THE GATHERING

Introit Hymn

O worship the Lord in the beauty of holiness!
Bow down before him, his glory proclaim;
With gold of obedience and incense of lowliness,
Kneel and adore him—the Lord is his name!

Low at his feet lay thy burden of carefulness,
High on his heart he will bear it for thee,
Comfort thy sorrows and answer thy prayerfulness,
Guiding thy steps as may best for thee be.

Fear not to enter his courts in the slenderness
Of the poor wealth thou wouldst reckon as thine:
Truth in its beauty, and love in its tenderness,
These are the offerings to lay on his shrine.

These, though we bring them in trembling and fearfulness,
He will accept for the name that is dear,
Mornings of joy give for evenings of tearfulness,
Trust for our trembling, and hope for our fear.

O worship the Lord in the beauty of holiness!
Bow down before him, his glory proclaim;
With gold of obedience and incense of lowliness,
Kneel and adore him—the Lord is his name!

[J. S. B. Monsell]
The Greeting

In the name of the Father, and of the Son, and of the Holy Spirit.

All Amen

Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you

All and also with you.

Words of welcome are said. We pray with Junior Church.

Prayer of Preparation

All 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.
Prayers of Penitence

God so loved the world
that he gave his only Son Jesus Christ
to save from our sins
and to be our advocate in heaven,
and to bring us to eternal life.

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

All Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us, forgive us all that is past
and grant that we may serve you in newness of life
to the glory of your name.
Amen.

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 in Excelsis

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 - The Collect for the Week is said after a moment of silence

Merciful God,
you have prepared for those who love you
such good things as pass our understanding:
pour into our hearts such love toward you
that we, loving you in all things and above all things,
may obtain your promises,
which exceed all that we can desire;
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.

All Amen.
THE LITURGY OF THE WORD

First Reading – Genesis 25 vv 19 - 34

These are the descendants of Isaac, Abraham’s son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, ‘If it is to be this way, why do I live?’ So she went to inquire of the Lord. And the Lord said to her,

‘Two nations are in your womb,
and two peoples born of you shall be divided;
one shall be stronger than the other,
the elder shall serve the younger.’

When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterwards his brother came out, with his hand gripping Esau’s heel; so he was named Jacob. Isaac was sixty years old when she bore them.

When the boys grew up, Esau was a skilful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, ‘Let me eat some of that red stuff, for I am famished!’ (Therefore he was called Edom.) Jacob said, ‘First sell me your birthright.’ Esau said, ‘I am about to die; of what use is a birthright to me?’ Jacob said, ‘Swear to me first.’ So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.
At the end the reader may say
This is the word of the Lord.

All  Thanks be to God.

New Testament Reading – Romans 8 vv 1 - 11

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God’s law—indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

At the end the reader may say
This is the word of the Lord.

All  Thanks be to God.
Gospel Reading – Matthew 13 vv 1 - 9, 18 - 23

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

All Glory to you, O Lord.

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: ‘Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!’

‘Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.’

This is the Gospel of the Lord.

All Praise to you, O Christ.
The Sermon – All sit

The Creed

Let us declare our faith in God, Father, Son and Holy Spirit.

All  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

The prayers end with the following:

All accept these prayers
for the sake of your Son
our Saviour Jesus Christ.
Amen.
THE LITURGY OF THE SACRAMENT

The Peace – All stand

We are the body of Christ.
In the one Spirit we were all baptized into one body.
Let us then pursue all that makes for peace
and builds up our common life.

The peace of the Lord be always with you
All and also with you.

Let us offer one another a sign of peace.

All may exchange a sign of peace.

Offertory Hymn

During this hymn a collection will be taken

We plough the fields, and scatter
The good seed on the land,
But it is fed and watered
By God’s almighty hand;
He sends the snow in winter,
The warmth to swell the grain,
The breezes and the sunshine,
And soft refreshing rain.

All good gifts around us
Are sent from heaven above,
Then thank the Lord, O thank the Lord,
For all his love.
He only is the Maker
   Of all things near and far;
He paints the wayside flower,
   He lights the evening star;
The winds and waves obey him,
   By him the birds are fed;
Much more to us, his children,
   He gives our daily bread.

Refrain

We thank thee, then, O Father,
   For all things bright and good;
The seed-time and the harvest,
   Our life, our health, our food.
No gifts have we to offer,
   For all thy love imparts,
But that which thou desirest,
   Our humble, thankful hearts.

All good gifts around us
   Are sent from heaven above,
Then thank the Lord, O thank the Lord,
   For all his love.

[Matthias Claudus tr. Jane Campbell]

The table is prepared, and bread and wine are placed upon it.

Yours, Lord, is the greatness, the power,
   the glory, the splendour, and the majesty;
for everything in heaven and on earth is yours.

All things come from you,
   and of your own do we give you.
Eucharistic Prayer

The Lord be with you

All and also with you

Lift up your hearts.

All We lift them to the Lord.

Let us give thanks to the Lord our God.

All 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 saying:

Holy, holy, holy Lord,

All 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.

