

The Gathering – first video

Welcome - [KELVIN]

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

Welcome to this online service which comes from St Mary's Cathedral in Glasgow. My name is Kelvin Holdsworth and I am the Provost here.

In this week's gospel, Jesus asks the disciples to use their sense. Look! He says. Look and see my hands and my feet. Touch! He says, reach out and touch me. See that I am real.

Here in St Mary's, we believe that Jesus is risen from the grave and that God is within touching distance.

Whether you are new to this place and this story or whether you've heard it many times, you are welcome here where we will encounter a God who turns up when people gather and remember the stories about Jesus and share the meal that he shared with us.

God is good. And God gathers with us now.

Collect for Purity - [ABBY]

**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.**

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.**

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.

Collect - [KELVIN]

God of all the prophets, you fulfilled your promise of old that your Christ would suffer and so rise to glory. Open our minds to understand the Scriptures and fill us with joyful wonder in the presence of the risen Christ, that we may be his witnesses to the farthest reaches of the earth. We ask this through Jesus Christ, the first-born from the dead, 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

GOSPEL: Luke 24:36b-48 – [CAITLIN]

Alleluia, alleluia! Hear the Gospel of our Lord Jesus Christ according to Luke.

Glory to Christ our Saviour.

While they were talking about this, Jesus himself stood among them and said to them, 'Peace be with you.' They were startled and terrified, and thought that they were seeing a ghost. He said to them, 'Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.' And when he had said this, he showed them his hands and his feet. While in their joy they were disbelieving and still wondering, he said to them, 'Have you anything here to eat?' They gave him a piece of broiled fish, and he took it and ate in their presence.

Then he said to them, 'These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.' Then he opened their minds to understand the scriptures, and he said to

them, 'Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things.

Give thanks to the Lord for his glorious Gospel.

Praise to Christ our Lord. Alleluia!

Sermon [OLIVER]

You can tell a lot about a person by how they eat. My mamaw (that's what we, grandchildren, call our maternal grandmother) forms opinions about people at the dinner table—not by what kind of manners they have or how good their mealtime conversation is but by how much they enjoy food. To her, a person who likes to eat is someone she relates to—a real person. And the spread she consistently offers at her house is one heck of a feast. Most of the time, there's enough food to feed a whole army—the kind of generosity that makes you feel like royalty.

The author of today's gospel highlights Jesus' eating. When the disciples saw the risen Lord, 'they were startled and terrified, and thought that they were seeing a ghost' (Lk 24.37). So Jesus invited them to get a closer look. He says, 'Touch me and see; for a ghost does not have flesh and bones as you see that I have' (Lk 24:39). But that didn't seem to sway everybody, so Jesus asked if someone had something to eat. It turns out they did. They brought Jesus a piece of broiled fish, and he ate it in front of them.

Jesus' eating was a pivotal moment. It seems to have clinched the deal for the disciples in the room. The food was a test—like at my mamaw's house—to show what kind of person was with them. I can imagine a disciple—in a voice like my mamaw's—saying, 'Give that man something to eat', and then watching with a careful eye precisely what happened next.

Jesus' eating demonstrated he was present in the room. His appearance wasn't a commemoration or recollection. It wasn't a record of a thought experiment about God's eternal nature, nor was it merely a way of making sense of Scripture. (That comes

later.) Jesus' appearance to his disciples was something experienced materially, in the flesh through touch and sight and taste. Seeing Jesus eat furnished the disciples with a shared experience, and it confirmed Jesus was real.

As far back as we have an archaeological record, we've evidence of people connecting over food. Eating together is a significant human activity. It signposts special events and marks seasons. It engenders trust. It gets people cooperating. A survey from The Big Lunch at the University of Oxford suggests 'communal eating increases social bonding and feelings of wellbeing, and enhances one's sense of contentedness and embedding within the community.'¹

When a businessperson takes someone out to dinner, they try to foster good feelings and build rapport. Then, negotiations go more smoothly. When we share a tub of popcorn with someone at the cinema, we're investigating the intimacy and closeness of our relationship. Eating together strengthens bonds. It's no wonder that Dorothy, Rose, Sophia and Blanche gather in their kitchen every episode of *The Golden Girls*. For them, there's no problem a bit of cheesecake won't help.

During the last year, we have not been eating together—not been sharing food and enjoying the experiences of communal meals. We have not had the opportunity to sit down and encourage each other to try new things. We've not hashed out our problems or set the world right over a pint, and our mealtime partners haven't challenged us to see things from different points of view.

As we come out of lockdown, it's worth considering what not eating together—not socialising over food—might have done to people. No one knows for sure how it has affected us, but what we do know is that eating together matters, sharing food has a bearing on our lives. And our lack of it can't have done nothing.

I wonder if this isolation has changed our view of humanity—our hope, our compassion. As we read the news headlines each day,

¹ <https://www.ox.ac.uk/news/2017-03-16-social-eating-connects-communities>

are we seeing people differently? What has quarantine done to how we trust or confide in one another? What has it done to our faith? Not sitting at the same table has undoubtedly made it easier for us to think someone or something isn't decent or sound or real, and that cannot be good.

