

The Gathering – first video

Welcome - [Sister Helena]

Welcome to our Trinity Sunday Eucharist. I am Sister Helena and this is Sister Alison Joy from the Companions of Our Lady & Saint Mungo. We will be assisted by other members of St Mary's Cathedral from their own homes. We give thanks this morning for you all, and for our wider community.

We meet Christ's name. **Let us share his peace.**

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

Gloria - Greening

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]

Let us pray: Merciful and gracious Father, you showed the fullness of your love when you gave your only Son for our salvation and sent down upon us the power of your Spirit.
Complete within us the work of your love,
that we who have communion in Christ may come to share fully the undying life he lives with you
in the unity of the Holy Spirit, God forever and ever
Amen.

The Ministry of the Word – second video

Readings: Matthew 28:16-20 – [BILLY]

Hear the Holy Gospel of Our Lord Jesus Christ according to John.

Glory to Christ our Saviour.

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

Give thanks to the Lord for his glorious Gospel.

Praise to Christ our Lord.

Sermon [OLIVER]

Mountains are special places. Scripture records Mount Ararat as the location where Noah's ark landed after the flood. Moses received the Ten Commandments on a mountain. A mountain is the setting of Jesus' Transfiguration, and many of Jesus' teachings happened on a mountaintop. Mountains are places of insight and wisdom.

One of the first trips my husband Joe and I made together was to the Isle of Arran to do some hillwalking. We'd mapped out a route on the north side of the island, up a series of points and across a ridge. The initial ascent was unremarkable— until we got high enough to be at the base of the first real peak, and it looked like a stunner.

As we climbed up that ridge, things progressively got tougher. The ground underneath us started becoming rockier and steeper, and the fog rolled in, making it difficult to see. But Joe and I pursued. We'd occasionally stop and check the map, trying to reference where we were and how much further there was to go. And then, we came to a place of reckoning. For a moment, the fog cleared, and what appeared out of it was what seemed to us the most enormous, most precarious crag in the world. And, with a heavy heart, I turned to Joe, and said, 'Oh God, it's Mordor!'

Crestfallen, we knew we'd have to find another way up the mountain—one that wasn't charted out on the map. There was no way we'd make it up Mordor. So, we ventured out onto the side of the elevation, to walk a little further along and then try ascending another route. Then came the fog again.

Halfway out on the side of the ridge, hanging on for dear life, I'd lost track of Joe, and was starting to slip. It seemed everywhere I'd put my foot wouldn't hold. My arm strength was failing, and I had no idea where I was. It was the stuff of nightmares.

My mountaintop experience that day wasn't enlightenment. The hill wasn't a place of insight and wisdom like the Bible often describes. It was fear and strain and aloneness.

On the Third of April 1968, the Rev Dr Martin Luther King, Jr gave his famous 'I have been to the mountaintop' address. In it, Dr King imagined himself standing on top of a mountain, with the perspective of all human history. And strangely, Dr King said he was happy—happy to be living in the time he was, with all its messed-up-ness, its sickness and confusion. He said, '[One] reason that I'm happy to live in this period is that we have been forced to a point where we are going to have to grapple with the problems that men have been trying to grapple with through history, but the demands didn't force them to do it.' He described living at a pivotal point in human history viewed from above.

While Dr King was 'happy' with his mountaintop perspective, I imagine a lot of other people were terrified, frankly. I bet some other folk listening to him had significant reservations. Just like today, I know people like me are trying to be positive, hopeful, proportional, but we're just not so sure. Some are saying, 'Surely this is the tipping point, surely this mountaintop view of the world will give us insight, surely having lived through this time, we'll have learned something, we'll have gained wisdom, we'll be different.' And I'm trying to think that way—I'm working really hard—but I can't help but doubt.

And, then I get angry at myself. I'm supposed to be a person of hope. I'm a leader in a faith community; I've got to hold it together, to keep faith in trying times. So, I climb. I climb, with gritted teeth, sometimes feeling like I'm holding on for dear life.

And you know what? I'm not alone. For, I'm climbing right alongside other disciples—mountain climbers with reservations, too. On that mountaintop, Scripture says, 'some doubted.' But once they got there, once the disciples arrived at the top, that didn't seem to matter because Jesus blesses them anyway. In despair and doubt, Jesus blesses them just for going up the mountain, just for having the guts to be there. For the willingness to encounter another world, to rise above—above the clangour and division and hate. To go to that place set apart for God to speak—to go there, even though afraid, even with doubts—to go up the mountain, to climb that unknown and dangerous path ... to get a glimpse.

