

Holy Trinity
Headington Quarry



Tenth Sunday After Trinity

4th August 2024

Words of welcome.

Hymn 357

All people that on earth do dwell,
sing to the Lord with cheerful voice;
Him serve with fear, His praise forth tell,
come ye before Him and rejoice.

Know that the Lord is God indeed;
without our aid he did us make;
we are his folk, he doth us feed,
and for his sheep he doth us take.

O enter then His gates with praise,
approach with joy his courts unto;
praise, laud, and bless his name always,
for it is seemly so to do.

For why? The Lord our God is good;
his mercy is forever sure;
his truth at all times firmly stood,
and shall from age to age endure.

Praise God, from whom all blessings flow;
praise Him, all creatures here below;
praise Him above, ye heav'nly host;
praise Father, Son, and Holy Ghost!

William Kethe (d.1594), Psalm 100 (Old Hundredth)

The president says

In the name of the Father
and of the Son
and of the Holy Spirit
Amen

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ be with you
and also with you.

The Greeting

Prayers of Penitence

A minister says

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.

Silence is kept.

**Most merciful God,
Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly, love mercy,
and walk humbly with you, our God.
Amen**

The president says

Almighty God,
who in Jesus Christ has given us
a kingdom that cannot be destroyed,
forgive you your sins,
open your eyes to God's truth,
strengthen you to do God's will
and give you the joy of God's kingdom,
through Jesus Christ our Lord. **Amen.**

Gloria in Excelsis

**Glory be to God in heaven,
peace to those who love him well;
on the earth let all his people
speak his grace, his wonders tell:
Lord, we praise you for your glory,
mighty Father, heaven's king;
hear our joyful adoration
and accept the thanks we bring.**

**Only Son of God the Father,
Lamb who takes our sin away,
now with God in triumph seated
for your mercy, Lord, we pray:
Jesus Christ, most high and holy,
Saviour, you are God alone
in the glory of the Father
with the Spirit: Three-in-One!**

Tune: Ode to Joy.

The Collect

Let your merciful ears, O Lord,
be open to the prayers of your humble servants;
and that they may obtain their petitions
make them to ask such things as shall please you;
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. **Amen.**

Please be seated

The Liturgy of the Word

First Reading: Ephesians 4. 1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body

and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

But each of us was given grace according to the measure of Christ's gift. Therefore it is said,

'When he ascended on high he made captivity itself a captive; he gave gifts to his people.'


(When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

This is the word of the Lord.

Thanks be to God.

Gospel Reading

Please stand. We repeat the refrain.



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

'Pilgrim's Alleluia': Hymn 377

Hear the Gospel of our Lord Jesus Christ according to John.

Glory to you, O Lord.

Gospel reading: John 6. 24-35

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

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

Sermon

Revd Dr Laura Biron-Scott

Nicene Creed

Please stand

Let us declare our faith in God.

**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

Please sit or kneel. The following response may be used:

Lord, hear us.

Lord, graciously hear us.

We pray for those who are sick or in particular need:

*Grace, Josie, Kitty Datta, Atmadeep Novo Datta, Bob Southgate,
Benji, Caroline Winwood, Enid Owens, Pam, Madeline Tarrant,
Veronika, Anne Kiggell.*

Those who have died recently:

*Astrid Brooke, Monica Scroggie, Natalia Stoneman, Naomi Lawrence,
Barbara Deane.*

Those whose anniversary of death falls at this time:

*Victor Day, Robert Rivington, Gladys Wells,
Louis Ratner.*

And at the end

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

The Peace

Please stand

To crown all things there must be love
to bind all together and complete the whole.
Let the peace of Christ rule in our hearts.
The peace of the Lord be always with you
and also with you.

A minister says

Let us offer one another a sign of peace

All may exchange a sign of Peace

Hymn 641

Glorious things of you are spoken,
Zion, city of our God;
he whose word cannot be broken
formed thee for his own abode.
On the Rock of Ages founded,
what can shake thy sure repose?
With salvation's walls surrounded,
thou may'st smile at all thy foes.

See, the streams of living waters,
springing from eternal love,
well supply thy sons and daughters,
and all fear of want remove.
Who can faint while such a river
ever flows their thirst to assuage:
grace which, like the Lord the giver,
never fails from age to age?

Saviour, if of Zion's city
I through grace a member am,
let the world deride or pity,
I will glory in thy name.
Fading is the worldling's pleasure,
all his boasted pomp and show;
solid joys and lasting treasure,
none but Zion's children know.

