

**Sunday 2 June 2024**

# The First Sunday after Trinity



**Sermon** © The Revd Robin Wilding.

**Liturgy** © 2000 The Archbishops' Council.

**Prayers of intercession** © Revd Dr Paul Monk

**Bible readings** © the publishers of the NRSV translation.

The liturgy assumes the service is Eucharistic. The prayers of consecration are included at the end.

The hymn can be accessed via a YouTube link. Please click on the links.

To see service transcripts from previous weeks, please visit the page,

## Introduction and welcome

HYMN 1 [All I once held dear](#)

[\(click on this link to hear the hymn\)](#)

## The Welcome

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.**

## The Preparation

**All 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.**

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,

with all your soul, with all your mind,

and with all your strength.’

And the second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**All Amen. Lord, have mercy.**

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. Therefore, 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.

**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.

**All** Amen.

## **The Gloria**

**All** Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.

**For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.**

### **The Collect for the First Sunday after Trinity**

O God,  
the strength of all those who put their trust in you,  
mercifully accept our prayers  
and, because through the weakness of our mortal nature  
we can do no good thing without you,  
grant us the help of your grace,  
that in the keeping of your commandments  
we may please you both in will and deed;  
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.

**All Amen.**

### **First reading**

A reading from the Fifth Book of Moses called Deuteronomy

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Observe the sabbath day and keep it holy, as the Lord your God commanded

you. 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. Honor your father and your mother, as the Lord your God commanded you, so that your days may be long and that it may go well with you in the land that the Lord your God is giving you. You shall not murder. Neither shall you commit adultery. Neither shall you steal. Neither shall you bear false witness against your neighbour. Neither shall you covet your neighbour's wife. Neither shall you desire your neighbour's house, or field, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour. *Deuteronomy 5:6-21*

This is the Word of the Lord

**All Thanks be to God.**

## Second reading

A reading from St Paul's Second Letter to the Corinthians

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. *2 Corinthians 4:5-12*

This is the Word of the Lord

**All Thanks be to God.**

**HYMN 2 Freely freely (God forgave my sin)** ([click on this link to hear the hymn](#))



## Gospel reading

Hear the Gospel of our Lord Jesus Christ according to Mark

**All**    **Glory to you O Lord.**

One sabbath, [Jesus] was going through the grainfields; 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.

*Mark 2:23—3:6*

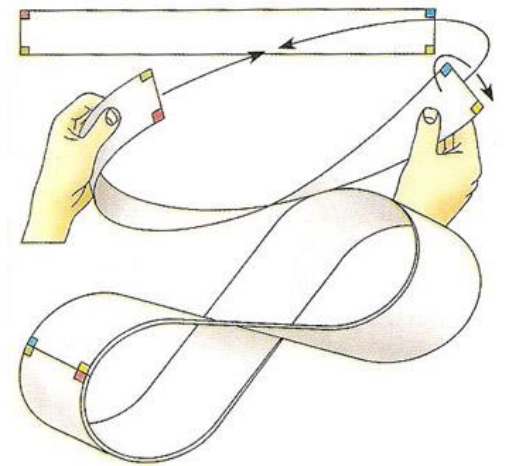
This is the Gospel of the Lord

**All**    **Praise to you O Christ.**

## Sermon

Today we are looking at the Trinity in a different way. For those present at the service, I will be showing a so-called Möebius strip—a remarkable thing seen in applications that use belts to drive machinery where, because of its properties, it wears evenly. You can make one easily—take a strip of paper and join it end to end but with a half twist (side A connected to side B of the other end):

The Trinity is a difficult idea to discuss. I've had people scoff to me about how nonsensical it is and how ridiculous an idea it is that something can be one yet three



at the same time. Traditional explanations of the Trinity include the Sun (a physical object yet it also affects us from what proceeds from it—light and heat—so three in one) or water (it exists in three remarkably different forms—the fluid we'd describe as water, the ice (solid) and steam (gas) while remaining always the same chemical formula  $H_2O$ ). Today we look at something different—a remarkable object that is available at your seats a Möebius strip.

To the scriptures:

### **God is One:** Deuteronomy 6:4

This is a remarkable and wonderful passage declaring the absolute difference of the God of Israel and the whole focus of Old Testament worship. God is One. What is interesting about our Moebius strip is that even if we cut it in half down the middle it remains one, unlike an ordinary ring that of course becomes two. One sided and indivisible—cool isn't it?

### **There's something more about God**

In Genesis 1, we see two hints to greater complexity about the nature of God. In the creation story we see God speaking and the Spirit of God moving upon the waters. Nothing conclusive but the hint is there.

And then, in the making of man, God says 'let us make man in our own image'—could quite acceptably be a royal 'we' in the sense of the apocryphal Queen Victoria quote 'we are not amused' but again there is the suggestion of more to be discovered, more to be revealed.

### **Jesus and his claims**

I have had people say to me that Jesus never said he was God—this is rubbish. In John's gospel, Jesus makes explicit claims that are fully understood by his hearers (their response to the perceived challenge to the oneness of God is cry blasphemy and try to stone him!). Let's hear his words: 'Before Abraham was, I am' with its echo to the name of God given to Moses; 'I and the Father are one'; and after the resurrection he accepts worship from Thomas who sees him and proclaims 'my Lord and my God'.