Up there, my friends, upon the mountain—however we arrive—we're blessed. We're blessed to see, blessed to know, blessed to leave there as changed people. On the hilltop, if we're willing to go, we will see things differently.

So, I'm not going to stay down here on level ground where I know (or I think I know) what things are like. I'm not going to allow my fear to keep me from understanding more, from taking a risk to see

what other people are feeling and experiencing. I'm going to lift my eyes to the hills because there's my helper. That's where my help comes from—the help that lets me love more dearly, now and to the end of the age.

And I pray, 'Lord, here I come! Come, and teach me on the mountain—a place where I want to see a little more. I want a new outlook—to work out another point of view. Show me—show all us mountain climbers—how to obey everything you have commanded.'

Intercessions [KELVIN]

O God the Father of our Lord Jesus Christ, in whom you chose us, before the foundation of the world, and destined us in love to be your own: help us to pray for all your children.

For the life of the world;
that your peace may be known and may prevail:

For the United States and its people. Praying for an end to racial injustice and praying for integrity in public life. For all who are disenfranchised, abused and treated unfairly. For all who work to build societies based on equity and justice all around the world.

Lord, hear us.

For all who suffer injury, death or loss;
that they may know the hope to which you call us:

For those who are grieving lost opportunities, those whose lives have been changed by the pandemic crisis and those who have recently lost a loved one.

Lord, hear us.

For all who exercise rule and authority;

For our governments in Holyrood and Westminster. For all whose decisions affect the lives of others. For the citizens of this land that

we may each act daily for the common good and the health and well-being of others.

Lord, hear us.

For the Church which is Christ's body;
that it may live for the praise of your glory:

For Bishop Mark in his last weeks as our Acting Bishop and for Bishop Kevin as he prepares to become our bishop and for those who work with them both. In the diocese we pray for All Saints, Challoch, with the Whithorn Fellowship. In the worldwide church, we remember the Mexican Church and for the Most Reverend Francisco Moreno.

For this cathedral congregation scattered across the world. For the Contact Group and all exercising care and compassion.

Lord, hear us.

We remember those who have died, remembering on their year's mind Elizabeth Mackey, Leslie Alcock and John Sage.

May they rest in peace and rise in Glory.

O God as we face the coming week, help us to reflect your very being to those around us and bring creativity, reconciliation and justice by what we think and do.

We pray in the name of God, our Creator, Saviour, Liberator.

Amen.

Communion – third video

Offertory - [SISTER AJ]

We share Christ's love in many ways, offering our prayers, time, talents, and money to aid the work of the Church. We can't be passing the offering basket now, but if you would like to make an

offering by means of a bank transfer, please look on the Cathedral website for details. If you are joining us from another parish, I am sure they also have a way to support them in their service to God's children.

Eucharistic Prayer - [SISTER HELENA]

Blessed are you, Lord God of all creation; through your goodness we have this bread to offer, which earth has given and human hands have made: it will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord God of all creation; through your goodness we have this wine to offer, fruit of the vine and work of human hands; it will become the cup of our salvation.

Blessed be God for ever.

Though we cannot share the bread and wine together physically as we would like to do, know that they will become the Body and Blood of Christ which we will receive here, but this sacrifice is offered for all who are watching this service, for you are indeed the body of Christ and individually members of it.

May this offering feed you that you may in turn feed others with Christ, our Saviour and our Lord.

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, 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 worship the mystery of
your Godhead, Father, Son and Holy Spirit,
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.**

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 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

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.**

Blessing & Dismissal

Give thanks to the Lord for he is gracious
And his love endures forever.

God the Holy Trinity make you strong in faith and love, defend you on every side, and guide you in truth and peace; and the blessing of God almighty, + the Father, + the Son and the Holy +Spirit, be among you and remain with you always.

Amen.

We would like to thank all who made this celebration possible, and all of you who have been with us.

May you stay safe and well.

Go in peace to love and serve the Lord.

In the name of Christ. Amen.

An organ voluntary and a video for the young church are available on the online worship page at www.thecathedral.org.uk/worship.

The pictures of hills and mountains used in this worship came from Deborah Lewer, Anne Jones, Christine Lowther, Kerry Johnstone, Franny Mawditt, Jinty Stewart, Sister AJ, Sister Helena, Elspeth Gibb, Jim McKillop, Andy Winter, Liffy Grant, Linda Rayner, Stewart Macfarlane and Sue Champion.