

POST COMMUNION

Eternal Father,
we thank you for nourishing us
with these heavenly gifts:
may our communion strengthen us in faith,
build us up in hope,
and make us grow in love;
for the sake of Jesus Christ our Lord.
Amen

FINAL HYMN: 'Shine, Jesus Shine' – (416)

Thought for the Day.....



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1st Sunday after Sunday

2nd June 2024

GATHERING HYMN: 'First of the Week'

1 First of the week and finest day,
when God commanded light to shine:
cast darkness and its works away
to celebrate with bread and wine!

2 First of the week was Easter morn
when Christ the Lord from death was
raised;
new life, fresh hope that day was born
and God in heaven and earth was
praised.

3 First of the week the Spirit came
to fill the church with grace and power;
the rushing wind and tongues of flame
were heralds of that promised hour.

4 First of the week we set aside
to meet, to learn, to give, to pray;
to spread Christ's gospel far and wide
in truth, this is the Lord's own day!



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COLLECT:

God of truth,
help us to keep your law of love
and to walk in ways of wisdom,
that we may find true life
in Jesus Christ your Son. **Amen**

KEEP THE
Sabbath
day
HOLY

FIRST READING

Deuteronomy 5: 12-15

Observe the sabbath day and keep it holy, as the Lord your God commanded you. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. Remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore the Lord your God commanded you to keep the sabbath day.

For the word of the Lord

Thanks be to God

SECOND READING

2 Corinthians 4: 15—12

For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you.

For the word of the Lord
Thanks be to God

GOSPEL HYMN— 'Come Down O Love Divine' – (102)

We sing verse 4 after the Gospel Reading

GOSPEL

Mark 2: 23– 3: 6

One sabbath he was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, 'Look, why are they doing what is not lawful on the sabbath?' And he said to them, 'Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.' Then he said to them, 'The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of



the sabbath.'

Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, 'Come forward.' Then he said to them, 'Is it lawful to do good or to do harm on the sabbath, to save life or to kill?' But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

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

HYMN OF THE GIFTS: 'God is Here as We His People' – (200)

COMMUNION HYMNS:

'Make Me a Channel of Your Peace' – (435)

'In the Quiet of the Day'

1. In the quiet of this day,
in the safety of this place,
Holy Presence, hear me pray,
soothe my spirit with your peace.

2. Take the tangle of my thought,
take the tension from my frame,
free within me what is fraught,
still the waves I cannot tame.

3. I am tired and out of tune:
it is you who gives new song.
I am fearful and alone:
bring me home where I belong.

4. What I am, you truly know,
more than lover, more than friend,
you the light to whom I grow,
you my meaning and my end.

5. Alleluia, allelu,
Alleluia, allelu,
Alleluia, allelu,
Alleluia, allelu.

Words Shirley Erena Murray