

Holy Trinity Anglican Church, Metcalfe

PENTECOST 5

JUNE 23, 2024

Reverend Michael Fleming

Fr. Michael: Gathering under the spirit of reconciliation among all peoples, we acknowledge that this sacred space and those places we call home lie in the unceded territory of the Algonquin Anishinaabe people.

People: **Let us move forward in a spirit of hope, trust and mutual respect.**

Fr. Michael: Mighty God, who speaks a word of peace to calm our troubled sea; Caring God who nudges us away from fear and toward faith; Ever-present God who fills us with awe but also raises many questions which have no easy answers -

People: **Open our eyes to see you in our boat – today. Strengthen our hearts for the challenges that lie ahead. Open our ears this hour to hear the Word you speak. This we pray in Jesus' name. Amen** (from Long Green Valley Church of the Brethren website)

Fr. Michael: The grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.

People: **And also with you.**

Fr. Michael: Blessed by God, called by Jesus, empowered by the Spirit, together we pray,

People: **Almighty God, to you all hearts are open, all desires known, and from you 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.**

Fr. Michael: You gather us together, accepting each of us for who we are and strengthen us through this fellowship. For this, we join the heavenly chorus of angels and archangels and all the saints in this good earth and declare,

People: **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.**

Fr. Michael: O God our defender, storms rage about us and cause us to be afraid. Rescue your people from despair, deliver your sons and daughters from fear, and preserve us from all unbelief; through Jesus Christ your Son, who lives and reigns with you and the Holy Spirit, one God now and forever.

All: **Amen.**

Fr. Michael: Blessed are you O Lord our God,

Wellspring of all that is. You are the sea upon which we float, the wind that fills our sails; you are the storm that buffets us and the calm that brings us peace. Open our ears to hear your Word, open our eyes to see your beauty, open our hearts to be warmed by your love. Free us from our lonely prisons of fear and selfishness and make us over, day by day into bearers of your peace.

All: **Amen.** (Richard Rosenberg, from World Prayers Organization)

Reader: A reading from the first book of Samuel (1Samuel 17:32-49)

David said to Saul, "Let no one's heart fail because of him; your servant will go and fight with this Philistine." Saul said to David, "You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth." But David said to Saul, "Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both lions and bears; and this uncircumcised Philistine shall be like one of them, since he has defied the armies of the living God." David said, "The Lord, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine." So Saul said to David, "Go, and may the Lord be with you!" Saul clothed David with his armour; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul's sword over the armour, and he tried in vain to walk, for he was not used to them. Then David said to Saul, "I cannot walk with these; for I am not used to them." So David removed them. Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine. The Philistine came on and drew near to David, with his shield-bearer in front of him. When the Philistine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods. The Philistine said to David, "Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field." But David said to the Philistine, "You come to me with sword and spear and javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This very day the Lord will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord does not save by sword and spear; for the battle is the Lord's and he will give you into our hand." When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

The Word of the Lord

People: **Thanks be to God**

Reader: The winds raged and the disciples trembled; Goliath taunted and Saul tasted fear. Enter Jesus, enter David, staring beyond the fear, daring us to do the same. The winds will rage, and giants will taunt and fear will weaken us. Still Jesus, still David offer a challenge not limited to wind and bullies, but beckoning to the hearts of the timid, staring beyond the fear focused on the greater power. Lord, dare us to do the same.

All: **Amen** (Katherine Hawker from Liturgy Outside 2023)

Reader: We share a litany this morning based on Psalm 107

O give thanks to the Lord for the Lord is good; God's steadfast love endures for ever.

People: **Let the Redeemed of the Lord say so.**

Reader: God has redeemed us from trouble.

People: **Some wandered in the desert, dying of thirst and hunger.**

Reader: They cried out to the Lord; the Lord heard them and delivered them from distress!

People: **Some sat as prisoners, in darkness, loneliness, isolation and gloom.**

Reader: they cried out to the Lord, and the Lord heard them and delivered them from distress!

People: **Some are sick with malaria or ebola, burdened by disease which brings with it stigma and isolation.**

Reader: They cried out to the Lord, and the Lord heard them and delivered them from distress.

People: **Some are left to raise and tend siblings, orphaned by disease and matured by hardship.**

Reader: They cried out to the Lord, and the Lord heard them and delivered them from distress. Some are children of the street, left alone to violence, drugs and gangs.

People: **They cried out to the Lord, and the Lord heard them and delivered them from their distress.**

Reader: Let those who are wise give heed to these things.

People: **God's steadfast love endures forever. Alleluia!**

Reader: A reading from Paul's second letter to the people of Corinth (2 Corinthians 6: 21-13)

As we work together with Christ, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see - we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything. We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return - I speak as to children - open wide your hearts also.

