

St Edmundsbury
Cathedral



The Holy Eucharist

celebrating

Seafarers' Sunday



Sunday 14 July 2024
10.30 am

Welcome to St Edmundsbury Cathedral

Welcome to the Cathedral for today's Sung Eucharist, in which we mark Seafarers' Sunday. Suffolk has a long maritime and coastal history, and Seafarers' Sunday is a day to remember seafarers and to pray for them, their families and those who support them. Especially we remember the ministry of the *Mission to Seafarers*.

Today we are joined by members of the Mothers' Union who play an active part in supporting the *Mission to Seafarers* chaplaincy at Felixstowe Docks. They will help in bringing up the Offertory.

Many thanks to the Sea Cadets, who are playing a significant part in this service: reading, leading intercessions and bringing up the Offertory.

There will be a bucket collection for the *Mission to Seafarers* at the end of the service - please give generously. Thank you to those who have brought gifts, such as hats and toiletries, for seafarers coming through the ports in Suffolk. Members of the Mothers' Union will bring these to the altar during the Offertory.

Today's service

The music in today's service is led by Schola Davidica, Utrecht. The musical setting of the Eucharist is the Communion Service by *Herbert Sumsion, 1899-1995*.

For reasons of Safeguarding and Data Protection, members of the public are **not permitted to take photographs or video recordings** during services and events.

We would like to inform you that photographs, video or livestream footage in which you may appear **could be used by the Cathedral at any time and appear in the public domain including social media**.

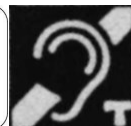
Please note that this service will be livestreamed on Facebook. If you do not want to appear in this please inform a warden or verger.

Instructions about posture in the service are for guidance only and those who prefer not to stand, or who cannot, should do as is most comfortable for them.

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Collections are taken during our services. You are welcome to make a donation at this stage, or by using the contactless giving point or by placing your donation into the giving box as you leave after the service. If you are a UK taxpayer, consider using a Gift Aid envelope (remembering to fill in your details and sign it) or making a written declaration allowing the Chancellor to add 25% to your gift. In this way a gift of £5.00 becomes £6.25 at no extra cost to you. Our Parish Giving scheme allows you to give regularly by Direct Debit - do speak with one of the wardens or stewards or contact giving@stedscathedral.org for further information. **Thank you.**

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The Order of Service

¶ The Gathering

The Reverend Canon Michael Robinson, Canon Theologian, gives the welcome.

Everyone stands for

The Processional Hymn

**Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.**

**Saviour, breathe forgiveness o'er us:
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint and weary,
through the desert thou didst go.**

**Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.**

Words: James Edmeston, 1791-1867

Music: Friedrich Filitz Choralbuch, 1847

Everyone remains standing for

The Greeting

President We meet in the name of the ✠ Father,
and of the Son,
and of the Holy Spirit.

All Amen.

The grace of our Lord Jesus Christ,
the love of God
and the fellowship of the Holy Spirit
be with you

All and also with you.

The Prayers of Penitence

Deacon The Spirit of the Lord fills the world and knows our every word and deed. Let us then open ourselves to the Lord and confess our sins in penitence and faith.

Everyone sits or kneels.

Deacon We confess to you
our lack of care for the world you have given us.
Lord, have mercy.

All Lord, have mercy.

Deacon We confess to you
our selfishness in not sharing the earth's bounty fairly.
Christ, have mercy.

All Christ, have mercy.

Deacon We confess to you
our failure to protect resources for others.
Lord, have mercy.

All Lord, have mercy.

The Absolution

President May the God of love and power
forgive you ✠ and free you from your sins,
heal and strengthen you by his Spirit,
and raise you to new life
in Christ our Lord.

All Amen.

Everyone stands as the choir sings the

Gloria in Excelsis

Glory be to God on high,
and in earth, peace,
goodwill 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
Jesus Christ; O Lord God,
Lamb of God, Son of the Father,
thou 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 the Father, have mercy on us.

For thou only art holy;
thou only art the Lord,
Thou only art the most high
Jesus Christ, with the Holy Spirit,
In the glory of God the Father.
Amen.

The Collect

Everyone remains standing.

The President introduces a period of silent prayer with the words

Let us pray.

Silence is kept.

