

## Twelfth Sunday after Trinity

### INTRODUCTION

INTROIT HYMN— **285** *New English Hymnal*

In the name of the Father,  
and of ✠ the Son,  
and of the Holy Spirit.

*All respond: Amen.*

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

*The PRAYERS OF PENITENCE are introduced.*

**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.**

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.**

*KYRIE ELEÏSON is sung.*

**Lord, have mercy. Lord, have mercy.  
Christ, have mercy. Christ, have mercy.  
Lord, have mercy. Lord, have mercy.**

*GLORIA IN EXCELSIS is sung.*

**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.**

*All remain standing for the COLLECT.*

Almighty and everlasting God, you are always  
more ready to hear than we to pray and to  
give more than either we desire or deserve:  
pour down upon us the abundance of your  
mercy, forgiving us those things of which  
our conscience is afraid and giving us those  
good things which we are not worthy to ask  
but through the merits and mediation of  
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. **Amen.**

### LITURGY OF THE WORD

Readings for Year B, Proper 16

FIRST READING

*Jos 24.1–2,14–18*

A reading from the book of Joshua.

Joshua gathered all the tribes of Israel to  
Shechem, and summoned the elders, the  
heads, the judges, and the officers of Israel;  
and they presented themselves before God.  
And Joshua said to all the people:

‘Now therefore revere the Lord, and serve  
him in sincerity and in faithfulness; put away  
the gods that your ancestors served beyond  
the River and in Egypt, and serve the Lord.  
Now if you are unwilling to serve the Lord,  
choose this day whom you will serve, whether  
the gods your ancestors served in the region  
beyond the River or the gods of the Amorites  
in whose land you are living; but as for me and  
my household, we will serve the Lord.’ Then  
the people answered, ‘Far be it from us that we  
should forsake the Lord to serve other gods;  
for it is the Lord our God who brought us and

our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the Lord drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the Lord, for he is our God!

This is the Word of the Lord.

**Thanks be to God.**

RESPONSORIAL PSALM

*from Ps 34*

R/. On the day I called, you answered me,

O Lord. (*All repeat*)

The eyes of the Lord are upon the righteous, and his ears are open to their cry.

The Lord turns his face against those who do evil,

to root out the remembrance of them from the earth. R/.

The Lord hears the righteous when they cry, and delivers them from all their troubles.

The Lord is near to the broken-hearted; those whose spirit is crushed he will save. R/.

Many are the troubles of the righteous, but the Lord will deliver him from them all.

He will keep safe all his bones; not one of them shall be broken. R/.

Evil shall slay the wicked, and those who hate the righteous will be punished.

The Lord ransoms the souls of his servants.

Those who trust in him shall not be condemned. R/.

SECOND READING

*Eph 6.10–18*

A reading from the letter of Paul to the Ephesians.

Be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present

darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.

This is the Word of the Lord.

**Thanks be to God.**

GOSPEL ACCLAMATION

*Jn 6.63,68*

**Alleluia.**

Your words are spirit, Lord, and they are life; you have the message of eternal life.

**Alleluia.**

GOSPEL READING

*Jn 6.56–69*

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

Hear the Gospel ✠ of our Lord Jesus Christ according to John. **Glory to you, O Lord.**

Jesus said to the crowd:

“Whoever feeds on my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, not like the bread the fathers ate and died. Whoever feeds on this bread will live for ever.” Jesus said these things in the synagogue, as he taught at Capernaum.

When many of his disciples heard it, they said, “This is a hard saying; who can listen to it?” But Jesus, knowing in himself that his disciples were grumbling about this, said to them, “Do you take offence at this? Then what if you were to see the Son of Man ascending

to where he was before? It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life. But there are some of you who do not believe.” (For Jesus knew from the beginning who those were who did not believe, and who it was who would betray him.) And he said, “This is why I told you that no-one can come to me unless it is granted him by the Father.”

After this many of his disciples turned back and no longer walked with him. So Jesus said to the twelve, “Do you want to go away as well?” Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God.”

This is the Gospel of the Lord.  
**Praise to you, O Christ.**

A SERMON *follows.*

All *stand* to recite 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, (*all bow*) was incarnate from the Holy Spirit and the Virgin Mary, and was made man. (*all rise*) 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.**

*The INTERCESSIONS are introduced, and all kneel. One of these responses may be used:*

∨. Lord, hear us. ℞. **Lord, graciously hear us.**  
or ∨. Lord, in your mercy, ℞. **Hear our prayer.**

*At the Commemoration of the Departed:*

∨. Rest eternal ✠ grant to them, O Lord;  
℞. **And let light perpetual shine upon them.**

*The Intercessions end:*

Merciful Father,

**Accept these prayers, for the sake of your Son, our Saviour Jesus Christ. Amen.**

## LITURGY OF THE SACRAMENT

All *stand* as the priest introduces the PEACE.

The peace of the Lord be always with you.

**And also with you.**

OFFERTORY HYMN— **302**

*The people unite their prayers with the priest, who says the PRAYER OVER THE OFFERINGS.*

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

**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.**

May the offering we make to you, Lord, be a source of holiness for us, and fill us with the grace it symbolises; through Christ our Lord. **Amen.**

EUCCHARISTIC PRAYER

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 him thanks and praise.**

*The PREFACE follows.*

*All respond with the SANCTUS & BENEDICTUS.*  
**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.**

*All kneel. After the Consecration, all acclaim:*  
Great is the mystery of faith:  
**Christ has died; Christ is risen;  
Christ will come again.**

*The Eucharistic Prayer continues, and ends:*  
... for ever and ever. **Amen.**

## RITE OF COMMUNION

*The priest introduces the LORD'S PRAYER.*

**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.**

*The priest breaks the Host; AGNUS DEI is said.*

**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.**

*The priest gives the COMMUNION INVITATION.*  
Behold the Lamb of God, who takes away the  
sin of the world. Blessed are those who are  
called to his supper.

**Lord, I am not worthy to receive you, but  
only say the word, and I shall be healed.**

*Holy Communion is distributed.*

*The priest says the POST-COMMUNION prayer.*  
God of all mercy, in this eucharist you have  
set aside our sins and given us your healing;  
grant that we who are made whole in Christ  
may bring that healing to this broken world,  
in the name of Jesus Christ our Lord. **Amen.**

## CONCLUSION

*The priest gives the BLESSING and DISMISSAL.*  
The Lord be with you.  
**And also with you.**

... The blessing of God almighty, the Father,  
the Son, ✠ and the Holy Spirit, be among  
you, and remain with you always. **Amen.**

Go in the peace of Christ.  
**Thanks be to God.**

RECESSIONAL HYMN—**284**

*The service may be followed by the ANGELUS.*  
V. The angel of the Lord declared unto Mary:  
R. **And she conceived by the Holy Spirit.**  
Hail Mary, full of grace, the Lord is with thee;  
blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
**Holy Mary, Mother of God,  
pray for us sinners, now,  
and at the hour of our death.**

V. Behold the handmaid of the Lord:  
R. **Be it unto me according to thy word.**  
Hail Mary ...

V. And the Word was made flesh:  
R. **And dwelt among us.**  
Hail Mary ...

V. Pray for us, O holy Mother of God:  
R. **That we may be made worthy of the  
promises of Christ.**

Let us pray. Pour forth, we beseech you, O  
Lord, your grace into our hearts; that we to  
whom the Incarnation of Christ, your Son,  
was made known by the message of an angel,  
may by his Passion and Cross ✠ be brought  
to the glory of his Resurrection; through the  
same Christ our Lord. **Amen.**