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**ST THEODORE'S, TOORAK GARDENS**

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**ORDINARY 19  
11 AUGUST 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 305 "I come with joy, a child of God"**

- 1 I come with joy to meet my Lord  
forgiven, loved and free,  
the life of Jesus to recall,  
in love laid down for me.
  
- 2 I come with Christians far and near  
to find, as all are fed,  
the new community of love  
in Christ's communion bread.
  
- 3 As Christ breaks bread, and bids us share,  
each proud division ends.  
The love that made us, makes us one,  
and strangers now are friends.
  
- 4 The Spirit of the risen Christ,  
unseen, but ever near,  
is in such friendship better known,  
alive among us here.
  
- 5 Together met, together bound  
by all the God has done,  
we'll go with joy, to give the world  
the love that makes us one.

Brian A Wren © CP 2001

## ACKNOWLEDGEMENT

As we gather in worship we acknowledge the Kaurna 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

Be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us. (Ephesians 5.1-2)

## 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

Grant, O Lord,  
that we may see in you the fulfilment of all our need,  
and may turn from every false satisfaction  
to feed on the true and living bread  
that you have given us in Jesus Christ;  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

*Please be seated*

**FIRST READING: 2 SAMUEL 18.5-9, 18.14, 18.31-33**

<sup>5</sup> The king gave orders to Joab and Abishai and Ittai, saying, 'Deal gently for my sake with the young man Absalom.' And all the people heard when the king gave orders to all the commanders concerning Absalom.

<sup>6</sup> So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. <sup>7</sup> The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. <sup>8</sup> The battle spread over the face of all the country; and the forest claimed more victims that day than the sword.

<sup>9</sup> Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on.

<sup>14</sup> Joab said, 'I will not waste time like this with you.' He took three spears in his hand, and thrust them into the heart of Absalom, while he was still alive in the oak.

<sup>31</sup> Then the Cushite came; and the Cushite said, 'Good tidings for my lord the king! For the Lord has vindicated you this day, delivering you from the power of all who rose up against you.' <sup>32</sup> The king said to the Cushite, 'Is it well with the young man Absalom?' The Cushite answered, 'May the enemies of my lord the king, and all who rise up to do you harm, be like that young man.'

<sup>33</sup> The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, 'O my son Absalom, my son, my son Absalom! Would that I had died instead of you, O Absalom, my son, my son!'

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

**PSALM 130 (ANSTEY)**

Response: **With the Lord there is mercy and bounteous redemption**

- 1 Out of the depths:  
    have I called to you, O LORD.
- 2 O Lord, hear my voice:  
    listen to my cry for mercy. **R**
- 3 Were you to see transgressions, O LORD:  
    then who, O Lord, could stand?
- 4 But with you there is forgiveness:  
    that you might be revered. **R**
- 5 I long for the Lord, my soul yearns:  
    and I await his word.
- 6 My soul looks to the Lord:  
    more than those who watch for the morning,  
    more than those awaiting the dawn. **R**
- 7 O Israel, wait for the LORD, with whom there is love unfailing:  
    with whom there is bounteous redemption.
- 8 Surely God will redeem his people:  
    from all of their transgressions. **R**

**SECOND READING: EPHESIANS 4.25-5.2**

<sup>25</sup> So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. <sup>26</sup> Be angry but do not sin; do not let the sun go down on your anger, <sup>27</sup> and do not make room for the devil. <sup>28</sup> Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. <sup>29</sup> Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. <sup>30</sup> And do not grieve the Holy Spirit of God,



with which you were marked with a seal for the day of redemption. <sup>31</sup> Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, <sup>32</sup> and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. <sup>1</sup> Therefore be imitators of God, as beloved children, <sup>2</sup> and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

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

*Please stand if you wish*

**GRADUAL HYMN: CP 532 "O for a closer walk with God"**

- 1 O for a closer walk with God,  
A calm and heavenly frame,  
A light to shine upon the road  
That leads me to the Lamb.
  
- 2 Return, O holy Dove, return,  
Sweet messenger of rest:  
I hate the sins that made thee mourn  
And drove thee from my breast.
  
- 3 The dearest idol I have known,  
Whate'er that idol be,  
Help me tear it from Thy throne,  
And worship only Thee.

4 So shall my walk be close with God,  
Calm and serene my frame;  
So purer light shall mark the road  
That leads me to the Lamb.

William Cowper © CP 2001

## THE GOSPEL

**Alleluia, Alleluia, Alleluia.**

**I am the living bread that came down from heaven / says the Lord;  
whoever eats this bread will / live for ever.**

**Alleluia, Alleluia, Alleluia.**

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

The Holy Gospel according to John 6.35; 41-51  
**‡ Glory to you, Lord Jesus Christ.**

<sup>35</sup> Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

<sup>41</sup> Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' <sup>42</sup> They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' <sup>43</sup> Jesus answered them, 'Do not complain among yourselves. <sup>44</sup> No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. <sup>45</sup> It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. <sup>46</sup> Not that anyone has seen the Father except the one who is from God; he has seen the Father. <sup>47</sup> Very truly, I tell you, whoever believes has eternal life. <sup>48</sup> I am the bread of life. <sup>49</sup> Your ancestors ate the manna in the

wilderness, and they died. <sup>50</sup> This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup> I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

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 278 "Alleluia, sing to Jesus!"**

- 1 Alleluia, sing to Jesus!  
his the sceptre, his the throne;  
alleluia, his the triumph,  
his the victory alone:  
hark, the songs of peaceful Sion  
thunder like a mighty flood;  
Jesus out of every nation  
hath redeemed us by his blood.
  
- 2 Alleluia, not as orphans  
are we left in sorrow now;  
alleluia, he is near us,  
faith believes, nor questions how:  
though the cloud from sight received him,  
when the forty days were o'er,  
shall our hearts forget his promise,  
'I am with you evermore'?
  
- 3 Alleluia, bread of angels,  
thou on earth our food, our stay;  
alleluia, here the sinful  
flee to thee from day to day:  
Intercessor, Friend of sinners,  
earth's Redeemer, plead for me,  
where the songs of all the sinless  
sweep across the crystal sea.

4 Alleluia, King eternal,  
thee the Lord of lords we own;  
alleluia, born of Mary,  
earth thy footstool, heaven thy throne:  
thou within the veil hast entered,  
robed in flesh, our great High Priest;  
thou on earth both Priest and Victim  
in the eucharistic feast.

William Chatterton Dix © 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 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.**

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

**O Israel, wait for the LORD, with whom there is love unfailing, with whom there is bounteous redemption. (Psa 130.7)**

## 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 435 "Glorious things of thee are spoken"

- 1 Glorious things of thee are spoken,  
Zion, city of our God;  
he whose word cannot be broken  
formed thee for his own abode.  
On the Rock of ages founded,  
what can shake thy sure repose?  
With salvation's walls surrounded,  
thou may'st smile at all thy foes.
- 2 See, the streams of living waters,  
springing from eternal love,  
well supply thy sons and daughters,  
and all fear of want remove.  
Who can faint while such a river  
ever flows their thirst to assuage:  
grace which, like the Lord the giver,  
never fails from age to age?
- 3 Saviour, if of Zion's city  
I through grace a member am,  
let the world deride or pity,  
I will glory in thy name.  
Fading is the worldling's pleasure,  
all his boasted pomp and show;  
solid joys and lasting treasure,  
none but Zion's children know.

John Newton © CP 2001

**POSTLUDE: LOUIS-NICOLAS CLERAMBAULT**

**BASSE DE CROMORNE FROM SUITE DU DEUXIEME TON**

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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.