
ST THEODORE'S, TOORAK GARDENS

**ORDINARY 15
14 JULY 2024**



WELCOME

St Theodore's is an active, caring and supportive community which values liturgy, prayer and preaching to sustain our daily lives, as we seek to foster love, hope and justice to all. You are welcome here as you are, embraced within God's boundless love. It is good to have you here today and we hope that you will feel at home.

PRAYING WITH CANDLES AND STONES

As you enter our church, there are two stations for prayer. One is an invitation to light a candle, symbolising our praying for each other before God. The other is an invitation to drop stones into a bowl of water, symbolising letting go of something (or someone) weighing us down.

ADMINISTRATION OF COMMUNION

All are welcome to receive Holy Communion and/or receive anointing for healing at the back. Due to Covid precautions, intinction (dipping) into the wine is prohibited.

If you do not wish to drink the wine, we invite you to pause briefly before the chalice to acknowledge the sacramental presence.

LIVE-STREAMING

Our 9:30am Sunday Service is live-streamed on Facebook Live. During administration of communion, the camera is adjusted so that no one coming forward is visible online.

HEARING ASSISTANCE SYSTEM

We have a Hearing Assistance System available on Wi-Fi, usable with or without hearing aids. Please ask the stewards for assistance.

Please email office@theodores.org to join our mailing list.

Please stand if you wish

PROCESSIONAL HYMN: CP 505 "Lord Jesus Christ"

- 1 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.

- 2 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.

- 3 Lord Jesus Christ,
you have come to us,
born as one of 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.

4 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.

Patrick Applesford © CP
2001

ACKNOWLEDGEMENT

As we gather in worship we acknowledge the Kaurana People as the traditional owners and custodians of this land.

May we walk together in harmony in a spirit of reconciliation.

INVOCATION AND GREETING

The Lord be with you.

And also with you.

† Blessed be God: Father, Son and Holy Spirit.

Blessed be God's kingdom, now and for ever.

WELCOME

OPENING SENTENCE

Who shall stand in the Lord's holy place? Those who have clean hands and pure hearts, who do not lift up their hands to what is false.
(Psalm 24.3-4)

PRAYER OF PREPARATION

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.**

KYRIES

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

CONFESSION AND ABSOLUTION

God is steadfast in love and infinite in mercy, welcoming sinners and inviting them to the Lord's table.

Silence may be kept

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.**

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.**

GLORIA

**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.**

PRAYER OF THE DAY

Eternal God,
open our eyes to see your hand at work in the splendour of creation
and in the beauty of human life.
Help us to cherish the gifts that surround us,
to share our blessings with our sisters and brothers,
and to experience the joy of life in your presence;
through Jesus Christ our Lord,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. **Amen.**

Please be seated

FIRST READING: 2 SAMUEL 6.1-5, 6.12B-19

¹ David again gathered all the chosen men of Israel, thirty thousand. ² David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the LORD of hosts who is enthroned on the cherubim. ³ They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart ⁴ with the ark of God; and Ahio went in front of the ark. ⁵ David and all the house of Israel were dancing before the

LORD with all their might, with songs and lyres and harps and tambourines and castanets and cymbals.

¹² It was told King David, 'The LORD has blessed the household of Obed-edom and all that belongs to him, because of the ark of God.' So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; ¹³ and when those who bore the ark of the LORD had gone six paces, he sacrificed an ox and a fatling. ¹⁴ David danced before the LORD with all his might; David was girded with a linen ephod. ¹⁵ So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet.

¹⁶ As the ark of the LORD came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the LORD ; and she despised him in her heart.

¹⁷ They brought in the ark of the LORD , and set it in its place, inside the tent that David had pitched for it; and David offered burnt-offerings and offerings of well-being before the LORD . ¹⁸ When David had finished offering the burnt-offerings and the offerings of well-being, he blessed the people in the name of the LORD of hosts, ¹⁹ and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

For the word of the Lord

Thanks be to God

PSALM 24

Response: The earth is the Lord's and all those within it

- ¹ The earth is the Lord's and all that is in it:
the compass of the world and those who dwell therein.
- ² For he has founded it upon the seas:
and established it upon the waters. **R**
- ³ Who shall ascend the hill of the Lord:
or who shall stand in his holy place?
- ⁴ Those who have clean hands and a pure heart:
who have not set their soul upon idols,
nor sworn their oath to a lie. **R**
- ⁵ They shall receive blessing from the Lord:
and recompense from the God of their salvation.
- ⁶ Of such a kind as this are those who seek him:
those who seek your face, O God of Jacob. **R**
- ⁷ Lift up your heads, O you gates,
and be lifted up, you everlasting doors:
and the King of glory shall come in.
- ⁸ Who is the King of glory?:
the Lord, strong and mighty, the Lord mighty in battle. **R**
- ⁹ Lift up your heads, O you gates,
and be lifted up, you everlasting doors:
and the King of glory shall come in.
- ¹⁰ Who is the King of glory?:
the Lord of hosts, he is the King of glory. **R**

