

The Parish Church of St Matthew  
Northampton

# The Fourth Sunday after Trinity

Proper 7 Year B



*The calming of the storm*

## The Parish Mass

Sunday 23<sup>rd</sup> June 2024

10.15 am



## Welcome to St Matthew's Parish Church

In the Bible the calming of a storm is a characteristic sign of divine power, because the wind and the sea are seen as forces of evil and chaos that only God can control. Today's readings speak of God's mastery over the watery chaos.

But the storm can also stand for the trials and tribulations which the righteous suffer, and from which only the power of God can save them. All this prepares us for the gospel reading. By calming a storm Jesus shows his divine power and his care for his disciples in their trials.

The storm reflects the post-Easter experience of the early Church. The disciples have run into all sorts of difficulties and feel that the Lord has abandoned them. But they are summoned to have faith in his presence with them and care for them.

We can relate the storms mentioned in the scriptures to the storms through which the Church is passing, and proclaim the power of Christ to still these storms today if we cling to him.

*It is our custom to spend some time in quiet preparation before the liturgy begins, and save further conversation until we meet socially for refreshments afterwards. The following reflection, based on today's themes, may be found helpful:*

### Reflection

My faith is tested many times every day,  
and more times than I'd like to confess,  
I'm unable to keep the banner of faith aloft.  
If a promise is not kept, or if a secret is betrayed,  
or if I experience long-lasting pain,  
I begin to doubt God and God's love.  
I fall into a chasm of disbelief, and I cry out in despair.  
But then the Spirit lifts me up again,  
and once more I am secured in faith.  
I don't know how that happens, save when I cry our earnestly,  
I am answered immediately and am returned to faithfulness.  
I am once again filled with spirit and firmly planted in solid ground.

Maya Angelu

### Settings

Communion Service in F (Gloria only)

*Herbert Sumsion (1899-1995)*

The Mass of the Altar of Life

*David Halls*

# Order of Service

## ¶ The Gathering

§ *At the sound of the bell, all stand*

## Hymn

§ *The procession enters*

*All*                   **LIGHT of the minds that know him,  
                          May Christ be light to mine!  
My sun in risen splendour,  
                          My light of truth divine;  
My guide in doubt and darkness,  
                          My true and living way,  
My clear light ever shining,  
                          My dawn of heaven's day.**

**Life of the souls that love him,  
                          May Christ be ours indeed!  
The living bread from heaven  
                          On whom our spirits feed;  
Who died for love of sinners  
                          To bear our guilty load,  
And make of life's brief journey  
                          A new Emmaus road.**

**Strength of the wills that serve him,  
                          May Christ be strength to me,  
Who stilled the storm and tempest,  
                          Who calmed the tossing sea;  
His Spirit's power to move me,  
                          His will to master mine,  
His cross to carry daily  
                          And conquer in his sign.**

**May it be ours to know him  
That we may truly love,  
And loving, fully serve him  
As serve the saints above;  
Till in that home of glory  
With fadeless splendour bright,  
We serve in perfect freedom  
Our strength, our life, our light.**

Words Timothy Dudley-Smith (born 1926)  
based on a prayer of Saint Augustine of Hippo 354-430

Music King's Lynn  
English folk melody  
arranged by Ralph Vaughan Williams (1872-1958)

*All* † In the name of the Father, and of the Son, and of the Holy Spirit.  
**Amen.**

## The Greeting

Welcome in the name of Christ.  
God's grace, mercy and peace be with you  
*All* **and also with you.**

*The service is introduced*

## Invitation to Confession

When the apostles were caught in the storm  
they turned to Jesus for help and found it.  
From time to time we too get caught in storms or trials  
of one kind or another.  
When that happens, we must turn to God,  
and trust that he will forgive us and help us through.

*Silence is kept*

## Confession

*All*      **Almighty God, our heavenly Father,  
we have sinned against you,  
through our own fault,  
in thought, and word, and deed,  
and in what we have left undone.  
We are heartily sorry,  
and repent of all our sins.  
For your Son our Lord Jesus Christ's sake,  
forgive us all that is past;  
and grant that we may serve you in newness of life  
to the glory of your name.  
Amen.**

## Kyries

Lord Jesus, you are our refuge in times of distress:  
Lord, have mercy.  
*All*      **Lord, have mercy.**

You are our fortress in times of danger:  
Christ, have mercy.  
*All*      **Christ, have mercy.**

You are our hope in times of despair:  
Lord, have mercy.  
*All*      **Lord, have mercy.**

## Absolution

The Lord enrich you with his grace,  
and nourish you with his blessing;  
the Lord defend you in trouble and keep you from all evil;  
the Lord accept your prayers,  
and † absolve you from your offences,  
for the sake of Jesus Christ, our Saviour.  
*All*      **Amen.**

## Gloria in Excelsis

*Choir*     Glory be to God on high,  
and in earth peace, good will towards men.

