

The Gathering

Welcome - [Sister Helena]

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

Welcome to St. Mary's celebration of the feast of the Ascension. I am Sister Helena, and this is Sister Alison Joy welcoming you into the home of the Companions of Our Lady and Saint Mungo.

Collect for Purity - [JO]

**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

[SISTER AJ] 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.

[SISTER HELENA] 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

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 - [SISTER HELENA]

God of power and might, in the mystery of the Ascension you have raised up and glorified your Son, and exalted our humanity at your right hand. Confirm the good news your Church proclaims, so that when Christ returns in glory all nations may be gathered into the kingdom, where he lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. **Amen.**

The Ministry of the Word

GOSPEL: Luke 24.44-53 – [ABHA]

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

Glory to Christ our Saviour.

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. And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high.'

Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshipped him, and returned to Jerusalem with great joy; and they were continually in the temple blessing God.

Give thanks to the Lord for his glorious Gospel.

Praise to Christ our Lord. Alleluia!

Sermon [HELENA]

Intercessions [OLIVER]

Let us pray for the Church: for the understanding of Scripture and for witness to the Living God in all sorts of places.

Let us pray for God's creation: for all nations and peoples wondering what will happen next, that they may adapt to changes required in a new world.

Let us pray for those who are hurting: for power from on high, for blessing and healing.

Let us pray for those who have died, that they, praising God, are carried up.

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

Communion

Offertory - [HELENA]

There are many ways to support the work of the Church through our offerings of prayer and time and also financial help to continue our ministry and presence in the community. All are appreciated, and details of how you might choose to contribute are available on our website.

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 - [OLIVER]

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 [KELVIN]

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 - [HELENA]

God is with us wherever we are. As we, absent or present, are fed in heart and soul by the self-offering of Christ in the Eucharist may we in turn feed the world as witnesses to His love.

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]

*Viri Galilaei, quid admiramini aspicientes in caelum?
Alleluia: quemadmodum vidistis eum ascendentem in caelum,
ita veniet, alleluia, alleluia, alleluia.*

*Omnes gentes plaudite manibus:
iubilare Deo in voce exultationis.*

Ye men of Galilee, why wonder you, looking up to heaven? alleluia.
He shall so come as you have seen Him going up into heaven,
alleluia, alleluia, alleluia.

O clap your hands, all ye nations; shout unto God, with the voice of exultation.

Post Communion Prayer - [JO]

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 - [HELENA]

Thank you for joining us today in this act of praise and thanksgiving, and special thanks to all who made this service possible.

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.

Voluntary - [STEVEN]

Organ - Heut triumphieret Gottes Sohn BWV 630 - JS Bach

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.