Back to our Möebius strip: if we now cut it around the strip, starting three quarters in all the way round, then take the wider remaining bit and cut again three quarters of the way around that we are left with our strip divided into three but they are all inseparable, intertwined, still one—three in one and one in three. Not a perfect picture of the Trinity but it does show that we can find in creation something that is those things—it not such an outlandish idea after all.

## The Creed

Do you believe and trust in God the Father,  
the source of all being and life,  
the one for whom we exist?

**All We believe and trust in him.**

Do you believe and trust in God the Son,  
who took our human nature,  
died for us and rose again?

**All We believe and trust in him.**

Do you believe and trust in God the Holy Spirit,  
who gives life to the people of God  
and makes Christ known in the world?

**All We believe and trust in him.**

This is the faith of the Church.

**All This is our faith.**

**We believe and trust in one God,  
Father, Son and Holy Spirit.**

**Amen.**

## Prayers of intercession

These prayers are inspired by today's Epistle from 2 Corinthians 4:5–12.

*We do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. We pray today for all those who proclaim the Gospel in word or deed. And, to that end, we pray for all of us to move from 'living for self' toward 'living for Christ'.*

In particular, we pray today for ...

We do not proclaim ourselves.

**All Hear our prayer.**

*God said, 'Let light shine out of darkness,' We pray today, asking you to intervene in our world. Please shine in our hearts and give the light of the knowledge of the glory of God in the face of Jesus Christ. To that end, we ask for an end to all un-Godliness and all that works against your glory.*

In particular, we pray today for ...

We do not proclaim ourselves.

**All Hear our prayer.**



*We have this treasure in clay jars. We pray today for all those who are ill in body, mind, or spirit and feel themselves diminished thereby. We ask you to alleviate their suffering, and advance their hope and faith in you. Heal them so that it may be made clear that this extraordinary power belongs to God and does not come from us.*

In particular, we pray today for ...

We do not proclaim ourselves.

**All Hear our prayer.**

*We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed. We pray for the countless millions who, today, feel this way. Alleviate their affliction and inspire us to be a source of hope for them, that they may truly know they are not destroyed.*

In particular, we pray today for ...

We do not proclaim ourselves.

**All Hear our prayer.**

*We carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. We pray for the bereaved and all who mourn.*

In particular, we pray today for ...

We do not proclaim ourselves.

**All Hear our prayer.**

*We pray that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you. We thank you for everything that enables us to live in you; put to death in us all that is not of you. And support us in our weakness as we move toward this heavenly life.*

In particular, we pray today for ...

We do not proclaim ourselves.

**All Hear our prayer.**

Merciful Father,

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

## The Peace

The peace to this house from God our heavenly Father.  
The peace to this house from his Son who is our peace.  
The peace to this house from the Holy Spirit, the life-giver.

The peace of the Lord be always with you.

**All**    **And also with you**

**HYMN 3** [To be a pilgrim](#)

[\(click on this link to hear the hymn\)](#)

The liturgy of the Communion Service appears below

**HYMN 4** [Lord of all hopefulness](#)

[\(click on this link to hear the hymn\)](#)

## The Dismissal

The Lord bless you and keep you.  
The Lord make his face to shine upon you and be gracious to you.  
The Lord lift up the light of his countenance upon you  
    and give you his peace;  
and the blessing of God the Almighty:  
Father, Son, and Holy Spirit.

**All**    **Amen.**

**HYMN 4** [Holy, holy, holy](#)

[\(click on this link to hear the hymn\)](#)

Go in peace to love and serve the Lord.

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

# The Liturgy of the Sacrament

## Eucharistic Prayer (prayer E)

The Lord be with you

**All and also with you.**

Lift up your hearts.

**All We lift them to the Lord.**

Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**

Father, you made the world and love your creation.  
You gave your Son Jesus Christ to be our Saviour.  
His dying and rising have set us free from sin and death.  
And so we gladly thank you,  
with saints and angels praising you, and saying,

**All 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.**

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.  
He broke the bread, gave it to them and said:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:  
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.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

Great is the mystery of faith:

**All Christ has died.**  
**Christ is risen.**  
**Christ will come again.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.

Look with favour on your people,  
gather us in your loving arms  
and bring us with all the saints  
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.

**All Amen.**

## The Lord's Prayer

As our Saviour taught us, so we pray

**All**     **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.**

## Breaking of the Bread

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

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

**All**     **Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
grant us peace.**

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 feed on him in your hearts  
by faith with thanksgiving.

**All** We do not presume  
to come to this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy  
so much as to gather up the crumbs under your table.  
But you are the same Lord  
whose nature is always to have mercy.  
Grant us therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus Christ  
and to drink his blood,  
that our sinful bodies may be made clean by his body  
and our souls washed through his most precious blood,  
and that we may evermore dwell in him,  
and he in us. Amen.

Communion is distributed.

### **Prayer after 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.

**All** Amen

**All** Almighty God,  
we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out in the power of your Spirit  
to live and work  
to your praise and glory.  
Amen.