Almighty God, who has created the earth and the deep,
and whose only begotten Son
walked on the waters and calmed the raging storms:
send your Holy Spirit and anoint all seafarers
with the most excellent gift of your grace;
that they may have strength of body and soul
amidst the raging of the waves;
grant this for the sake of your Son,
Jesus Christ our Lord. **Amen.**

¶ The Liturgy of the Word

Everyone sits as Bury St Edmunds Sea Cadets read

The First Reading

A reading from the prophet Amos.

This is what the Lord God showed me: the Lord was standing beside a wall built with a plumb line, with a plumb line in his hand. And the Lord said to me, 'Amos, what do you see?' And I said, 'A plumb line.' Then the Lord said, 'See, I am setting a plumb line in the midst of my people Israel; I will never again pass them by; the high places of Isaac shall be made desolate, and the sanctuaries of Israel shall be laid waste, and I will rise against the house of Jeroboam with the sword.' Then Amaziah, the priest of Bethel, sent to King Jeroboam of Israel, saying, 'Amos has conspired against you in the very centre of the house of Israel; the land is not able to bear all his words. For thus Amos has said, "Jeroboam shall die by the sword, and Israel must go into exile away from his land."'

And Amaziah said to Amos, 'O seer, go, flee away to the land of Judah, earn your bread there, and prophesy there; but never again prophesy at Bethel, for it is the king's sanctuary, and it is a temple of the kingdom.' Then Amos answered Amaziah, 'I am no prophet, nor a prophet's son; but I am a herdsman, and a dresser of sycamore trees, and the Lord took me from following the flock, and the Lord said to me, "Go, prophesy to my people Israel."'

Amos 7.7–15, NRSV

For the word of the Lord.

All Thanks be to God.

Everyone stands for

The Gospel Acclamation

The choir sings the Alleluias and the congregation repeats them both here and after the versicle, during which everyone turns to face the Gospel Book as it is carried in procession to the centre of the Nave.

Choir Alleluia. alleluia. alleluia.

All 

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

Choir Speak, Lord for your servant is listening:
You have the words of eternal life.

All Alleluia, alleluia, alleluia.

The Gospel Reading

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

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

All **Glory to you, O Lord.**

King Herod heard of the healings and other miracles, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.' For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him.

But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the Baptist.' Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptistizer on a platter.' The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

Mark 6.14–29, NRSV

This is the Gospel of the Lord.

All **Praise to you, O Christ.**

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

The procession returns, and all sit for

The Sermon

The Reverend Canon Dr John Parr
Honorary Canon Emeritus

The sermon is followed by a brief moment of reflection.

Everyone stands for

The Affirmation of Faith

Do you believe and trust in God the Father,
source of all being and life,
the one for whom we exist?

All We believe and trust in him.

Do you believe and trust in God the Son,
who took our human nature,
died for us and rose again?

All We believe and trust in him.

Do you believe and trust in God the Holy-Spirit,
who gives life to the people of God
and makes Christ known in the world?

All We believe and trust in him

This is the faith of the Church.

**All This is our faith.
We believe and trust in one God,
Father, Son and Holy Spirit.
Amen.**

Everyone sits or kneels as Bury St Edmunds Sea Cadets lead

The Prayers of Intercession

Deacon Let us pray for the Church and the world,
and let us thank God for his goodness.

Today we pray for all who work on the seas: Navy, Merchant Navy and commercial shipping, Cadets, and all who keep seafarers safe including the RNLI. We pray for the work of the Mission to Seafarers, their chaplains and ships visitors as they care for and welcome seafarers.

All Lord in your mercy,
Hear our prayer.

We pray for seafarers as they work on ships, often many miles from home, missing their families and facing dangers and hardships such as piracy, storms, little time in port and loneliness.

Lord, remembering your friendship with seafarers, we pray for all who work on the sea.

Especially we remember those in hardship or danger and pray for their safety.

We ask that you keep them safe in their work, protect them when they face storms and help them to keep in touch with their families.

All Lord in your mercy,
Hear our prayer.

We pray for the families of seafarers who are left at home. We pray for wives and husbands as they miss their partners and care for their families, for children as they miss a parent and for others as they miss a boy or girlfriend, grandparent or son or daughter.

We pray for all who are sick or in need especially remembering all seafarers in need and their families. We pray for the bereaved and for all who grieve. Bless those who remain at home whilst a loved one is away at sea.

