

The Gathering – first video

Welcome - [KELVIN]

Grace and peace to you from God our Father and the Lord Jesus Christ. **Amen.**

Hello and welcome to this online worship from St Mary's Cathedral, Glasgow. My name is Kelvin Holdsworth and I'm the Provost here.

We're reaching the end of the Easter season though the joyful news still rings true - that Christ is risen from the dead.

In our readings today, the disciples are still waiting in Jerusalem. But they won't be there forever. For they are in the process of receiving a great commission - to reach out to Jerusalem, Judea and Samaria and to the ends of the earth.

Joining in this worship today will be people who live a few yards from St Mary's, people who live a few miles away and people from all around the world. The news of God's love is for everyone, wherever they are. And along with that, we each are invited to join in God's work of rebuilding and reshaping the world to reflect that love so that the tears are wiped from every eye.

Confession

[OLIVER] God is love and we are God's children.
There is no room for fear in love.
We love because God loved us first.

Let us confess our sins in penitence and faith.

[Silence]

[OLIVER] God our Father, we confess to you and to our fellow members in the Body of Christ that we have sinned in thought,

word and deed, and in what we have failed to do. We are truly sorry. Forgive us our sins, and deliver us from the power of evil, for the sake of your Son who died for us, Jesus Christ, our Lord.

[KELVIN] God, who is both power and love, forgive you and free you from our sins, heal and strengthen you by the Holy Spirit, and raise you to new life in 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 - [KELVIN]

God our Father, glorify your Son in the lives of the people called by his name. Through no merit of ours, you have made us your own, to be your witnesses on earth. Keep us true to the name we bear, that people everywhere may know that you are the God and lover of us all. We ask this through Jesus Christ, the resurrection and the life, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever.

Amen.

The Ministry of the Word – second video

First Reading - Acts 1:6-8 [Robert/Diane]

So when they had come together, they asked him, “Lord, is this the time when you will restore the kingdom to Israel?” He replied, “It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.”

Gospel: John 17:1-5 - [Robert/Diane]

Hear the Gospel of our Lord Jesus Christ according to John.

Glory to Christ our Saviour.

After Jesus had spoken these words, he looked up to heaven and said, “Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

Give thanks to the Lord for his glorious Gospel.

Praise to Christ our Lord.

Sermon [OLIVER]

The disciples asked Jesus, ‘When will this end?’

Most of us want to know this, too. What’s the timetable of this current pandemic? When will things go back to the way they should be? When will things be restored?

For the past three summers, I’ve been a leader at the Scottish Episcopal Church’s summer youth camp at Glenalmond in Perthshire. In recent years, I’ve run an afternoon activity called Tabata, a form of high-intensity interval training. It’s one of many options camp delegates have to choose from for their leisure pursuits in between house groups and worship. Those who sign up

for this class meet me for about 40 minutes of an intense gym workout.

For those who don't know what Tabata is (in fact, to their peril, a lot of young people who sign up for this session don't know what it is either), it's a way of doing a workout that's broken down into small chunks—cycles of 20 seconds, pushing yourself as hard as you can, and then 10 seconds of rest. It's built on the science behind exercise.

The principle of working out for only 20-seconds fools a lot of people. At first, they think it'll be a walk in the park. When beginning the session, most sport wry smiles. The exercise starts easy but then gets hard. In fact, after a while, it becomes really uncomfortable and tests limits. (Don't believe me? Go look up one of these routines online and try it for yourself.)

By the end, with sweat pouring from every pore, many breathless participants are asking, 'How much more? How much longer do we have to go?' While exercising, it can seem like one's body is about to give out, like one's lost all perspective of time and place—like this torture will never end. Participants feel immobilised, weak and helpless.

And then I remind them of what I told them at the beginning of the exercise: the unpleasantness is only short-term. You can get through it. You can handle most things for, in this case, a few seconds. Think of it in chunks. Tough as it may seem, you can carry on; and through it, you grow stronger.

