

Eighth Sunday after Trinity

Prayers, Readings, Reflection and Song.

“Welcome to another short act of worship for the Parish Church of St Martin. For those who are able to follow it as written or listen in, I hope it offers some comfort, encouragement and a sense of being together despite the distance between us.” Rev Jonny



*Be still, and draw yourself closer to the God who rests beside you,
before you and within you.*

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

All **Amen.**

The Lord be with you

All **And also with you**

My 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.

Remember, Lord, your compassion and love,
for they are everlasting.

Lord, have mercy.

All **Lord, have mercy.**

Remember not the sins of my youth or my transgressions,
but think on me in your goodness, O Lord,
according to your steadfast love.

Christ, have mercy.

All **Christ, have mercy.**

O keep my soul and deliver me;
let me not be put to shame, for I have put my trust in you.

Lord, have mercy.

All **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.

All **Amen.**

The Collect for the day

Lord God,
your Son left the riches of heaven
and became poor for our sake:
when we prosper save us from pride,
when we are needy save us from despair,
that we may trust in you alone;
through Jesus Christ our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All **Amen.**

THE LITURGY OF THE WORD

Isaiah 55:1-5

Ho, everyone who thirsts,
come to the waters;
and you that have no money,
come, buy and eat!
Come, buy wine and milk
without money and without price.
Why do you spend your money for that which is not bread,
and your labour for that which does not satisfy?
Listen carefully to me, and eat what is good,
and delight yourselves in rich food.
Incline your ear, and come to me;
listen, so that you may live.
I will make with you an everlasting covenant,
my steadfast, sure love for David.
See, I made him a witness to the peoples,
a leader and commander for the peoples.
See, you shall call nations that you do not know,
and nations that do not know you shall run to you,
because of the Lord your God, the Holy One of Israel,
for he has glorified you.

This is the Word of the Lord.

All: **Thanks be to God.**

Gospel Reading, from Matthew 14: 13-21

Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

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

Reflection

(By Fr. Richard Rohr, Spiritual Writer and Franciscan Priest)

The flow of grace through us is largely blocked when we are living inside a worldview of scarcity, a feeling that there's just not enough: enough of God, enough of me, enough food, enough mercy to include and forgive all faults. The problem is exacerbated by the fact that the mind is apparently unable to imagine anything infinite or eternal. So it cannot imagine an infinite love, or a God whose "love is everlasting" as the Psalms continually shout.

A foundational abundance within reality is clearly exemplified in all of the “multiplication” of food stories in the Gospels, when Jesus feeds a crowd with very little (for example, Matthew 14:15-21). The real spiritual point is grace and not some mere physical miracle. Notice in almost every case, the good old apostles, who represent our worldview of scarcity, advise Jesus against it: “But how will two fish and five loaves be enough for so many?” Jesus is trying to move them from their worldview of scarcity to a worldview of abundance, but does it with great difficulty. In the end there is always much food left over, which should communicate the point: reality always has more than enough of itself to give, it is an inherent overflowing. Observe the seeds and pollen of the natural world.

Our unhealthy economics and politics persist because even Christians largely operate out of a worldview of scarcity: there is not enough land, healthcare, water, money, and housing for all of us; and in America there are never enough guns to keep us safe. A saint always knows that there is more than enough for our need but never enough for our greed. In the midst of the structural stinginess and over-consumption of our present world, how do you possibly change consciousness and teach the mind to operate from mercy and graciousness? It will always be an uphill battle, and it will always depend upon a foundational and sustained conversion.

Only a personal experience of unconditional, unearned, and infinite love and forgiveness can move you from the normal worldview of scarcity to the divine world of infinite abundance. That’s when the doors of mercy blow wide open! That’s when you begin to understand the scale-breaking nature of the Gospel.

Prayers of Intercession

Pray for one another – those in our church community

Pray for the Parish, the Island and the World

Pray for the sick, the isolated, the anxious and depressed

Pray for the dying, and those who mourn

Pray for yourselves, and for your own needs

Lord in your mercy

All Hear our prayer

The Intercessions may end as follows

Merciful Father

All Accept these prayers

for the sake of your son,

our Saviour, Jesus Christ. Amen

The Peace

Peace to you from God our heavenly Father.

Peace from his Son Jesus Christ who is our peace.

Peace from the Holy Spirit, the life-giver.

The peace of the triune God be always with you

All and also with you.

Let us pray with confidence, as our Saviour 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.

The Blessing.

God the Holy Trinity make you strong in faith and love,
defend you on every side,
and guide you in truth and peace;
and the blessing of God Almighty, the Father, the Son and
the Holy Spirit, be with you and remain with you always.

All **Amen.**

Go in peace to love and serve the Lord.

All **In the name of Christ. Amen.**