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**ST THEODORE'S, TOORAK GARDENS**

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**LENT 5  
06 APRIL 2025**



## 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, but this cannot be guaranteed.

## 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 528 "NOT FAR BEYOND THE SEA"**

- 1 Not far beyond the sea, nor high  
above the heavens, but very nigh  
thy voice, O God, is heard.  
For each new step of faith we take  
thou hast more truth and light to break  
forth from thy holy word.
- 2 Rooted and grounded in thy love,  
with saints on earth and saints above  
we join in full accord,  
to grasp the breadth, length, depth, and height,  
the crucified and risen might  
of Christ, the Incarnate Word.
- 3 Help us to press toward that mark,  
and, though our vision now is dark,  
to live by what we see.  
So, when we see thee face to face,  
thy trust and light our dwelling-place  
for evermore shall be.

Tune: Cornwall  
Music: S S Wesley (1810-1876)  
Words: George B Caird (1917-1984)  
© Common Praise 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.**

Bless the Lord who forgives all our sins.  
**whose mercy endures for ever.**

† Blessed be God: Father, Son and Holy Spirit.  
**Blessed be God's kingdom, now and for ever.**

## WELCOME

## OPENING SENTENCE

Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves. (Psalm 126.6)

## 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

Compassion and forgiveness belong to the Lord our God, though we have rebelled and wandered far off.

*Silence may be kept.*

Let us then ask for mercy, confessing our sins in penitence and faith.

**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.**

## PRAYER OF THE DAY

O God,  
the Redeemer of all who trust in you:  
heed the cry of your people,  
and deliver us from the bondage of sin,  
that we may serve you in perfect freedom  
and rejoice in your unfailing love;  
through Jesus Christ our Saviour,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. **Amen.**

*Please be seated*

## FIRST READING: ISAIAH 43.16-21

<sup>16</sup> Thus says the Lord,  
who makes a way in the sea,  
a path in the mighty waters,  
<sup>17</sup> who brings out chariot and horse,  
army and warrior;  
they lie down, they cannot rise,  
they are extinguished, quenched like a wick:  
<sup>18</sup> Do not remember the former things,  
or consider the things of old.  
<sup>19</sup> I am about to do a new thing;  
now it springs forth, do you not perceive it?  
I will make a way in the wilderness  
and rivers in the desert.  
<sup>20</sup> The wild animals will honour me,  
the jackals and the ostriches;  
for I give water in the wilderness,  
rivers in the desert,  
to give drink to my chosen people,  
<sup>21</sup> the people whom I formed for myself  
so that they might declare my praise.  
For the word of the Lord,

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

**PSALM 126 (ANSTEY)**

*A song of pilgrimage.*

**Response: The Lord has done great things for us and therefore we rejoiced**

- <sup>1</sup> When the LORD returned again to Zion:  
then were we like dreamers.  
<sup>2</sup> Then were our mouths filled with laughter:  
and our tongues with rejoicing.  
<sup>†3</sup> Then they said among the nations:  
'The LORD has done great things for them.'  
<sup>4</sup> The LORD has indeed done great things for us:  
We are truly overjoyed.  
<sup>5</sup> Restore our fortunes again, O LORD :  
as streams flow once more in the desert.  
<sup>6</sup> For those who sow in tears:  
shall reap with gladness.  
<sup>7</sup> Those who leave, weeping and bearing seed:  
shall return, bringing their harvest with joy.

**SECOND READING: PHILIPPIANS 3.3-14**

<sup>3</sup> For it is we who are the circumcision, who worship in the Spirit of God and boast in Christ Jesus and have no confidence in the flesh — <sup>4</sup> even though I, too, have reason for confidence in the flesh.

If anyone else has reason to be confident in the flesh, I have more:

- <sup>5</sup> circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee;  
<sup>6</sup> as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

<sup>7</sup> Yet whatever gains I had, these I have come to regard as loss because of Christ. <sup>8</sup> More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ <sup>9</sup> and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. <sup>10</sup> I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, <sup>11</sup> if somehow I may attain the resurrection from the dead.

<sup>12</sup> Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. <sup>13</sup> Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

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

*Please stand if you wish*



## GRADUAL HYMN: CP 480 "IN THE CROSS OF CHRIST I GLORY"

- 1 In the cross of Christ I glory,  
towering o'er the wrecks of time:  
all the light of sacred story  
gathers round its head sublime.
- 2 When the woes of life o'ertake me,  
hopes deceive, and fears annoy,  
never shall the cross forsake me;  
lo! it glows with peace and joy.
- 3 When the sun of bliss is beaming  
light and love upon my way,  
from the cross the radiance streaming  
adds more lustre to the day.
- 4 Bane and blessing, pain and pleasure,  
by the cross are sanctified;  
peace is there that knows no measure,  
joys that through all time abide.
- 5 In the cross of Christ I glory,  
towering o'er the wrecks of time;  
all the light of sacred story  
gathers round its head sublime.

