

8.

When directed, please move forward in silence to receive the bread. The priest will receive the wine on behalf of us all.

Prayers after Communion

God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord. Amen.

Almighty God, we thank thee for feeding us with the body and blood of thy Son Jesus Christ.

Through him we offer thee our souls and bodies to be a living sacrifice.

Send us out in the power of thy Spirit to live and work to thy praise and glory. Amen.

The Blackburn Diocesan Vision Prayer for Vision 2026

Heavenly Father, we embrace your call for us to make disciples, to be witnesses and to grow leaders. Give us the eyes to see your vision, ears to hear the prompting of your Spirit and courage to follow in the footsteps of your Son, our Lord and Saviour Jesus Christ. Amen.

The Blessing

The peace of God, which passes all understanding keep your hearts and minds in the knowledge and the love of God

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.

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16th August
2020
Service of Holy
Communion

10th Sunday
After Trinity

Lytham St Cuthbert
**VISION2026**
HEALTHY CHURCHES TRANSFORMING COMMUNITIES
and Lytham St John
Joining in Worship

The Greeting

The Lord is here.
His Spirit is with us.

Prayer of Preparation

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 us from our sins, to be our advocate in heaven, and to bring us to eternal life. So 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

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.

The Collect

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; 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.

Old Testament Reading

Exodus 15:22 – 16:21

Moses led Israel from the Red Sea on to the Wilderness of Shur. They travelled for three days through the wilderness without finding any water. They got to Marah, but they couldn't drink the water at Marah; it was bitter. That's why they called the place Marah. And the people complained to Moses, "So what are we supposed to drink?"

So Moses cried out in prayer to God. God pointed him to a stick of wood. Moses threw it into the water and the water turned sweet.

That's the place where God set up rules and procedures; that's where he started testing them.

God said, "If you listen, listen obediently to how God tells you to live in his presence, obeying his commandments and keeping all his laws, then I won't strike you with all the diseases that I inflicted on the Egyptians; I am God your healer."

They came to Elim where there were twelve springs of water and seventy palm trees. They set up camp there by the water.

On the fifteenth day of the second month after they had left Egypt, the whole company of Israel moved on from Elim to the Wilderness of Sin which is between Elim and Sinai. The whole company of Israel complained against Moses and Aaron there in the wilderness. The Israelites said, "Why didn't God let us die in comfort in Egypt where we had lamb stew and all the bread we could eat? You've brought us out into this wilderness to starve us to death, the whole company of Israel!"

God said to Moses, "I'm going to rain bread down from the skies for you. The people will go out and gather each day's ration. I'm going to test them to see if they'll live according to my Teaching or not. On the sixth day, when they prepare what they have gathered, it will turn out to be twice as much as their daily ration."

Moses and Aaron told the People of Israel, "This evening you will know that it is God who brought you out of Egypt; and in the morning you will see

your right hand on high and we long for his coming in glory.

As we recall the one, perfect sacrifice of our redemption, Father, by your Holy Spirit let these gifts of your creation be to us the body and blood of our Lord Jesus Christ; form us into the likeness of Christ and make us a perfect offering in your sight.

Look with favour on your people and in your mercy hear the cry of our hearts.

Bless the earth, heal the sick, let the oppressed go free and fill your Church with power from on high.

Gather your people from the ends of the earth to feast with Cuthbert all your saints at the table in your kingdom, where the new creation is brought to perfection in Jesus Christ our Lord; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever.

Amen.

The Lord's Prayer

As our Saviour taught us, so we pray:

**Our Father who art in heaven,
hallowed by 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.**

**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

Every time we eat this bread and drink this cup,
we proclaim the Lord's death until he comes.

Giving of Communion

Draw near with faith. Receive the Body of our Lord Jesus Christ which he gave for you and his blood which he shed for you. Eat and drink in remembrance that he died for you, and that he and feed on him in your hearts by faith and thanksgiving.

6.

You are worthy of our thanks and praise,
Lord God of truth,
for by the breath of your mouth you have spoken
your word, and all things have come into being.
You fashioned us in your image and placed us in the
garden of your delight.
Though we chose the path of rebellion you would
not abandon your own.

