



The Sunday Sheet *for* The 16th Sunday after Trinity 15th September 2024

*A very warm welcome as we gather for the All-Age/Family Eucharist.
An induction loop is provided.*

Gluten free wafers are available for those who need them. Please inform one of the stewards/sidespersons who will pass the information on to the clergy. Many thanks

Entrance Hymn

I danced in the morning when the world was begun,
and I danced in the moon and the stars and the sun,
and I came down from heaven and I danced on the earth;
at Bethlehem I had my birth.

*Dance then wherever you may be; I am the Lord of the Dance, said he,
And I'll lead you all, wherever you may be, And I'll lead you all in the dance, said he.*

I danced for the scribe and the pharisee,
but they would not dance and they wouldn't follow me;
I danced for the fishermen, for James and John;
they came with me and the dance went on:

I danced on the Sabbath and I cured the lame:
the holy people said it was a shame.
They whipped and they stripped and they hung me on high,
and they left me there on a cross to die:

I danced on a Friday when the sky turned black;
it's hard to dance with the devil on your back.
They buried my body and they thought I'd gone;
but I am the dance and I still go on:

They cut me down and I leapt up high;
I am the life that'll never, never die;
I'll live in you if you'll live in me:
I am the Lord of the Dance, said he:

*Dance then wherever you may be; I am the Lord of the Dance, said he,
And I'll lead you all, wherever you may be, And I'll lead you all in the dance, said he.*

*Sydney Carter 1915-2004
Tune: Lord of the Dance*

✠ In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Grace and peace be with you
And keep you in the love of Christ.

*The Priest gives an introduction to the Eucharist and calls the people to say sorry to
God for the things we have done wrong.*

Silence is kept

For the weakness of our bodies,
Lord, have mercy: **Lord, have mercy.**

For the meanness of our hearts,
Christ, have mercy: **Christ, have mercy.**

For the smallness of our minds,
Lord, have mercy: **Lord, have mercy.**

Almighty God have mercy on you,
✠ forgive you and set you free from sin,
and keep you in eternal life. **Amen.**

Gloria in Excelsis

*Gloria, gloria, in excelsis Deo.
Gloria, gloria, in excelsis Deo.*

**Lord, God, heavenly King,
peace you bring to us,
we worship you, we give you thanks,
we sing our song of praise.**

**Jesus, Saviour of all,
Lord God, Lamb of God,
you take away our sins, O Lord,
have mercy on us all.**

**At the Father's right hand,
Lord receive our prayer,
for you alone are the Holy One,
and you alone are Lord.**

**Glory, Father and Son,
Glory Holy Spirit,
to you we raise our hands up high,
we glorify your name.**

The Collect

Lord of creation,
whose glory is around and within us:
open our eyes to your wonders,
that we may serve you with reverence
and know your peace at our lives' end,
through Jesus Christ our Lord. **Amen.**

James 3. 1-12

A reading from the letter of James.

Not many of you should become teachers, my brothers and sisters, for you know that we who teach will be judged with greater strictness. For all of us make many mistakes. Anyone who makes no mistakes in speaking is perfect, able to keep the whole body in check with a bridle. If we put bits into the mouths of horses to make them obey us, we guide their whole bodies. Or look at ships: though they are so large that it takes strong winds to drive them, yet they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great exploits. How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell. For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no one can tame the tongue—a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so. Does a spring pour forth from the same opening both fresh and

brackish water? Can a fig tree, my brothers and sisters, yield olives, or a grapevine figs?
No more can salt water yield fresh.

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

The Gospel

Please Stand

Alleluia, alleluia, give thanks to the risen Lord.
Alleluia, alleluia, give praise to his name.

Jesus is Lord of all the earth:
he is the King of creation:

Alleluia, alleluia, give thanks to the risen Lord.
Alleluia, alleluia, give praise to his name.

Donald Fishel b.1950
Tune: Alleluia No.1

Mark 8. 27-38

Listen to the Gospel of Christ according to Saint Mark.

Glory to you, O Lord.

Jesus went on with his disciples to the villages of Caesarea Philippi; and on the way he asked his disciples, 'Who do people say that I am?' And they answered him, 'John the Baptist; and others, Elijah; and still others, one of the prophets.' He asked them, 'But who do you say that I am?' Peter answered him, 'You are the Messiah.' And he sternly ordered them not to tell anyone about him.

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole

world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

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

The Homily

Please Sit

An Affirmation of the Faith.

Please Stand

Let us declare our faith in God.

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God:
Father, Son, and Holy Spirit. Amen.**

The Intercession

Please Sit

Appropriate responses may be used, for example

Lord, in your mercy:
hear our prayer.

Lord, hear us:
Lord, graciously hear us.

