



Heacham Parish Church

## **Holy Communion - 2<sup>nd</sup> Sunday before Lent**

### **The Greeting**

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

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

Hymn: **All my hope on God is founded (HON 19)**

All my hope on God is founded;  
he doth still my trust renew.  
Me through change and chance  
he guideth,  
only good and only true,  
God unknown, he alone  
calls my heart to be his own.

Human pride and earthly glory,  
sword and crown betray his trust;  
what with care and toil he buildeth,  
tow'r and temple, fall to dust.  
But God's pow'r, hour by hour,  
is my temple and my tow'r.

God's great goodness aye endureth,  
deep his wisdom, passing thought:  
splendour, light and life attend him,  
beauty springeth out of naught.  
Evermore, from his store,  
New-born worlds rise and adore.

Still from earth to God eternal  
sacrifice of praise be done,  
high above all praises praising  
for the gift of Christ his Son.  
Christ doth call one and all:  
ye who follow shall not fall.

### **Prayer of preparation**

**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.**

### **Prayers of Penitence**

Our Lord Jesus Christ said:

The first commandment is this:

'Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.'

The second is this: 'Love your neighbour as yourself.'

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**Amen. Lord, have mercy.**

When the Lord comes,

he will bring to light the things now hidden in darkness,  
and will disclose the purposes of the heart.

Therefore in the light of Christ let us confess our sins.

God so loved the world that he gave his only Son Jesus Christ to save us from our sins, to be our advocate in heaven, and to bring us to eternal life.

Let us confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all.

### **Confession**

**Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins.**

**For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.**

Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord.

**Amen.**

### **Gloria in Excelsis**

**Glory, glory to God, glory to God in the high-est; peace to his people on earth, 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.**

**Glory, glory to God, glory to God in the highest. peace to his people on earth, peace to his people on earth.**

**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, receive our prayer, receive our  
prayer.**

**You alone are the Holy One, you alone are the Lord.  
you alone are the Lord, you alone are the Most High.  
Jesus Christ, with the Holy Spirit, in the glory,  
the glory, the glory of God the Father. Amen.**

### **The Collect**

Almighty God,  
give us grace to cast away the works of darkness  
and to put on the armour of light,  
now in the time of this mortal life,  
in which your Son Jesus Christ came to us in great humility;

that on the last day,  
when he shall come again in his glorious majesty  
to judge the living and the dead,  
we may rise to the life immortal;  
through him who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen

**Bible reading** – Luke 8:22-25 read by Judith E

**A reflection** – by Pip

Let's pray, Father help us now as we look into your word. Help  
us to hear your voice, for we ask in Jesus' name, amen.

“Will your anchor hold in the storms of life, when the clouds unfold their wings of strife? When the strong tides lift, and the cables strain, will your anchor drift, or firm remain?”

I always think of this hymn when I read the gospel accounts about Jesus calming the storm. It was a favourite hymn at the 10.30 congregation back in the day. If I turn my mind's eye to those days I can still picture and almost hear a certain member of that congregation, who would sing that hymn with great enthusiasm. It is one of those joyful memories stored in my treasure box of life. They were for me, and maybe others, halcyon days. Days of few storms and a strong and loving fellowship of people who were passionate about the Lord and faith. Many have since gone to be with The Lord. I miss them all. However, life moves on and it says in scripture “Do not say “Why were the old days better than these?” For it is not wise to ask such questions.”

So today in 2022 we turn to the well-known event in the life and earthly times of Jesus and his disciples. Let's ask the Lord, as we look at these verses, to help us to roll back the layers of familiarity with the happenings. Let's try not to let the feelings of seen it, heard it all before, cloud our minds and hearts to the extraordinary supernatural event. Let's marvel afresh at the incredible event. As there is not enough time to explore the supernatural element of the story today can I suggest that we make space later for our own reflection.

In Luke the calming of the storm is sandwiched between the rather odd dismissive remark about The Lord's earthly family and the even odder event of the healing of the demon possessed man and the herd of pigs. Again, I do not intend to explore these connecting passages except to say this. The conclusion that I have drawn, after a little thought, is this, the elements in the sandwiching of these three events seem to turn things from the natural to the supernatural. This is clearly

shown in the calming of the storm, maybe not as obvious in the surrounding events but nonetheless I can trace a thread of connection.

So, just to recap in case anyone has already switched off. Jesus is with the disciples. Someone decides a boat trip to the other side of the lake is a good idea. They get in the boat and sail off. Jesus falls asleep. A squall hits the lake and clearly unsettles the experienced crew who seem to be astonished that Jesus, in spite of the storm, stays in the land of nod. They wake him in a panic. Jesus gets up, calms the storm, and then rebukes his disciples for their lack of faith. They are stunned and say, "Who is this?". The episode then quickly moves on to the next extraordinary event on the other side of the lake.

