

Dear Lord,

You gave me a body to use in your service. Take the parts and make them into an effective witness for you and to your endless love.

(Without leaving your seat, point to or touch the part of your body.)

Head May my head be filled with thoughts and hopes and dreams. May they be yours.

Eyes May my eyes ever see the joys of your creation. May I marvel at beauty and shape, texture and colour and never cease to wonder at your continuing, endless generosity.

Mouth May my mouth both sing your praise and encourage others with words of friendship and love.

Heart May my heart overflow with love for all people, your people, everywhere.

Feet May my feet be always prepared to go the extra mile in the service of you and of others.

Hand May my hands be open in welcome and greeting to all and so may I welcome and greet you.

Friendship

Aren't we lucky we found one another?

Did God plan it that way?

You came into my life at a point when I needed you.

You came and you held open your door, arms and heart for me.

I was wayward. I needed you.

And you needed me too, as was evidenced in your own tough times.

And now....

We laugh together, hope together and love together.

We share many similarities, and hold up the differences in wonder between us.

We treasure each other, and thank God regularly for this chance meeting.

We are not family, not by blood, but we are family by choice.

I am so glad I have you, dear friend.

We come together

God's grace and peace
are with us.
Let our hearts be filled
with joy.



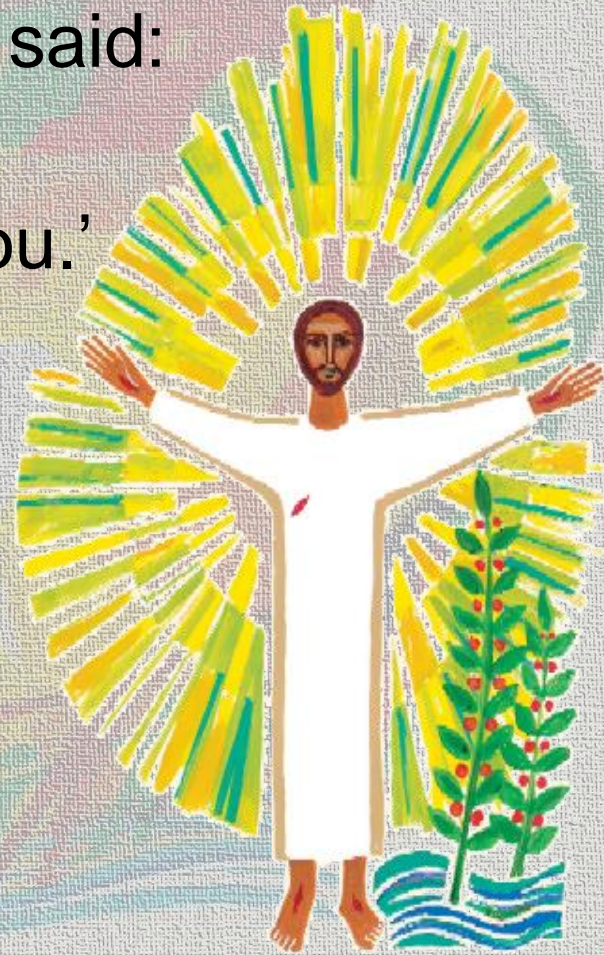
We share the Peace

Our Lord Jesus Christ said:

'I leave you peace,
my peace I give to you.'

The peace of the Lord
be always with you.

And also with you.



We say we are sorry

Let us pray.

**God of mercy,
your love for us is strong,
but our love for you is weak.
You call us to follow Jesus,
but we are slow to obey.
You care for all that you
have made,
but we ignore the needs of others
and misuse your creation.**



