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**ST THEODORE'S, TOORAK GARDENS**

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**ORDINARY 16  
21 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](mailto:office@theodores.org) to join our mailing list.

*Please stand if you wish*

**PROCESSIONAL HYMN: CP 319 “Praise the Lord rise up rejoicing”**

- 1 Praise the Lord, rise up rejoicing  
worship, thanks, devotion voicing:  
Glory be to God on high!  
Christ your cross and passion sharing,  
by this Eucharist declaring  
yours the eternal victory.
  
- 2 Scattered flock, one Shepherd sharing  
lost and lonely, one voice hearing  
ears are open to your word;  
by your blood new life receiving  
in your body firm believing  
we are yours, and you the Lord.
  
- 3 Send us forth alert and living  
sins forgiven, wrongs forgiving  
in your Spirit strong and free.  
Finding love in all creation  
bringing peace in every nation  
may we faithful followers be.

H.C.A. Gaunt © CP 2001

**ACKNOWLEDGEMENT**

As we gather in worship we acknowledge the Kurna 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

As he went ashore, Jesus saw a great crowd; and he had compassion on them, because they were like sheep without a shepherd; and he began to teach them many things (Mark 6.34)

## 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,

author of our life and end of our pilgrimage:

guide us by your word and Spirit amid all perils and temptations,

that we may not wander from your way,

but may run our course in safety

until we come to our eternal rest in you;

through the grace of Jesus Christ our Lord,

who lives and reigns with you and the Holy Spirit,

one God, for ever and ever. **Amen.**

*Please be seated*

## FIRST READING: 2 SAMUEL 7.1-14A

<sup>1</sup> Now when the king was settled in his house, and the LORD had given him rest from all his enemies around him, <sup>2</sup> the king said to the prophet Nathan, 'See now, I am living in a house of cedar, but the ark of God stays in a tent.' <sup>3</sup> Nathan said to the king, 'Go, do all that you have in mind; for the LORD is with you.'

<sup>4</sup> But that same night the word of the LORD came to Nathan: <sup>5</sup> Go and tell my servant David: Thus says the LORD : Are you the one to build me a house to live in? <sup>6</sup> I have not lived in a house since the day I brought up the people of Israel from Egypt to this day, but I have been moving about in a tent and a tabernacle. <sup>7</sup> Wherever I have moved about among all the people of Israel, did I ever speak a word with any of the tribal leaders of Israel, whom I commanded to shepherd my people Israel, saying, 'Why have you not built me a house of cedar?' <sup>8</sup> Now therefore thus you shall say to my servant David: Thus says the LORD of hosts: I took you from the pasture, from following the sheep to be prince over my people Israel; <sup>9</sup> and I have been with you wherever you went, and have cut off all your enemies from before you; and I will make for you a great name, like the name of the great ones of the earth. <sup>10</sup> And I will appoint a place for my people Israel and will plant them, so that they may live in their own place, and be disturbed no more; and evildoers shall afflict them no more, as formerly, <sup>11</sup> from the time that I appointed judges over my people Israel; and I will give you rest from all your enemies. Moreover, the LORD declares to you that the LORD will make you a house. <sup>12</sup> When your days are fulfilled and you lie down with your ancestors, I will raise up your offspring after you, who shall come forth from your body, and I will establish his kingdom. <sup>13</sup> He shall build a house for my name, and I will establish the throne of his kingdom for ever. <sup>14</sup> I will be a father to him, and he shall be a son to me. When he commits iniquity, I will punish him with a rod such as mortals use, with blows inflicted by human beings.

