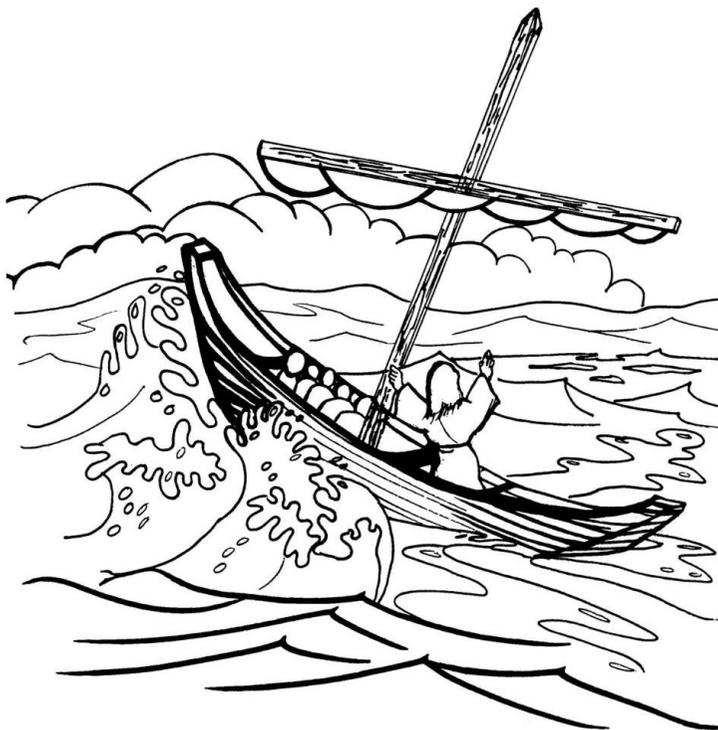


SHARED MINISTRY IN EXNING AND NORTH NEWMARKET

**MASS OF THE FIFTH SUNDAY AFTER TRINITY  
(SEA SUNDAY)**



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## Greeting

In the name of the Father, and of the Son, and of the Holy ✠ Spirit.  
**Amen.**

The Lord be with you;  
**and also with you.**

## Confession

St Paul says, be imitators of God: love as Christ loved, do not grieve the Holy Spirit, put away all anger and bitterness, all slander and malice.' So let us confess our sins to God, who forgives us in Christ. *cf. Ephesians 4.30-5.1*

The Lord is my shepherd; therefore can I lack nothing:  
Lord have mercy. **Lord have mercy.**

He makes me lie down in green pastures and leads me beside still waters:  
Christ have mercy. **Christ have mercy.**

He shall refresh my soul and guide me in the paths of righteousness  
for his name's sake:  
Lord have mercy. **Lord have mercy.** *Psalm 23.1-3*

**A**lmighty 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.  
**Amen.**

## Gloria

**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.**

**Collect**

Let us pray.

**A**lmighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

**Epistle Reading**

A reading from the prophecy of Isaiah:

For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it. For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands. Instead of the thorn shall come up the cypress; instead of the brier shall come up the myrtle; and it shall be to the Lord for a memorial, for an everlasting sign that shall not be cut off.

*Isaiah 55.10-13*

This is the word of the Lord.

**Thanks be to God.**

**R: You are the hope of all the ends of the earth  
and of the farthest seas.**

Praise is due to you, O God, in Zion;  
to you that answer prayer shall vows be paid.  
To you shall all flesh come to confess their sins;  
when our misdeeds prevail against us, you will purge them away.  
Happy are they whom you choose and draw to your courts to dwell there.  
We shall be satisfied with the blessings of your house,  
even of your holy temple. *R*

With wonders you will answer us in your righteousness,  
O God of our salvation,  
O hope of all the ends of the earth and of the farthest seas.  
In your strength you set fast the mountains and are girded about with might.  
You still the raging of the seas, the roaring of their waves  
and the clamour of the peoples. *R*

Those who dwell at the ends of the earth tremble at your marvels;  
the gates of the morning and evening sing your praise.  
You visit the earth and water it; you make it very plenteous.  
The river of God is full of water; you prepare grain for your people,  
for so you provide for the earth. *R*

You drench the furrows and smooth out the ridges;  
you soften the ground with showers and bless its increase.  
You crown the year with your goodness,  
and your paths overflow with plenty.  
May the pastures of the wilderness flow with goodness  
and the hills be girded with joy.

May the meadows be clothed with flocks of sheep  
and the valleys stand so thick with corn that they shall laugh and sing. *R*

*Psalm 65*

## Gospel Reading

Alleluia! Alleluia! Alleluia! Alleluia!

Speak, Lord, for your servant is listening;  
you have the words of eternal life.

*1 Samuel 3.9*

*John 6.68*

**Alleluia! Alleluia! Alleluia! Alleluia!**

The Lord be with you;  
**and also with you.**

**H**ear the ✠ Gospel of our Lord Jesus Christ according to Matthew.  
**Glory to you, O Lord.**

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!' 'Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

*Matthew 13.1-9, 18-23*

This is the Gospel of the Lord.

