

Wednesday 22 June 2022

St Alban



St Albans Cathedral: traditionally the site of Alban's martyrdom. A sumptuous tomb and reliquary existed here until the Reformation.

Alban was a soldier in the Roman city of Verulamium (now St Albans in Hertfordshire). He gave shelter to a Christian priest fleeing from persecution, hiding him in his house for several days. Alban was greatly influenced by the priest's devotion; he received instruction and was converted.

When the priest's hiding-place was discovered, Alban dressed himself in the priest's cloak and was arrested in his place. The Roman authorities tortured Alban when he refused to renounce his faith. He was beheaded on this day, probably in the year 250, and so became the first British martyr.

Sermon © Jo Monk.

Liturgy and Prayers of intercession © 2000 The Archbishops' Council.

Bible readings © the publishers of the NRSV translation.

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

The hymns are YouTube links. To hear the hymns please hover the mouse over each link, press Ctrl and then return.

To see service transcripts from previous weeks, please visit the page, <http://www.medlockhead.co.uk/resources/index.htm>

Introduction and welcome

HYMN 1 One Church, one faith, one Lord (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.

The saints were faithful unto death
and now dwell in the heavenly kingdom for ever.
As we celebrate their joy,
let us bring to the Lord our sins and weaknesses,
and ask for his mercy.

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 Gloria is sung to the tune of 'Cwm Rhondda'. Click [here](#) for the tune.

All Glory be to God in Heaven,
Songs of joy and peace we bring,
Thankful hearts and voices raising,
To creation's Lord we sing.
Lord we thank you, Lord we praise you,
Glory be to God our King:
Glory be to God our King.

Lamb of God, who on our shoulders,
Bore the load of this world's sin;
Only Son of God the Father,
You have brought us peace within.
Lord, have mercy, Christ have mercy,
Now your glorious reign begin:
Now your glorious reign begin.

**You O Son of God are Holy,
You we praise with one accord.
None in heav'n or earth is like you,
Only you are Christ the Lord.
With the Father and the Spirit,
Ever worshipped and adored:
Ever worshipped and adored.**

The Collect for St Alban

Eternal Father,
when the gospel of Christ first came to our land
you gloriously confirmed the faith of Alban
by making him the first to win a martyr's crown:
grant that, following his example,
in the fellowship of the saints
we may worship you, the living God,
and give true witness to 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 book of Wisdom

The souls of the righteous are in the hand of God, and no torment will ever touch them. In the eyes of the foolish they seemed to have died, and their departure was thought to be a disaster, and their going from us to be their destruction; but they are at peace.' *Wisdom 3:1-3*

This is the Word of the Lord

All Thanks be to God.

Second reading

A reading from the Second Letter of St Paul to Timothy

Share in suffering like a good soldier of Christ Jesus. No one serving in the army gets entangled in everyday affairs; the soldier's aim is to please the enlisting

officer. And in the case of an athlete, no one is crowned without competing according to the rules. It is the farmer who does the work who ought to have the first share of the crops. Think over what I say, for the Lord will give you understanding in all things.

Remember Jesus Christ, raised from the dead, a descendant of David—that is my gospel, for which I suffer hardship, even to the point of being chained like a criminal. But the word of God is not chained. Therefore I endure everything for the sake of the elect, so that they may also obtain the salvation that is in Christ Jesus, with eternal glory. The saying is sure: If we have died with him, we will also live with him; if we endure, we will also reign with him; if we deny him, he will also deny us; if we are faithless, he remains faithful—for he cannot deny himself.

2 Timothy 2:3-13

This is the Word of the Lord

All Thanks be to God.

HYMN 2 Take my life and let it be

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

Gospel reading

Hear the Gospel of our Lord Jesus Christ according to John

All Glory to you O Lord.

Jesus said, 'Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour. *John 12:24-26*

This is the Gospel of the Lord

All Praise to you O Christ.

Sermon

'No one serving in the army gets entangled in everyday affairs...and in the case of an athlete, no one is crowned without competing according to the rules' (2 Tim 2: 4).

The trouble is, we do get entangled in everyday affairs, and we can't all be Olympic athletes, who put all other considerations aside before the Games and train for several hours a day.

