

## POST COMMUNION

God our creator,  
you feed your children with the true manna,  
the living bread from heaven:  
let this holy food sustain us through our earthly pilgrimage  
until we come to that place  
    where hunger and thirst are no more;  
through Jesus Christ our Lord.

**FINAL HYMN:** 'Take up Thy cross, the Saviour Said' (608)

**"Blessing in the Shape of a Cross," Jan Richardson**



Press this blessing  
into your palms—  
    right, left—  
and you will see  
how it leaves its mark,

how it imprints itself  
into your skin,  
how the lines of it  
    meet  
and cross

as if signaling you  
to the treasure  
that has been in  
your grasp  
all along.

Except that these riches  
you will count  
not by what you hold  
but by what you release,  
by what you lose,  
by what falls from  
your open hands.



**13th Sunday after Trinity**

**30th August 2026**

## GATHERING HYMN:

'Will You Come and Follow Me' (740)

## COLLECT:

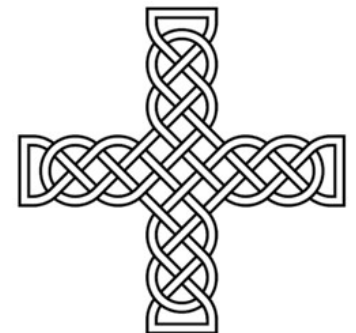
Almighty God,  
who called your Church to bear witness  
that you were in Christ reconciling the world to yourself:  
help us to proclaim the good news of your love,  
that all who hear it may be drawn to you;  
through him who was lifted up on the cross,  
and reigns with you in the unity of the Holy Spirit,  
one God, now and for ever.

**Amen**

## FIRST READING

**Jeremiah 15: 15—21**

O Lord, you know;  
    remember me and visit me,  
    and bring down retribution for me on my persecutors.  
In your forbearance do not take me away;  
    know that on your account I suffer insult.  
Your words were found, and I ate them,  
    and your words became to me a joy  
    and the delight of my heart;  
for I am called by your name,  
    O Lord, God of hosts.  
I did not sit in the company of merrymakers,  
    nor did I rejoice;  
under the weight of your hand I sat alone,  
    for you had filled me with indignation.  
Why is my pain unceasing,  
    my wound incurable,  
    refusing to be healed?  
Truly, you are to me like a deceitful brook,  
    like waters that fail.



Therefore, thus says the Lord:  
 If you turn back, I will take you back,  
 and you shall stand before me.  
 If you utter what is precious, and not what is worthless,  
 you shall serve as my mouth.  
 It is they who will turn to you,  
 not you who will turn to them.  
 And I will make you to this people  
 a fortified wall of bronze;  
 they will fight against you,  
 but they shall not prevail over you,  
 for I am with you  
 to save you and deliver you,  
 says the Lord.  
 I will deliver you out of the hand of the wicked,  
 and redeem you from the grasp of the ruthless.

For the word of the Lord

**Thanks be to God**

## **SECOND READING**

**Romans 12: 9–end**

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' No, 'if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for

by doing this you will heap burning coals on their heads.' Do not be overcome by evil, but overcome evil with good.

For the word of the Lord

**Thanks be to God**

## **GRADUAL HYMN: 'Restore O Lord' (566)**

### **We sing verse 4 after the Gospel Reading**

## **GOSPEL**

**Matthew 16: 21–end**

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, 'God forbid it, Lord! This must never happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.'

Then Jesus told his disciples, '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 will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'

## **OFFERTORY HYMN: 'I The Lord of Sea and Sky' ( 324 )**

## **COMMUNION HYMNS:**

'Be Still for the Presence of the Lord' (60)

'Spirit of the Living God' (595)

'Blest are the Pure in Heart' (69)