So, maybe as lockdown eases (and it's safe and legal to do so), we should recommence sharing the flavour-filled pleasures we've been circumventing—to make time for mealtime connections, to offer hospitality, and to welcome in and get to know new people. And maybe a good start to that will be breaking bread with each other. Perhaps one of the first things we should do out of lockdown is give someone something to eat.

Intercessions [TAYLOR]

Lord God, as your risen Son appeared to the frightened men on the road to Emmaus and said, 'Peace be with you', we ask that you would appear to us now, to interrupt the violence and uncertainty of our world with your peace.

We offer our prayers for the victims of the recent shooting in Indianapolis, and for Black Lives Matter protesters in Minneapolis and worldwide. Lord, through your death and resurrection you show us the promise of new life emerging out of the pain and sorrow caused by empire. Be with all who have suffered because of gun violence, police brutality, and all forms of state violence.

We ask your peace upon the transgender communities of the United States and the UK, and their loved ones, in the face of hostile legislation. God who made wheat but not bread and fruit but not wine, in the Garden of Eden you ordained humanity as active participants in your creation. Give us all the courage to be who you have called us to be, even in the face of opposition.

We ask your blessing on all who play a role in ushering us out of the COVID pandemic: doctors, researchers, policymakers, service workers, and all involved in administering the vaccines. May we continue to care for each other as we begin to emerge from lockdown.

Lord, in your mercy, hear our prayer.

We pray for your church throughout the world, remembering especially in our prayers the Church of Ireland. In our own Diocese, we pray for our Bishop Kevin, the Church of All Saints Jordanhill, and the Drumchapel Ecumenical Partnership.

We pray for this cathedral, and all who minister here, and we especially offer our prayers for those who volunteer at St Mary's, generously giving of their time and energy to the life of this community.

Lord, in your mercy, hear our prayer.

We pray for this city of Glasgow, and for all who call it their home. As we emerge from lockdown, we especially remember those for whom the pandemic has been especially difficult. We pray for peace in the lives of all who are affected by domestic violence, all who have been trafficked, and those who work to support them. May your peace bring healing to the lives of our community's most vulnerable.

Lord, in your mercy, hear our prayer.

We bring before you now, in the silence of our hearts, the people and situations near to us in need of our prayers, and those whose needs are known only to you. As we enter this week, show us ways we can speak peace into each other's lives.

Lord, in your mercy, hear our prayer.

We commend to your loving care all those who have died and all who grieve them, remembering especially His Royal Highness the Duke of Edinburgh, Clifford Kew, and Daunte Wright. We also remember Drummond Brown and Archibald Ean Campbell, whose year's mind falls at this time.

May they rest in peace and rise in glory.

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

Communion – third video

Offertory - [KELVIN]

Jesus said in the gospel reading today, “You are witnesses of these things”. Since the very first days of the church, those who have encountered God have borne witness to that encounter by the way they live their lives and by making provision for the resurrection stories to go on being proclaimed.

If you would like to join with those who bear witness by making an offering to allow us to continue to do that here then please do so. There’s details of how to present your gift on the website. Just click on thecathedral.org.uk and click on Make a donation to St Mary’s Cathedral.

And thank you.

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.

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.**

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 all your beloved children.

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 the Spirit's 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 - [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.

Music at Communion - [MORVEN]

Alleluia, alleluia, alleluia!

O sons and daughters, let us sing!
The King of heav'n, the glorious King,
Over death today rose triumphing.
Alleluia!

That Easter morn at break of day,
the faithful women went their way
to seek the tomb where Jesus lay.
Alleluia!

An angel clad in white they see,
who sat and spake unto the three,
'Your Lord doth go to Galilee.'
Alleluia!

At night the apostles met in fear;
amidst them came their Lord dear
and said, 'My peace be on all here.'
Alleluia!

How blest are they who have not seen
and yet whose faith hath constant been,
for they eternal life shall win.

Alleluia!

On this most holy day of days
to God your hearts and voices raise
in laud and jubilee and praise.

Alleluia!

Alleluia, alleluia, alleluia!

Post Communion Prayer - [ABBY]

Glory to God, whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus for ever and ever.

Amen.

Blessing - [KELVIN]

My thanks go to everyone who has made this service happen this week.

If you would like to get in touch, then please use the feedback form on the worship page on the website – thecathedral.org.uk/worship will get you there.

The disciples changed from being people filled with fear to being people filled with all the blessings of God.

Remember that, as I pronounce the blessing on you, right now.

May Christ,
Who out of defeat brings new hope and a new future,
fill you with new life;
and the blessing; and the blessing of God almighty,
the Father, the Son and the Holy Spirit,
be among you and remain with you always.
Amen.

Voluntary - [STEVEN]

C.M. Widor: Marcia (Symphonie III)

A hymn and materials for Young Church are available on the online worship page at www.thecathedral.org.uk/worship.

There is an online coffee hour on Sunday at 1 pm. Details in the weekly congregational email. Sign up for emails at www.thecathedral.org.uk