We praise thee, we bless thee,  
we worship thee, we glorify thee,  
we give thanks to thee for thy great glory,  
O Lord God, heavenly King,  
God the Father almighty.

O Lord, the only-begotten Son, Jesu Christ;  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy upon us.

Thou that takest away the sins of the world,  
receive our prayer.

Thou that sittest at the right hand of God the Father,  
have mercy upon us.

For thou only art holy;  
thou only art the Lord;  
thou only, O Christ,  
with the Holy Ghost,  
art Most High,  
in the glory of God the Father. Amen.

## The Collect

Let us pray.

Almighty God,  
you have broken the tyranny of sin  
and have sent the Spirit of your Son into our hearts  
whereby we call you Father:  
give us grace to dedicate our freedom to your service,  
that we and all creation may be brought  
to the glorious liberty of the children of God;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

*All*     **Amen.**

§ *Sit*

# ¶ The Liturgy of the Word

## First Reading

*Reader* A reading from the Book of Job.

The Lord answered Job out of the whirlwind:

'Who is this that darkens counsel by words without knowledge?  
Gird up your loins like a man,  
I will question you, and you shall declare to me.  
'Where were you when I laid the foundation of the earth?  
Tell me, if you have understanding.  
Who determined its measurements—surely you know!  
Or who stretched the line upon it?  
On what were its bases sunk,  
or who laid its cornerstone  
when the morning stars sang together  
and all the heavenly beings shouted for joy?  
'Or who shut in the sea with doors  
when it burst out from the womb?—  
when I made the clouds its garment,  
and thick darkness its swaddling band,  
and prescribed bounds for it,  
and set bars and doors,  
and said, "Thus far shall you come, and no farther,  
and here shall your proud waves be stopped"?'  
Job 38.1-11

This is the word of the Lord.

*All* **Thanks be to God.**

## Psalm

*Response*

Give thanks to the Lord, for he is gra - cious.

Andrew Wright

The musical notation is a simple piano accompaniment for the response. It is written in 4/4 time. The treble clef staff has a key signature of one flat (B-flat). The melody is: G4 (quarter), A4 (quarter), B4 (quarter), A4-G4 (beamed eighth notes), F4 (quarter), E4 (quarter), D4 (quarter), C4 (half). The bass clef staff provides harmonic support with chords: G2-B2 (quarter), A2-B2 (quarter), B2-C3 (quarter), B2-A2 (beamed eighth notes), G2 (quarter), F2 (quarter), E2 (quarter), D2 (half).

*Choir* O give thanks to the Lord, for he is gracious,  
for his steadfast love endures for ever.  
Let the redeemed of the Lord say this,  
those he redeemed from the hand of the enemy,  
And gathered out of the lands  
from the east and from the west,  
from the north and from the south. **Response**

Those who go down to the sea in ships  
and ply their trade in great waters,  
These have seen the works of the Lord  
and his wonders in the deep.  
For at his word the stormy wind arose  
and lifted up the waves of the sea. **Response**

They were carried up to the heavens  
and down again to the deep;  
their soul melted away in their peril.  
They reeled and staggered like a drunkard  
and were at their wits' end.  
Then they cried to the Lord in their trouble,  
and he brought them out of their distress.  
He made the storm be still  
and the waves of the sea were calmed. **Response**

Then were they glad because they were at rest,  
and he brought them to the haven they desired.  
*Let them give thanks to the Lord for his goodness  
and the wonders he does for his children.  
Let them exalt him in the congregation of the people  
and praise him in the council of the elders.* **Response**

Psalm 107.1-3 & 23-32

## Holy Gospel

§ Stand

Acclamation

1. *Choir only*  
2. *Choir and Congregation*



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

The musical notation is a single line of music on a treble clef staff. It begins with a common time signature (C) and a key signature of one flat (B-flat). The melody consists of quarter and eighth notes, with a final note held over a bar line. The lyrics 'Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.' are written below the staff, with the first 'Al' aligned under the first note, and the subsequent 'al' and 'al' aligned under the first notes of the second and third phrases respectively.