Now I am pretty certain that we have all heard a lot of talks on this particular passage. We will all be aware of geographical nature of the lake which lends itself to storms. If you have forgotten, the lake is in a basin surrounded by mountains. Occasionally cool air is drawn from the Mediterranean which clashes with the hot humid air present, result squall. We will all know that this episode is used to help the disciples and us to see the control that is part of the nature of a creative God. We will all have been instructed to trust The Lord in the storms of life.

Starting from this premise, that it is indeed true, we can trust Jesus for storm and calm. If we put our faith and hope in Him he will never leave us, he will help us navigate the inevitable storms of life as well as share the joys of our existence. As Christians we are called to know in our very being that Jesus is for us. True, occasionally it may feel like He is asleep on the job, but fundamentally we believe and know He is always beside us and ultimately will welcome us to our heavenly home.

Having said that what shall we look at now to maybe help us in the future? I would like to explore three aspects of the storms that come and go in all of our lives. We begin with "seeing the storm".

It is extremely unlikely that we are going to be in a boat with Jesus and a storm turns up. However, from the boat of our own lives, storms will turn up to buffet and rock our boat. Some storms we will see coming from a distance. Others will probably arrive from out of nowhere and catch us off guard. Storms are not easy to face especially if we feel isolated and not quite a hundred percent. Trusting Jesus when we feel about to capsize means digging deep. It means drawing on the wells of our experience of Jesus, remembering he has brought us through other storms. Calling to mind his promises to all those who follow him. We can prepare by making sure we have a living and active faith and prayer life. Keeping our relationship with Jesus healthy and engaged. That way after the initial panic it will be natural to turn to Jesus in prayer and faith. To bring to mind that the Lord has his people everywhere and someone is going to know what we are experiencing. He will provide in the storm.

We move from "seeing the storm" to "using the storm". If you are thinking that is a strange thing to say, then I have to say that it is not. Why? Because we can all use the storms of life to enrich, help, and comfort others. Recently I experienced a bit of an unexpected storm, the circumstances are not important. What is important is, in the heat of the squall I prayed. I prayed quietly but out loud. That prayer led to a conversation with someone who had just met with the lord in his own storm and needed someone to talk to. In my storm I prayed for him, and I know that prayer has been answered. The lord can use our storms to bring about meetings with people who our paths would never cross with. Next time we face a storm let's pray

we have the openness to see if The Lord is calling us to bring peace, comfort, or a word in season.

We conclude with “emerging from the storm”. All our storms come to pass. They may leave us battered and bruised and a lot more wary of life, but we do eventually come out the other side. When we have emerged and licked our wounds and got back on an even keel we can look back and know we have gained wisdom and experience. The process of the storm will have filled our wells with new knowledge. We will be better prepared for the next one. We will have stores of knowledge that we can gift to those yet to face some storms. The Lord wastes nothing, even our troubles. What a massive privilege we have that the Lord will use us and our experience. We can be witness to the fact that The Lord who calms the storm so many years ago is still in the business of calming storms today.

The hymn I mentioned at the start has this chorus. “We have an anchor that keeps the soul steadfast and sure while the billows roll; fastened to the rock which cannot move, grounded firm and deep in the saviour’s love”.

Let’s remember that whatever storms we face, The Lord is the captain of our ship, and we will eventually reach the safe harbour where storms are not allowed. Amen.

### **The Nicene Creed**

**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. 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 Intercession** - Led by Ren

Loving and gracious Father, we thank you for your constant reassurance that we can bring our concerns and fears for others and for ourselves to you. Today is World Social Injustice Day . Please increase our awareness, multiply our empathy, and show us how we can fight injustice wherever we encounter it.

For the sake of numerous communities and peoples across the world who have yet to have any vaccinations against covid, remind the rich nations of the promises they made to help the poor and free up the huge reserves of the necessary vaccine, medical supplies etc so that they may keep those promises. Father we try to imagine what it must be like to watch our children and community starve. We pray for the people of

Ethiopia, Yemen, and Afghanistan trusting that our prayers will be answered and that the desperate citizens of those countries will feel the comfort of your presence and see evidence that their needs are being met.

We pray for the situation between Russia and the Ukraine. For the fear and tension, it has resulted in. Father, we long for peace in every part of our lives. Knowing that there is nothing whatsoever we can do to bring peace other than pray, we ask you to remind us to faithfully do that.

We bring to you Father, the leaders of the nations. May those who have power use it with wisdom. May their desire to serve their people far outweigh any selfish ambition and may they come to the realisation that they are only in power because you have allowed it.

Lord in your mercy, HEAR OUR PRAYER.

We pray for our village community. Help us in our church family to listen carefully to the concerns of the local people and be ready to respond in every possible way to their needs. Grant us the grace and courage to be generous in our hospitality and friendship, looking out for the vulnerable and lonely and always seeking to share your love by being your love.

