

# St John's, Pevensey Road



Sunday 16th August:  
10th Sunday after Trinity

## Pews News & Service Sheet

**People for whom our prayers are asked:**

Arlene, Ian, Amber, Mike, Sally, Tracy, Agatha, Diane,  
Clare & Luke & family, Shane, Clive, Henry, Marylyn,  
Fr Ken, and Fr John.

**Please pray also for...**

...the repose of the souls of the recently departed,  
especially Pauline Peacock, Sheila Johnstone, and Paul Cabban,

... those whose Years Minds fall around this time,  
especially Joan McNulty, Elizabeth Kingsnorth,  
Eric Francome Farrer, Billy Allen, Mark Smallman, and Terri Danes,

...and all who mourn.



## Beirut Explosion Appeal

On 4th August a sudden explosion tore through the port of Beirut, Lebanon, and the shock wave raced through densely populated areas. Nearly 150 people lost their lives and more than 5,000 people were injured. Across the city of Beirut, neighbourhoods were reduced to rubble by the blast, along with hospitals and crucial stores containing around 85% of the country's grain and medical supplies. More than 750,000 people have been affected by this terrible disaster which has left families out on the streets with no food, shelter or emergency medical care.

Christian Aid, and its partner agencies, are:

- Distributing food, water, hygiene and disinfection materials as well as clothes, mattresses, and blankets.
- Helping affected households to access medicine and health services.
- Mobilising volunteers to remove rubble in the places most damaged by the explosion.
- Referring families to temporary shelters and providing minor repairs for homes, including carpentry and electrical fixes.

In the current circumstances, it is difficult to organise a single collection from St John's for this cause. So if you would like to donate towards Christian Aid's response to this disaster, please visit their website:

**[www.christianaid.org.uk/appeals/emergencies/lebanon-crisis-appeal](http://www.christianaid.org.uk/appeals/emergencies/lebanon-crisis-appeal)**

*Thank you.*

God, our refuge in times of trouble

we pray for our brothers and sisters in Beirut today.

Lord, be with the emergency services as they battle to help the thousands injured.

Lord, hold those who have lost loved ones in the palm of your hand.

Lord, we pray your provision for poor and marginalised communities who face an even more uncertain future.

Lord, we pray for wisdom for leaders as they make difficult decisions.

Lord, open our hearts - may they be full of compassion for the suffering we see.

Stir us to action.

In the tragedy of loss, we pray your comfort.

In the chaos and injury, we pray your calm and divine healing.

In the devastation and the heartbreak, we pray your peace.

We pray that in the despair that lies amid the rubble of the explosion  
there will be glimmers of hope and life.

Amen.



# Mass for the Tenth Sunday after Trinity

## The Greeting

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.**

## Prayer of Confession

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.

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.**

## The priest says the Absolution

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 in Excelsis is said:

**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**

## Prayer for the Day - The Collect

Let us pray:

Lord of heaven and earth,  
as Jesus taught his disciples  
to be persistent in prayer,  
give us patience and courage  
never to lose hope,  
but always to bring our prayers before  
you;  
through Jesus Christ our Lord.

**All Amen.**

## A reading from the Book of the Prophet Isaiah

*Isaiah 56:1,6-8*

Thus says the LORD:  
Maintain justice, and do what is  
right,  
for soon my salvation will come,  
and my deliverance be revealed.

And the foreigners who join themselves  
to the LORD,  
to minister to him, to love the name  
of the LORD,  
and to be his servants,  
all who keep the sabbath, and do not  
profane it,  
and hold fast my covenant –  
these I will bring to my holy mountain,  
and make them joyful in my  
house of prayer;  
their burnt-offerings and their sacrifices  
will be accepted on my altar;  
for my house shall be called a house of  
prayer  
for all peoples.

Thus says the Lord GOD,  
who gathers the outcasts of Israel,  
I will gather others to them  
besides those already gathered.

For the Word of the Lord  
**All Thanks be to God**

## A reading from the Letter of St Paul to the Romans

*Romans 11:1-2a, 29-32*

I ask, then, has God rejected his  
people? By no means! I myself am an  
Israelite, a descendant of Abraham, a  
member of the tribe of Benjamin. God  
has not rejected his people whom he  
foreknew. For the gifts and the calling  
of God are irrevocable. Just as you  
were once disobedient to God but have  
now received mercy because of their  
disobedience, so they have now been  
disobedient in order that, by the mercy  
shown to you, they too may now  
receive mercy. For God has  
imprisoned all in disobedience so that  
he may be merciful to all.

