



# Welcome to St Alban's

## 6<sup>th</sup> Sunday after Trinity

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OPENING HYMN *Patrick Appleford ©1960 Josef Weinberger Ltd.*

**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.**

† In the name of the Father and of the Son and of the Holy Spirit. **Amen.**  
The Lord be with you. **And also with you.**

### INVITATION TO CONFESSION

Brothers and sisters, as we prepare to celebrate the presence of Christ in word and sacrament, let us call to mind and confess our sins.

Father, you come to meet us when we return to you:  
Lord, have mercy. **Lord, have mercy.**

Jesus, you died on the cross for our sins:  
Christ, have mercy. **Christ, have mercy.**

Spirit, you give us life and peace:  
Lord, have mercy. **Lord, have mercy.**

Almighty God, who forgives all who truly repent,  
have mercy upon you,  
† pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness  
and keep you in life eternal.  
Through Jesus Christ our Lord. **Amen.**

#### GLORIA

**Glory to God in the highest,  
and peace to his 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.**

#### THE COLLECT

Creator God,  
you made us all in your image:  
may we discern you in all that we see,  
and serve you in all that we do;  
through Jesus Christ our Lord. **Amen.**

#### NEW TESTAMENT READING Ephesians 1.3-14

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, <sup>4</sup> just as he chose us in Christ before the

foundation of the world to be holy and blameless before him in love. <sup>5</sup> He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, <sup>6</sup> to the praise of his glorious grace that he freely bestowed on us in the Beloved.

<sup>7</sup> In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace <sup>8</sup> that he lavished on us. With all wisdom and insight <sup>9</sup> he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, <sup>10</sup> as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth.

<sup>11</sup> 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, <sup>12</sup> so that we, who were the first to set our hope on Christ, might live for the praise of his glory. <sup>13</sup> 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; <sup>14</sup> this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

This is the word of the Lord: **Thanks be to God.**

THE GOSPEL  
Mark 6.14-29

Hear the Gospel of our Lord Jesus Christ according to Mark.

**Glory to you, O Lord.**

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.' <sup>15</sup> But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' <sup>16</sup> But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.'

<sup>17</sup> 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. <sup>18</sup> For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' <sup>19</sup> And Herodias had a grudge against him, and wanted to kill him. But she could not, <sup>20</sup> 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. <sup>21</sup> But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee.

<sup>22</sup> 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.' <sup>23</sup> And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' <sup>24</sup> She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the baptizer.' <sup>25</sup> 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.'

<sup>26</sup>The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. <sup>27</sup>Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, <sup>28</sup>brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. <sup>29</sup>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, O Christ.**

#### THE SERMON

#### THE APOSTLES' CREED

**I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.**

**On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

#### PRAYERS OF INTERCESSION

*RESPONSE:* Lord, in your mercy...**hear our prayer.**

*At the end of the prayers we say together:*

**Merciful Father, accept these prayers, for the sake of your Son,  
our Saviour Jesus Christ. Amen**

#### THE PEACE

We meet in the name of Christ and we share his peace.  
The peace of the Lord be always with you. **And also with you.**

## THE PREPARATION OF THE TABLE

Blessed are you, Lord God of all creation.

Through your goodness we have this bread to offer, which earth has given and human hands have made, it will become for us the bread of life.

**Blessed be God forever.**

Blessed are you, Lord God of all creation.

Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become for us the cup of salvation.

**Blessed be God forever.**

## THE EUCHARIST

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 thanks and praise.**

Father, you made the world and love your creation.

You gave your Son Jesus Christ to be our Saviour.

His dying and rising have set us free from sin and death.

And so we gladly thank you,

with saints and angels praising you, and singing:

**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.**

We praise and bless you, loving Father, through Jesus Christ, our Lord;

and as we obey his command, send your Holy Spirit,

that broken bread and wine outpoured may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends and, taking bread, he praised you. He broke the bread, gave it to them and said:

Take, eat; this is my body which is given for you;

Do this in remembrance of me.

When supper was ended he took the cup of wine.

Again he praised you, gave it to them and said:

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.

So, Father, we remember all that Jesus did, in him we plead with confidence his sacrifice made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,

we proclaim his death and resurrection until he comes in glory.

Great is the mystery of faith

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

Lord of all life, help us to work together for that day  
when your kingdom comes and justice and mercy will be seen in all the earth.  
Look with favour on your people, gather us in your loving arms  
and bring us with the Blessed Virgin Mary, St Alban and all the saints  
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit, all honour and glory are yours,  
O loving Father, for ever and ever. **Amen.**

#### THE LORD'S PRAYER

As our Saviour taught us so we 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.  
Lead us not into temptation;  
but deliver us from evil.  
For the kingdom, the power and the glory are yours,  
now and for ever. Amen.**

We break this bread to share in the body of Christ.

**Though we are many, we are one body, because we all share in one bread.**

**Lamb of God, you take away the sin of the world, have mercy on us.**

**Lamb of God, you take away the sin of the world, have mercy on us.**

**Lamb of God, you take away the sin of the world, grant us peace.**

God's holy gifts for God's holy people.

**Jesus Christ is holy, Jesus Christ is Lord, to the glory of God the Father.**

*The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members.*

*In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.*

An Act of Spiritual Communion

**My Jesus, I believe that you are present in the Holy Sacrament of the altar.  
I love you above all things and I passionately desire to receive you into my soul.  
Since I cannot now receive you sacramentally, come spiritually into my soul  
so that I may unite myself wholly to you now and for ever. Amen.**

POST COMMUNION PRAYERS

God of our pilgrimage,  
you have led us to the living water:  
refresh and sustain us  
as we go forward on our journey  
in the name of Jesus Christ our Lord. Amen.

**Almighty God,  
we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies to be a living sacrifice.  
Send us out in the power of your Spirit  
to live and work to your praise and glory. Amen.**

THE BLESSING AND DISMISSAL

May God,  
who in Christ gives us a spring of water welling up to eternal life,  
perfect in you the image of his glory;  
and the blessing ...

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

CLOSING HYMN *Caroline Maria Noel (1817-1877)*

**1 At the name of Jesus every knee shall bow,  
every tongue confess him King of glory now:  
'Tis the Father's pleasure we should call him Lord,  
who from the beginning was the mighty Word.**

**2 Humbled for a season, to receive a name  
from the lips of sinners unto whom he came,  
faithfully he bore it spotless to the last,  
brought it back victorious, when from death he passed.**

**3 Bore it up triumphant with its human light,  
through all ranks of creatures to the central height,  
to the throne of Godhead, to the Father's breast;  
filled it with the glory of that perfect rest.**

**4 Name him, Christians, name him, with love as strong as death,  
but with awe and wonder and with bated breath:  
He is God the Saviour, He is Christ the Lord,  
ever to be worshipped, trusted, and adored**

**5 Christians, this Lord Jesus shall return again,  
with his Father's glory, with his angel train;  
for all wreaths of empire meet upon his brow,  
and our hearts confess him King of glory now.**

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