**Praise to you, O Christ.**

*A short address is given.*

**Creed**

**W**e believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.

**We** believe in one Lord, Jesus Christ, the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God, begotten, not made,  
of one Being with the Father;  
through him all things were made.

**For** us and for our salvation he came down from heaven,  
was incarnate from the Holy Spirit and the Virgin Mary  
and was made man.

**For** our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.

**On** the third day he rose again in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.

**He** will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

**We** believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is worshipped and glorified,  
who has spoken through the prophets.

**We** believe in one holy catholic and apostolic Church.  
**We** acknowledge one baptism for the forgiveness of sins.

**We** look for the resurrection of the dead,  
and the life of the world to come.

**Amen.**

## **Intercessions**

*Prayers of intercession are offered.*

**M**erciful Father,  
**A**ccept these prayers  
for the sake of your Son,  
our Saviour, Jesus Christ.  
**Amen.**

### **Declaration of the Peace**

Christ is our peace: he has reconciled us to God in one body on the cross.  
We meet in his name and share his peace.

The peace of the Lord be always with you;  
**and also with you.**

Let us offer one another a sign of peace. ☩

*All may express a sign of peace.*

### **Prayer over the Offerings**

**Y**ours, Lord, is the greatness, the power, the glory,  
the splendour and the majesty;  
for everything in heaven and on earth is yours.  
**All things come from you,  
and of your own do we give you.**

### **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.**

**I**t is indeed right and good, our duty and our joy,  
at all times and in all places to give you thanks and praise,  
holy Father, heavenly King, almighty and everlasting God,  
through Jesus Christ our Lord.

For in the beginning your Spirit hovered over the waters of creation,  
and when you had separated the sea from the dry land,  
you filled it with creatures of every kind.

By the same Spirit, you sent your only Son, Jesus Christ,  
with authority over all creation,  
and so, when the disciples were afraid,  
he stilled the raging of the storm on the Sea of Galilee.

And now he gives to us the living waters that well up to eternal life,  
of which we drink and shall never again be thirsty;  
and by his death and resurrection he sanctified the waters of baptism,  
that we might die to sin and be raised to life with him in Paradise.

Therefore with angels and archangels,  
with all creation, and with the whole company of heaven,  
we proclaim your great and glorious name, for ever praising you and saying:

**H**oly, holy, holy Lord,  
**H** 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.**

**L**ord, you are holy indeed, the source of all holiness; grant that by the  
power of your Holy Spirit, and according to your holy will, these gifts of  
bread and wine may be to us the body and blood of our Lord Jesus Christ;  
who, in the same night that he was betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
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.

**G**reat is the mystery of faith:  
**Christ has died, Christ is risen, Christ will come again.**

**A**nd so, Father, calling to mind his death on the cross, his perfect sacrifice  
made once for the sins of the whole world; rejoicing in his mighty  
resurrection and glorious ascension, and looking for his coming in glory, we  
celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving, we bring before  
you this bread and this cup and we thank you for counting us worthy to stand  
in your presence and serve you. Remember, Lord, your Church in every land.  
Reveal her unity, guard her faith, and preserve her in peace.

Send the Holy Spirit on your people and gather into one in your kingdom all  
who share this one bread and one cup, so that we, in the company of the  
Blessed Virgin Mary, St Agnes, St Etheldreda, St Martin, St Nicholas, St Philip  
and all the saints, may praise and glorify you for ever, through Jesus Christ  
our Lord;

by whom, and with whom, and in whom, in the unity of the Holy Spirit, all  
honour and glory be yours, almighty Father, for ever and ever. **Amen.**

***The Lord's Prayer***

Let us pray with confidence as our Saviour has taught us:

**Our Father, ...**

***Breaking of the Bread***

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.**

**J**esus, Lamb of God, have mercy on us.  
**J**esus, Bearer of our sins, have mercy on us.  
**J**esus, Redeemer of the world, grant us peace.

### ***Invitation to Communion***

**J**esus is the Lamb of ☩ God that takes away the sin of the world.  
**J**Blessed are those who are called to his supper.  
**Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

*Those who are unable to receive the bread and wine of communion at this time may make an act of spiritual communion using the words:*

Lord Jesus Christ, since I cannot now receive you sacramentally,  
I ask you to come spiritually into my heart.

### ***Prayer after Communion***

Let us pray.

**G**rant, O Lord, we beseech you, that the course of this world may be so peaceably ordered by your governance, that your Church may joyfully serve you in all godly quietness; through Jesus Christ our Lord. **Amen.**

### ***Blessing***

The Lord be with you;  
**and also with you.**

**T**he God of all grace, who called you to his eternal glory in Christ Jesus, establish, strengthen and settle you in the faith; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

### ***Dismissal***

Go in the peace of Christ.  
**Thanks be to God.**