For the word of the Lord

**Thanks be to God**

## PSALM 89.21-38

### Response: I found the Lord who anointed me with oil

- 21 'I have found my servant David:  
and anointed him with my holy oil.
- 22 'My hand shall uphold him:  
and my arm shall strengthen him.
- 23 'No enemy shall deceive him:  
nor shall the wicked hurt him. **R**
- 24 'I will crush his adversaries before him:  
and strike down those that hate him.
- 25 'My faithfulness and loving-kindness shall be with him:  
and through my name his head shall be lifted high.
- 26 'I will set the hand of his dominion  
upon the Western Sea:  
and his right hand shall stretch  
to the streams of Mesopotamia. **R**
- 27 'He will call to me "You are my Father:  
my God, and the Rock of my salvation."
- 28 'I will make him my first-born son:  
and highest among the kings of the earth.
- 29 'I will ever maintain my loving-kindness toward him:  
and my covenant with him shall stand firm. **R**
- 30 'I will establish his line for ever:  
and his throne like the days of heaven.
- 31 'If his children forsake my law:  
and will not walk in my judgements;
- 32 'If they profane my statutes:  
and do not keep my commandments, **R**
- 33 'Then I will punish their rebellion with the rod:  
and their iniquity with blows.
- 34 'But I will not cause my loving-kindness  
to cease from him:  
nor will I betray my faithfulness.



- <sup>35</sup> 'I will not profane my covenant:  
or alter what has passed from my lips. **R**
- <sup>36</sup> 'Once and for all I have sworn by my holiness:  
I will not prove false to David.
- <sup>37</sup> 'His posterity shall endure for ever:  
and his throne be as the sun before me;
- <sup>38</sup> 'Like the moon that is established for ever:  
and stands in the heavens for evermore.' **R**

**SECOND READING: EPHESIANS 2.11-22**

<sup>11</sup> So then, remember that at one time you Gentiles by birth, called 'the uncircumcision' by those who are called 'the circumcision' – a physical circumcision made in the flesh by human hands – <sup>12</sup> remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. <sup>13</sup> But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. <sup>14</sup> For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. <sup>15</sup> He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, <sup>16</sup> and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. <sup>17</sup> So he came and proclaimed peace to you who were far off and peace to those who were near; <sup>18</sup> for through him both of us have access in one Spirit to the Father. <sup>19</sup> So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, <sup>20</sup> built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. <sup>21</sup> In him the whole structure is joined together and grows into a holy temple in the Lord; <sup>22</sup> in whom you also are built together spiritually into a dwelling-place for God.

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

*Please stand if you wish*

**GRADUAL HYMN: CP 562 "Put thou thy trust in God"**

- 1 Put thou thy trust in God,  
in duty's path go on;  
walk in his strength with faith and hope,  
so shall thy work be done.
  
- 2 Commit thy ways to him,  
thy works into his hands,  
and rest on his unchanging word,  
who heaven and earth commands.
  
- 3 Though years on years roll on,  
his covenant shall endure;  
though clouds and darkness hide his path,  
the promised grace is sure.
  
- 4 Give to the winds thy fears;  
hope, and be undismayed:  
God hears thy sighs and counts thy tears;  
God shall lift up thy head.
  
- 5 Through waves and clouds and storms  
his power will clear thy way:  
wait thou his time; the darkest night  
shall end in brightest day.
  
- 6 Leave to his sovereign sway  
to choose and to command;  
so shalt thou, wondering, own his way,  
how wise, how strong his hand.

Paul Gerhardt *tr* John  
Wesley © CP 2001

## THE GOSPEL

**Alleluia, Alleluia, Alleluia.**

**My sheep hear my voice / says the Lord;  
I know them and they / follow me.**

**Alleluia, Alleluia, Alleluia.**

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

The Holy Gospel according to Mark 6.30-44  
**‡ Glory to you, Lord Jesus Christ.**

<sup>30</sup> The apostles gathered around Jesus, and told him all that they had done and taught. <sup>31</sup> He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. <sup>32</sup> And they went away in the boat to a deserted place by themselves. <sup>33</sup> Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. <sup>34</sup> As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. <sup>35</sup> When it grew late, his disciples came to him and said, 'This is a deserted place, and the hour is now very late; <sup>36</sup> send them away so that they may go into the surrounding country and villages and buy something for themselves to eat.' <sup>37</sup> But he answered them, 'You give them something to eat.' They said to him, 'Are we to go and buy two hundred denarii worth of bread, and give it to them to eat?' <sup>38</sup> And he said to them, 'How many loaves have you? Go and see.' When they had found out, they said, 'Five, and two fish.' <sup>39</sup> Then he ordered them to get all the people to sit down in groups on the green grass. <sup>40</sup> So they sat down in groups of hundreds and of fifties. <sup>41</sup> Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to his disciples

to set before the people; and he divided the two fish among them all. <sup>42</sup> And all ate and were filled; <sup>43</sup> and they took up twelve baskets full of broken pieces and of the fish. <sup>44</sup> Those who had eaten the loaves numbered five thousand men.