All Lord in your mercy,
Hear our prayer.

We pray for all ship owners that they will take their responsibility seriously to care for those who crew their ships. We pray that all ships may be properly maintained and kept in a seaworthy condition. We pray for protection on all ships and their crews when they sail in seas affected by piracy. Help Mission chaplains and others as they care for seafarers who have experienced a piracy attack.

All Lord in your mercy,
Hear our prayer.

Holy Spirit, we pray that you would stir our hearts and the hearts of all seafarers, that we may have courage and wisdom in the storms of life.
Make us aware of your presence and thankful for your grace.

All Merciful Father,
**accept these prayers
for the sake of your Son
our Saviour Jesus Christ. Amen.**

¶ The Liturgy of the Sacrament

Everyone stands as the President leads

The Peace

President God has made us one in Christ.
He has set his seal upon us and,
as a pledge of what is to come,
has given the Spirit to dwell in our hearts.

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

Deacon Let us offer one another a sign of peace.

Everyone may exchange a sign of peace.

Everyone remains standing for the

Offertory Hymn

**Amazing grace (how sweet the sound)
that saved a wretch like me!
I once was lost, but now am found,
was blind, but now I see.**

**'Twas grace that taught my heart to fear,
and grace my fears relieved;
how precious did that grace appear
the hour I first believed!**

**Through many dangers, toils and snares
I have already come:
'tis grace has brought me safe thus far,
and grace will lead me home.**

**The Lord has promised good to me,
his word my hope secures;
he will my shield and portion be
as long as life endures.**

**Yes, when this flesh and heart shall fail,
and mortal life shall cease:
I shall possess, within the veil,
a life of joy and peace.**

**The earth shall soon dissolve like snow,
the sun forbear to shine;
but God, who called me here below,
will be forever mine.**

*Words: John Newton, 1725-1807
Music: Amazing Grace, American folk-hymn melody,
arranged by Robert Gower, born 1952*

During the hymn, the altar is prepared by the Deacon, bread and wine are placed upon it and the gifts of the people are brought forward by the Sea Cadets.

Members of the Mothers' Union join the Offertory Procession and present gifts made for the Mission to Seafarers. These are laid at the foot of the altar.

Everyone remains standing for the

Taking of the Bread and Wine

When the hymn has ended and the altar is prepared, the President says

Blessed be God,
who feeds the hungry,
who raises the poor,
who fills our praise.

All Blessed be God for ever.

The Eucharistic Prayer

The President and people sing the Sursum Corda.



President You are worthy of our thanks and praise,
Lord God of truth,
for by the breath of your mouth
you have spoken your word,
and all things, earth and sea and sky, have come into being.

You fashioned us in your image
and placed us in the garden of your delight.
Though we chose the path of rebellion
you would not abandon your own.

Again and again you drew us into your covenant of grace.
You gave your people the law
and taught us by your prophets
to look for your reign of justice, mercy and peace.

As we watch for the signs of your kingdom on earth,
we echo the song of the angels in heaven,
evermore praising you and singing:

Choir Holy, holy, holy Lord
God of hosts,
heaven and earth are full
of thy glory:
Glory be to thee,
 O Lord most high.

President Lord God, you are the most holy one,
enthroned in splendour and light,
yet in the coming of your Son Jesus Christ
you reveal the power of your love
made perfect in our human weakness.

Embracing our humanity,
Jesus showed us the way of salvation;
loving us to the end,
he gave himself to death for us;
dying for his own,
he set us free from the bonds of sin,
that we might rise and reign with him in glory.

On the night he gave up himself for us all
he 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.

The Lord's Prayer

Deacon Being made one by the power of the Spirit,
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.**

The Breaking of the Bread

President We break this bread
to share in the body of Christ.

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

The Invitation to Communion

President Jesus is the Lamb of God,
who takes away the sins 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.**

Spiritual Communion

The prayer for Spiritual Communion is offered here for those joining by livestream. Spiritual Communion is the historic practice in the church for anyone who cannot receive the bread and wine physically.

Everyone remains sitting or kneeling as the choir sings

Agnus Dei

Agnus Dei qui tollis peccata mundi, miserere nobis.

O Lamb of God, that takest away the sins of the world, have mercy upon us.

Agnus Dei qui tollis peccata mundi, miserere nobis.