The Intercession ends with a suitable collect said by the priest, or the following

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

The Peace

Please Stand

The words we say to one another can have a powerful effect. May we always speak words of peace to one another as we receive and share the Lord's peace.

The peace of the Lord be with you always.

And also with you.

Let us offer one another a sign of the Lord's peace.

Offertory Hymn

From heaven you came, helpless babe,
entered our world, your glory veiled;
not to be served but to serve,
and give your life that we might live.

*This is our God, the Servant King,
he calls us now to follow him,
to bring our lives as a daily offering
of worship to the Servant King.*

There in the garden of tears,
my heavy load he chose to bear;
his heart with sorrow was torn.
"Yet not my will but yours," he said.

Come see his hands and his feet,
the scars that speak of sacrifice,
hands that flung stars into space,
to cruel nails surrendered.

So let us learn how to serve,
and in our lives enthrone him;
each other's needs to prefer,
for it is Christ we're serving.

*Graham Kendrick b.1950
Tune: The Servant King*

The Thanksgiving

We celebrate together the gifts and grace of God.

**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

Prayer over the Gifts

Merciful God,
give us grace to love one another
that your love may be made perfect in us;
we ask this in the name of Jesus Christ our Lord. **Amen.**

The Eucharistic Prayer

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.

Lord of all life,
you created the universe,
where all living things reflect your glory.
You give us this great and beautiful earth,
to discover and to cherish.

You give us happy times
and things to celebrate.
In these we taste your kingdom,
a feast for all your children.

You made us all,
each wonderfully different,
to join with the angels
and sing your praise:

**Holy, holy, holy, holy,
Holy, holy, Lord God Almighty.
And we lift our hearts before you
as a token of our love.
Holy, holy, holy, holy.**

**Gracious Father, gracious Father,
Blessed is the one who comes to us
 in your name.
And we lift our hearts before you
 as we give you thanks and praise.
Hosanna in the highest.**

We thank you, loving Father,
because, when we turned away,
you sent Jesus, your Son.
He gave his life for us on the cross
and shows us the way to live.

Send your Holy Spirit
that these gifts of bread and wine
may become Christ's body and his blood.

On the night before he died,
when darkness had fallen,
Jesus took bread.
He gave thanks, broke it,
and shared it with his disciples, saying:

'This is my body, given for you.
Do this to remember me.'

After they had eaten, he took the cup of wine,
gave thanks, and shared it with his disciples, saying:

'This is my blood, poured out for you and for many,
for the forgiveness of sins.'

Let us proclaim the mystery of faith:
**Christ has died.
Christ is risen.
Christ will come in glory.**

So Father, with this bread and this cup
we celebrate his love, his death, his risen life.
As you feed us with these gifts,
send your Holy Spirit,
and change us more and more
to be like Jesus our Saviour.

Help us, Father, to love one another,
as we look forward to that day
when suffering is ended,
and all creation is gathered in your loving arms.

And now with the Blessed Virgin Mary, St Joseph,
St Kentigern, St Asaph and all your saints
we give you glory,
through Jesus Christ,
in the strength of the Spirit,
for ever and ever. **Amen.**

Silence is kept

Please Sit

Let us pray with confidence to the Father:

**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.**

The Communion

The priest breaks the bread

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

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

Jesus, Lamb of God: have mercy on us.

Jesus, bearer of our sins: have mercy on us.

Jesus, redeemer of the world: give us your peace.

The Invitation to Holy Communion

Jesus is the Lamb of God

who takes away the sins of the world.

Happy 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.**

The sacrament is administered with these words:

The body of Christ. **Amen.** The blood of Christ. **Amen.**

All those who are baptised (Christened) are welcome to receive Holy Communion today. Baptised (Christened) children are welcome to receive holy communion at the discretion of their parents.

If you are not receiving you are welcome to come forward for a blessing but please bring this leaflet with you as a signal to the priest.

Hymn at the end of Communion

In the Lord I'll be ever thankful,

in the Lord I will rejoice!

Look to God, do not be afraid.

Lift up your voices, the Lord is near;

lift up your voices, the Lord is near.

Taize Community

Silence is kept

Post Communion Prayer

Give thanks to the Lord for he is gracious:
his love is everlasting.

Almighty God,
you have taught us through your Son
that love is the fulfilling of the law:
grant that we may love you with our whole heart
and our neighbours as ourselves;
through Jesus Christ our Lord. **Amen.**

The Blessing

The Lord be with you
And also with you.

May God grow our faith and give us the grace to follow him with all our heart. And the blessing of God almighty, ✠ the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

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

Final Hymn

Sing of the Lord's goodness, Father of all wisdom,
come to him and bless his name.
Mercy he has shown us, his love is for ever,
faithful to the end of days.