We say we are sorry

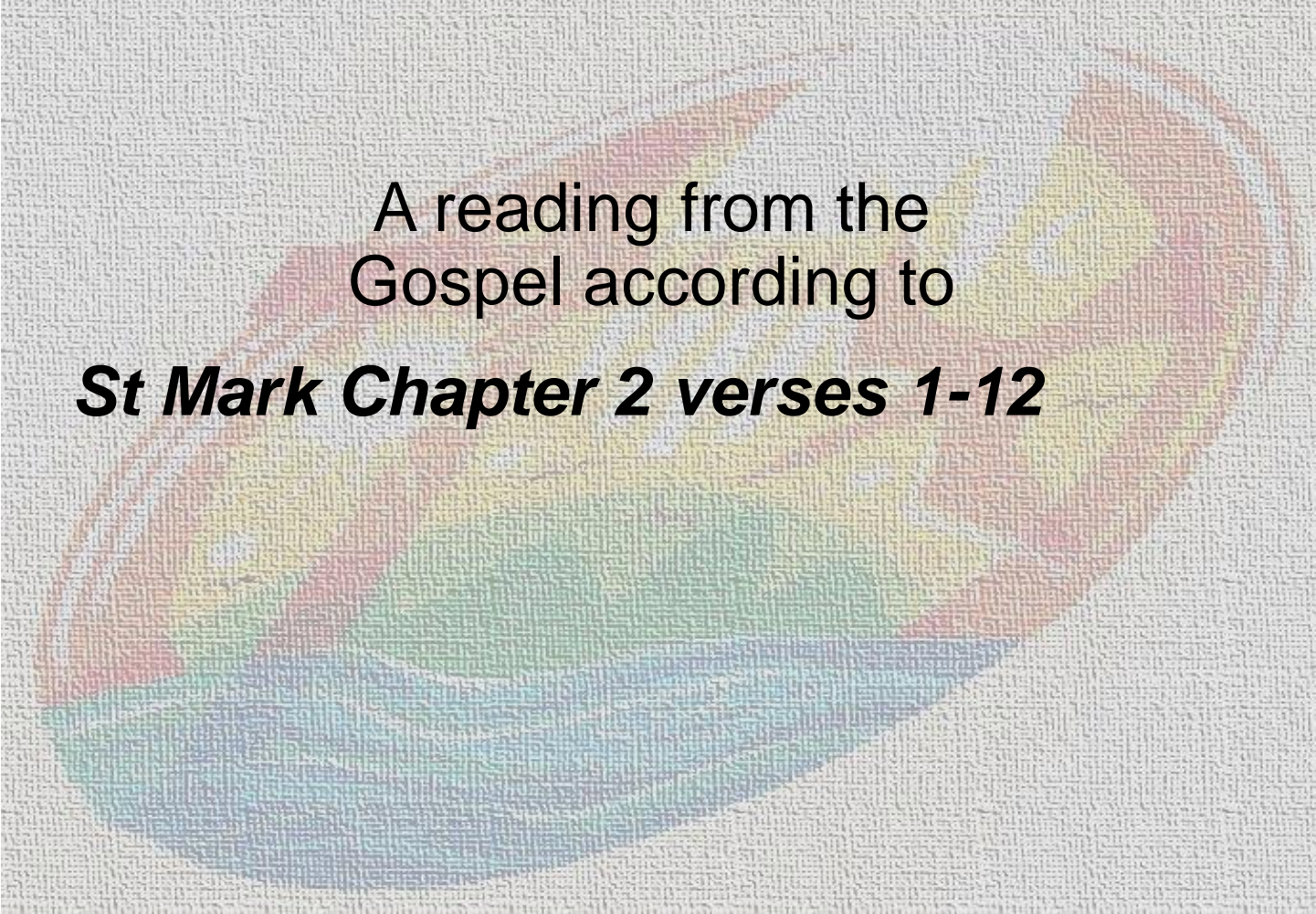
**We are sorry for our sins
Forgive us,
and help us to please you
by the way we live;
through Jesus Christ our
Lord. Amen.**

God is love
and forgives our sins through Jesus.
Amen.



We listen for God's Word

A reading from the
Gospel according to
St Mark Chapter 2 verses 1-12



When he returned to Capernaum after some days, it was reported that he was at home.

So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them.

Then some people came, bringing to him a paralysed man, carried by four of them.

And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay.

We listen for God's Word

When Jesus saw their faith, he said to the paralytic, 'Son, your sins are forgiven.'

Now some of the scribes were sitting there, questioning in their hearts,

'Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?'

At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, 'Why do you raise such questions in your hearts?'

Which is easier, to say to the paralytic, "Your sins are forgiven", or to say, "Stand up and take your mat and walk"?

But so that you may know that the Son of Man has authority on earth to forgive sins' – he said to the paralytic – 'I say to you, stand up, take your mat and go to your home.'