Praise to you, Lord Jesus: *All*  
**Dying you destroyed our death,**  
**rising you restored our life:**  
**Lord Jesus, come in glory.**

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 Hilda 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

Let us pray with confidence as our Saviour has taught us

All Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom, the power and the glory,
for ever and ever.
Amen.

Breaking of the Bread

*The president breaks the consecrated bread.*

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

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

Agnus Dei

Lamb of God,

All 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.

**Giving of Communion**

*The president says the invitation to communion*

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

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

*The president and people receive communion.*

**Communion Hymns**

Come down, O love divine,
Seek thou this soul of mine,
And visit it with thine own ardour glowing;
  O Comforter, draw near,
  Within my heart appear,
And kindle it, thy holy flame bestowing.

O let it freely burn,
Till earthly passions turn
To dust and ashes in its heat consuming;
  And let thy glorious light
  Shine ever on my sight,
And clothe me round the while my path illumining.
Let holy charity
Mine outward vesture be,
And lowliness become mine inner clothing;
True lowliness of heart,
Which takes the humbler part,
And o'er its own shortcomings weeps with loathing.

And so the yearning strong,
With which the soul will long,
Shall far outpass the power of human telling;
For none can guess its grace,
Till he become the place
Wherein the Holy Spirit makes his dwelling.

[Bianco de Siena tr. R. F. Littledale]

Anthem: *If ye love me, keep my commandments*  
[Thomas Tallis © Oxford University Press 2002]

Lord, thy word abideth,  
And our footsteps guideth;  
Who can tell the pleasure,  
Who recount the treasure  

And our footsteps guideth;  
Who its truth believeth  
By thy word imparted  
To the simple hearted?

Light and joy receiveth.  
When our foes are near us,  
Word of mercy, giving  

Who can tell the pleasure,  
And our footsteps guideth;  
Word of life, supplying  

And our footsteps guideth;  
Who its truth believeth  
Comfort to the dying!

Light and joy receiveth.  
When our foes are near us,  
Word of mercy, giving  

Who can tell the pleasure,  
And our footsteps guideth;  
Word of life, supplying  

And our footsteps guideth;  
Who its truth believeth  
Comfort to the dying!

When the storms are o'er us,  
And dark clouds before us,  
O that we, discerning  

When the storms are o'er us,  
And dark clouds before us,  
Its most holy learning,  

And our light directeth,  
And our way protecteth.  
Lord, may love and fear thee,  

And our light directeth,  
And our way protecteth.  
Evermore be near thee!

[H. W. Baker]
Prayers after Communion

*Silence is kept after which the post-Communion prayer is said.*

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.

*All* Amen.

*All* 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.

**Notices**

THE DISMISSAL

*All* The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit
be with us all evermore

Amen.

Go in peace to love and serve the Lord.

*All* In the name of Christ. Amen

Recessional Hymn
And can it be that I should gain
An interest in the Saviour's blood?
Died he for me, who caused his pain?
For me, who him to death pursued?
Amazing love! How can it be,
That Thou, my God, shouldst die for me?

    Amazing love! How can it be,
    That Thou, my God, shouldst die for me?

'Tis myst'ry all: th'Immortal dies:
Who can explore his strange design?
In vain the firstborn seraph tries
To sound the depths of love divine.
'Tis mercy all! Let earth adore,
Let angel minds inquire no more.

    'Tis mercy all! Let earth adore;
    Let angel minds inquire no more.

He left his Father's throne above
So free, so infinite his grace;
Emptied himself of all but love,
And bled for Adam's helpless race;
'Tis mercy all, immense and free,
For O my God, it found out me!

    'Tis mercy all, immense and free,
    For O my God, it found out me!

Long my imprisoned spirit lay
Fast bound in sin and nature's night;
Thine eye diffused a quickening ray,
I woke, the dungeon flamed with light;
My chains fell off, my heart was free,
I rose, went forth, and followed thee.

    My chains fell off, my heart was free,
    I rose, went forth, and followed thee.
No condemnation now I dread;  
Jesus, and all in him, is mine!  
Alive in him, my living Head,  
And clothed in righteousness divine,  
Bold I approach th'eternal throne,  
And claim the crown, through Christ my own.

*Bold I approach th'eternal throne,*  
*And claim the crown, through Christ my own.*

[Charles Wesley]
The last session for Junior church will be 23rd July. We will meet again on September 3rd, when there will be the blessing of the school bags. There will be no messy church in September. The first messy church will be on October 1st with the theme of Harvest. Best wishes for the summertime the Junior church team.

