



Welcome to  
**All Saints**  
**Kings Heath**  
Your Parish Church  
in the Diocese of Birmingham

# Interrupted Holy Communion

on the Seventh Sunday after Trinity  
18<sup>th</sup> July 2021

## We gather

*At home, have ready in an honoured place a portion of food and something to drink. It may be bread and wine or something else. Perhaps light a candle to mark the beginning of our shared act of worship.*

*We imagine everyone in their homes around the parish, and those in Church, united in preparing for prayer.*

Grace, mercy and peace from God our Father and the Lord Jesus Christ be with us all. **Amen.**

*At home you can sing as loudly as you like, as if no one but God is listening. In church we remain seated to listen, or hum, to the hymn:*

HYMN [Follow me](#)

*Follow me, follow me, leave your home and family,  
leave your fishing nets and boats upon the shore.  
Leave the seed you have sown, leave the crops that you've grown,  
leave the people you have known and follow me.*

1. The foxes have their holes and the swallows have their nests,  
but the Son of Man has no place to lie down,  
I do not offer comfort, I do not offer wealth,

- but in me will all happiness be found.
2. If you would follow me, you must leave old ways behind.  
You must take my cross and follow on my path.  
You may be far from loved ones, you may be far from home,  
but my Father will welcome you at last.
  3. Although I go away you will never be alone,  
for the Spirit will be there to comfort you.  
Though all of you may scatter, each follow his own path,  
still the Spirit of love will lead you home.

*(words: Michael Cockett;  
music: Cuddy Madeleine, arr Donald Thomson)*

*We 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.**

## We seek forgiveness

### CONFESSION

Let us confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all.

### *Silence*

When we nurse resentment and build walls of hostility between us:  
**Lord, have mercy.**

When we lack direction and want others to fix everything for us:  
**Christ, have mercy.**

When need overwhelms us and drowns out your calling within us:  
**Lord, have mercy.**

*(cf Ephesians 2 and Mark 6)*

**FORGIVENESS** *is prayed for at home and in church is declared by the priest:*

*[May]* Almighty God who forgives all who truly repent, pardon and deliver *us* from all *our* sins, confirm and strengthen *us* in all goodness and keep us in eternal life, through Jesus Christ our Lord. **Amen.**

## THE 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 sins 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.**

*We pray* THE COLLECT for the Seventh Sunday after Trinity  
Lord of all power and might, the author and giver of all good things:  
graft in our hearts the love of your name, increase in us true religion,  
nourish us with all goodness, and of your great mercy keep us in the  
same; through Jesus Christ your Son our Lord, who is alive and reigns  
with you, in the unity of the Holy Spirit, one God, now and for ever.  
Amen.

READING [Jeremiah 23:1-6](#) (click [here](#) for text; readings from Clare Noakes)

READING [Ephesians 2:11-end](#) (click [here](#) for text)

HYMN [The Lord's my shepherd](#)

1. The Lord's my shepherd, I'll not want.  
He makes me down to lie  
in pastures green. He leadeth me  
the quiet waters by.
2. My soul he doth restore again,  
and me to walk doth make  
within the paths of righteousness,  
e'en for his own name's sake.
3. Yea, though I walk in death's dark vale,  
yet will I fear no ill.  
For thou art with me, and thy rod  
and staff me comfort still.
4. My table thou has furnishèd  
in presence of my foes,  
my head thou dost with oil anoint,  
and my cup overflows.

5. Goodness and mercy all my life  
shall surely follow me.

And in God's house for evermore  
my dwelling-place shall be.

*(words: Psalm 23 from 'The Scottish Psalter' [1650];  
music: Brother James Leith Macbeth Bain, arr Christopher Tambling)*

GOSPEL READING [Mark 6:30-34, 53-end](#) (click [here](#) for text)

Hear the Gospel of our Lord Jesus Christ according to Mark  
**All: Glory to you, O Lord.**

*At the end:*

This is the Gospel of the Lord.  
**Praise to you, O Christ.**

SERMON *from* Tariro

Being interrupted!

