

# Trinity 1 (Corpus Christi) – June 22, 2025

## WELCOME

### PRAYER OF PREPARATION

Almighty God, to whom all hearts are open all desires know 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 Jesus Christ our Lord. Amen

### PSALM 42

<sup>1</sup>As the deer pants for streams of water,  
so my soul pants for you, my God.  
<sup>2</sup>My soul thirsts for God, for the living God.  
When can I go and meet with God?  
<sup>3</sup>My tears have been my food  
day and night,  
while people say to me all day long,  
“Where is your God?”  
<sup>4</sup>These things I remember  
as I pour out my soul:  
how I used to go to the house of God  
under the protection of the Mighty One<sup>[d]</sup>  
with shouts of joy and praise  
among the festive throng.  
<sup>5</sup>Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise him,  
my Saviour and my God.  
<sup>6</sup>My soul is downcast within me;  
therefore I will remember you  
from the land of the Jordan,  
the heights of Hermon—from Mount Mizar.  
<sup>7</sup>Deep calls to deep  
in the roar of your waterfalls;  
all your waves and breakers  
have swept over me.  
<sup>8</sup>By day the Lord directs his love,  
at night his song is with me—  
a prayer to the God of my life.  
<sup>9</sup>I say to God my Rock,  
“Why have you forgotten me?  
Why must I go about mourning,  
oppressed by the enemy?”  
<sup>10</sup>My bones suffer mortal agony  
as my foes taunt me,  
saying to me all day long,  
“Where is your God?”  
<sup>11</sup>Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise him,  
my Saviour and my God.

*Glory to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now and shall be forever. Amen*

**SONG:** Immortal invisible (234)

### CONFESSION

If we say we have no sin we deceive ourselves and the truth is not in us. If we confess our sins, God is faithful and just and will forgive us our sins and cleanse us from all unrighteousness.

### **Silence**

*(We confess our sins together)*

**Most merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved You with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of Your Son Jesus Christ, have mercy on us and forgive us; that we may delight in Your will, and walk in Your ways, to the glory of Your Name. Amen.**

### ABSOLUTION:

Almighty God,  
who forgives all who truly repent,  
have mercy upon you (us), pardon and deliver you (us) from all your (our) sins, confirm and strengthen you (us) in all goodness, and keep you (us) in life eternal; through Jesus Christ our Lord. **Amen**

### SONG

As the Spirit was moving over the waters  
Spirit, come move over us  
Come rest on us, Come rest on us (repeat)

*So come down Spirit, when You move  
You make my heart pound  
When You fill the room  
You're here and I know You are moving  
I'm here and I know You will fill me (repeat)*

And as the Spirit was moving over the waters Spirit,  
come move over us  
Come rest on us Come rest on us (repeat)

Fire and wind, come and do it again  
Open up the gates, let Heaven on in  
Come rest on us, Come rest on us (repeat)

*Come down Spirit, when You move  
You make my heart pound*

When You fill the room You're here and I know  
You are moving I'm here and I know  
You will fill me (repeat)

Holy Spirit, come rest on us  
You're all we want You're all we want  
Holy Spirit, come rest on us  
You're all we want; You're all we want (repeat)

So come down Spirit, when You move  
You make my heart pound  
When You fill the room  
You're here and I know  
You are moving I'm here and I know  
You will fill me (repeat)

**READINGS: 1 Corinthians 11:23 – 32**

*This is the word of the Lord:*

**Thanks be to God.**

**COLLECT** (*special prayer*):

Lord Jesus Christ,  
we thank you that in this wonderful sacrament you  
have given us the memorial of your passion: grant us  
to reverence the sacred mysteries of your body and  
blood that we may know within ourselves and show  
forth in our lives the fruits of your redemption; for  
you are alive and reigns with the Father in the unity  
of the Holy Spirit, one God, now and forever. Amen

**SONG:** Behold the lamb 1724

**GOSPEL: John 6:51 – 58**

Alleluia, alleluia.

I am the living bread that came down from heaven,  
says the Lord. Whoever eats of this bread will live  
forever. Alleluia.

*Hear the gospel according to...*

**Glory to you, O Lord**

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

**DISMISS CHILDREN**

**SERMON:** The Eucharist – Christ in bread and wine

**SONG:** let us break bread together 330

**CREED: Nicene Creed (325AD)**

Let us declare our faith in the Triune God:

**INTERCESSION:** (*Please keep prayers UNDER  
10 MINUTES. Thanks*)

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

**THE LORD'S PRAYER**

**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. Lead us not into temptation  
but deliver us from evil. For the kingdom, the  
power, and the glory are yours, now and for  
ever. AMEN.**

**PEACE**

Our Lord Jesus Christ says:

If, when you are bringing your gift to the altar,  
you remember your brother or sister has a  
grievance against you, leave your gift where it lies  
before the altar. Go, make peace; and only then come  
and offer your gift.