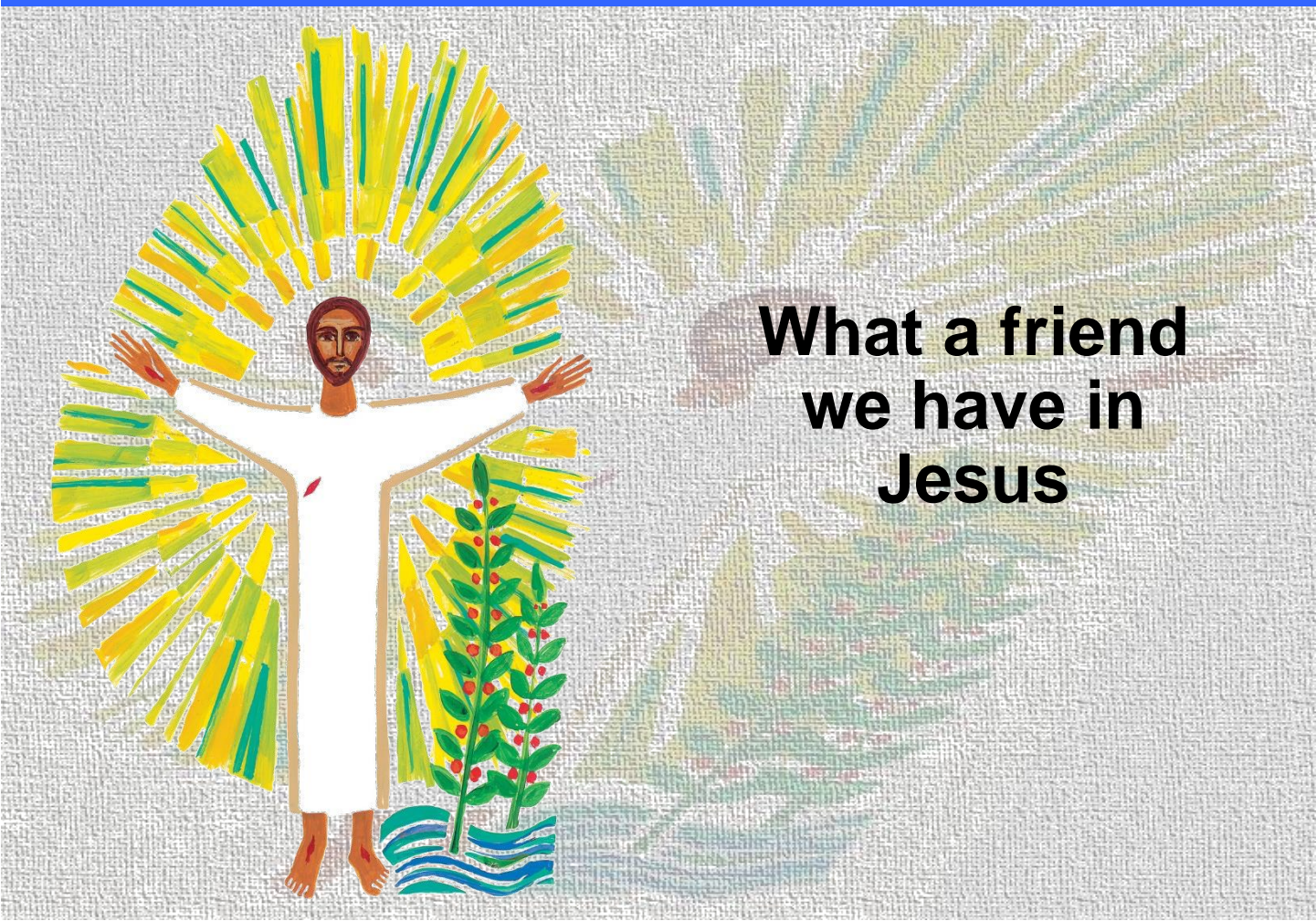
And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, 'We have never seen anything like this!'

We listen for God's Word



Sermon

We sing



**What a friend
we have in
Jesus**

We present
and dedicate
our offerings to
God

We pray for other people

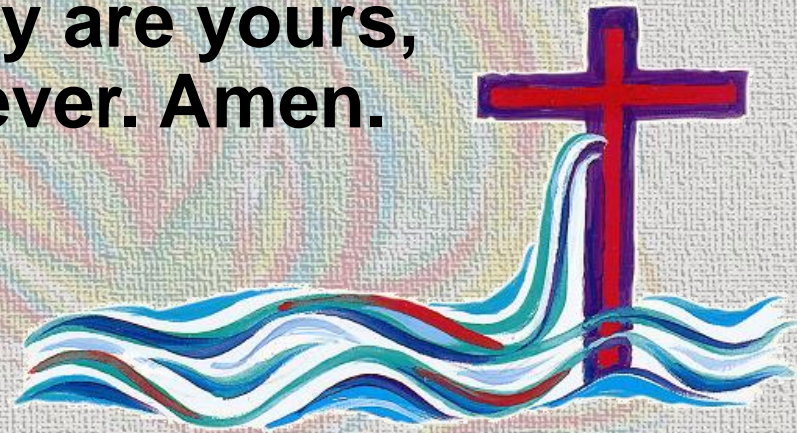


We say together the prayer that Jesus gave us:

