

# The Gathering

## 1 - Welcome - [KELVIN]

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

It is good to gather for this service from St Mary's Cathedral, Glasgow. My name is Kelvin Holdsworth and I am the provost here.

Whatever is going on in your life, wherever you are, you are invited to enjoy being in the presence of God today. This is a holy place. And those of us who worship online create a holy place amongst us when we worship together.

Welcome to St Mary's Cathedral where we are all invited in turn to welcome Christ into our own lives.

## 3 - Collect for Purity - [FERGUS]

**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.**

## 5 - 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]

**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 your sins, heal and strengthen you by the Holy Spirit, and raise you to new life in Christ our Lord. **Amen.**

## **7 - Gloria - [SHAE]**

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.

## 8 - Collect - [KELVIN]

Pour out your Spirit, O God, over all the world to inspire every heart with knowledge and love of you.

Grant that we who confess Jesus as Lord may shun whatever is contrary to this faith and give witness to your love that has saved us in Christ, for he lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. **Amen.**

## The Ministry of the Word

### 11 - GOSPEL: Mark 9:30-37 – [UCHE]

Hear the Gospel of our Lord Jesus Christ according to Mark.  
**Glory to Christ our Saviour.**

John said to him, 'Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us.' But Jesus said, 'Do not stop him; for no one who does a deed of power in my name will be able soon afterwards to speak evil of me. Whoever is not against us is for us. For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward.

'If any of you put a stumbling-block before one of these little ones who believe in me, it would be better for you if a great millstone were hung around your neck and you were thrown into the sea. If your hand causes you to stumble, cut it off; it is better for you to enter life maimed than to have two hands and to go to hell, to the unquenchable fire. And if your foot causes you to stumble, cut it off; it is better for you to enter life lame than to have two feet and to be thrown into hell., And if your eye causes you to stumble, tear it out; it is better for you to enter the kingdom of God with one eye than to have two eyes and to be thrown into hell, where their worm never dies, and the fire is never quenched.

'For everyone will be salted with fire. Salt is good; but if salt has lost its saltiness, how can you season it? Have salt in yourselves, and be at peace with one another.'

Give thanks to the Lord for his glorious gospel  
**Praise to Christ our Lord.**

## **12 - Sermon [OLIVER]**

Recently, I took part in the ‘inverted filter challenge’ on the social media platform TikTok. When I say I took part, I mean I experimented with the video filter at home behind closed doors. I never publicly posted the resulting footage ... until now.

I’d seen people sharing short videos of a selfie transformation, and I was curious. An algorithm flips your image, so you, supposedly, see what everyone else does when they look at you. It’s a mirror of the mirror.

People have used this TikTok filter to get a glimpse of the symmetry (or lack thereof) in their facial features. After all, we’re told a symmetrical face is an attractive face (evidently there’s science to back that up), so folk have used this camera filter as a test of beauty. Those with balanced features say they hardly notice the difference when switching back and forth, while others are horrified at what they see when the camera flips. Frankly, when I saw my video, I was just confused. Was I doing it right?

Today’s Gospel is a rather violent description of surgical procedures that leave people maimed and unbalanced. It features one-eyed, one-footed, and one-handed people—folk who would not fare well in the TikTok challenge. But Jesus tells his disciples it would be better for some to be this way than to remain intact and thrown into the unquenchable fire.

Indeed, sometimes it is best to remove that which is harmful, like cancerous cells or gangrenous limbs. But other times, it might be the right thing to work hard to save wounded parts. There are complicated decisions folk must make about their health, relationships, the situations they find themselves in, and what’s best to do when presented with new information. I’m not sure this passage offers a one size fits all maxim—either to preserve unity at all costs or to chop off parts that are no longer productive any

time there's an issue. What this story does reveal, however, is something about the kind of things God is saving.

Our culture often equates completeness or wholeness with health. The body's systems function best when all parts are running at optimal performance taken together. We balance our chakras, exercise weaker muscles, and try to eat the right amount and kinds of food—all to maintain or restore our bodies to the right working order. We desire consistency and regularity. We want the whole package—fresh, unspoiled, unbroken, sound, and fit. And when things aren't like this, we despair. A magazine article I read recently about this TikTok phenomenon quoted one user saying, '[I'm] having a meltdown because I tried the Inverted Filter for the first time.'

Many people are living in meltdown territory, believing themselves 'less than'. The ideal human life eludes and evades. We're unfit and unworthy. Our perceived flaws prevent us from feeling whole and sound. Hence, we nip and tuck, filter and adjust, cover and correct, hoping to restore our disjointed and lopsided selves—to make ourselves good enough, desirable.

But in this gospel story, it's not the unstained and untouched entering the Kingdom of God. It is not bright, shiny, picture-perfect human beings waltzing through the pearly gates. Instead, we witness the marred and misshapen limping through them. The bodies entering eternal life are broken and tattered—with the injuries and aftereffects of real-life trauma. And they find their peace at last not as repaired and reconditioned figures, but welcomed as they are, honestly—no touch-ups, no overhauls.