By focussing on stuff in bitesize bits, we can stand a lot. My young exercisers are strong already; they just need some assurance they can make it through challenges by remaining persistent and committed. Tabata strengthens endurance and helps one learn to handle the tough stuff—20 seconds at a time.

One of the powers given to us by the Lord Jesus is the power of perspective. The knowledge of the strength we have, the love that

is ours, and the presence of God with us now—even though God is seemingly not here anymore. [slow] Our perspective as people of faith changes how we act and handle this life. It is power.

It certainly may not feel like power. If you've ever done an intense workout, you know the feeling is great—to give in, to despair, to wish for the end at any cost. How can we keep this up when it feels like we're about to give out?

It will be essential to recognise the things we can control amid this pain and confusion—the things we can do. And it may help to make these things time-limited and repeatable, just like the summer camp workout I described, reminding ourselves of the perspective we have: this is only for a while.

One side note about comfort.... Today's message isn't pleasant consolation. It doesn't make everything better or alright. Just like the workout, there's discomfort. If you've ever run for an extended period, done any kind of endurance sport, you know what I'm talking about. During this, no one expects that you won't complain. It is hard. It isn't easy.

It may seem that the power we have is so little—and maybe it is. It may seem that anything we choose to do will be inconsequential—just like it may seem that 20 seconds of exercise is pointless and will make no difference. It may seem that way.

Jesus told his disciples of a power they would receive—a power that would take them out of familiar places and their regular daytime jobs. An expedition to Judea and Samaria might have seemed unwelcome, venturing to faraway, unfamiliar places a colossal task. It is a long way away to the ends of the earth. But every journey begins with one step ... and then another.

Intercessions [Sister AJ]

Holy God all creation is yours. Sanctify the Church in the truth of your word.

We pray for the Anglican Communion. We pray for Bishop Mark, Bishop Kevin our Bishop elect, the Scottish Episcopal Church, the Churches in the Heartland Group and the Chapel of St Columba on Iona. Keep under your protection all who call on you.

Holy God your son expanded the narrow vision of his disciples. Help us to see beyond ourselves to respect, understand and care for all people, cultures and traditions. Keep ourselves and others watchful for those who disenfranchise the poor the weak and the vulnerable. Guide all with responsibility for the government of countries in the way of truth and justice.

Holy God rooted and grounded in you we stand secure. Be with all under pressure from the unscrupulous. Give us strength and discernment to shun lies and distorted truths spoken by those who would lead us astray.

We thank you for the grace we receive to be able to share your love. Bless our families, friends, neighbours and unknown strangers.

Holy God uphold and sustain all those who watch or wait with heartache the illness and degeneration of those they love, especially at this time of restriction. We pray for those known to us who are ill- especially Justina Oguguo-those in despair or are feeling scared and fragile. Pour your blessing on all who care for the sick and dying.

Holy God we pray for those who have died, those whose faith is in you, those who died alone and those whose faith is known to you alone.

Praying for John McFadyen who died recently and also for the soul of Bernard Porter who died this past Monday. Bernard had a deep association with the St Mary's for over forty years, was a

greatly loved gentle man. May they Rest in Peace and Rise in Glory.

Holy God accept these and all our prayers yesterday, today and forever in the name of Jesus Christ our Lord Amen

Communion – third video

At this point in the service, we usually invite people to give money by passing offertory baskets around. I can't pass you a basket, but I can still invite you to share in supporting the ministry of this cathedral. Giving money to something that we love is a joy and a delight and particularly when we can't be physically close to one another is something that we can take responsibility for together.

If you don't make a regular offering, please join those of us who already do so. There are details of how to make a regular offering or a one off donation on the website - thecathedral.org.uk.

As the grain once scattered in the fields
And the grapes once dispersed on the hillside
Are now reunited on this table in bread and wine,
So, Lord, may your whole Church soon be gathered together
From the corners of the earth
Into your kingdom. **Amen.**

Eucharistic Prayer - [KELVIN]

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 God thanks and praise.