Have you ever had a long day, the kind that you just want to escape from the world or your workplace, just get home and put your feet up with a cold drink, or maybe run a bath and light some candles, or maybe cook your favourite meal and just enjoy the peace? And just as you are about to enjoy that peace you get interrupted by a call or a knock on the door that changes everything. Today in our gospel reading, we encounter the disciples with Jesus in that position and Jesus saying, let us go away for some rest. However, they get interrupted. Our gospel is raising for us the question, 'What do you do when you have been interrupted?'

For those I haven't met yet, my name is Tariro, and I am from Zimbabwe. Zimbabwe is one of what would have been called 'third world countries' before but now referred to as developing nations so technology wise I guess one can say we tend to be the ones that are catching up. While this might not always be the case in all areas, for my childhood where I grew up, it was. While mobile phones would have been popular here, I mostly grew up with a landline. I didn't get to have a mobile phone until I came to the UK at 16 and back then mobile phones were few and far spaced in terms of who had one. If you lived in the rural areas where it is normal to not have electricity or running water even having a landline was unheard of.

Our communities however were friendly and often messages were passed through word of mouth so where here you could text or a phone call to say can I visit you, can I drop by, back home you would just get a knock on the door and that could be the man from down the road asking if they can borrow equipment or a child sent by a parent to tell you to come over immediately because there is an emergency or better still a relative with bags who has travelled the whole day from one part of the country and has arrived, tired and hungry.

I remember as a child, those were the best visits because you get to have a good laugh with family, all the best foods and drinks would come out, but I just wished they had better timing because they would arrive just as we are about to eat which means that rice and chicken that you were looking forward to the whole day, well you are no longer going to have that. That mealtime has been interrupted and your food is now their food. Whatever plans we had, had to change, and you don't have much choice in the matter. Just like

Jesus and the disciples in our gospel. They had come up with a plan to go away and rest, but that plan went out through the window. Being interrupted!

Our lives are full of interruptions. Here with mobile phones, it is even worse because while they were created to bring people closer and together even when they are worlds apart, they have also become one of the biggest interruptions to our peace so much that we even switch them off. Not just them but many other things. But the question is what do you do when you have been interrupted, when your best laid plans have to go out the window because a friend is in crisis, someone has died, someone is struggling with the effects of the pandemic, someone has been at the receiving end of a racist attack, you are faced with a mental health issue or a safeguarding one. Do you just switch off and ignore or is there a way that here we are being shown and taught.

Often when interrupted we find ourselves turning to anger and or grumbling and sometimes even add further burdens on the people that we might be able to help by either speaking up for them, giving them advice, giving them someone to listen to them, signposting them to the right people to seek help. We might not be able to do as Jesus did but in our own unique way God has created us to be able to help someone in one way or another. Maybe your skill is knowing things, who to talk to, where to go for certain services and when interrupted that is what is being asked for. Maybe your skills as a lawyer, an advocate is to share with them how to go about dealing with a situation.

My brothers and sisters, God is a God of love, he is merciful and kind and in creation he created rest (Gen 2:3) and wants us to rest too. Jesus in our passage highlights the need for this rest especially for his disciples. One Catholic priest, Vincent de Paul once said, 'Be careful to preserve your health. It is a trick of the devil, which he employs to deceive good souls, to incite them to do more than they are able, in order that they may no longer be able to do anything'. Thus, we ought to rest because that act honours God and is of God.

However, here we are being shown that there are times when the need is greater, when we cannot ignore the interruption. They had not eaten, they were tired. I could understand in my human nature if they had been angry and shouted 'Can't you see we are tired and want to eat and have some rest? Leave us alone! There is something about hunger than can easily make you angry. There is that advert for snickers that ends saying, 'You are not yourself when you are hungry'. But here instead we hear that Jesus had compassion over them! Being interrupted and having compassion.

My brothers and sisters, some of the interruptions that are going to come into our lives are going to feel like inconveniences, we are not going to like them and will feel ill-timed. But these are the interruptions that will change lives! Jesus allows to be interrupted and meets the people in their place and point of need. We often say quoting the bible: 'Jesus is the way, the truth and life' (Jn 14:6), and here he is showing us the way.