For the Word of the Lord  
**All Thanks be to God**

## Gospel Reading

Alleluia, alleluia.

We do not live by bread alone,  
but by every word that comes  
from the mouth of God.

**All Alleluia**

The Lord be with you

**All And also with you**

Hear the Gospel of our Lord Jesus  
Christ according to Matthew

**All Glory to you, O Lord.**

*Matthew 15.[10-20] 21-28*

Then Jesus called the crowd to him and said to them, 'Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.' Then the disciples approached and said to him, 'Do you know that the Pharisees took offence when they heard what you said?' He answered, 'Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.' But Peter said to him, 'Explain this parable to us.' Then he said, 'Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile.'

Jesus went away to the district of Tyre and Sidon. A Canaanite woman from that region came out and started shouting, 'Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.' But he did not answer her at all. And his disciples came and urged him, saying, 'Send her away, for she keeps shouting after us.' He answered, 'I was sent only to the lost sheep of the house of Israel.' But she came and knelt before him, saying, 'Lord, help me.' He answered, 'It is not fair to take the children's food and throw it to the dogs.' She said, 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.' Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly.

This is the Gospel of the Lord.

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

## Sermon

### The Creed

Let us declare our faith in God,  
Father, Son and Holy Spirit.

**All We 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.

## **Prayers of Intercession**

In the power of the Spirit and in union  
with Christ, let us pray to the Father.

For the peace of the whole world,  
for the welfare of the Holy Church of God,  
and for the unity of all,  
let us pray to the Lord.

*All* Lord, have mercy.

For Martin our bishop,  
for the leaders of our sister Churches,  
and for all clergy and people,  
let us pray to the Lord.

*All* Lord, have mercy.

For Elizabeth our Queen,  
for the leaders of the nations,  
and for all in authority,  
let us pray to the Lord.

*All* Lord, have mercy.

For this community,  
for every city, town and village,  
and for all the people who live within them,  
let us pray to the Lord.

*All* Lord, have mercy.

For good weather,  
and for abundant harvests for all to share,  
let us pray to the Lord.

*All* Lord, have mercy.

For those who travel by land, air, or water,  
for the sick and the suffering, especially...  
For prisoners and captives,  
and for their safety, health and salvation,  
let us pray to the Lord.

*All* Lord, have mercy.

For our deliverance from all affliction,  
strife and need,  
and for the absolution of our sins and  
offences,  
let us pray to the Lord.

**All Lord, have mercy.**

Remembering [ ... *and*]  
all who have gone before us in faith,  
and in communion with [ ... *and*] all the  
saints,  
we commit ourselves, one another,  
and our whole life to you, O Lord.

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

### **The Peace is introduced**

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

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

Let us offer one another a sign of peace.

**We may exchange a sign of peace**

### **Preparation of the Table**

*The table is prepared and bread  
and wine are placed upon it.*

Blessed are you, Lord God of all  
creation:  
through your goodness we have  
this bread to set before you,  
which earth has given  
and human hands have made.  
It will become for us the bread of life.  
**All Blessed be God for ever.**

Blessed are you, Lord God of all  
creation:  
through your goodness we have  
this wine to set before you,  
fruit of the vine  
and work of human hands.  
It will become for us the cup of  
salvation.  
**All Blessed be God for ever.**



*The priest takes the bread and wine.*

## The Eucharistic Prayer

The Lord is here

**All His Spirit is with us.**

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, we give you thanks and praise through your beloved Son Jesus Christ, your living Word, through whom you have created all things; who was sent by you in your great goodness to be our Saviour.

By the power of the Holy Spirit he took flesh;  
as your Son, born of the blessed Virgin, he lived on earth  
and went about among us;  
he opened wide his arms for us on the cross;  
he put an end to death by dying for us;  
and revealed the resurrection  
by rising to new life;  
so he fulfilled your will  
and won for you a holy people.

Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever 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.**

Lord, 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.

Great is the mystery of faith:

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

And 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.

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 Saint John the Evangelist, Saint Peter, Mary the Mother of God, 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.