SECOND READING: EPHESIANS 1.1-14

¹ Paul, an apostle of Christ Jesus by the will of God, To the saints who are in Ephesus and are faithful in Christ Jesus: ² Grace to you and peace from God our Father and the Lord Jesus Christ.

³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴ just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. ⁵ He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, ⁶ to the praise of his glorious grace that he freely bestowed on us in the Beloved. ⁷ In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace ⁸ that he lavished on us. With all wisdom and insight ⁹ he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, ¹⁰ as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. ¹¹ In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, ¹² so that we, who were the first to set our hope on Christ, might live for the praise of his glory. ¹³ In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; ¹⁴ this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

For the word of the Lord
Thanks be to God.

Please stand if you wish

GRADUAL HYMN: CP 416 "Father, hear the prayer we offer"

1 Father, hear the prayer we offer:
not for ease that prayer shall be,
but for strength that we may ever
live our lives courageously.

- 2 Not for ever in green pastures
do we ask our way to be;
but the steep and rugged pathway
may we tread rejoicingly.
- 3 Not for ever by still waters
would we idly rest and stay;
but would smite the living fountains
from the rocks along our way.
- 4 Be our strength in hours of weakness,
in our wanderings be our guide;
through endeavour, failure, danger,
Saviour, be thou at our side.

Love Maria Willis © CP
2001

THE GOSPEL

Alleluia, Alleluia, Alleluia.

**Your words are / spirit and life,
you have the words of ever- /lasting life**

Alleluia, Alleluia, Alleluia.

The Lord be with you
And also with you.

The Holy Gospel according to Mark 6.14-29
‡ Glory to you, Lord Jesus Christ.

¹⁴ King Herod heard of it, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' ¹⁵ But others said, 'It is Elijah.'

And others said, 'It is a prophet, like one of the prophets of old.' ¹⁶ But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.'

¹⁷ For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. ¹⁸ For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' ¹⁹ And Herodias had a grudge against him, and wanted to kill him. But she could not, ²⁰ for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. ²¹ But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. ²² When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' ²³ And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' ²⁴ She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the baptizer.' ²⁵ Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptist on a platter.' ²⁶ The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. ²⁷ Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, ²⁸ brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. ²⁹ When his disciples heard about it, they came and took his body, and laid it in a tomb.

This is the Gospel of the Lord.

Praise to you, Lord Jesus Christ.

SERMON

The sermon is followed by a time of silence for reflection.

THE PRAYERS OF THE PEOPLE

Let us pray for the world and for the Church.

Response:

Lord, in your mercy
hear our prayer.

Conclusion:

Compassionate God, you have promised to hear our prayers.
**Grant that what we have asked in faith
we may by your grace receive, through Jesus Christ our Lord. Amen.**

NOTICES

Please stand if you wish

THE GREETING OF PEACE

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

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

OFFERTORY HYMN: CP 409 "Come, ye faithful, raise the anthem"

- 1 Come, ye faithful, raise the anthem,
cleave the skies with shouts of praise;
sing to him who found the ransom,
Ancient of eternal Days,
God of God, the Word incarnate,
whom the heaven of heaven obeys.

- 2 Ere he raised the lofty mountains,
formed the seas, or built the sky,
love eternal, free, and boundless,
moved the Lord of life to die,
fore-ordained the Prince of princes
for the throne of Calvary.
- 3 High on yon celestial mountains
stands his sapphire throne, all bright,
midst unending alleluias
bursting from the sons of light;
Zion's people tell his praises,
victor after hard-won fight.
- 4 Bring your harps, and bring your incense,
sweep the string and pour the lay;
let the earth proclaim his wonders,
King of that celestial day;
he the Lamb once slain is worthy,
who was dead, and lives for ay.
- 5 Laud and honour to the Father,
laud and honour to the Son,
laud and honour to the Spirit,
ever Three and ever One,
consubstantial, co-eternal,
while unending ages run.