Sometimes God will use interruptions to change a life. God will allow us to be interrupted just so we can make a difference in someone's life, world, or situation. The bible is full of such stories one example being that of Simon of Cyrene (Mk15:21) who was just a passer-by coming into the country but ended up as the man who helped Jesus carry the cross.

That phone call that came and disturbed your lunch might be the one call that made one say today I had a good day, that interruption that you embraced could be one that saved a life, the directions you gave to that person who stopped you when you were in a hurry somewhere are the ones that saved them time and allowed them to get to say goodbye to their loved one moments before they passed on, your presence that afternoon on your stroll through the park is what allowed one man to get home to his family when they could have been attacked in the park because of the colour of their skin. Interruptions!

Just imagine how everyone who went away from Jesus after being taught and or healed felt and what great stories they told singing high praises. I guess it is no wonder why he was not liked by the authorities because he quickly became a favourite because crowds followed him and passed on the word and many others came to him to be healed. He had compassion. The power of compassion when interrupted here is that it changes lives, it saves, it makes them whole.

Jeremiah 23 today is coming to warn us not to be among those who scatter God's people but instead bring people together, to be like a good shepherd and look out for others, to tend. When I reflect on my childhood now, I'm grateful for the people who I thought were interruptions at the wrong times because I have learnt and seen the value and difference it made, not just to them but to me too. I was taught to care and show hospitality and now that I am grown some have shared how that made a difference that my parents came and helped.

I am sure amongst ourselves we all have stories that we can share of how someone came and said, 'You saved me that day' or somethings along those lines. Times when we have been like the shepherds that the lord says, 'I will place shepherds over them who will tend them, and they will no longer be afraid or terrified, nor will any be missing' (Jer 23:4), times when we have been there and responded with compassion like Christ the good shepherd, connected people to the right services.

Ephesians adds on that we have been reconciled as one through Christ who 'came and preached peace to you who were far away and peace to those who were near' (Eph 2:17) and so we 'are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household' (Eph 2:19). Thus, we ought to have concern and care for others even if it might seem like an interruption in our lives maybe because of who we are or what we do. In Christ we are one.

This reminds me of the words we say during Holy Communion that, 'Though we are many we are one body because we share in one bread'. We are one in Christ who is our peace, and this oneness should enable us to bear with each other, to have compassion, to face interruptions with grace and love instead of grumbling with anger and or feeling frustrated .

Jesus and the disciples had every right to ignore, walk away, be angry, shout when they were interrupted but instead, they showed compassion. I pray that when next we are interrupted, we will respond too with compassion and grace and show love and care. Yes, we are called to rest, but we are also called to have compassion and respond to human need with love, to not add to injury. And when we find that we cannot help, then let us point those in need in the direction where that help, and care can be found.

There is a saying that goes, 'Always leave people better than you found them. Hug the hurt. Kiss the broken. Befriend the lost. Love the lonely'. Jesus definitely did whether he was being interrupted or not. Will you?

# We affirm our faith

*We stand and at home, if able, we turn to look in the direction of Church,*

We affirm our faith in God, revealed to us as Father, Son and Holy Spirit:

**We believe and trust in God the Father,  
source of all being and life,  
the one for whom we exist.**

**We believe and trust in God the Son,  
who took our human nature,  
died for us and rose again.**

**We believe and trust in God the Holy Spirit,  
who gives life to the people of God  
and makes Christ known in the world.**

**This is the faith of the Church.  
We believe and trust in one God, Father, Son and Holy Spirit. Amen.**

(adapted from Common Worship)

[INTERCESSIONS](#) led by Christopher Pietroni

The response to the bidding Creator, Redeemer, Inspirer is **Hear our prayer**

God who is the destroyer of the barriers and walls that we put up to divide us one from another, we pray for reconciliation and unity in Your church. We pray that we live and act as one humanity in you. We pray for wise leadership to guide us from our Archbishops and Bishops, from David and Tariro and all who minister to us here in All Saints.

Creator, Redeemer, Inspirer  
**Hear our prayer**

God who is our peace, we pray for our city, our country and our world. In this city of diversity, we pray for peace between neighbours of different faiths, cultures, genders and ages. In our too often divided country, we pray for peace between our many nations and regions, and our communities of identity, heritage, culture and politics. In our world tragically torn by conflict, we pray for peace within and between nations. Today we pray in particular for peace in Ethiopia and Tigray, in Afghanistan and in South Africa.