*Cantor* May the Father of our Lord Jesus Christ enlighten the eyes of our mind:  
so that we may know the hope to which he calls us.

*All* **Alleluia ...**

*All* The Lord be with you  
**and also with you.**

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

Musical notation for the Alleluia. It is written on a single staff in treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The melody begins with a quarter rest, followed by a quarter note D4, an eighth note C4, a quarter note B3, a quarter note A3, a quarter note G3, a quarter note F#3, and a quarter note E3. This is followed by a quarter note D4, an eighth note C4, a quarter note B3, a quarter note A3, a quarter note G3, a quarter note F#3, and a quarter note E3. The final measure contains a half note D4 with a fermata above it. The lyrics 'Glo - ry to you, O Lord.' are written below the staff, with a long horizontal line under the 'O'.

When evening had come, Jesus said to the disciples, ‘Let us go across to the other side.’ And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, ‘Teacher, do you not care that we are perishing?’ He woke up and rebuked the wind, and said to the sea, ‘Peace! Be still!’ Then the wind ceased, and there was a dead calm. He said to them, ‘Why are you afraid? Have you still no faith?’ And they were filled with great awe and said to one another, ‘Who then is this, that even the wind and the sea obey him?’

Mark 4.35-41

*All* This is the Gospel of the Lord.

Musical notation for the Gospel of the Lord. It is written on a single staff in treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The melody begins with a quarter rest, followed by a quarter note D4, an eighth note C4, a quarter note B3, a quarter note A3, a quarter note G3, a quarter note F#3, and a quarter note E3. This is followed by a quarter note D4, an eighth note C4, a quarter note B3, a quarter note A3, a quarter note G3, a quarter note F#3, and a quarter note E3. The final measure contains a half note D4 with a fermata above it. The lyrics 'Praise to you, O Christ.' are written below the staff, with a long horizontal line under the 'O'.

Homily

§ Sit

# The Nicene Creed

§ Stand

Let us declare our faith in God, Father, Son and Holy Spirit.

*All*      **We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is,  
seen and unseen.**

**We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.**

*All may  
bow*      ***For us and for our salvation he came down from heaven,  
was incarnate from the Holy Spirit and the Virgin Mary  
and was made man.***

**For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is worshipped and glorified,  
who has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

## Prayers of the Faithful

*Priest* The apostles cried out to the Lord in their trouble, and he rescued them. Let us now bring our needs before the Lord, confident that he will hear our prayers too.

§ *Kneel*

*The response to each petition*

*Intercessor* Lord, in the storms of life we call upon you:  
*All* **grant us your peace.**

*After the final petition*

*Priest* All-powerful God, grant that in the midst of life's storms we may experience the calming presence of your Son, so that we may find peace and tranquillity in your service. We ask this through the same Christ our Lord.

*All* **Amen.**

§ *Stand*

## ¶ The Liturgy of the Sacrament

### Sign of Peace

Lord Jesus Christ, when a storm blew up and threatened to sink the apostles' boat, you said to them, 'Why are you afraid? Have you still no faith?' Then you rebuked the wind, and said to the sea, 'Peace! Be still!' and there was a dead calm.

Calm the storms that anger causes to blow up among us, so that we may enjoy the peace and unity of your kingdom where you live for ever and ever.

*All* The peace of the Lord be always with you  
**and also with you.**

Let us offer each other a sign of Christ's peace.

# Hymn

All

**PRAISE to the Lord, the Almighty,  
the King of creation;**

**O my soul, praise him, for his is  
thy health and salvation:**

**All ye who hear,  
Brothers and sisters draw near,  
Praise him in glad adoration.**

**Praise to the Lord, who o'er all things  
so wondrously reigneth,  
Shelters thee under his wings,  
yea, so gently sustaineth:**

**Hast thou not seen  
All that is needful hath been  
Granted in what he ordaineth?**

**Praise to the Lord, who doth prosper  
thy work and defend thee;  
Surely his goodness and mercy  
here daily attend thee;**