The Word of the Lord

All: **Thanks Be to God**

Reader: In the midst of the storms of life, God is here so of what have we to be afraid? In the darkness and terror, God is with us so of whom shall we be afraid? Rise up people of God for we are loved and saved. Rise up, people of God and give thanks to the One who cares so deeply for us.

All: **Amen**

Fr. Michael: The Lord be with you.

People: **And also with you.**

Fr. Michael: The Holy Gospel of our Lord and Saviour Jesus Christ according to the Blessed St. Mark (4:35-41)

People: **Glory be to you, Lord Jesus Christ.**

Fr. Michael: On that day, when evening had come, Jesus said to his disciples, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?" This is the very Gospel of Christ.

People: **Thanks be to you Lord Jesus Christ.**

## Homily

Fr. Michael: We are a Gospel people, called together by the Spirit to be the ecclesia of God whose foundation statement is, People: **We believe in one God the Father Almighty, Creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

Reader: Heavenly Father and Lord of all the nations, give us the courage to trust you like David did before Goliath, to face danger unafraid, to believe in your caring protection. Help us to give you thanks for caring for us in the midst of the storms of life. When we complain about the unfairness of life, help us to make note of your wondrous works in all the universe and to feel your loving presence surrounding us.

People: **Loving God, you hear our prayers: live among us now.**

Reader: Holy Spirit, mighty God, you still the storm with a whisper, for you are good. Still the storms which rage within us.

People: **Loving God, you hear our prayers: live among us now.**

Reader: Lord Jesus, giver of God's grace, open our hearts to receive you in faith, to do your work on this good earth and to give thanks for the opportunity to be your people each new day. We remember the healing ministry you empower us with, thanking you for the gift of our

diocese. We pray for Shane, our Bishop; Anne, our Metropolitan; Linda, our Primate; as well as Staff at Ascension House. We pray for The Parish of West Carleton-March: St. Mary's, North March, St. Paul's, Dunrobin, St. Thomas, Woodlawn and The Reverend Dr. Alana McCord. We pray for Helen, Beth and all church musicians serving in our Diocese. We pray for Reverend Michael and Sharon and thank you for the gift of ministry we have received over the past few years. You have blessed us with one another here at Holy Trinity and for this we give you deep thanks. We pray for our brothers and sisters who are unable to be with us through illness or anxiety, remembering Emerson, Kelly, Liesa, Louise, Randy, Marjorie, Beth, Howard, Irene, Richard, Deb, Jeanette, Cheryl, and Zachariah and those known to you alone.

People: **Loving God, you hear our prayers; live among us now**

Reader: Lord Jesus, as you calmed the seas, still the storms within us and around us, both on our personal lives and in the life of this small boat named Holy Trinity. When you call, "Peace, be still", give us the wisdom to simply sit and be with you.

People: **Loving God, you hear our prayers: live among us now.**

Reader: The waters of the world are raging and tossing – war, famine, injustice, hatred, xenophobia, sexism, racism, ageism, economic enslavement... all threaten to drown us in despair. Give us the rainbows of your promise that your Shalom reigns.

People: **Loving God, you hear our prayers: live among us now. Amen**

(Paul Sauer from The Lutheran Forum website – adapted by RMF)

Reader: God of opportunity, you want to be in relationship with us, your creatures. You desire justice and peace. You never force yourself upon us, but invite us to join with you in co-creating a more just and peaceful world. Help us to hear your invitations, be they whispered or loud, and encourage us to respond to them with enthusiasm, joy and energy. We pray all this in the name of your Son, our Redeemer Jesus Christ.

All: **Amen.**

Fr. Michael: Merciful God, we have the conviction of the Psalmist that you are our stronghold in times of trouble and we rejoice over the evidence of such care for us and all people which we experience in the presence of Jesus.

People: **Yet we confess how easily we identify with the fear of the disciples when they were caught in the storm. Like them, our faith falters and our anxiety levels soar when life becomes too turbulent for us; we fail to remember that Jesus showed that your power, O God, can bring peace even into the stormiest of situations.**

Fr. Michael: Time and time again, the stresses of living threaten to swamp us. Our lives sometimes feel that they are spinning out of control with worries about health, relationships, finances, work.

People: **We forget that Jesus is in the midst of the chaos, calming our fears and strengthening us especially when we feel most vulnerable, afraid and weak. Gracious God, forgive us all our fears and uncertainties; strengthen our fragile faith so that we can live life empowered by the presence of Jesus in our lives and in the life of this fellowship.**

Fr. Michael: As the Apostle Paul wrote, "If you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved." Hear the good

news this new day: “now is the acceptable time, now is the day of salvation” in the name and power of God, Father, Son and Spirit.