Creator, Redeemer, Inspirer  
**Hear our prayer**

God who is the creator, we pray for the planet on which we live. We give thanks for life in all its glorious variety and abundance. As we experience life threatening temperatures and wildfires one on continent and torrentially destructive rains on another, we pray for the willingness to live in peace with our natural world.

Creator, Redeemer, Inspirer

**Hear our prayer**

God who is the source of all consolation, we pray for Your loving presence in our lives and in the lives of all our brothers and sisters. We pray for your healing touch when we are in physical, mental or spiritual need. We pray that we may carry your peace to all those in our lives and especially those experiencing distress, sadness, bereavement or anxiety.

Creator, Redeemer, Inspirer

**Hear our prayer**

God who knows us better than we do ourselves, we pray the prayers for which we do not have words. We bring before you all those who we know to be in particular need of you today. We remember all who have died recently and their families. We pray that we and they may experience your peace and be transformed by it.

Creator, Redeemer, Inspirer

**Hear our prayer**

THE PEACE

*We pause to remember each other: those worshipping at home, and those worshipping in Church, and those we care for who are far away.*

Jesus came and proclaimed peace to those who were far off and peace to those who are near. We turn and say to one another: *(Ephesians 2:17)*

**The Peace of the Lord be always with you.**

MUSIC (in church)      Pavane *(Gabriel Fauré)*

HYMN (recording)      [Lord, we come to ask your healing](#) *(words: Jean Holloway music: Traditional Welsh melody, arr Colin Hand)*

- |   |   |
|---|---|
| <p>1. Lord, we come to ask your healing,<br/>teach us of love;<br/>all unspoken shame revealing,<br/>teach us of love.<br/>Take our selfish thoughts and actions,<br/>petty feuds, divisive factions,<br/>hear us now to you appealing,<br/>teach us of love.</p> <p>2. Soothe away our pain and sorrow,<br/>hold us in love;<br/>grace we cannot buy or borrow,<br/>hold us in love.<br/>Though we see but dark and danger,<br/>though we spurn both friend and stranger,<br/>though we often dread tomorrow,<br/>hold us in love.</p> | <p>3. When the bread is raised and broken,<br/>fill us with love;<br/>words of consecration spoken,<br/>fill us with love.<br/>As our grateful prayers continue,<br/>make the faith that we have in you<br/>more than just an empty token,<br/>fill us with love.</p> <p>4. Help us live for one another,<br/>bind us in love;<br/>stranger, neighbour, father, mother –<br/>bind us in love.<br/>All are equal at your table,<br/>through your Spirit make us able<br/>to embrace as sister, brother,<br/>bind us in love.</p> |
|---|---|

*The Table is prepared in Church. At home, now is the time to say the Lord's Prayer (below) and consume the food and drink you have prepared, first praying:*

God, we long for Communion. With this symbolic meal stir my hope for the fellowship meal we cannot yet see, and help me wait for it with patience. **Amen.** (cf Romans 8:2)

## We tell the story of God's faithfulness

Priest: The Lord be with you.

**All: 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 of mercy, we give you thanks and praise because we who once were far off have been brought near by the blood of Christ. He is our peace; in his flesh he has broken down the dividing wall of hostility between Jew and Gentile and between you and us. He has created in himself one new humanity and has reconciled us to you in one body through the cross. So we gladly thank you no longer as strangers and aliens, but as citizens with the saints and members of your household, proclaiming with the company of heaven the praise of your glory:

**All: 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.**

God of peace, you brought again from the dead your Son Jesus Christ and made in him a holy temple where we could be one with you: send your Spirit upon your people, that we may be built together into your dwelling place. As you promised your children that you would build a house to abide with them, sanctify this bread and this cup that they may be for us a dwelling place for your Son, the body and blood of Christ Jesus our Lord. Who, at supper with his disciples, took bread, gave you thanks, broke the bread and gave it to them saying, "Take, eat: this is my body which is given for you; do this in remembrance of me."

*A bell is rung*

After supper he took the cup. Again he gave you thanks, and gave it to his disciples 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.