**Ponder anew  
All the Almighty can do,  
He who with love doth befriend thee.**

**Praise to the Lord, who, when tempests  
their warfare are waging,  
Who, when the elements madly  
around thee are raging,**

**Biddeth then cease,  
Turneth their fury to peace,  
Whirlwinds and waters assuaging.**

**Praise to the Lord! O let all that  
is in me adore him!**

**All that hath life and breath come now  
with praises before him!**

**Let the Amen  
Sound from his people again:  
Gladly for ay we adore him.**

Words Joachim Neander (1650-1680),  
Catherine Winkworth (1827-1878)

Music Lobe den Herren  
adapted by Joachim Neander (1650-1680)

## Invitation to Prayer

Pray, my brothers and sisters,  
that our sacrifice may be acceptable to God,  
the almighty Father.

*All* **May the Lord accept the sacrifice at your hands  
for the praise and glory of his name,  
for our good, and the good of all his Church.**

## Prayer over the Gifts

O Lord, receive the sacrifice of praise,  
and grant that, cleansed by its action,  
we may make offering of a heart pleasing to you.  
Through Jesus Christ our Lord.

*All* **Amen.**

## The Eucharistic Prayer

*All* The Lord be with you  
**and also with you.**

*All* Lift up your hearts.  
**We lift them to the Lord.**

*All* Let us give thanks to the Lord our God.  
**It is right to give thanks and praise.**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God.

From sunrise to sunset this day is holy,  
for Christ has risen from the tomb  
and scattered the darkness of death with light that will not fade.  
This day the risen Lord walks with your gathered people,  
unfolds for us your word,  
and makes himself known in the breaking of the bread.

And though the night will overtake this day  
you summon us to live in endless light,  
the never-ceasing sabbath of the Lord.

And so, with choirs of angels  
and with all the heavenly host,  
we proclaim your glory  
and join their unending song of praise:

All

**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.**

Lord, you are holy indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples, saying:

Take, eat; this is my body which is given for you;  
do this in remembrance of me.

In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:

Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.  
Great is the mystery of faith:

The musical notation is a single line of music in treble clef, 4/4 time, with a key signature of one sharp (F#). The melody consists of quarter notes and half notes. The lyrics are written below the notes: 'Christ has died: Christ is risen: Christ will come again.' The dynamics are marked as *mf* (mezzo-forte) for the first two phrases, *cresc.* (crescendo) for the third, and *f* (forte) for the final phrase. The piece ends with a double bar line.

All

And so, Father, calling to mind his death on the cross,  
his perfect sacrifice made once for the sins of the whole world,  
rejoicing in his mighty resurrection and glorious ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our redemption.  
As we offer you this our sacrifice of praise and thanksgiving,  
we bring before you this bread and this cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.

Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of Mary the Virgin Mother of God,  
St Matthew and all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;

by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever.

*All*     **Amen.**

*The Blessed Sacrament is elevated and bells are rung*

§   *Kneel*

## The Lord's Prayer

Let us pray with confidence as our Saviour has taught us.

*All*     **Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.**

**For thine is the kingdom,  
the power, and the glory,  
for ever and ever.  
Amen.**

## Breaking of the Bread

My flesh is food indeed,  
and my blood is drink indeed, says the Lord.  
*All* **Those who eat my flesh and drink my blood  
dwell in me and I in them.**

## Agnus Dei

*All* **Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
grant us peace.**

## Invitation to Communion

Behold the Lamb of God who takes away the sin of the world.  
Blessed are those who are called to his supper.  
*All* **Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**



## Giving of Communion

The eyes of all wait upon you, O Lord,  
and you give them their food in due season.

## Spiritual Communion – *for those at home*

### Act of Reception

*All* In union, blessed Jesus,  
with the faithful gathered at every altar of your Church  
where your blessed Body and Blood are offered this day,

*(and remembering particularly my own parish ...)*

I long to offer you praise and thanksgiving,  
for creation and all the blessings of this life,  
for the redemption won for us by your life, death,  
and resurrection,  
for the means of grace and the hope of glory.

*(and particularly for the blessings given me ...)*

I believe that you are truly present in the Holy Sacrament,  
and, since I cannot at this time receive communion,  
I pray you to come into my heart.  
I unite myself with you and embrace you with all my heart,  
my soul, and my mind.  
Let nothing separate me from you;  
let me serve you in this life until, by your grace,  
I come to your glorious kingdom and unending peace.  
Amen.