As we seek what is good and right, let us not forget there may be a price to pay for living a real life. Life may deal some unexpected and undeserved blows, leaving us wounded and disfigured—uneven and irregular. And at times, we should rightly pursue a quest to restore ourselves to wholeness, completeness, even perfection. However, the scars we're left with when things haven't gone to plan do not prevent us from entering into life. Instead, they are the marks and signs of who we are and the life

we have lived in this body—for better or for worse. And we come to meet our Creator, loved by God for whatever parts of us make it to the finish line.

#### **14 - Intercessions [ROBERT]**

Let us offer to God the prayers of our lips and of our hearts.

Let us pray for the life of the world; that God's peace may be known and may prevail: for the Emergency services that care for our communities—police, fire and rescue, ambulance, armed forces personnel, in their preparation for the upcoming COP conference and the ongoing caring for our communities, may they be strengthened. Lord, hear us. **Lord, graciously hear us.**

For all who suffer injury, death or loss; that they may know the hope to which God calls us: for those we know and hold dear ..., for those whose lives are blighted by the eruption on La Palma, and all who live in fear. Lord, hear us. **Lord, graciously hear us.**

For all who exercise rule and authority; that they may act with wisdom, justice, compassion and integrity: for those involved in negotiations about the security of the Pacific area; for those who can bring cooperation to address climate change. Lord, hear us. **Lord, graciously hear us.**

For the Church which is Christ's body; that it may live for the praise of God: for the Episcopal Church based in the United States of America; for Bishop Kevin and those who work in chaplaincy, and in the University of Glasgow - Kelvin and Oliver; for the students at St Mary's, those who are coming for the first time, and those who are returning; for those to be ordained today, including Lisa Curtice. Lord, hear us. **Lord, graciously hear us.**

For those who have died, especially those who have been a comfort and inspiration to us, and as part of our community Pamela McLeod. May they rest in peace, **and rise in glory.**

Holy God, receive our prayers in the name of Jesus the Christ, the light of our world. **Amen.**

## Communion

#### **17 - Offertory - [KELVIN]**

We are all interconnected. The offerings that people make to this place directly supports the worship that we are able to share together.

If you would like to join those who make a financial offering to do that then you can find out how to do so online at [thecathedral.org.uk](http://thecathedral.org.uk)

Just click on Donate to St Mary's Cathedral

And thank you for making an offering.

Let us present our offerings to the Lord.

**Yours, Lord, is the greatness, the power, the glory, the splendour, and the majesty; for everything in heaven and on earth is yours.**

**All things come from you, and of your own we give you.**

## **18 - Eucharistic Prayer**

[KELVIN] The Lord be with you.

[OLIVER] **And also with you.**

[KELVIN] Lift up your hearts.

[OLIVER] **We lift them to the Lord.**

[KELVIN] Let us give thanks to the Lord our God.

[OLIVER] **It is right to give God thanks and praise.**

Worship and praise belong to you, Father,  
in every place and at all times.

All power is yours.

You created the heavens and established the earth;  
you sustain in being all that is.

In Christ your Son our life and yours  
are brought together in a wonderful exchange.  
He made his home among us  
that we might for ever dwell in you.

Through your Holy Spirit  
you call us to new birth  
in a creation restored by love.

As children of your redeeming purpose  
who honour Mary, chosen mother of your Son,  
and with all generations call her blessed,  
we offer you our praise,  
with angels and archangels  
and the whole company of heaven,  
singing the hymn of your unending glory:

### **SANCTUS & BENEDICTUS - [SHAE]**

**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.**

Glory and thanksgiving be to you,  
most loving Father,  
for the gift of your Son born in human flesh  
He is the Word existing beyond time,  
both source and final purpose,  
bringing to wholeness all that is made.  
Obedient to your will he died upon the Cross.  
By your power you raised him from the dead.  
He broke the bonds of evil  
and set your people free  
to be his Body in the world.

On the night when he was given up to death,  
knowing that his hour had come,  
having loved his own,  
he loved them to the end.  
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 God's children 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.**

**19 - Breaking of the Bread - [KELVIN]**

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

**20 - 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.**

**21 - Communion - [KELVIN]**

God is with us wherever we are.

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

O God, even as this broken bread was scattered over the hills, and was gathered together and became one, so let Your Church be gathered together from the ends of the earth into your kingdom; for yours is the glory and the power through Jesus Christ for ever.

**Amen.**

#### **24 - Post Communion Prayer - [DAVID]**

Father in heaven, strengthen the unity of your Church, so that we who have been fed with holy things may fulfil your will in the world. We ask this in the name of Jesus Christ our Lord.

**Amen**

#### **25 - Blessing - [KELVIN]**

Thank you for sharing in the worship today.

One of the things that I hope for is that those who engage with worship at St Mary's will go on to be salt and light to the world during the following week. So that is my prayer for you today as I pronounce the blessing.

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. Amen.

**Amen.**

#### **Voluntary - [STEVEN]**

Andante Sonata (VI) - Mendelssohn