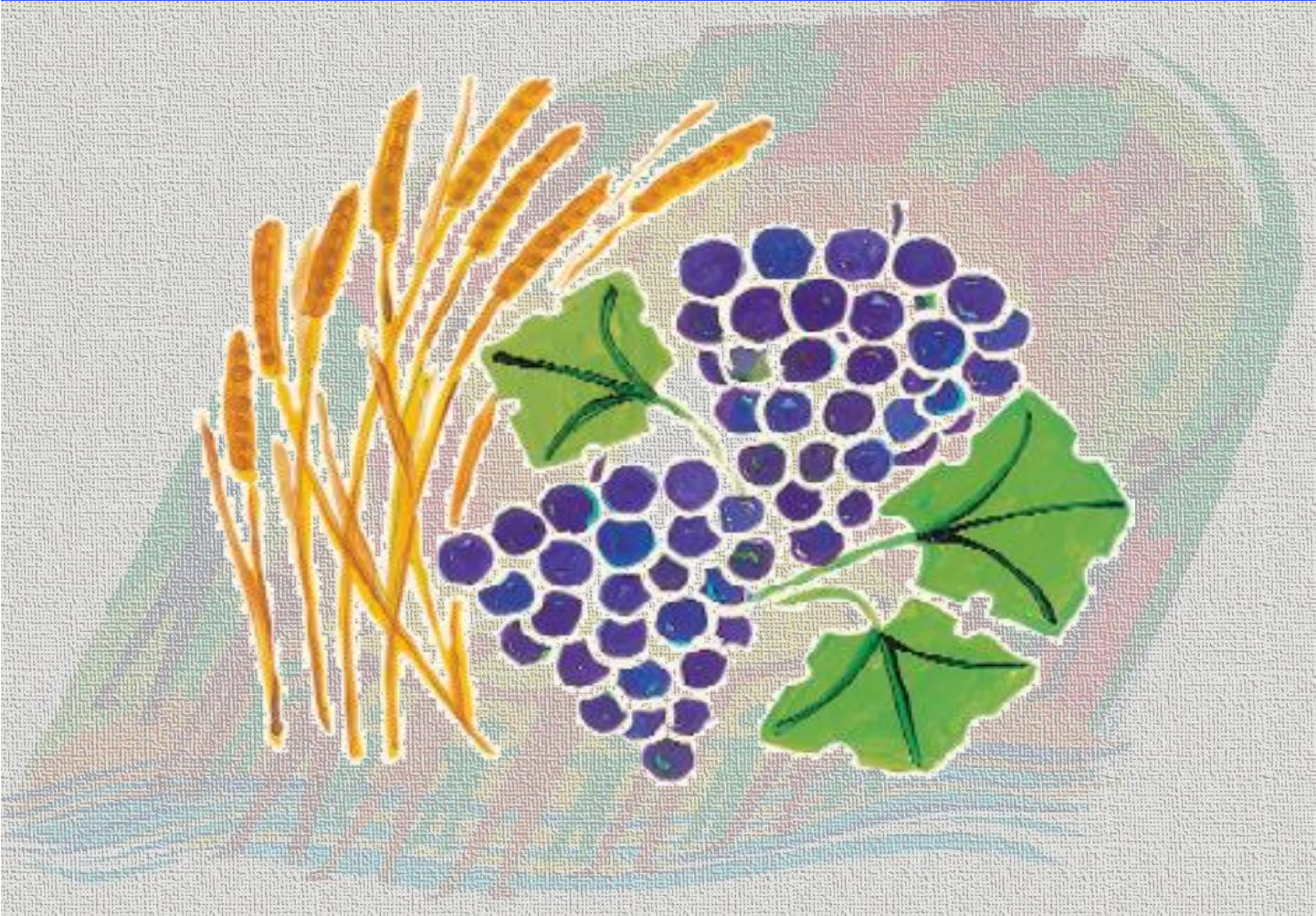
**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our
daily bread.**



**Forgive us our sins
as we forgive those who sin
against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power
and the glory are yours,
now and for ever. Amen.**



The gifts are prepared



We give thanks

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 our thanks
and praise.**

We give thanks

God our Father and our Mother,
we give you thanks and praise
for all that you have made,
for the stars in their splendour
and the world in its wonder
and for the glorious gift of human life.