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

### 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 87 "Hail to the Lord's Anointed"

- 1 Hail to the Lord's Anointed,  
great David's greater Son!  
hail, in the time appointed,  
his reign on earth begun!  
He comes to break oppression,  
to set the captive free,  
to take away transgression,  
and rule in equity.
  
- 2 He comes with succour speedy  
to those who suffer wrong;  
to help the poor and needy,  
and bid the weak be strong;  
to give them songs for sighing,  
their darkness turn to light,  
whose souls, condemned and dying,  
were precious in his sight.
  
- 3 He shall come down like showers  
upon the fruitful earth,  
and love, joy, hope, like flowers,  
spring in his path to birth:  
before him on the mountains  
shall peace, the herald, go;  
and righteousness in fountains  
from hill to valley flow.
  
- 4 O'er every foe victorious,  
he on his throne shall rest;  
from age to age more glorious,  
all-blessing and all-blest:  
the tide of time shall never  
his covenant remove;  
his name shall stand for ever,  
his changeless name of love.

James Montgomery © 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.**

Merciful God, we thank you  
for these gifts of your creation,  
this bread and wine,  
and we pray that by your Word and Holy Spirit,  
we who eat and drink them  
may be partakers of Christ's body and blood.

On the night he was betrayed Jesus took bread;  
and when he had given you thanks  
he broke it, and gave it to his disciples, saying,  
'Take, eat. This is my body given for you.  
Do this in remembrance of me.'

After supper, he took the cup,  
and again giving you thanks  
he gave it to his disciples, saying,  
'Drink from this, all of you.  
This is my blood of the new covenant  
shed for you and for many  
for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.'

Therefore we do as our Saviour has commanded:  
proclaiming his offering of himself  
made once for all upon the cross,  
his mighty resurrection and glorious ascension,  
and looking for his coming again,

we celebrate, with this bread and this cup,  
his one perfect and sufficient sacrifice  
for the sins of the whole world.

Let us proclaim the mystery of faith.

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

† Renew us by your Holy Spirit,  
unite us in the body of your Son  
and bring us with all your people  
into the joy of your eternal kingdom;  
through Jesus Christ our Lord,  
with whom, and in whom,  
in the fellowship of the Holy Spirit,  
we worship you, Father,  
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

**Jesus looked up to heaven, and blessed and broke the loaves, and gave them to his disciples to set before the people (Mark 6.41)**

## 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: CP 628 "Ye that know the Lord is gracious"

- 1 Ye that know the Lord is gracious,  
ye for who a corner-stone  
stands, of God elect and precious,  
laid that ye may build thereon,  
see that on that sure foundation  
ye a living temple raise,  
towers that may tell forth salvation,  
wall that may re-echo praise.
  
- 2 Living stones, by God appointed  
each to his allotted place,  
kings and priests, by God anointed,  
shall ye not declare his grace?  
Ye, a royal generation,  
tell the tidings of your birth,  
tidings of a new creation  
to an old and weary earth.
  
- 3 Tell the praise of him who called you  
out of darkness into light,  
broke the fetters that enthralled you,  
gave you freedom, peace and sight:  
tell the tale of sins forgiven,  
strength renewed and hope restored,  
till the earth, in tune with heaven,  
praise and magnify the Lord.

C.A. Alington © CP 2001

## POSTLUDE: ARCHER: FESTIVE SCHERZO

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Liturgy from *A Prayer Book for Australia* © Broughton Publishing 1995.

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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.