*Come then all you nations, sing of your Lord's goodness,
melodies of praise and thanks to God.
Ring out the Lord's glory, praise him with your music,
worship him and bless his name.*

Power he has wielded, honour is his garment,
risen from the snares of death.
His word he has spoken, one bread he has broken,
new life he now gives to all.

Courage in our darkness, comfort in our sorrow,
Spirit of our God most high;
solace for the weary, pardon for the sinner,
splendour of the living God.

Praise him with your singing, praise him with the trumpet,
praise God with the lute and harp;
praise him with the cymbals, praise him with your dancing,
praise God till the end of days.

*Come then all you nations, sing of your Lord's goodness,
melodies of praise and thanks to God.
Ring out the Lord's glory, praise him with your music,
worship him and bless his name.*

Ernest Sands 1949-2016

CCL No: 961722

Notices

Refreshments. Please do join us for refreshments after the service if you can.

Holy Communion. Could we please keep silence during the receiving of the Sacrament – it is the high point of the Eucharist where we meet with the Lord in bread and wine. The prayerfulness of this moment can be spoiled with talking going on among the congregation. Thank you!

Praying for Growth. Please pray for the growth and renewal of the Church here in this place. Here is the Leading Your Church into Growth Prayer:

*God of Mission,
Who alone brings growth to your
Church,
Send your Holy Spirit to give
Vision to our planning,
Wisdom to our actions,
Joy to our worship,
And power to our witness.
Help our church to grow in numbers,
In spiritual commitment to you,
And in service to our local community,
Through Jesus Christ our Lord. Amen.*

The Community Fridge takes place every Sunday from 4-5pm at the Parish Church.

Sunday Sheet. Please take this sheet home with you for the notices for the week and to pray for what is happening in the life of our Church.

Pilgrimage. The 2025 pilgrimage to Walsingham will take place from 11th to 15th August 2025. If you are interested in joining the pilgrims please speak to Fr

Rex.

Choir Tour. The Cathedral Choir have been given the amazing opportunity of singing in Finland on a choir tour in May next year. We are raising money to make sure this can happen. For more details, and to donate online, please see the following link: <https://gofund.me/560aa0db> If you would like to donate in cash or by cheque, please clearly mark your donations 'Choir Finland' and hand to a member of the cathedral team or pop it in the collection plate or donation box in the cathedral. If you are able to, please share the Go Fund Me page – from the page on the link above, click 'Share' and you can share on social media or copy the link to send to friends and family. Thank you.

Events at St Mary's Cefn

Saturday 28th September 7pm

Trelawnyd Male Voice Choir Concert

Sunday 29th Sept. 6pm Choral Evensong sung by Cantamus Choir

Harvest Festival is **on Sunday**

6th October at 3.30pm and is a joint service with Capel Cefn Meiriadog.

Followed by tea in the Neuadd Owen.

The Week Ahead

16th Monday – Ninian, Bishop

9am Morning Prayer

9.30am Holy Eucharist

5pm Evening Prayer

17th Tuesday – Feria

9am Morning Prayer

5pm Evening Prayer

6pm Holy Eucharist *at the Parish*

Church

7pm Pilgrim *at the Parish Church*

18th Wednesday – Feria

9am Morning Prayer

9.30am Schools Service *at the Parish*

Church

10.30am Holy Eucharist

2pm MU Opening Service *at the Parish*

Church

5pm Evening Prayer

19th Thursday – Feria

9am Morning Prayer

10am Holy Eucharist *at the Parish*

Church

10.45am Prayer Group *at the Parish*

Church

12noon Food4Thought *at the Parish*

Church

5pm Evening Prayer

**20th Friday – Cyprian, Saints, Martyrs &
Missionaries of Australasia & the
Pacific**

9am Morning Prayer

9.30am Offeren (*Welsh Eucharist*)

6pm Choral Evensong *at the Parish*

Church

**21st Saturday – Matthew, Apostle &
Evangelist**

9am Morning Prayer

1pm Wedding *at the Parish Church*

5pm Evening Prayer

22nd Sunday – Trinity 17

9.30am Parish Eucharist

11am Cathedral Eucharist

3.30pm Choral Evensong

Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk

Today's Readings

Isaiah 50. 4-9a

The wise teacher knows that the gift of God is for others, even those who reject the giver.

Psalm 116. 1-9

James 3. 1-12

James had a particular caution against ill-considered words. All too often, in the cauldron that was first-century Palestine, he heard radicals boasting, calling down curses on the Roman or Jewish establishment, stirring up others, binding themselves with oaths. It ended in destruction – and still does.

Mark 8. 27-38

There is a time for speaking and a time for discretion. Wisdom knows the difference! The full revelation of Jesus as Messiah would not happen until after the resurrection. Even now, it is a knowledge we exercise through faith. The lesson the disciples had to learn is therefore also a lesson for us.

