbs from under your  
table.  
But you, Lord, are the God of our salvation,  
and share your bread with sinners.  
So cleanse and feed us  
with the precious body and blood of your  
Son,  
that he may live in us and we in him;  
and that we, with the whole company of  
Christ,  
may sit and eat in your kingdom.  
Amen.**

## **Prayer after Communion**

*All may say one of these prayers*

**All 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 Dismissal*

### Notices

Both churches websites contain a wealth of further information including on how to ask for Prayer

Let us still ourselves for 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.

**All Amen.**

*A minister says*

Go in peace to love and serve the Lord.

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

*A hymn is sung.*