The peace of the LORD be always with you  
**And also with you.**

Let us offer one another a sign of peace.

**OFFERING:** *If you prefer to contribute through  
the bank: Santander Bank account number:  
**91028603**; sort code: **090155**; St. Saviour's  
Parochial Church Council. If you prefer to give  
using the **Parish Giving Scheme** visit their  
website: <https://www.parishgiving.org.uk/home/>.  
We also now have the ability to receive  
**contactless** contributions.*

**Gracious God, for all you have given us, all  
you will give us and all you give us here and  
now, we offer you our thanks and praise.  
Bless this offering of our money and of  
ourselves to be used in your service, through  
Jesus Christ our Lord. Amen**

**SONG:** (*During the preparation of the table*)  
Spirit of the Living God (510)

**HOLY COMMUNION (Prayer B)**

**Blessed be the kingdom of the Father and of  
the Son and of the Holy Spirit. Amen**

**God our sustainer, receive the gifts we bring  
before you, and feed us with that bread which  
satisfies all hunger for all eternity, your Son  
our Saviour Jesus Christ. Amen**

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 thanks and praise.**

And now we give you thanks  
Because, having loved his own who were in the world, he loved them to the end: and on the night before he suffered, sitting at the table with his disciples, he instituted these holy mysteries, that we, redeemed by his death and restored to life by his resurrection, partaking of his body and blood might be partakers of his divine nature.

Therefore, with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name forever praising you and saying:  
**Holy, holy, holy...**

Lord, you are holy indeed, (page 8)

### **THE LORD'S PRAYER**

*Being made one by the power of the Spirit, let us pray with confidence the prayer our Saviour taught us:*

**Our Father in heaven, (page 9)**

### **Breaking of the Bread (page 10)**

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

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

**Lamb of God (Agnus Dei)**

**We do not presume... (page 11)**

### **SONGS: (during communion)**

As the deer 27

Break thou the bread of life 50

Broken for me 53

### **POST-COMMUNION PRAYERS**

All praise to you our God and Father, for you have fed us with the bread of heaven and quenched our thirst from the true vine; hear our prayer that, being grafted into Christ, we may grow together in unity and feast with him in his kingdom; through Jesus Christ our Lord. **Amen**

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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**

### **PRAYER OF THANKS:**

**We thank you, Lord,  
that you have fed us in this sacrament,  
united us with Christ, sent your Holy Spirit to dwell in us and given us a foretaste of the heavenly banquet prepared for your people.  
Help us to live in the power of your Spirit, with our hearts set on our heavenly home in Christ our Lord. Amen.**

### **NOTICES AND BIRTHDAYS**

#### **FINAL SONG**

Jesus is Lord (290)

### **PRAYER AND BLESSING**

#### **Blessing**

May the Father, who fed his children with manna in the wilderness, strengthen you in your pilgrimage to the eternal Promised Land. **Amen**

May the Son, who gave his flesh for food and his blood for drink, keep you in eternal life and raise you up on the last day. **Amen**

May the Holy Spirit, who leads us into all truth, help you discern the Lord's body and empower you to proclaim his death until he comes. **Amen**

And the blessing ...

Go in peace to love and serve the Lord;  
**In the name of Christ, Amen**

### **NOTICES**

- **Please continue to help to replenish our foodbank which is a source of help to many in our community.** Thanks to all those who have been contributing to this with food and money. It is very appreciated.

- **Please take a copy of the Good News Newspaper.** It is a good read.



- **Alpha Course beginning September 4<sup>th</sup> at 7pm** – please take a leaflet to give to a friend or neighbour or family.
- **Summer Parish Outing** --- Clacton-on-Sea --- Sat. June 28<sup>th</sup>. Cost: £20. Leaving at 8:30am
- **Confirmation with Bishop Lynn** – July 13<sup>th</sup> at 10:30
- **Deanery Synod this Tuesday June 24<sup>th</sup> at 7:30pm.**

- **We have replaced our boiler (please take a look at it when you are able).**

Thanks to all those who contributed to this. We are very grateful. The next phase in improving our heating system is the change of pipes from the old rusty ones to new and efficient ones. This we hope to tackle next year, the Lord willing. Please continue to give towards this if you are able. Every little is very much appreciated.

- Please remember to **subscribe and use the bell** if you use YouTube to help you in your morning prayers.