## Motet

*Choir* Ave Verum Corpus

*Edward Elgar (1857-1934)*

# Hymn

*All*      **PEACE, perfect peace, in this dark world of sin?  
The blood of Jesus whispers peace within.**

**Peace, perfect peace, by thronging duties pressed?  
To do the will of Jesus, this is rest.**

**Peace, perfect peace, with sorrows surging round?  
In Jesus' bosom naught but calm is found.**

**Peace, perfect peace, with loved ones far away?  
In Jesus' keeping we are safe and they.**

**Peace, perfect peace, our future all unknown?  
Jesus we know, and he is on the throne.**

**Peace, perfect peace, death shadowing us and ours?  
Jesus has vanquished death and all its powers.**

**It is enough: earth's struggles soon shall cease,  
And Jesus, call us to heaven's perfect peace.**

Words Edward Henry Bickersteth (1825-1906)

Music Song 46  
Orlando Gibbons (1583-1625)

# Prayer after Communion

Let us pray.

§ *Stand*

O God, whose beauty is beyond our imagining  
and whose power we cannot comprehend:  
show us your glory as far as we can grasp it,  
and shield us from knowing more than we can bear  
until we may look upon you without fear;  
through Jesus Christ our Saviour.

*All*      **Amen.**

*All*      **Fill us, good Lord, with your Spirit of love;  
and as you have fed us with the one bread of heaven,  
so make us one in heart and mind,  
in Jesus Christ our Lord.  
Amen.**

## Hymn

*All*      **WHEN all thy mercies, O my God,  
My rising soul surveys,  
Transported with the view, I'm lost  
In wonder, love, and praise.**

**Unnumbered comforts to my soul  
Thy tender care bestowed,  
Before my infant heart conceived  
From whom those comforts flowed.**

**When in the slippery paths of youth  
With heedless steps I ran,  
Thine arm unseen conveyed me safe,  
And led me up to man.**

**When worn with sickness oft hast thou  
With health renewed my face;  
And when in sins and sorrow sunk,  
Revived my soul with grace.**

**Through every period of my life  
Thy goodness I'll pursue,  
And after death in distant worlds  
The glorious theme renew.**

**Through all eternity to thee  
A joyful song I'll raise;  
For O eternity's too short  
To utter all thy praise.**

Words Joseph Addison (1672-1719)

Music Contemplation  
Frederick Arthur Gore Ouseley (1825-1889)

## Notices for the Community

§ Sit

### ¶ Sending Out

§ Stand

*All* The Lord be with you.  
**and also with you.**

### Solemn Blessing

*All* May the Lord be with you to protect you.  
**Amen.**

*All* May the Lord go before you to lead you,  
and follow you to give you strength.  
**Amen.**

*All* May the Lord watch over you, keep you in his care,  
and bless you with his peace.  
**Amen.**

*All* And the blessing of God almighty,  
the Father, the Son †, and the Holy Spirit,  
be upon you and remain with you always.  
**Amen.**

### The Dismissal

*All* The Mass is ended. Go in peace.  
**Thanks be to God.**

# Organ Voluntary

Litanies

*Jehan Alain (1911-1940)*

*The procession departs*

*Those leaving immediately are asked to be aware of those who wish to listen to the organ voluntary.*

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## Collection – our response to God’s generosity

*We invite you to make a monetary offering towards the ministry and mission of St Matthew’s Church. You may do so using any of the following methods:*

**Cash, cheques, stewardship envelopes** - using the receptacle provided at the back of church. If you are a taxpayer please use the envelopes in the chairs, and fill out the details in order that our parish may also benefit from the Gift Aid (an extra 25p for every pound given) associated with your giving.

**Contactless giving** - using the terminal provided. Just press the button for the amount you wish to give - £5, £10, or £20, and then hold your bank card over the reader.

**Giving on your smart phone** - using the QR code printed below. It gives you the option of any amount, Gift Aid, and making a regular payment.

**Giving online** - click the donate button on the parish website or Facebook page and follow the instructions.

*Your generosity is gratefully received. Thank you.*



*Our thanks are due to Mandy and Mark Ludlow  
who have generously financed  
the production of this week’s service booklet.*

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*This evening at 5.30 pm*

# Congregational Evensong

**Please take this booklet home  
as an aid to prayer and reflection during the week,  
and then re-cycle it.**

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