Please remember in your prayers this week:

**THE SICK:**
- Ann Bilias
- Michael Brown
- Lizio Cassar
- Ros Clifton
- Saffi Cobham
- Joan Davies
- Revd. Elizabeth Greenwood
- Vicky Hall
- Melvyn Jansen
- Pat Kyle
- Pauline Milton
- Ray Nation
- Lena Richardson
- Jonothan Wren
- David
- Elaine
- Nic
- Solange

**THE RECENTLY DEPARTED:**
- Margaret Rose Shoulder
- Grace Mannagh
- Don Dunbar

**THOSE IN OUR MEMORIAL BOOK THIS WEEK**
- Joseph Spence
- Arthur William Beaver
- Arthur Oldfield
- Eileen Williamson
- Jock North
- Christopher John Du Bock
- Laura Gladys Banks
- Fred Hayes
- Gwilym Roberts
- Irene M Leppington

**THOSE PREPARING FOR MARRIAGE:**
- Jordan Ronald Jennings and Chloe Alexandrai Anne Christou

Please pray for our ALMA twin Parish, Holy Cross Murrupula
**News of our ALMA TWIN Parish, Holy Cross Murrupula**

We have received this e-mail from Helen Doery, the ALMA Communications Officer. ALMA links the Dioceses of Angola, London and Mozambique.

First, special greetings to you all in this time of interregnum. I know from personal experience how much more work that can entail but also how satisfying, as you see others rising to fulfil new responsibilities.

Many, many thanks on behalf of your link parish Holy Cross, Murrupula in Nampula, for your exceedingly generous gift of £2,050 to help them ‘get back on their feet’ after the devastation of the recent cyclone and storms. It will be a massive help to them, and we hope to be sending it in the second quarter transfer shortly.

In the light of that may I send you a special invitation to our ALMA Sunday Service* and Afternoon Tea beforehand, when you will be able to meet Bishop Manuel, the Bishop of Nampula, who Revd. Joseph spent time with last November. He will be preaching at the service in the Cathedral.

Many, many thanks again for your generosity to, and care for, your link parish.

Hoping to see you on the 23rd July.

Helen

And from Father Joseph:

The update from Holy Cross is that Fr Domingos, his wife and baby Domingos are all doing well.

* The ALMA Sunday Service will be on Sunday 23rd July, 2023 at St Paul’s Cathedral and Afternoon Tea will be beforehand at St Vedast EC2V 6HH at 3.30 – 5 pm. This is a 3 minute walk away from St Paul’s Cathedral. If you would like to attend please let Liz Brian know by today, Sunday 16th July.
NOTICES

The Parish Office is available by phone or email. Visitors by appointment only.

*Following the teaching of ‘Loving thy Neighbour’ - If you feel unwell, we ask that you do not attend so that we can maintain the health and safety of all who attend the services.*

*** Don't unplug it! ***
The DONA machine at the back of church was unplugged last week and consequently it didn't work when people arrived on Sunday. There is a sign on the machine - PLEASE DON'T SWITCH IT OFF. We have plenty of power points now, there is no need to disconnect anything plugged in. Any questions about the DONA machine, please ask Paula or Nick Gething.

Community Lunch - Wednesday at 12 noon
Join us in church for the Community Lunch at midday
If you are able to come forward and help, even once a month, please do liaise with Bobbie.

Bible Study Group – Wednesday at 7.30pm
We meet in Church on most Wednesday evenings at 7.30pm.
We are looking at Christian Community for the next few weeks.
You are very welcome to come and join us.

Feed My Sheep - Tuesday 25th July at *** 10.30am ***
Do come and join us. We meet on the 4th Tuesday, usually from 2.30pm – 4pm in Church with tea, coffee and cake, to explore topics on Christian themes. A donation of a £1 is welcomed to cover the cost of the refreshments.
However, note that July's meeting will be in the morning.
- July 25th Popes – part 2
- (no meeting in August)
- Sept 26th The Sunday School Movement
- Oct 24th St Francis of Assisi
- Nov 28th Pick and Mix
Ambling through Acts course – Thursday 3rd August at 7.30pm
(7:30pm on the first Thursday of each month)
Everyone is very welcome to attend. There will be refreshments at the end. We finish by saying Compline (Night Prayer) together round about 9pm. I hope to see you there. Please bring a bible – ideally the NRSV, but any version will do.

St Hilda’s Newsletter
The July issue of the Newsletter is available via the St. Hilda's web site (under "About Us"). There are a few printed copies at the back of church: please leave these for people without internet access and for visitors.
The deadline for items for the September issue is Sunday 6th August.
This is your magazine - so start writing!
Please send your contributions to: sthildanewsletter@gmail.com

PCC Minutes
Note that a copy the minutes of PCC meetings (once approved) are available in church on a table in the north aisle near the children's area. You are encouraged to read them to see what is happening.

PCC Meeting - Tuesday 12th September at 7.15 for 7.30pm start

Parish administrator
Our parish administrator is Laura Goodman. Her office hours are:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>3.30-5pm</td>
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<tr>
<td>Wednesday</td>
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<tr>
<td>Friday</td>
<td>3.30-6.30pm</td>
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<tr>
<td>Saturday</td>
<td>9.45-11.15am</td>
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Any appointments in person must be booked.
Contact Information

Vicar
Vacant

Licenced Lay Minister
Rosalyn Young  rosalyn@sthilda.org

Churchwardens
Paula Gething  Christopher Brown

PCC Secretary  PCC Treasurer
Liz Brian  Kieran Stevens
Email:  secretary@sthilda.org  Email:  treasurer@sthilda.org

Church Hall Bookings
Chris Davenport  01784 252170

The Parish Office:
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