All: **Amen** (Moira Laidlaw from Liturgies Online adapted by RMF)

Fr. Michael: The Peace of the Lord be always with you.

People: **And also with you.**

Fr. Michael: Almighty God, you have made Jesus Christ the head of all creation. Receive all that we offer you this day and renew us in his risen life, in the name of Jesus Christ our Lord.

All: **Amen**

Fr. Michael: The Lord be with you.

People: **And also with you.**

Fr. Michael: Lift up your hearts.

People: **We lift them to the Lord.**

Fr., Michael: Let us give thanks to the Lord our God.

People: **It is right to give our thanks and praise.**

Fr. Michael: Eternal God, Source of all being, we give you thanks and praise for your faithful love. You call us into friendship with you and one another to be your holy people, a sign of your presence in the world. When those we trust betray us, unfailingly you remain with us. When we injure others, you confront us in your love and call us to the paths of righteousness. You stand with the weak, and those, broken and alone, whom you have always welcomed home, making the first last, and the last first. Therefore we raise our voices with angels and archangels, forever 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 the One who comes in the name of the Lord. Hosanna in the highest.**

Fr. Michael: Blessed are you, O Holy One: when Hagar was driven into the wilderness you followed her and gave her hope. When Joseph was sold into bondage, you turned malice to your people's good. When you called Israel out of slavery, you brought them through the wilderness into the promised land. When your people were taken into exile you wept with them by the river of Babylon and carried them home.

All: **Restore us, O God, let your face shine!**

Fr. Michael: At the right time you sent your Anointed One to stand with the poor, the outcast, and the oppressed. Jesus touched lepers, and the sick, and healed them. He accepted water from a woman of Samaria and offered her the water of new life. Christ knew the desolation of the cross and opened the way for all humanity into the redemption of your reconciling love. On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, “Take and eat: this is my body which is given for you. Do this for the remembrance of me.” After supper he took the cup of wine, and when he had given thanks, he 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. Whenever you drink it, do this for the remembrance of me.” Loving and Holy One, recalling Christ's death and resurrection, we offer you these gifts, longing for the bread of tomorrow and the wine of the age to come. Therefore we proclaim our hope.

People: **Dying you destroyed our death, rising you restored our life. Lord Jesus, come in glory.**

Fr. Michael: Pour out your Spirit on these gifts that through them you may sustain us in our hunger for your peace. We hold before you all whose lives are marked by suffering, our sisters and brothers. When we are broken and cast aside, embrace us in your love.

All: **Restore us, O God, let your face shine!**

Fr. Michael: Through Christ, with Christ, and in Christ in the unity of the Holy Spirit, all honour and glory are yours, O Source of all life, now and for ever.

All: **Amen**

Fr. Michael: As Jesus has gifted to the Church this blessing, we pray,

People: **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.**

Fr. Michael: Whoever comes to me shall not hunger.

People: **Whoever believes in me shall never thirst.**

Fr. Michael: So come to the table, you who have much and you who would like to have more; you who have shared the sacrament many times and you who have shared to feast of the kingdom in a long time; you who have tried to follow Jesus and you who have failed or have turned away. Come, it is Jesus who invites us to meet him here.

The gifts of God for the People of God

People: **Thanks be to God.**

Fr. Michael: Almighty God, guide and protect your children who share in this sacred mystery, and keep us always in your love, through Jesus Christ our Lord.

All: **Amen**

Fr. Michael: God of all creation, who called every being into life, who is mindful of all humanity in all its diversity, who embodies us with dignity, granting different gifts and talents to shape life in this world, we ask your Spirit to unite us where we face a lack of understanding, a breaking of tolerance or the darkness of disunity in our churches, our communities, our countries.

People: **We lay before you the burdens of our hearts and ask your Spirit to unite us in the face of the conflicts, hatred and violence of life experienced by so many in so many parts of the world. Give us ears to hear the silent cries of those who are suffering and dying. Unite us whenever fear prevents us from caring for our neighbour, for meeting persons of differing ethnicities, cultures, languages, creeds, abilities and disabilities and open our hands and hearts to embrace all who come seeking you in this place.**

Fr. Michael: God in Christ, we are reconciled in Christ and so we ask for your uniting Spirit to overcome all our divisions so that we can be the embodiment of what Tertullian the Church Father said so long ago, "See how these Christians love one another." We ask this in Jesus' name.

All: **Amen**

Fr. Michael: Sisters and brothers in the Lord, put obstacles in no one's way but rejoice in purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech and the power of God to heal all. Dance in the Spirit and in the Lord and the peace of God which passes all our understanding, keep our hearts and minds in the knowledge and love of the Lord. And the blessing of God Almighty-Father, Son and Spirit-be with us all this day and forevermore.

All: **Amen**

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