*A bell is rung*

**All:** Great is the mystery of faith:  
**Christ has died,**  
**Christ is risen**  
**Christ will come again.**

Resurrecting and restoring God, your Son had compassion on the crowd, for they were like sheep without a shepherd. As he made the journey across the lake to be with your people in their distress, so you sent him to be incarnate among us and share our human struggle. Bless all who long to touch the fringe of his cloak today. Comfort any who are at sea in body, mind or spirit. Visit those who rely on others for their very life. Strengthen your servants who need to retreat to a deserted pace all by themselves and rest a while. Cherish your children who have crossed over the lake to be with you and give hope to those who stand fearfully on the shore; until the day when healing becomes salvation and salvation becomes your company and your company is the fullness of joy, ever one God, Father, Son and Holy Spirit. **Amen.**

## THE LORD'S PRAYER

In solidarity with those grieving and struggling after the floods in Germany and elsewhere, today the Lord's Prayer is prayed in German:

Vater unser im Himmel, geheiligt werde dein Name; dein Reich komme; dein Wille geschehe, wie im Himmel so auf Erden. Unser tägliches Brot gib uns heute. Und vergib uns unsere Schuld, wie auch wir vergeben unsern Schuldigern; und führe uns nicht in Versuchung, sondern erlöse uns von dem Bösen. Denn dein ist das Reich und die Kraft und die Herrlichkeit in Ewigkeit. Amen.

*(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.)*

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

**All: Though we are many, we are one body.  
For we all share in one bread.**

Jesus is the Lamb of God who takes away the sin of the world. Blessed are those who are called to his supper.

**Lord, I am not worthy to receive you,  
But only say the word and I shall be healed.**

*We pause to remember all who pray at home, then share the bread, now for us the body of Christ.*

ANTHEM *during Communion*

[What a friend we have in Jesus](#)

1. What a friend we have in Jesus, all our sins and grief to bear!  
What a privilege to carry ev'rything to him in prayer!  
O what peace we often forfeit, O what needless pain we bear,  
all because we do not carry ev'rything to God in prayer!
2. Have we trials and temptations? Is there trouble anywhere?  
We should never be discouraged: take it to the Lord in prayer!  
Can we find a friend so faithful, who will all our sorrows share?  
Jesus knows our ev'ry weakness – take it to the Lord in prayer!
3. Are we weak and heavy-laden, cumbered with a load of care?  
Jesus only is our refuge, take it to the Lord in prayer!  
Do thy friends despise, forsake thee? Take it to the Lord in prayer!  
In his arms he'll take and shield thee, thou wilt find a solace there.

*(words: Joseph Medlicott Scriven; music: Charles Crozat Converse)*

## Inside or outside, we are called to serve

**Almighty God, we thank you for feeding us with your Word [*and with the body of Christ*]. Strengthen us in the power of your Spirit to live and work to your praise and glory. Amen.**

*We imagine our scattered fellowship, family, colleagues and neighbours, praying for blessing on all:*

*[May] Christ who has nourished us with himself, the living bread, make us one in praise and love, and raise us up at the last day, and the blessing of God almighty, the Father, the Son and the Holy Spirit be among us and remain with us always. Amen.*

HYMN [All hail the power of Jesus' name](#)

1. All hail the pow'r of Jesus' name!  
Let angels prostrate fall;  
bring forth the royal diadem,  
and crown him Lord of all.
2. O prophets faithful to his word,  
in matters great and small,  
who made his voice of justice heard,  
now crown him Lord of all.
3. All sinners, now redeemed by grace,  
who heard your Saviour's call,  
now robed in light before his face,  
O crown him Lord of all.
4. Let every people, every tongue  
to him their heart enthral:  
lift high the universal song  
and crown him Lord of all.

*(words: Edward Perronet, adapted by Michael Forster; music: James Ellor)*

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

VOLUNTARY [Music for the Royal Fireworks: La Réjouissance](#)  
*(George Frideric Handel; played by Martha Ann & Philip Brookes)*



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Eucharistic Prayer from *Joining the Angels' Song*, Samuel Wells and Abigail Kocher,  
Canterbury Press 2016