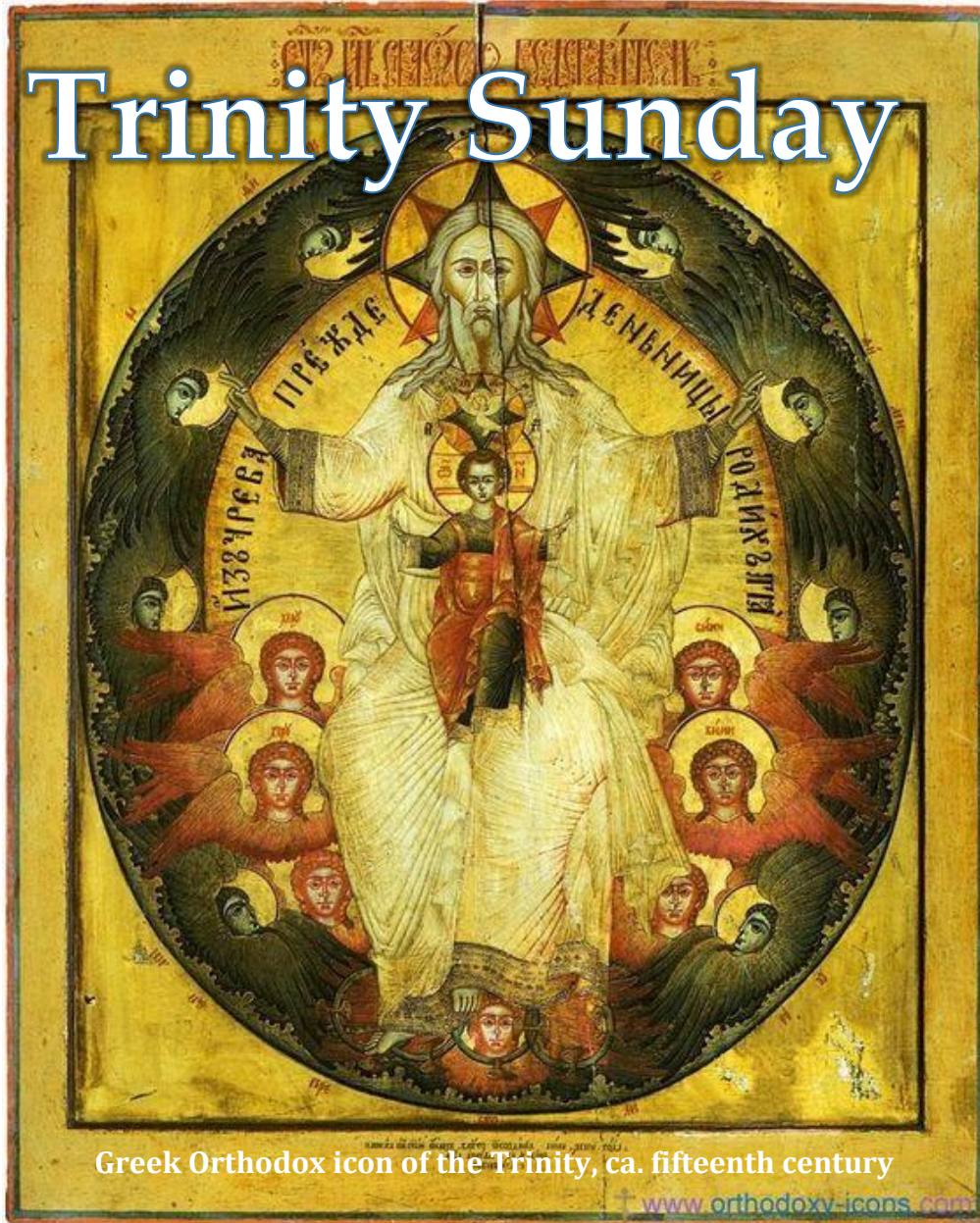


Sunday 7 June 2020

# Trinity Sunday



- All the Bible readings come from the *New Revised Standard Version*.
- The liturgy assumes the service is Eucharistic. The prayers of consecration have been included at the end rather than in situ because many following the service will be in isolation and unable to celebrate the sacrament.
- The hymns are YouTube links. To hear the hymns please hover the mouse over each link, press Ctrl and then return.

