

Holy Communion

Hymns

- 395 Lift up your hearts
694 Gloria
332 I, the Lord of sea and sky
23 All that I am
978 O Lamb of God
695 To God be the glory!

Collect

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is
holy:

increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen

An Old Testament reading – Allison

1 Samuel 17: 57 – 18: 5, 10 - 16

On David's return from killing the Philistine, Abner took him and brought him before Saul, with the head of the Philistine in his hand. Saul said to him, 'Whose son are you, young man?' And David answered, 'I am the son of your servant Jesse the Bethlehemite.'

When David had finished speaking to Saul, the soul of Jonathan was bound to the soul of David, and Jonathan loved him as his own soul. Saul took him that day and would not let him return to his father's house. Then Jonathan made a covenant with David, because he loved him as his own soul. Jonathan stripped himself of the robe that he was wearing, and gave it to David, and his armour, and even his sword and his bow and his belt. David went out and was successful wherever Saul sent him; as a result,

Saul set him over the army. And all the people, even the servants of Saul, approved.

As they were coming home, when David returned from killing the Philistine, the women came out of all the towns of Israel, singing and dancing, to meet King Saul, with tambourines, with songs of joy, and with musical instruments. And the women sang to one another as they made merry,

'Saul has killed his thousands,
and David his tens of thousands.'

Saul was very angry, for this saying displeased him. He said, 'They have ascribed to David tens of thousands, and to me they have ascribed thousands; what more can he have but the kingdom?'

The next day an evil spirit from God rushed upon Saul, and he raved within his house, while David was playing the lyre, as he did day by day. Saul had his spear in his hand; and Saul threw the spear, for he thought, 'I will pin David to the wall.' But David eluded him twice.

Saul was afraid of David, because the LORD was with him but had departed from Saul. So, Saul removed him from his presence, and made him a commander of a thousand; and David marched out and came in, leading the army. David had success in all his undertakings; for the LORD was with him. When Saul saw that he had great success, he stood in awe of him. But all Israel and Judah loved David; for it was he who marched out and came in leading them.

This is the Word of the Lord

Thanks be to God

Psalm 9: 9 - end

⁹ The LORD is a refuge for the oppressed,
a stronghold in times of trouble.

¹⁰ Those who know your name trust in you,
for you, LORD, have never forsaken those who
seek you.

¹¹ Sing the praises of the LORD, enthroned in Zion;
proclaim among the nations what he has
done.

¹² For he who avenges blood remembers;
he does not ignore the cries of the afflicted.

¹³ LORD, see how my enemies persecute me!
Have mercy and lift me up from the gates of
death,

¹⁴ that I may declare your praises
in the gates of Daughter Zion,
and there rejoice in your salvation.

¹⁵ The nations have fallen into the pit they have
dug;

their feet are caught in the net they have
hidden.

¹⁶ The LORD is known by his acts of justice;
the wicked are ensnared by the work of their
hands.

¹⁷ The wicked go down to the realm of the dead,
all the nations that forget God.

¹⁸ But God will never forget the needy;
the hope of the afflicted will never perish.

¹⁹ Arise, LORD, do not let mortals triumph;
let the nations be judged in your presence.

²⁰ Strike them with terror, LORD;
let the nations know they are only mortal.

A New Testament reading - Sue

2 Corinthians 6: 1 - 13

As God's co-workers we urge you not to receive
God's grace in vain. For he says,

"In the time of my favour I heard you,
and in the day of salvation I helped you."

I tell you, now is the time of God's favour, now
is the day of salvation. We put no stumbling
block in anyone's path, so that our ministry will
not be discredited. Rather, as servants of God
we commend ourselves in every way: in great
endurance; in troubles, hardships and
distresses; in beatings, imprisonments and
riots; in hard work, sleepless nights and
hunger; in purity, understanding, patience and
kindness; in the Holy Spirit and in sincere
love; in truthful speech and in the power of
God; with weapons of righteousness in the
right hand and in the left; through glory and
dishonour, bad report and good report;
genuine, yet regarded as impostors; known, yet
regarded as unknown; dying, and yet we live

on; beaten, and yet not killed; sorrowful, yet
always rejoicing; poor, yet making many
rich; having nothing, and yet possessing
everything.

We have spoken freely to you, Corinthians, and
opened wide our hearts to you. We are not
withholding our affection from you, but you are
withholding yours from us. As a fair exchange -
I speak as to my children - open wide your
hearts also.

This is the Word of the Lord

Thanks be to God

The Gospel reading - Linda

Mark 4: 35 - 41

*Hear the Gospel of our Lord Jesus Christ,
according to Mark*

Glory to you, O Lord.

That day when evening came, he said to his
disciples, "Let us go over to the other
side." Leaving the crowd behind, they took him
along, just as he was, in the boat. There were
also other boats with him. A furious squall
came up, and the waves broke over the boat, so
that it was nearly swamped. Jesus was in the
stern, sleeping on a cushion. The disciples woke
him and said to him, "Teacher, don't you care if
we drown?"

He got up, rebuked the wind and said to the
waves, "Quiet! Be still!" Then the wind died
down and it was completely calm.

He said to his disciples, "Why are you so afraid?
Do you still have no faith?"

They were terrified and asked each other, "Who
is this? Even the wind and the waves obey him!"

This is the Gospel of the Lord.

Praise to you, O Christ.

Post Communion

Eternal God,
comfort of the afflicted and healer of the
broken,
you have fed us at the table of life and hope:
teach us the ways of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son Jesus Christ our
Lord.