Tune: Wychbold  
Music: W G Whinfield (1865-1919)  
Words: John Bowring (1792-1872)  
© Common Praise 2001

## THE GOSPEL

**Praise to you Lord Jesus Christ.  
King of endless glory.**

**I will put my law / within them  
and I will write it / on their hearts**

**Praise to you Lord Jesus Christ.  
King of endless glory.**

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

The Holy Gospel according to John 12.1-8  
**‡ Glory to you, Lord Jesus Christ.**

<sup>1</sup> Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. <sup>2</sup> There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. <sup>3</sup> Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. <sup>4</sup> But Judas Iscariot, one of his disciples (the one who was about to betray him), said, <sup>5</sup> 'Why was this perfume not sold for three hundred denarii and the money given to the poor?' <sup>6</sup> (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) <sup>7</sup> Jesus said, 'Leave her alone. She bought it so that she might keep it for the day of my burial. <sup>8</sup> You always have the poor with you, but you do not always have me.'

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.**

*The prayers are followed by a time of silence for reflection.*

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.**

*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 122 "THE ROYAL BANNERS FORWARD GO"

- 1 The royal banners forward go,  
the cross shines, forth in mystic glow;  
where he in flesh, our flesh who made,  
our sentence bore, our ransom paid.
- 2 Fulfilled is now what David told  
in true prophetic song of old,  
how God the nations' King should be;  
for God is reigning from the tree.

- 3 O tree of glory, tree most fair,  
ordained those holy limbs to bear,  
how bright in purple robe it stood,  
the purple of a Saviour's blood!
- 4 Upon its arms like balance true,  
he weighted the price for sinners due,  
the price which none but he could pay,  
and spoiled the spoiler of his prey.
- 5 To thee, eternal Three in One,  
let homage meet by all be done:  
as by the cross thou dost restore,  
so rule and guide us evermore.

Tune: Gonfalon Royal  
Music: Michael Fleming (1928-)  
Words: Venantius Fortunatus (530-609)  
*tr* J M Neale (1818-1866)  
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### **PRAYER OVER THE GIFTS**

As the grain once scattered in the fields  
and the grapes once dispersed on the hillside  
are now united on this table in bread and wine,  
so, Lord, may your whole Church soon be gathered together  
from the corners of the earth  
into 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 your Son,  
our Saviour Jesus Christ,  
who by the power of your Spirit was born of Mary  
and lived as one of us.

He was tempted in every way as we are,  
yet he did not sin.

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.

By his grace we are able to triumph over every evil,  
and to walk in the way of his love.

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.**

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

**For those who sow in tears, shall reap with gladness. Those who  
leave, weeping and bearing seed, shall return, bringing their  
harvest with joy. (Psa 124.6-7)**

## PRAYER AFTER COMMUNION

God of mercy,  
may we who have shared in this holy meal  
know your forgiveness in our lives,  
bring your reconciliation to others,  
and be a sign of your wholeness in this broken world.



## 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

Christ our Saviour draw you to himself,  
that you may find in him  
crucified a sure ground for faith,  
a firm support for hope,  
and the assurance of sin forgiven  
and the blessing of God almighty,  
† the Father, the Son, and the Holy Spirit,  
be among you and remain with you always. **Amen.**

## NOTICES

## DISMISSAL

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

## RECESSIONAL HYMN CP 125 "WE SING THE PRAISE OF HIM WHO DIED"

- 1 We sing the praise of him who died,  
of him who died upon the cross;  
the sinner's hope let all deride,  
for this we count the world but loss.
- 2 Inscribed upon the cross we see  
in shining letters, 'God is love';  
he bears our sins upon the tree;  
he brings us mercy from above.

- 3 The cross! It takes our guilt away:  
it holds the fainting spirit up;  
it cheers with hope the gloomy day,  
and sweetens every bitter cup.
- 4 It makes the coward spirit brave,  
and nerves the feeble arm for fight;  
it takes its terror from the grave,  
and gilds the bed of death with light:
- 5 The balm of life, the cure of woe,  
the measure and the pledge of love,  
the sinner's refuge here below,  
the angels' theme in heaven above.

#### **POSTLUDE: GREENE: VOLUNTARY NO 10 IN A MIN**

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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.