We think of those we know who are suffering now. The sick, the grieving, those who are facing death, those who feel that you are far away. Help us to be all that we need to be to bring them close to you, to be the hands of Jesus, the words of Jesus, his listening ear and loving heart. We remember those individuals now in a short period of silence.

And Father, we bring ourselves to you. Help us to fully live this day being true to you in every way.

Jesus, help us to give ourselves away to others, being kind to everyone we meet.

Holy Spirit, help us to love the lost, proclaiming Christ in all we do and say.

Lord in your mercy, HEAR OUR PRAYER

### **The Peace**

Peace be with you.

### **Hymn: Inspired by love and anger (HON 325)**

Inspired by love and anger,  
disturbed by endless pain,  
aware of God's own bias,  
we ask him once again:  
'How long must some folk suffer?  
How long can few folk mind?  
How long dare vain self-int'rest  
turn prayer and pity blind?'

From those for ever victims  
of heartless human greed,  
their cruel plight composes  
a litany of need:  
'Where are the fruits of justice?  
Where are the signs of peace?  
When is the day when pris'ners  
and dreams find their release?'

From those for ever shackled  
to what their wealth can buy,  
the fear of lost advantage  
provokes the bitter cry:  
'Don't query our position!  
Don't criticise our wealth!  
Don't mention those exploited  
by politics and stealth!'

To God, who through the prophets  
proclaimed a diff'rent age,  
we offer earth's indiff'rence,  
its agony and rage:  
'When will the wronged be righted?  
When will the kingdom come?  
When will the world be gen'rous  
to all instead of some?'

God asks: 'Who will go for me?  
Who will extend my reach?  
And who, when few will listen,  
will prophesy and preach?  
And who, when few bid welcome,  
will offer all they know?  
And who, when few dare follow,  
will walk the road I show?'

Amused in someone's kitchen,  
asleep in someone's boat,  
attuned to what the ancients  
exposed, proclaimed and wrote,  
a Saviour without safety,  
a tradesman without tools  
has come to tip the balance  
with fishermen and fools.

## **The Eucharistic Prayer**

The Lord is here.

**His Spirit is with us.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give thanks and praise.**

Father, we give you thanks and praise through your beloved Son Jesus Christ, your living Word, through whom you have created all things; who was sent by you in your great goodness to be our Saviour.

By the power of the Holy Spirit he took flesh;  
as your Son, born of the blessed Virgin,  
he lived on earth and went about among us;  
he opened wide his arms for us on the cross;  
he put an end to death by dying for us;  
and revealed the resurrection by rising to new life;  
so he fulfilled your will and won for you a holy people.  
Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and saying:

**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:

**Christ has died:**

**Christ is risen:**

**Christ will come again.**

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 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. **Amen.**

**The Lord's Prayer**

### **Breaking of the Bread**

We break this bread to share in the body of Christ

**Though we are many, we are one body, because we all share in one bread.**

### **Giving of Communion**

God's holy gifts for God's holy people.

**Jesus Christ is holy, Jesus Christ is Lord, to the glory of God the Father.**

### **Prayer after Communion**

**Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen.**

### **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.

**Hymn: I cannot tell (HON 303)**

I cannot tell how he whom angels worship  
should stoop to love the peoples of the earth,  
or why as shepherd he should seek the wand'rer  
with his mysterious promise of new birth.  
But this I know, that he was born of Mary,  
when Bethl'em's manger was his only home,  
and that he lived at Nazareth and laboured,  
and so the Saviour, Saviour of the world, is come.

I cannot tell how silently he suffered,  
as with his peace he graced this place of tears,  
or how his heart upon the cross was broken,  
the crown of pain to three and thirty years.  
But this I know, he heals the broken-hearted,  
and stays our sin, and calms our lurking fear,  
and lifts the burden from the heavy laden,  
for yet the Saviour, Saviour of the world, is here.

I cannot tell how he will win the nations,  
how he will claim his earthly heritage,  
how satisfy the needs and aspirations  
of east and west, of sinner and of sage.  
But this I know, all flesh shall see his glory,  
and he shall reap the harvest he has sown,  
and some glad day his sun shall shine in splendour  
when he the Saviour, Saviour of the world, is known.

I cannot tell how all the lands shall worship,  
when, at his bidding, ev'ry storm is stilled,  
or who can say how great the jubilation  
When ev'ry heart with perfect love is filled.  
But this I know, the skies will thrill with rapture,  
and myriad, myriad human voices sing,  
and earth to heav'n, and heav'n to earth, will answer:  
'At last the Saviour, Saviour of the world, is King!'

**Dismissal**

Go in peace to love and serve the Lord.

**In the name of Christ. Amen.**

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