John Newton (1725-1807)

Taking of the Bread and Wine

As the grain once scattered in the fields
and the grapes once dispersed on the hillside
are now reunited on this table in bread and wine,
so, Lord, may your whole Church soon be gathered together
from the corners of the earth
into your kingdom.

Amen.

The Eucharistic Prayer

Please sit or stand as you are most comfortable

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 thanks and praise.

Father, you made the world and love your creation.
 You gave your Son Jesus Christ to be our Saviour.
 His dying and rising have set us free from sin and death.
 And so we gladly thank you,
 with saints and angels praising you, and singing:

Ho - ly, ho - ly, ho - ly Lord, God of power and might, _

5
 heaven and earth are full of your glo-ry. Ho - san - na in the high - est.

9
 Bless - ed is he who comes in the name of the Lord. Ho -

13
 san - na in the high - est. Ho - san - na in the high - est.

Hymn 418

We praise and bless you, loving Father,
 through Jesus Christ, our Lord;
 and as we obey his command,
 send your Holy Spirit,
 that broken bread and wine outpoured
 may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends
 and, taking bread, he praised you.
 He broke the bread, gave it to them and said:
 Take, eat; this is my body which is given for you;
 do this in remembrance of me.

When supper was ended he took the cup of wine.
 Again he praised you, gave it to them and said:
 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.

So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice
made once for all upon the cross.
Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection until he comes in glory.

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

Lord of all life,
help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.
Look with favour on your people,
gather us in your loving arms
and bring us with the blessed Virgin Mary and all the saints
to feast at your table in heaven.
Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit, all honour and glory are yours,
O loving Father, for ever and ever.

Amen.

The Lord's Prayer

Please sit or kneel

As our saviour taught us, so we pray
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.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power
and the glory are yours,
now and for ever.
Amen.

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.**

The musical score is written for voice and piano in 4/4 time, with a key signature of one sharp (F#). It consists of two systems of music. The first system begins with a piano (*p*) dynamic and includes a crescendo (*cresc.*) leading to a forte (*f*) dynamic. The lyrics are: "Je - sus Christ, bread of life, those who come to you will not hun - ger." The second system begins with a mezzo-forte (*mf*) dynamic and includes a decrescendo (*dim.*). The lyrics are: "Je - sus Christ, Ri - sen Lord, those who trust in you will not thirst." The score includes a measure rest in the first system and a repeat sign in the second system.

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.**

This is God's table and all are welcome. Please follow the directions of the steward. With the North aisle inaccessible, you will be directed down and back up the central aisle. To make this as smooth as possible, please allow everyone in your pew to come out before queueing. Those sitting towards the back on each side will be invited to come forwards first.

If you are wearing a mask, it is most practical if you remove it before receiving communion. Please do not dip your wafer into the chalice. Please note that there is no obligation to take the chalice and it is fine still to receive communion in one kind only (the bread).

If you do not wish to receive communion and would prefer a blessing instead, please do come forwards as well.

Hymn 335

My God, accept my heart this day,
and make it always thine,
that I from thee no more may stray,
no more from thee decline.

Before the cross of him who died,
behold, I prostrate fall;
let every sin be crucified,
and Christ be all in all.

Anoint me with thy heavenly grace,
and seal me for thine own;
that I may see thy glorious face,
and worship near thy throne.

Let every thought and work and word
to thee be ever given:
Then life shall be thy service, Lord,
and death the gate of heaven.

All glory to the Father be,
all glory to the Son,
all glory, Holy Ghost, to thee,
while endless ages run.

Matthew Bridges (1800-1894)

Prayer after Communion

God of our pilgrimage,
you have willed that the gate of mercy
should stand open for those who trust in you:
look upon us with your favour
that we who follow the path of your will
may never wander from the way of life;
through Jesus Christ our Lord.

Amen.

**Father of all,
we give you thanks and praise,
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace, and opened the gate of glory.
May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord. Amen.**

The Sending Out

Please stand

Hymn 546

O Lord my God, when I in awesome wonder
consider all the works thy hand hath made,
I see the stars, I hear the mighty thunder,
thy power throughout the universe displayed:

*Then sings my soul, my Saviour God, to thee,
'How great thou art! How great thou art!'
Then sings my soul, my Saviour God, to thee,
'How great thou art! How great thou art!'*

When through the woods and forest glades I wander
and hear the birds sing sweetly in the trees;
when I look down from lofty mountain grandeur,
and hear the brook and feel the gentle breeze:
Then sings my soul, my Saviour God, to thee ...