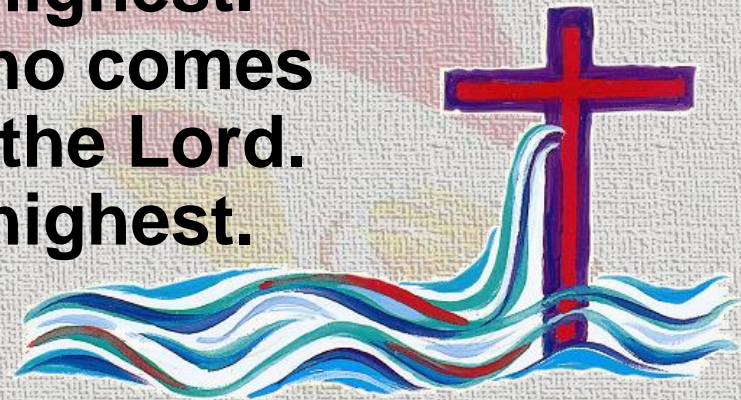


We give thanks

With the saints and angels in heaven
we praise your holy name.

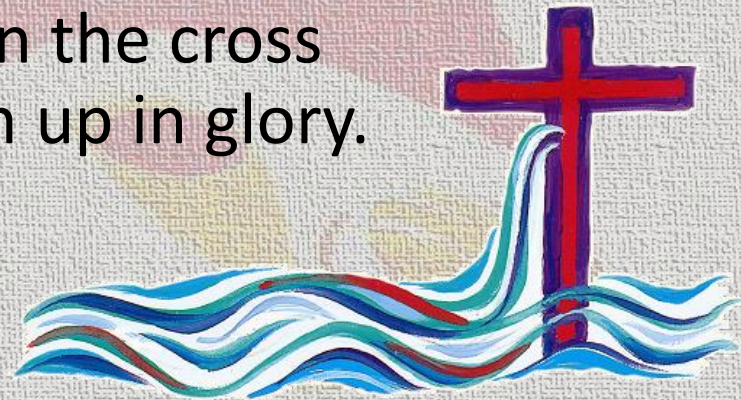
**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full
of your glory.**

**Hosanna in the highest.
Blessèd is he who comes
in the name of the Lord.
Hosanna in the highest.**



We give thanks

Holy God, you go on loving us
even when we turn away from you.
You sent your Son Jesus
who healed those who were sick,
wept with those who were sad,
and forgave sinners.
To show the world your love
he died for all upon the cross
and you raised him up in glory.



We give thanks

On the night before Jesus died,
he had supper with his disciples.
He took bread,
thanked you, as we are thanking you,
broke the bread,
and gave it to them, saying,
'Take, eat. This is my body, given for
you.
Do this to remember me.'



We give thanks

**Jesus the Lord says, I am the
bread,
the bread of life for the world am I.**



We give thanks

After supper, he took a cup of wine,
thanked you,
and gave it to his disciples, saying,
'Drink from it, all of you.

This cup is the new covenant in my
blood.

It will be shed for you and for all
people

for the forgiveness of sins.

Do this to remember me.'



We give thanks

**Jesus the Lord says, I am the vine,
the true and fruitful vine am I.**



And so, God of love,
we remember that Jesus died and
rose again
to make all things new.
Through his offering for us all,
we offer our whole life to you in
thanks
and praise.



We give thanks

Send your Holy Spirit
that these gifts of bread and wine
may be for us Christ's saving body
and blood.

May this same Spirit unite us
with all your people on earth and in
heaven.



We give thanks

Bring us at last
to live in your glory with all your
saints,
that we may praise you for ever,
through Jesus your Son,
in the fellowship of the Holy Spirit.



The bread is broken



The bread we break is a sharing in the body of Christ.

Christ is the Bread of life.

The cup of blessing for which we give thanks is a sharing in the blood of Christ.

Christ is the true Vine.

The bread is broken

Jesus, Lamb of God,
have mercy on us.

Jesus, bearer of our sins,
have mercy on us.

