

Benefice of Marston and Elsfeld

Jesus and the Sea: the quiet centre



**All Age Service with
Holy Communion
1st of August 2020**

Introduction and welcome to everyone!

We are all part of the rhythm of life, we are born, we give birth.
We live in relationships, we search for meaning, we make choices,
we face endings. We suffer the loss of those we love.

As we celebrate this day of our journey together,
peace be with you.

And also with you

Our God is a great big God
Big! Mighty! Strong! Eternal!

Let's make a mighty noise and a great shout
Whistle, Clap, Shouts, Drums

Reading from 1 Kings 19: 9-18

Our God is quiet voice. Listen
silence for 10 seconds

The Lord be with you
And also with you

We say Sorry

We come to God as one from whom no secrets are hidden, to ask
for forgiveness and peace.

God, we remember that we are often slow to follow the example
of Jesus.

Have mercy on us.

God, we remember that we often fail to be known as Christ's disciples.

Have mercy on us.

God, we remember that we often fail to walk the way of the cross.

Have mercy on us.

May God of love and power

Forgive you and free you from your sins,

Heal and strengthen you by the Spirit,

and raise you to new life in Christ.

Amen

Gospel Reading from Matthew 14: 22-33

A Short Reflection

Prayer Activity: Coloured Paper Flowers

Saying what we believe together...

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.
We believe in one God;**

**Father, Son and Holy Spirit.
Amen.**

The Eucharistic Prayer

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

Father of all, we give you thanks
for every gift that comes from heaven.
To the darkness Jesus came as your light.
With signs of faith and words of hope
he touched us all with love
and cleansed our minds and hearts.
This is his story.
This is our song: Hosanna in the highest.

The crowds came out to see your Son,
yet at the end they turned on him.
On the night he was betrayed
he came to table with his friends
to celebrate the freedom of your people.
This is his story.
This is our song: Hosanna in the highest.

Jesus blessed you, Father, for the food;
he took bread, gave thanks, broke it and said:
This is my body, given for you all.

Jesus then gave thanks for the wine;
he took the cup, gave it and said:
This is my blood, shed for you all
for the forgiveness of sins.
Do this in remembrance of me.
This is our story.
This is our song: Hosanna in the highest.

Therefore, Father, with this bread and this cup
we celebrate the cross on which he died to set us free.
Defying death he rose again
and is alive with you to plead for us and all the world.
This is our story.

**Blessing and honour and glory and power
be yours for ever and ever.
Amen.**

We say the Lord's Prayer together;

**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.**

(pick up the bread and wine in your hands and say together..)

Creator God, we offer you our hands and ourselves, as a community which desires to Break Bread together as brothers and sisters, united in and by your love.

Be present with us in this bread and wine as we pray, here in our homes, our gardens and in our streets.

Call us to your table, to feast as one body.

We offer you bread and wine all for transformation through your grace and love.

Amen

(Through a true desire to receive Christ, lively faith and a genuine love for Christ and his people, the Church invites you into spiritual communion; you may eat and drink your bread and wine at home to symbolically share in the spiritual communion of which you are already a part)

After Communion we say together...

**Generous Lord,
in word and Eucharist we have proclaimed the mystery of
your love:
help us so to live out our days
that we may be signs of your wonders in the world;
through Jesus Christ our Saviour.**

Amen

To a troubled world
Peace from Christ

To a searching world
Love from Christ

To a waiting world
Hope from Christ.

Blessing

God go with you into this day,
Christ walk with you as you journey,
and the Holy Spirit be as a cloud of grace.
And the Blessing of the Father,
the Son and the Holy Spirit be with you,
and all whom you love and care for,
this day and always.

Amen

Go in the light and peace of Christ.
Thanks be to God.