O Lamb of God, that takest away the sins of the world, have mercy upon us.

Agnus Dei qui tollis peccata mundi, dona nobis pacem.

O Lamb of God, that takest away the sins of the world, grant us thy peace.

The Giving of Communion

Please follow the directions of the Cathedral wardens.

If you are used to receiving Communion in a church of your own, you are warmly invited to receive the sacrament today.

Gluten free bread: please indicate to the administering priest if you require a gluten free Communion bread.

Anyone wishing to receive a blessing is also welcome: please carry this order of service with you as an indication to the ministers.

During the distribution of Communion, the choir sings

The Motet

They that go down to the sea in ships:
and occupy their business in great waters;
These men see the works of the Lord:
and his wonders in the deep.
For at his word the stormy wind ariseth:
which lifteth up the waves thereof.
They are carried up to the heaven,
and down again to the deep:
their soul melteth away because of the trouble.
They reel to and fro, and stagger like a drunken man:
and are at their wits' end.
So when they cry unto the Lord in their trouble:
he delivereth them out of their distress.
For he maketh the storm to cease:
so that the waves thereof are still.
Then are they glad, because they are at rest:
and so he bringeth them unto the haven
where they would be.

*Words: Psalm 107.23–30 Confitemini Domino, BCP
Music: Herbert Sumsion, 1899-1995*

The Prayer after Communion

President Let us pray

Everyone sits or kneels as silence is kept.

President Lord Jesus Christ who sailed the Syrian sea,
you have fed us with your body and your blood.
Strengthen our hearts and minds,
that we may pass safely through the seas of life
as ambassadors of your eternal kingdom,
now and for ever.

All Amen.

Everyone stands for

The Blessing

The President blesses the people, saying

May the Spirit,
who hovered over the waters when the world was created,
breathe into you the life he gives.

All Amen.

May the Spirit, who overshadowed the Virgin
when the eternal Son came among us,
make you joyful in the service of the Lord.

All Amen.

May the Spirit,
who set the Church on fire upon the Day of Pentecost,
bring the world alive with the love of the risen Christ.

All Amen.

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

Everyone remains standing to sing

The Final Hymn

**Eternal Father, strong to save,
whose arm doth bind the restless wave,
who bidd'st the mighty ocean deep
its own appointed limits keep;**

**O hear us when we cry to thee
for those in peril on the sea.**

**O Saviour, whose almighty word
the winds and waves submissive heard,
who walkedst on the foaming deep,
and calm amid its rage didst sleep:**

**O hear us when we cry to thee
for those in peril on the sea.**

**O sacred Spirit, who didst brood
upon the chaos dark and rude,
who bad'st its angry tumult cease,
and gavest light and life and peace:**

**O hear us when we cry to thee
for those in peril on the sea.**

**O Trinity of love and power,
our brethren shield in danger's hour;
from rock and tempest, fire and foe,
protect them whereso'er they go:**

**and ever let there rise to thee
glad hymns of praise from land and sea.**

Words: William Whiting, 1825-78

Music: Melita, John Bacchus Dykes, 1823-76

The Dismissal

Deacon Go in peace to love and serve the Lord.
All **In the name of Christ.**
Amen.

Everyone remains standing as the procession departs and Jan Hage plays

The Organ Voluntary

Toccata from Symphony No. 5
Charles-Marie Widor, 1844-1937

There will be a bucket collection
for the *Mission to Seafarers* at the end of the service.
Please give generously.

*Refreshments are served after the service,
to which all are warmly invited.
If you are a visitor today, please do join us.*

The Mothers' Union Prayer

*Loving Lord,
we thank you for your love so freely given to us all.
We pray for families around the world.
Bless the work of the Mothers' Union who seek to share your love
through the encouragement, strengthening and support
of marriage and family life.
Empowered by your Spirit, may we be united in prayer and worship,
and in love and service reach out as your hands across the world.
In Jesus' name. Amen.*

St Edmundsbury Cathedral



The Dean: The Very Reverend Joe Hawes
The Canon Pastor & Sub Dean: The Reverend Canon Matthew Vernon
The Canon Precentor: The Reverend Canon Philip Banks
The Canon Theologian: The Reverend Canon Michael Robinson
Archdeacon for Rural Mission: The Venerable Sally Gaze
The Cathedral Curate: The Reverend Anita Rooney
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