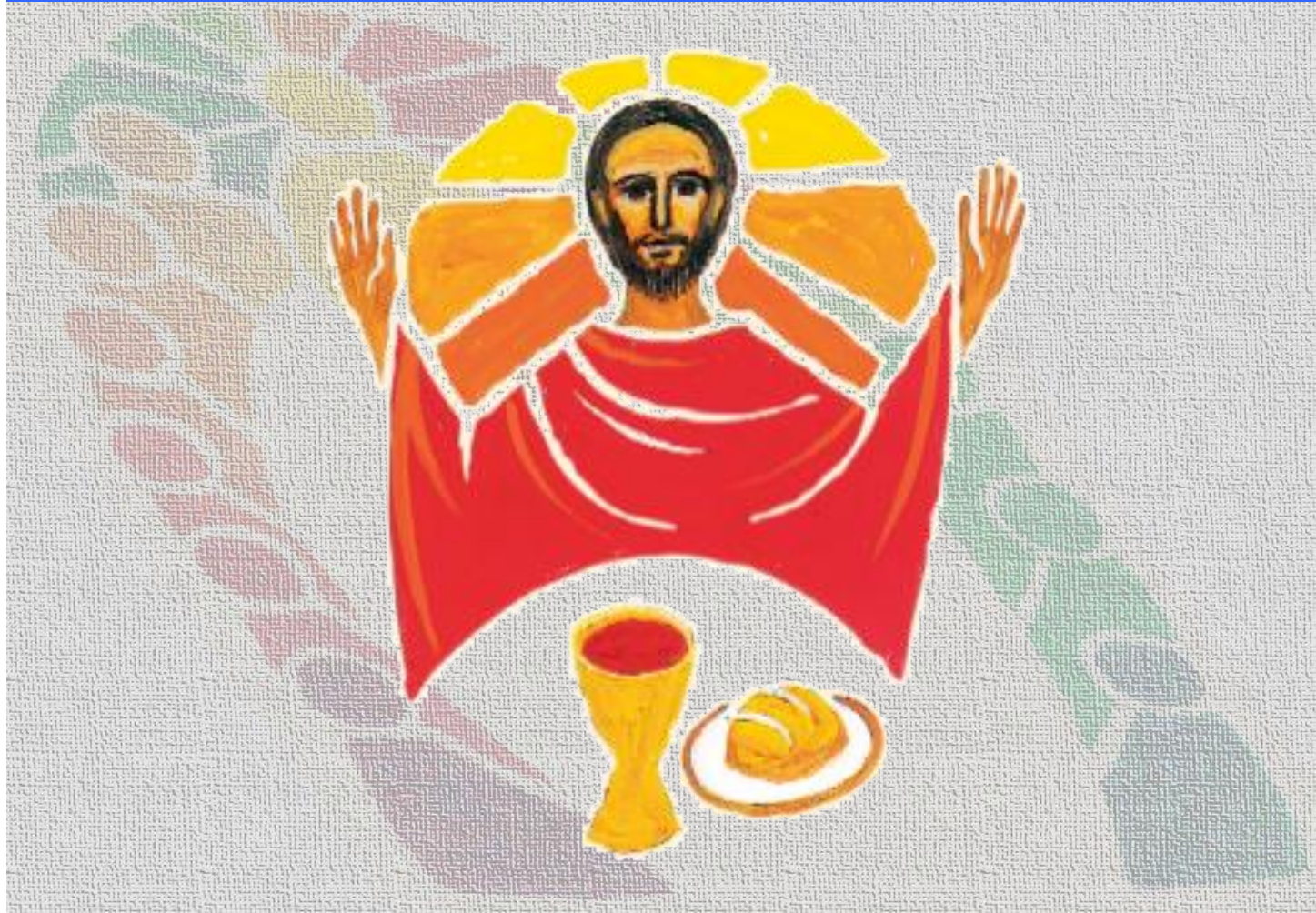
Jesus, redeemer
of the world,
grant us peace.



We share the bread and wine



We share the bread and wine



Let us pray.

**God of glory,
we have seen with our eyes
and touched with our hands
the bread of heaven.**

**Strengthen us in our life together
that we may grow in love
for you and for each other;
through Jesus Christ our Lord.
Amen.**

We go in God's love and sing



One more step

We go in God's love

The blessing of God,
the Father, the Son and the Holy Spirit,
be upon us, now and always. **Amen.**

Go in peace to love and serve the Lord.

In the name of Christ. Amen.