



# A Eucharist for the Fifth Sunday After Trinity

## **Prelude**

## **Welcome**

*Please stand.*

*The President may say some words of introduction and welcome.*

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

**All: Amen.**

Grace, mercy and peace from God our Father  
and the Lord Jesus Christ be with you.

**All: And also with you.**

## **Prayers of Penitence**

God so loved the world  
that he gave us his only Son Jesus Christ  
to save us from our sins,  
to be our advocate in heaven,  
and to bring us to eternal life.

Let us confess our sins in penitence and faith,  
firmly resolved to keep God's commandments  
and to live in love and peace with all.

You made us to be one family,  
yet we have divided humanity.  
Lord, have mercy.

**All: Lord, have mercy.**

You were born to reconcile all people,  
yet we have brought disharmony amongst races.  
Christ, have mercy.

*All:* **Christ, have mercy.**

You rejoice in our differences,  
yet we make them a cause of enmity.  
Lord, have mercy.

*All:* **Lord, have mercy.**

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 Gloria**

*All:* **Glory to God in the Highest,  
and peace to his people on earth.**

**Lord God, Heav'nly 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

Gracious God,  
by the obedience of Jesus  
you brought salvation to our wayward world:  
draw us into harmony with your will,  
that we may find all things restored in him,  
our Saviour Jesus Christ.

*All:* **Amen.**

## First Reading – Romans 8.1-11

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

This is the word of the Lord.

*All:* **Thanks be to God.**

## Gospel Reading – Matthew 13.1-9, 18-23

Alleluia, alleluia.

I am the light of the world, says the Lord.

Whoever follows me will never walk in darkness  
but will have the gift of light.

**All: Alleluia.**

Hear the Gospel of our Lord Jesus Christ according to Matthew.

**All: Glory to you, O Lord.**

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!'

'Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

This is the Gospel of the Lord.

**All: Praise to you, O Christ**

**Sermon**

## Affirmation of Faith

*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 of 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

*We use either of the following responses or a suitable alternative:*

Lord, in your mercy.

*All:* **Hear our prayer.**

*or*

Lord, hear us.

*All:* **Lord, graciously hear us.**

*At the end of the prayers:*

Merciful Father,

*All:* **Accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ. Amen**

## The Peace

*The President uses one of the following introductions to the Peace or a suitable alternative.*

We are the body of Christ.

In the one Spirit we were all baptized into one body.

Let us then pursue all that makes for peace  
and builds up our common life.

The peace of the Lord be always with you.

*All:* **And also with you.**

Let us offer one another a sign of peace.

*This is the moment in the service when we usually take a collection for our churches. The work we do is funded only by the money we raise ourselves. Please visit our website for more information on how to give to our parish:*

<https://www.cheamparish.org.uk/giving>

## Preparation of the Table

Blessed be God,  
who feeds the hungry,  
who raises the poor,  
who fills our praise.

*All:* **Blessed be God for ever.**

## Eucharistic Prayer E

The Lord be with you  
**and also with you.**

*All:*

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.**

*An extended Preface may be used, replacing the words up to the Sanctus.*

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 *saying:*

*All:* **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 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.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice  
made once for all upon the cross.  
Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

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 St Dunstan, St Oswald, St Alban and 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.**

## 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.**

## The Breaking of the Bread

*The President breaks the bread, saying one of the following:*

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.**

## Agnus Dei

**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.**

## Giving of Communion

God's holy gifts for God's holy people.  
**Jesus Christ is holy,  
Jesus Christ is Lord,  
to the glory of God the Father.**

*The President receives communion.*

### **Spiritual Communion for those worshipping at home.**

*It is an ancient practice of the Church that, when you are prevented from attending the Holy Eucharist, people are invited to express, in the words of St. Thomas Aquinas, "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him." Therefore, during this time you are invited to pray this prayer, which may be said as often as you desire:*

**Jesus, I believe that you are present  
in the Blessed Sacrament.  
I love you above all things,  
and I long for you in my soul.  
Since I cannot now receive you sacramentally, be with me at least  
spiritually into my heart.  
Amen.**

## Prayers after Communion

Grant, O Lord,  
we beseech you,  
that the course of this world  
may be so peaceably ordered by your governance,  
that your Church may joyfully serve you in all godly quietness;  
through Jesus Christ our Lord.

*All:* **Amen.**

*All:* **Father of all,  
we give you thanks and praise,  
that when we were still far off  
you met us in your Son and brought us home.  
Dying and living, he declared your love,  
gave us grace, and opened the gate of glory.**

**May we who share Christ's body live his risen life;  
we who drink his cup bring life to others;  
we whom the Spirit lights give light to the world.  
Keep us firm in the hope you have set before us,  
so we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord.  
Amen.**

## **Notices and Announcements**

### **The Dismissal**

*The President may us this, or another suitable 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.**

Go in peace to love and serve the Lord.

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

### **Postlude**