**All Amen.**

## **The Lord's Prayer**

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

**All 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.**

## **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.**

## **Agnus Dei is said:**

**All Jesus, Lamb of God, Have mercy on us  
Jesus, bearer of our sins, Have mercy on us  
Jesus, redeemer of the world, Grant us peace**

## **Giving of Communion**

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed are those who are called to  
his supper.

*All* Lord, I am not worthy to  
receive you,  
but only say the word,  
and I shall be healed.

*Communion is received*

## **Music during Communion:**

*Siciliana* (Handel)

## **Prayer after Communion**

*The priest prays the Post  
Communion for the day:*

God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those  
who trust in you:  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
through Jesus Christ our Lord.  
**Amen.**

*All* Father of all,  
we give you thanks and praise,  
that when we were still far off,  
you met us in your Son  
and brought us home.  
Dying and living,  
he declared your love,  
gave us grace,  
and opened the gate of glory.

May we who share Christ's body  
live his risen life;  
we who drink his cup  
bring life to others;  
we whom the Spirit lights  
give light to the world.  
Keep us firm in the hope you have  
set before us, so we and all your  
children shall be free,  
and the whole earth live to praise  
your name;  
through Christ our Lord. **Amen.**

## **Notices**

## **The Blessing and Dismissal**

*Priest* The Lord be with you  
*All* **And also with you**

The peace of God,  
which passes all understanding,  
keep your hearts and minds  
in the knowledge and love of God,  
and of his Son Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son,  
and the Holy Spirit,  
be among you  
and remain with you always.  
*All* **Amen.**

*Priest* Go in peace to love and serve  
the Lord.  
*All* **In the name of Christ. Amen.**

**Concluding voluntary:**  
*Piece Heroique* (Cesar Franck)



## Staycationing? How about a trip to Howard's Well at Crowhurst Christian Healing Centre



Open Monday to Wednesday, 11 a.m. - 3 p.m.

Tea, coffee, home-made cakes, and lunches to eat-in or take-away.

Surrounded by beautiful countryside you can walk in our spacious grounds (grounds are open 10 a.m. - 5 p.m.) or enjoy the views from the comfort of the patio.

There are also opportunities to encounter Jesus with our series of prayer walks and in our quiet rooms & chapels. You can receive prayer at The Tent of Meeting and participate in midday prayers.

### **Today, 16<sup>th</sup> August, is the day we remember Laurence Loricatus - *the saint who couldn't forgive himself***

Have you done something bad which haunts you? Does the memory of it still follow you through each day – and keep you awake at night? If so, then Laurence Loricatus (c.1190 – 1243) is the saint for you. He was born at Facciolo (Apulia) and as a young soldier he accidentally killed a man.

After that, life changed forever for Laurence. His guilt overwhelmed him, and he decided to expiate for it. He made the long and difficult pilgrimage to Compostella, but found no relief. So he became a hermit at Subiaco – cutting himself off from all the comforts of normal life. But he still found no relief. So then he began to wear not a “hair shirt”, but a coat of chain mail next to his skin. It was a heavy, unyielding weight which bruised and rubbed his skin raw.

Laurence hated himself and would not forgive himself, though God had forgiven him years before. He is a caution to anyone in the same situation today. His continued ‘penance’ did no-one any good. The suffering absorbed hours of his attention, and got him nowhere.

When we do something we regret, of course God wants us to repent of it. But then God wants us to put it behind us. Our bad deed needs to be quarantined and left behind in our lives. If we won't put it down, our life becomes focused on our hatred of ourselves, instead of on God's love for us. It took the future Pope Gregory IX years to get Laurence to take off that “chain mail shirt”...

St John the Evangelist  
Pevensey Road  
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Website: [www.StJohnsPevenseyRoad.org.uk](http://www.StJohnsPevenseyRoad.org.uk)

For matters relating to the Pews News, service sheet, and ACNY please contact Rosemary on [rev.murrills@btinternet.com](mailto:rev.murrills@btinternet.com) or phone/text 07525 186205  
Deadline for Pews News items is 9 pm on the Thursday.



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Printed on 100% recycled paper. Please take this booklet away with you, and don't forget to cleanse your hands on leaving the church. Stay safe, and we hope to see you again very soon.

### **The Small Print** for today's service

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