As followers of Christ, we try not to get distracted from what God wants us to do, but we are constantly distracted by the cares and concerns of our everyday lives.

How do we deal with this?

Firstly, we need discernment, which means simply 'the ability to judge well'. Not all our everyday tasks are a distraction from God. Some of them are exactly what he wants us to be doing. If my job is to be a teacher, anything to do with teaching is not a distraction from God's work, but a part of it. It's the same with any job.

We're not all called to spend hours every day on our knees in prayer: if we are monks or nuns, that may be our job, but nobody expects a full-time cleaner, or carer, or business executive, or shopkeeper to have that amount of time exclusively for prayer.

Nor are we all called to work in the church building. Working for the Church may involve spending long days working in a hospital, a school, a care home, a shop, an office, or a factory. In fact, wherever we are, we should be working for the Church. Not for the community that meets inside the church building, not for a specifically 'religious' purpose, but for the wider purposes of God.

So our daily lives in themselves are not distractions from living God's way.

The problem is that often we don't do the things God calls us to. We take on concerns that aren't ours to deal with: we listen to the news, not once a day, but four or five times; and the weight of the world's misery descends on us and we feel helpless and sad and angry and before we know it, all the energy we could have put into the work God has given us has been used up in useless rage and fear.

We take on jobs we don't need to do, because we feel we can't say 'no' when someone asks us. But actually, are we helping anyone if we take on far too much and then do it all badly? Perhaps we need to stop a minute and pray about whether this is our job or a task for someone else.

Yes, every Christian is called to work to bring about God's kingdom on earth. But every single Christian is not called to save the world: God's already done that through Jesus.

So let's pray for discernment: for that ability to judge well when we look at our tasks for the day. Which ones are God-given tasks that only I can do, in this place and at this moment? Which ones would be better left to someone else; or left alone entirely just for now? As we grow in understanding and in experience of prayer, we learn to choose the tasks that fall naturally to us and to say 'no' to the distractions.

We learn to 'throw off everything that hinders and the sin that so easily entangles (and to) run with perseverance the race marked out for us' (Heb. 12: 1).

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 pray for strength to follow Jesus.
Saviour, we hear your call.

All Help us to follow.

Jesus said: 'Whoever wishes to be great among you must be your servant.'
Saviour, we hear your call.

All Help us to follow.

Jesus said: 'Unless you change
and become humble like little children,
you can never enter the kingdom of heaven.'
Saviour, we hear your call.

All Help us to follow.

Jesus said: 'Happy are the humble;
they will receive what God has promised.'
Saviour, we hear your call.

All Help us to follow.

Jesus said: 'Be merciful as your Father is merciful;
love your enemies and do good to them.'

Saviour, we hear your call.

All Help us to follow.

Jesus said: 'Love one another, as I love you;
there is no greater love than this,
to lay down your life for your friends.'

Saviour, we hear your call.

All Help us to follow.

Jesus said: 'Go to people everywhere
and make them my disciples,
and I will be with you always, to the end of time.'

Saviour, we hear your call.

All Help us to follow.

Merciful Father,

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

The peace

Once we were far off,
but now in union with Christ Jesus we have been brought near through the
shedding of Christ's blood,
for he is our peace.

The peace of the Lord be always with you,

All And also with you.

HYMN 3 O Thou who at thy Eucharist [\(click on this link to hear the hymn\)](#)

The liturgy of the Communion Service appears below

The Dismissal

God give you grace to follow his saints
in faith and love and steadfastness
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 Seek ye first

(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 and good,
our duty and our salvation,
always and everywhere to give you thanks,
holy Father, almighty and eternal God.
For following the example of your Son, our Saviour Jesus Christ,
your holy martyr Alban shed his blood for the glory of your name.
His death reveals your power made perfect in our human frailty.
You choose the weak and make them strong
in bearing witness to you
through Jesus Christ our Lord.
With joyful hearts we echo on earth
the song of the angels in heaven
as they praise your glory without end:

**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 Alban and 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

God our Redeemer,
whose Church was strengthened
by the blood of your martyr Alban:
so bind us, in life and death, to Christ's sacrifice
that our lives, broken and offered with his,
may carry his death and proclaim his resurrection in the world;
through 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.