## Introduction and welcome

**HYMN 1 Thou whose almighty word** (please 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.**

Holy, holy, holy. When our eyes have seen the Lord of hosts we echo the words of Isaiah, ‘Woe is me! I am doomed’. We long for the fire of God’s cleansing to touch our unclean lips, for our iniquity to be removed and our sins wiped away. So we meet Father, Son, and Holy Spirit with confession on our lips.

**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**

This version of the Gloria is sung to the tune of 'the Ash Grove'. Click [here](#) for the tune.

**All** Sing glory to God in the height of the heavens,  
salvation and peace to his people on earth;  
our King and our Saviour, our God and our Father,  
we worship and praise you and sing of your worth.

**Creation unites in the power of the Spirit,  
in praise of the Father, through Jesus the Son.  
So complex, so simple, so clear, so mysterious,  
our God ever Three yet eternally one.**

**Lord Jesus, the Christ, only Son of the Father,  
the lamb who has carried our burden of shame,  
now seated on high in the glory of heaven,  
have mercy upon us who call on your name.**

**Refrain**

**For you, only you, we acknowledge as holy,  
we name you alone as our Saviour and Lord;  
you only, O Christ, with the Spirit exalted,  
are one with the Father, for ever adored.**

**Refrain**

### **The Collect for Trinity Sunday**

Holy God, faithful and unchanging:  
enlarge our minds with the knowledge of your truth,  
and draw us more deeply into the mystery of your love,  
that we may truly worship you,  
Father Son and Holy Spirit,  
one God, now and for ever.

**All Amen.**

### **First reading**

A reading from the book of the prophet Isaiah

Who has measured the waters in the hollow of his hand, or with the breadth of his hand marked off the heavens? Who has held the dust of the earth in a basket, or weighed the mountains on the scales and the hills in a balance? Who can fathom the Spirit of the Lord, or instruct the Lord as his counsellor? Whom did the Lord consult to enlighten him, and who taught him the right way? Who was it that taught him knowledge, or showed him the path of understanding?

Surely the nations are like a drop in a bucket; they are regarded as dust on the scales; he weighs the islands as though they were fine dust. Lebanon is not sufficient for altar fires, nor its animals enough for burnt offerings. Before him all the nations are as nothing; they are regarded by him as worthless and less than nothing.

Why do you complain, Jacob? Why do you say, Israel, 'My way is hidden from the Lord; my cause is disregarded by my God'? Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. *Isaiah 40:12-17, 27-31*

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

Brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you. *2 Corinthians 13:11-13*

This is the Word of the Lord

**All Thanks be to God.**

**HYMN 2 Father, we adore you**

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

## Gospel reading

Hear the Gospel of our Lord Jesus Christ according to John

**All Glory to you O Lord.**

The eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted.

And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

*Matthew 28:16-20*

This is the Gospel of the Lord

**All Praise to you O Christ.**

## Sermon

Trinity Sunday sermons have to be approached with a great deal of prayer and humility. That's because they show up just how much we don't know about God. Yes, we say in the Creed that we believe in God the Father, Son and Holy Spirit. As we are told in the Gospel, we are baptised in the name of Father, Son and Holy Spirit, and it's the same when we say the Grace. Last week, Whit Sunday, we celebrated the coming of the Holy Spirit, and learned how the Spirit inspires us to be closer to God.

Today is when we look at God in the round, celebrating the triune, the three-one, three-in-one and one-in-three, infinitely marvellous God. And that's where the problem lies, and it's a doozy. Our human brains are limited. We have not yet seen God in all His fullness, we won't fully understand God till we get to His eternal kingdom. And yet, our adult human brains also find it difficult to accept what we don't understand. It's easy to say, 'in the name of God, Father Son and Holy Spirit', but more often than not we put thinking about what this means on the too-hard-to-do pile. Or maybe that's just me.

The too-hard-to-do pile has just caught up with me. So I'm going to look at the ways in which each of the three persons affects our spiritual and physical lives. God the Father, as often referred to as the Maker, the Creator who loves us and shapes our world—so obviously, without the Father we wouldn't be here, physically or spiritually. We can see some of the creative power in the Old Testament reading.

Jesus, God the Son, is the Redeemer, the One who loves us so much he died to bring us back to God through forgiveness of sins. The One who sets the example for all Christians to follow, our spiritual leader. We can't survive spiritually without redemption. So far, so good. We can see the Father and the Son, it gives us something to strive for, even if we fall short most of the time. But we can't see the Holy Spirit, even though the Spirit should flow through all we do, empowering us to become more like Christ. And because we can't see it, we can sometimes (mistakenly) give it a lesser importance.