When Christ shall come with shout of acclamation
and take me home, what joy shall fill my heart!
Then shall I bow in humble adoration
and there proclaim, 'My God, how great thou art!'
Then sings my soul, my Saviour God, to thee ...

Stuart K. Hine (1899-1989)

The 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.
Amen.

The Dismissal

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

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*Please join us for refreshments in the Coach House!
Please take this booklet away with you, and recycle it when you have finished with it. We no longer pass the collection plate around during the service, but you are welcome to use the collection plate at the back of church, or the contactless machine, if you would like to make a donation to support the work of our church.*

Notices: August 4th

Please read the weekly notices to find out about upcoming events and services. Clergy will highlight some of these notices in their brief welcome. If there is something you would particularly like highlighted at the start of the service, please notify the clergy (by email or phone) in good time before the service, or speak to them before the service starts if this is not possible.

Sunday August 4th: The Tenth Sunday after Trinity

8am Holy Communion

10am Parish Eucharist

12.30 Baptisms of Blazee and Adalia Merrill-Pardy

Forest Sunday School will take a break over the summer holidays.

We look forward to welcoming families back in September!

Midweek Services

Morning Prayer: NB *will resume on Monday 2nd September*

Eucharist Service: Wednesdays at 10am

Sunday August 11th: The Eleventh Sunday after Trinity

8am Holy Communion

10am Parish Eucharist

Housekeeping matters during the building work: Please kindly note that toilet facilities are available at the Coach House, and the vestry is now strictly out of use. Seating is more restricted inside the church - please be considerate when choosing a pew and allow space for latecomers if possible (**please consider filling up from the front!**). The back pews are reserved for children and families attending Sunday school. In the event of an emergency, fire exits are at the main church door and the chancel door.

Building project update: We are so grateful that our building project is progressing smoothly and the new extension is looking wonderful already! Due to the unpredictable weather in recent months, we are slightly behind schedule with the completion of the building work: our new completion date is now August 19th. Please continue to pray for the project as we mark these final weeks, and look forward with joy to the Bishop's visit on September 15th.

God of vision and hope,
we thank you for our church building;
a place of prayer and pilgrimage,
witnessing to your love and presence in our midst.
We pray for our plans to develop the building
to further the work of your kingdom in this and future generations.
We pray for the guidance, resources and skills we need
to bring the project to completion,
and that we would be united in vision and focus
as we work towards this goal,
in the name of Jesus Christ our Cornerstone.
Amen.

Church cleaning and furniture move: We anticipate being able to spring clean the church and move furniture and boxes over from the Coach House during the last week of August and we have earmarked the dates of **Wed 28th - Fri 30th August**, and the afternoon of **Saturday 31st**, for these tasks. We are looking for as many volunteers as possible to help as we prepare the church for our open weekend. Please email the church wardens (wardens@hthq.uk) with your availability to help on any of these dates. We really do appreciate all the support you can give.

Parish Quiet Day: Saturday 31 August Emily will be offering a time of reflection and prayer on the theme *Broken but made whole* to anyone who wishes to join. As we turn from the summer months back to life's usual

busyness, this is an opportunity to pause and reflect and to explore the challenges of the Christian life with insights from theories of trauma and recovery. We will be together in church 9.30am-12.30pm, finishing with Holy Communion. Please contact Emily to register interest (curate@hthq.uk)

The deadline for the next **online newsletter** is **Thursday 22nd August**. If you have any items and photos to contribute, please email them to Yue-Yi Hwa at newsletter@hthq.uk. Thank you very much.

Choir for September 15th: We would love to form a special choir for the service on September 15th: please let Monika Blackwell or Helen Day know if you would like to join the singing for this special service.

Holy Trinity Open Weekend: All are welcome!