Again and again you drew us into your covenant of
grace.

You gave your people the law and taught us by your
prophets to look for your reign of justice, mercy
and peace.

As we watch for the signs of your kingdom on
earth, we echo the song of the angels in heaven,
evermore 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.**

Lord God, you are the most holy one,
enthroned in splendour and light,
yet in the coming of your Son Jesus Christ
you reveal the power of your love
made perfect in our human weakness.
Embracing our humanity,
Jesus showed us the way of salvation;
loving us to the end,
he gave himself to death for us;
dying for his own,
he set us free from the bonds of sin,
that we might rise and reign with him in glory.

On the night he gave up himself for us all he took
bread and gave you thanks; he broke it and gave it
to his disciples, saying: Take, eat; this is my body
which is given for you; do this in remembrance of
me.

In the same way, after supper he took the cup and
gave you thanks; he gave it to them, 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.

Therefore we proclaim the death that he suffered
on the cross, we celebrate his resurrection, his
bursting from the tomb, we rejoice that he reigns at

3.

the Glory of God. Yes, he's listened to your
complaints against him. You haven't been
complaining against us, you know, but
against God."

Moses said, "Since it will be God who gives you
meat for your meal in the evening and your fill of
bread in the morning, it's God who will have
listened to your complaints against him. Who are
we in all this? You haven't been complaining to
us—you've been complaining to God!"

Moses instructed Aaron: "Tell the whole company
of Israel: 'Come near to God. He's heard your
complaints.'"

When Aaron gave out the instructions to the whole
company of Israel, they turned to face the
wilderness. And there it was: the Glory
of God visible in the Cloud.

God spoke to Moses, "I've listened to the
complaints of the Israelites. Now tell them: 'At dusk
you will eat meat and at dawn you'll eat your fill of
bread; and you'll realize that I am God, *your* God.'"

That evening quail flew in and covered the camp
and in the morning there was a layer of dew all
over the camp. When the layer of dew had lifted,
there on the wilderness ground was a fine flaky
something, fine as frost on the ground. The
Israelites took one look and said to one
another, *man-hu* (What is it?). They had no idea
what it was.

So Moses told them, "It's the bread God has given
you to eat. And these are God's instructions:
'Gather enough for each person, about two quarts
per person; gather enough for everyone in your
tent.'"

The People of Israel went to work and started
gathering, some more, some less, but when they
measured out what they had gathered, those who
gathered more had no extra and those who
gathered less weren't short—each person had
gathered as much as was needed.

Moses said to them, "Don't leave any of it until
morning."

But they didn't listen to Moses. A few of the men
kept back some of it until morning. It got wormy
and smelled bad. And Moses lost his temper with
them.

They gathered it every morning, each person
according to need.

This is the word of the Lord.

Thanks be to God.

4.

Gospel Reading

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

Glory to you, O Lord.

Matthew 15:21-28

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." He answered, "It is not fair to take the children's food and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed instantly.

This is the Gospel of the Lord.

Praise to you, O Christ.

Sermon

Creed

Let us declare our faith in God.

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God, begotten, not made,
of one Being with the Father;
through him all things were made.
For us and for our salvation he came down from
heaven,
was incarnate from the Holy Spirit and the Virgin
Mary and was made man.
For our sake he was crucified under Pontius
Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.

5.

He will come again in glory to judge the living and
the dead,
and his kingdom will have no end.

We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped
and glorified,
who has spoken through the prophets.

We believe in one holy catholic and apostolic
Church.
We acknowledge one baptism for the forgiveness
of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

Prayers of Intercession

Lord, hear us.

Lord, graciously hear us.

And, at the end,

Merciful Father,

accept these prayers

for the sake of your Son,

our Saviour Jesus Christ. Amen.

The Peace

God is love and those who live in love live in God
and God lives in them.

The Peace of the Lord be always with you,
and also with you.

Let us offer one another a sign of peace.

All may exchange a sign of peace.

Look upon us in mercy, not in judgement; draw us
from hatred to love; make the frailty of our praise a
dwelling place for your glory. Amen.

Preparation of the Table

The Eucharistic Prayer

The Lord is here.

His Spirit is with us.

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.