So we need a bit of help to begin to grasp the Trinity. I say begin, because God is MORE—more than we can imagine or understand. There is something within the physical world that helps me understand how the Trinity is possible and allows me to see Father, Son and Holy Spirit as equals—and that is, surprisingly, chemistry.

If you look at water, it can be ice, water or steam—but it's all H<sub>2</sub>O. The chemical formula is the same. Ice has shaped our world through the glaciers and ice sheets,

regulates temperature and climate. Water is necessary for life—without it we can't survive. And steam powers things, heats things up when they are cold. We can certainly feel steam, even if we don't always see it!

So God can be Father, Son and Holy Spirit. God can be Maker, Redeemer and Empowerer. God can mould, lead and inspire—and many other things that we can't yet comprehend. God can be these three distinct persons, but with one simple formula—love. Love that is shown in the creation of our world that feeds us, love that is shown in bringing us back to God, and love that is shown in leaving us the power to keep on believing. The power to help us work for a fairer world, where everyone's life is important and all have enough to eat, the power to keep us faithful in prayer and Bible reading, the power that helps us know more about God and His purpose for us. The dynamic power to help us show God's formula in the world.

So we need to remember that the Spirit, the moving part of God, uses us to bring God's kingdom closer, till the whole world can see God face to face and we can finally, fully, understand the love of God, three-in-one and one-in three. Amen

## 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

We come boldly to the throne of grace,  
praying to the almighty God, Father, Son, and Holy Spirit  
for mercy and grace.

**All We plead before your throne in heaven.**

Father of heaven, whose love profound  
a ransom for our souls has found:  
We pray for the world, created by your love,  
for its nations and governments ...  
Extend to them your peace, pardoning love, mercy and grace.

**All We plead before your throne in heaven.**

Almighty Son, incarnate Word,  
our Prophet, Priest, Redeemer, Lord:  
We pray for the Church, created for your glory,  
for its ministry to reflect those works of yours ...  
Extend to us your salvation, growth, mercy and grace.

**All We plead before your throne in heaven.**

Eternal Spirit, by whose breath  
the soul is raised from sin and death:  
We pray for families and individuals, created in your image,  
for the lonely, the bereaved, the sick and the dying ...  
Breathe on them the breath of life  
and bring them to your mercy and grace.

**All We plead before your throne in heaven.**

Thrice holy! Father, Spirit, Son,  
Mysterious Godhead, Three in One:  
We pray for ourselves,  
for your Church, for all whom we remember before you ...  
Bring us all to bow before your throne in heaven,  
to receive life and pardon, mercy and grace for all eternity,  
as we worship you,  
saying,



**All** Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest. Amen.

Merciful Father,

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

## The peace

Peace to you from God our heavenly Father.  
Peace from his Son Jesus Christ who is our peace.  
Peace from the Holy Spirit, the Life-giver.  
The peace of the triune God be always with you.

**All** And also with you. Alleluia!

**HYMN 3 Holy, holy, holy is the Lord** (please click on this link to hear the hymn)

The liturgy of the Communion Service appears below

## The Dismissal

The Lord God almighty, Father, Son, and Holy Spirit,  
the holy and undivided Trinity,  
guard you, save you,  
and bring you to that heavenly city,  
where he lives and reigns for ever and ever.  
And the blessing of God the Almighty  
Father, Son and Holy Spirit,  
be with you now and remain with you always.

**All** Amen.

**HYMN 4 Holy, holy, holy** (please 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.**

It is indeed right, our duty and our joy,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God.  
For with your only-begotten Son and the Holy Spirit  
you are one God, one Lord.  
All that you reveal of your glory,  
the same we believe of the Son  
and of the Holy Spirit, without any difference or inequality.  
We, your holy Church, acclaim you,  
Father of majesty unbounded,  
your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.  
Three Persons we adore,  
one in being and equal in majesty.  
And so with angels and archangels,  
with cherubim and seraphim,  
we sing for ever of your glory:

**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

Almighty and eternal God,  
you have revealed yourself as Father, Son and Holy Spirit,  
and live and reign in the perfect unity of love:  
hold us firm in this faith,  
that we may know you in all your ways  
and evermore rejoice in your eternal glory,  
who are three Persons yet one God,  
now and for ever.

**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.**