Saturday 14 September

11am – 4pm Open Doors: displays & refreshments in church
Narnia trail for children & families
7pm Evening Concert, showcasing Holy Trinity musicians
(£10 entry, including wine and nibbles at interval)

Sunday 15 September

10am Parish Eucharist with Confirmations and Blessing of the
church building by the Bishop of Oxford
2pm – 4pm Open Doors: displays & refreshments in church

Helping the Lye Valley fenland

The Friends of Lye Valley group are concerned that changing weather patterns are affecting the valley. Extreme rainfall runs off into drains and then straight into the stream running down the valley, causing problems both there and further downstream. If more rain could be caught by the soil, the water would naturally leach gradually through and feed the springs which conserve the valley. The Friends are producing a flyer for houses in the valley's rain catchment area, explaining how property owners can change the way rain drains from their properties. Churches Together in Headington are coordinating the delivery of this flyer to about 3 thousand homes, It is being printed and will be bundled for delivery on Tuesday 6th August. If you are able to spend an hour or two delivering leaflets to houses in the area – we are not including blocks of flats – please speak to me today or contact me on 0771 0611250 or joan@joneses.org.uk. Many thanks, Joan Jones

Stay & Play From **tomorrow Monday August 5th to Friday August 9th** and **Monday August 12th to Friday August 16th August** we are

going to have **Stay and Play** drop-in playtime from **10am to 12 noon** in the Coach House for babies, toddlers and children with their parents/carers/ grandparents/nannies/childminders. There will be all sorts of toys and activities aimed at children aged 6 and under, as well as refreshments for children and adults. There is a suggested donation of £1 per family. Please come along with your children and grandchildren and tell your friends and neighbours. We could do with boxes of all sizes, cardboard tubes, yogurt pots, egg boxes etc for 'junk modelling'. Please bring them to church or the Coach House on a Sunday or give them to Joan Jones or Elizabeth Knight.

The PCC is looking for **volunteers** to represent the church on the **Headington Quarry Village Hall committee**, the committee meets about once every six weeks, the village hall is in its 90th year so the main focus of the committee is to develop its use for the local community and to future proof the building. If you are interested in joining us on the committee please talk to Frances Farrar or Roz Smith as we are looking for a booking secretary and treasurer as well as local volunteers to sit on the committee.

HTHQ175 A group has been formed to make plans for the parish to celebrate in the autumn the completion of the church building work, and the 175th anniversary of its consecration. We would like to create a photographic history of the people and events that have taken place at Holy Trinity over the years. If you have photographs of family/community events at the church that you would be willing to share with us please could you let the wardens know, and provide a copy with the event and date added. Thank you. Janet Masters

Intercessions training: We are seeking to add to our rota of wonderful volunteers who read and lead prayers on a Sunday morning. If you have ever wondered about learning to write intercessions, please join us **10.30am-12noon on Saturday 28 September**. Existing volunteers are also encouraged to join to share tips and experiences.

Hearing Loop Update: our loop system had to be disconnected during the work on the west end of church, we are really pleased that the contractors have found a way to reinstate it and it is now functioning. Please have a chat with a welcomer or one of the sound team if you are having problems.

This week's Eco Tips: We are told that travel to and from one's holiday destination accounts on average for 70% of the holiday's carbon emissions. This seems a very woolly and approximate calculation, but

what can we learn from it without being total killjoys? Maybe travel a shorter distance, drive more economically, travel by coach or train, setting up a ticket alert so that you get a heads-up from Trainline or Rail Europe when advance fares are released? Or travel out-of-season?

Hilary Rollin, Eco Group

Viridor's Energy Recovery Plant Tour

Curious about what happens to your rubbish after collection? Viridor's Energy Recovery Plant in Ardley offers free tours, giving you a firsthand look at how waste is transformed into energy for around 60,000 homes, diverting waste from landfill.

Visit www.viridor.co.uk to book in a tour and see how rubbish is turned into a valuable resource.

Eco Resources Summer 2024

If you are looking for information on ECO matters, you might like to follow the link below for ideas on book titles, links to Zoom sessions (live and recorded), talks etc. Hilary Rollin, Eco Church Group

Go to: <https://www.hthq.uk/eco-church-resources/>

Pastoral care team Are you in need of support or would you like to talk to someone? We rely on you to let us know of anyone who is ill, or in hospital or who might welcome a visit. Please contact any of the clergy (numbers on back page) or Helen Day, Janet Masters, or Anne Tarassenko.

Holy Trinity Headington Quarry
*An open door between heaven and earth,
showing God's love to all.*

As the Anglican parish in Headington Quarry, Risinghurst and Wood Farm, we are here for every local resident. Our church is open every day. We hope that you will find God's peace as you come to pray or just sit and rest awhile. If you have questions about the Christian faith or would like to find out more about church life, please get in touch:

Contact us

Vicar: Revd Dr Laura Biron-Scott
vicar@hthq.uk 01865 762835

Associate Priest: Revd Prof Rob Gilbert
associatepriest@hthq.uk

Curate: Revd Emily Hockliffe Essex
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