- **Friday fortnight BIBLE STUDY on zoom every other Friday from 7:30**



- **Tuesday evening BIBLE STUDY each week on zoom from**

**7:30pm.**

#### **ALL ARE INVITED**

- **Church of England daily prayer:**  
<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

#### **Prayer of preparation to come to the table.**

O Lord, I know that I am unworthy to receive your Holy Body and Precious Blood; I know that I am guilty, and that I eat and drink condemnation to myself, not discerning the Body and Blood of Christ my God. But trusting in your loving-kindness I come unto you because you have said: *He who eats my Body and drinks my Blood shall dwell in me and I in him.* Therefore, O Lord, have compassion on me and do not make an example of me, your sinful servant. But do unto me according to your great mercy, and grant that these Holy Gifts may be for me healing, purification, enlightenment, protection, salvation and sanctification of my soul and body, and to the expulsion of every evil imagination, sinful deed or work of the Devil. May they move me to trust in you and to love you always, to amend and keep firm my life; and increase in me every virtue, to the keeping of your Commandments, to the communion of the Holy Spirit, and as a good defence before your Judgment Seat, and for Life Eternal in Jesus Christ. **Amen.** St. Basil (died 379)

#### **PRAYER FOR THE WORLD**

God of the nations, whose kingdom rules over all, have mercy on our broken and divided world. Establish peace in the hearts of men and women everywhere and banish from them the spirit that makes for war and conflict; that all races, peoples

and nations may live in peace as members of one human family and in obedience to your laws, through Jesus Christ our Lord. Amen

#### **ST. PATRICK'S PRAYER**

*I arise today,  
through God's strength to pilot me,  
God's might to uphold me,  
God's wisdom to guide me,  
God's eye to look before me,  
God's ear to hear me,  
God's word to speak for me,  
God's hand to guard me,  
God's shield to protect me,  
God's host to save me  
From snares of devils,  
From temptation of vices,  
From everyone who shall wish me ill,  
afar and near.*

*Christ with me, Christ before me,  
Christ behind me, Christ in me,  
Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ when I lie down, Christ when I sit down, Christ  
when I arise, Christ in the heart of everyone who  
thinks of me, Christ in the mouth of everyone who  
speaks of me, Christ in every eye that sees me, Christ  
in every ear that hears me. Amen*

#### **PRAYER FOCUS:**



**If you would like someone to pray with you, please go to the prayer corner and a member of our prayer team will pray with you.** Please keep these and others in your prayers this week.

**For I am the Lord who heals you.** (Ex15:26)

**Cast all your cares and anxieties and worries and fears upon the LORD for he cares for you.**

(1 Peter 5:7)

**Roy and Pauline Haywood, Samuel and Pauline Bookal-Downes, Doreen, Noel Morris, Suriyakala Johnson, Attlee (and Revd Janetta), Jean and Walter, Monica, Veronica and Chester, Dolly and Desmond, Jean Murphy, Pat and Ray Vincent, Muriel (and son Simon), David Martins, Veronica James, Monica and daughter (Sheryl), Radcliffe and Pauline, Andy and Anita, Una, Ann and Richard (in Wales), Kianna – (Ann's granddaughter) and her stepmum – Lucy and brother Ian, Spencer (Sophie's son), Jennifer, Kay and Calvin Brown and Michelle (in Jamaica); Ilene (Hillary's mum),**

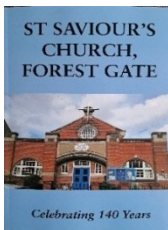
**Karen** (Hillary's sister), **Hillary**, **Tia** (Maxine's great grandniece); **Marcia** (Noel's sister whose husband passed away recently), **Vicky** (St. James School – recovering from surgery), **Comfort**, **Liberty** (and Dawn), **Rev. Young** and family (brother- Sang Young and mother – Young Rai), **Vevet** Deer (lay chair – Waltham Forest), **Michael** Gordon, **Alex** (in hospital)...

**Remember Rev. Janetta and family.** Her brother passed away this past week. May his soul find rest in the presence of God.

**Rest in Peace – sister Daisy Lindsay** departed from us this week. May she find rest and peace in God's presence. We pray for Sue, Keith, Ivy, Jean and the family as they prepare for her farewell service.

- **CHARITY OF THE MONTH**

Richard House Children's Hospice



**Please remember to promote** and purchase a copy of our book. The majority of the proceeds will go towards helping to sort out our heating. **Donation: £10** Thanks.

**SAFEGUARDING** is the responsibility of the whole community. If there is a safeguarding issue our Parish Safeguarding Officers (PSO) are:  
**Doreen Alexander and Jenny Somers.**

<https://stsaviourse7.org.uk/>  
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Church's email: [stsaviourse7@gmail.com](mailto:stsaviourse7@gmail.com)  
Vicar's email: [revcahenry@gmail.com](mailto:revcahenry@gmail.com)  
Rectory Telephone: 02085558464

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