Worship and praise belong to you, Author of all being.
Your power sustains, your love restores, our broken world.

You are unceasingly at work,
from chaos bringing order
and filling emptiness with life.

Christ, raised from the dead,
proclaims the dawn of hope.
He lives in us that we may walk in light.

Your Spirit is fire in us,
your breath is power
to purge our sin
and warm our hearts to love.

As children of your redeeming purpose,
freed by him who burst from the tomb
and opened the gate of life,
we offer you our praise,
with angels and archangels
and the whole company of heaven,
singing the hymn of your unending glory

**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.**

[Images - Medieval map of Jerusalem - from the Nationale Bibliotheek of the Netherlands available through Wikipedia. <https://www.kb.nl/en> and a map of Renfrewshire by Timothy Pont 1560-1614 - National Library of Scotland - Copyright - Creative Commons Attribution.]

Praise and thanksgiving be to you,
Lord of all,
for by the Cross eternal life is ours
and death is swallowed up in victory.
In the first light of Easter glory broke from the tomb
and changed the women's sorrow into joy.
From the Garden the mystery dawned

that he whom they had loved and lost
is with us now in every place for ever.

Making himself known in the breaking of the bread,
speaking peace to the fearful disciples,
welcoming weary fishermen on the shore,
he renewed the promise of his presence
and of new birth in the Spirit
who sets the seal of freedom on your sons and daughters.

Before he was given up to suffering and death,
recalling the night of Israel's release,
the night in which slaves walked free,
at supper with his disciples
he took bread and offered you thanks.

He broke the bread,
and gave it to them, saying:

"Take, eat.

This is my Body: it is broken for you."

After supper, he took the cup,
he offered you thanks,
and gave it to them saying:

"Drink this, all of you.

This is my Blood of the new covenant;
it is poured out for you, and for all,
that sins may be forgiven.

Do this in remembrance of me."

We now obey your Son's command.
We recall his blessed passion and death,
his glorious resurrection and ascension;
and we look for the coming of his Kingdom.
Made one with him, we offer you these gifts
and with them ourselves,
a single, holy, living sacrifice.

Hear us, most merciful Father,
and send your Holy Spirit upon us
and upon this bread and this wine,
that, overshadowed by his life-giving power,
they may be the Body and Blood of your Son,
and we may be kindled with the fire of your love
and renewed for the service of your Kingdom.

Help us, who are baptised into the fellowship of Christ's Body
to live and work to your praise and glory;
may we grow together in unity and love
until at last, in your new creation,
we enter into our heritage
in the company of the Virgin Mary,
the apostles, and prophets,
and of all our brothers and sisters living and departed.

Through Jesus Christ our Lord,
with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be to you,
Lord of all ages,
world without end.

Amen.

Breaking of the Bread

The living bread is broken for the life of the world.
Lord, unite us in this sign.

Lord's Prayer [OLIVER]

As our Saviour has taught us,
so we pray:

**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.
Do not bring us
to the time of trial
but deliver us from evil.
For the kingdom, the power
and the glory are yours,
now and for ever.
Amen.**

Communion

Today we cannot each receive the bread and wine in person but God is present in this world.

As we gaze in our adoration we feed on God in our hearts and minds that we may in turn feed the world.

Music: Adagio - Telemann - [LES AND RONA]

Blessing & Dismissal

My thanks go to everyone who has made this service possible and my prayers are with you wherever you are - in Glasgow, or Jerusalem, or Judea, or Samaria or somewhere in the uttermost parts of the earths.

Christ our king make you faithful and strong to do his will, that you may reign with him in glory; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

Amen.

[Image - A map of the world – Gall Peters projection created by Daniel R. Strebe and released under a Creative Commons Attribution-ShareAlike 3.0 Unported licence]

Young church materials, an organ voluntary and a song for the young choristers are available on the online worship page at www.thecathedral.org.uk/worship.