J Hupton and JM Neale* ©
CP 2001

PRAYER OVER THE GIFTS

Blessed are you, Lord, God of all creation.
Through your goodness
we have these gifts to share.
Accept and use our offerings for your glory
and for the service of your kingdom.
Blessed be God for ever.

THE GREAT THANKSGIVING

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.

All glory and honour be yours always and everywhere,
mighty Creator, everliving God.

We give you thanks and praise for
our Saviour Jesus Christ,
who by the power of your Spirit was born of Mary
and lived as one of us.

By his death on the cross
and rising to new life,
he offered the one true sacrifice for sin
and obtained an eternal deliverance for his people.
Therefore with angels and archangels,
and with all the company of heaven,

we proclaim your great and glorious name,
for ever praising you and saying:

**Holy, holy, holy, 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.

Holy and gracious God,
all creation rightly gives you praise.
All life, all holiness, comes from you
through your Son, Jesus Christ our Lord,
whom you sent to share our human nature,
to live and die as one of us,
to reconcile us to you,
the God and Father of all.

Hear us, merciful Lord;
through Christ accept our sacrifice of praise;
and, by the power of your Word and Holy Spirit,
sanctify this bread and wine,
that we who share in this holy sacrament
may be partakers of Christ's body and blood.

Who, when his hour had come,
on the night before he went up to the cross
to make full atonement for the sins of the whole world,
offering once for all his one sacrifice of himself,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying,
'Take, eat: this is my body which is given for you;
do this in remembrance of me.'

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying,
'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.'

Let us proclaim the mystery of faith.

Christ has died. Christ is risen. Christ will come again.

Therefore, in obedience to his command,
we commemorate and celebrate
his saving passion and death,
his mighty resurrection and ascension into heaven
and we eagerly await his coming again in glory.

We thank you that by your grace alone
you have accepted us in Christ;
and here we offer you a spiritual sacrifice,
holy and acceptable in your sight.

Through Christ, receive this our duty and service,
and grant that we who eat and drink these holy gifts
may, by your Holy Spirit,
be one body in Christ,
and serve you in unity and peace.

In your grace and mercy,
bring us to the joy of your eternal kingdom
with all the company of the redeemed.

May we praise you in union with them,
and give you glory through your Son, Jesus Christ.

Through him, with him, in him,
in the unity of the Holy Spirit,
we worship you, Father eternal,
in songs of never-ending praise:

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

THE LORD'S PRAYER

As our Saviour Christ has taught us, we are confident 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.**

BREAKING OF THE BREAD

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.

AGNUS DEI

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.

INVITATION TO COMMUNION

The gifts of God for the people of God.
May we who share these gifts be found in Christ and Christ in us.

This is the table of communion with the earth,
in which Christ became incarnate
So come to this table, those who have much faith
and those who would like to have more;
those who have been here often
and those who have not been for a long time;
those who have tried to follow Jesus;
and we who have failed.
Come.

Please stand if you wish

POST-COMMUNION SENTENCE

**The earth is the Lord's and all that is in it, the compass of the world
and those who dwell therein (Psa 24.1)**

PRAYER AFTER COMMUNION

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.

PRAYER OF SELF-OFFERING

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.

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.
Amen

Please stand if you wish

DISMISSAL

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

RECESSIONAL HYMN: TIS 96 "Sing praise to the Lord!"

- 1 Sing praise to the Lord! praise him in the height;
rejoice in his word, you angels of light;
all heaven adore him by whom you were made,
and worship before him in brightness arrayed.

- 2 Sing praise to the Lord! praise him upon earth,
in tuneful accord, sing praise for new birth;
praise him who has brought you his grace from above,
praise him who has taught you to sing of his love.

- 3 Sing praise to the Lord, all things that give sound;
each jubilant chord re-echo around;
loud organs, his glory forth tell in deep tone,
and sweet harp, the story of what he has done.

- 4 Sing praise to the Lord! thanksgiving and song
to him be outpoured all ages along:
for love in creation, for heaven restored,
for grace of salvation, sing praise to the Lord!

HW Baker © TIS 1999

POSTLUDE: TOMBLINGS: FINALE MAESTOSA

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Where there is a † in the liturgy, you are invited to make a sign of the cross if you wish. When the Gospel is read and we say “† Glory to you Lord Jesus Christ”, you are invited to make three tiny signs of the cross, on the forehead, on the lips and on the chest. This symbolises the Word of God in our minds, our words and our hearts.

The sermon is preceded by a short Children’s Talk if there are children present.