



St Thomas'

Cathedral *Mumbai • Estd 1718*

The Church of North India

A member of the worldwide Anglican Communion

This is an abridged service bulletin to serve as an online aid to worship.

The links to the hymns and choral music are indicated in red.



God's Abundance

ST MARK 8

THE SEVENTH SUNDAY AFTER TRINITY

Eighth Sunday after Pentecost

Sunday July 26, 2020

|The Preparation & Gathering|

Presbyter I lift my eyes up to the mountains, from where does my help come?

People **My help comes from the Lord, who made heaven and earth.**

Presbyter We look not to the mountains or valleys, even heaven or earth,

People **for God is found among us.**

The Call to Worship

"Sometimes a light surprises"

Words: WILLIAM COWPER (1731 - 1800) • Music: FRANZ HAYDN (1732 - 1809)

<https://www.youtube.com/watch?v=IITH-Qyi7qc>

Hymn ¶ All sing

|The Word of God |

The Collect for the Day

LORD of all power and might, who art the author and giver of all good things: Graft in our hearts the love of thy name, increase in us true religion, nourish us with all goodness, and of thy great mercy keep us in the same; through Jesus Christ our Lord. **Amen.**

The Lesson

1 Kings 17. 8 - 16

AND the word of the LORD came unto him, saying, Arise, get thee to Zarephath, which belongeth to Zidon, and dwell there: behold, I have commanded a widow woman there to sustain thee. So he arose and went to Zarephath. And when he came to the gate of the city, behold, the widow woman was there gathering of sticks: and he called to her, and said, Fetch me, I pray thee, a little water in a vessel, that I may drink. And as she was going to fetch it, he called to her, and said, Bring me, I pray thee, a morsel of bread in thine hand. And she said, As the LORD thy God liveth, I have not a cake, but an handful of meal in a barrel, and a little oil in a cruse: and, behold, I am gathering two sticks, that I may go in and dress it for me and my son, that we may eat it, and die. And Elijah said unto her, Fear not; go and do as thou hast said: but make me thereof a little cake first, and bring it unto me, and after make for thee and for thy son. For thus saith the Lord God of Israel, The barrel of meal shall not waste, neither shall the cruse of oil fail, until the day that the Lord sendeth rain upon the earth. And she went and did according to the saying of Elijah: and she, and he, and her house, did eat many days. And the barrel of meal wasted not, neither did the cruse of oil fail, according to the word of the Lord, which he spake by Elijah.

Reflections on St Mark 8:1

In the Gospel this morning, we are given a glimpse of Jesus' tender concern for the crowd. Jesus sees the distance each of us have come and looks at us with compassion. Let us allow ourselves to be nourished as Jesus offers us insight. The disciples looked and saw their lack; Jesus asked them to look again and see the possibilities. Let me look at my life with Jesus, allowing myself to see and appreciate anew.

~ Excerpts from a blog by the Irish Jesuits.

• THIS IS AN ONLINE AID TO WORSHIP. FEEL FREE TO SHARE. •

The Epistle

Romans 6.19-end

I SPEAK after the manner of men, because of the infirmity of your flesh: for as ye have yielded your members servants to uncleanness, and to iniquity, unto iniquity; even so now yield your members servants to righteousness, unto holiness. For when ye were the servants of sin, ye were free from righteousness. What fruit had ye then in those things whereof ye are now ashamed? for the end of those things is death. But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life. For the wages of sin is death: but the gift of God is eternal life, through Jesus Christ our Lord.

The Holy Gospel

St. Mark 8.1-9

IN those days the multitude being very great, and having nothing to eat, Jesus called his disciples unto him, and saith unto them, I have compassion on the multitude, because they have now been with me three days, and have nothing to eat: and if I send them away fasting to their own houses, they will faint by the way; for divers of them came from far. And his disciples answered him, From whence can a man satisfy these men with bread here in the wilderness? And he asked them, How many loaves have ye? And they said, Seven. And he commanded the people to sit down on the ground. And he took the seven loaves, and gave thanks, and brake, and gave to his disciples to set before them; and they did set them before the people. And they had a few small fishes; and he blessed, and commanded to set them also before them. So they did eat, and were filled: and they took up of the broken meat that was left seven baskets. And they that had eaten were about four thousand. And he sent them away.

All recite **The Nicene Creed**

I BELIEVE in one God the Father Almighty, maker of heaven and earth, and of all things visible and invisible:

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of His Father before all worlds, God of God, light of light, very God of very God, begotten, not made, being of one substance with the Father, through whom all things were made: Who for us men, and for our salvation came down from heaven, and was incarnate by the Holy Spirit of the Virgin Mary, and was made man, and was crucified also for us under Pontius Pilate. He suffered and was buried, and the third day He rose again according to the Scriptures, and ascended into heaven, and sitteth on the right hand of the Father. And He shall come again with glory to judge both the quick and the dead: Whose Kingdom shall have no end. And I believe in the Holy Spirit, the Lord, the giver of life, who proceedeth from the Father and the Son, who with the Father and the Son together is worshipped and glorified, who spake by the Prophets. And I believe One Holy Catholic and Apostolic Church. I acknowledge one baptism for the remission of sins. And I look for the Resurrection of the dead, and the Life of the world to come. Amen.

The Sermon

The Revd Avinash Rangayya

| The Sharing of the Peace |

Presbyter Christ will transfigure our human body and give it a form like that of his own glorious body. We are the body of Christ. We share his peace. The peace of the Lord be always with you

People **And also with you.**

| The Prayers of the People |

Devotional Song

<https://www.youtube.com/watch?v=mnCi0d4YJB8&t=5818s>

“Saranam” (Refuge) Punjabi devotional song , arr. SHANTI RASANAYAGAM

Intercessory Prayers

We pray for ourselves and particularly on behalf of others. In our prayers we pray for
† the Universal Church,
† the nation and all who govern,
† the welfare of the world, especially in these times of great uncertainty and anxiety
† the concerns of our community of faith, including those who are in need or suffer, and for the departed.
We are reminded in prayer that we are part of a larger fellowship, the Church — the Body of Christ.

|The Liturgy of the Lord's Table |

The Celebrant receives the Body and Blood of Christ on behalf of the people gathered online.

All those who are unable to receive are able to make a Spiritual Communion.

The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly

“eat and drink the Body and Blood of our Saviour Christ”,

although we cannot receive the sacrament physically in ourselves.

The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members.

In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, “I am the Bread of Life.”



|The Thanksgiving|

Closing Prayer and Benediction *The Presbyter*

The peace of God which passeth 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 amongst you and remain with you always.
Amen.

Hymn at the Closing

View in the YouTube link to the service.

“Now thank we all our God”

Words: M. RINKART (1586 - 1649) • Music: J. CRÜGER (1598 - 1662)

1. Now thank we all our God
with heart and hands and voices,
who wondrous things hath done,
in whom His world rejoices;
who from our mother's arms
hath blessed us on our way
with countless gifts of love,
and still is ours today.
2. O may this bounteous God
through all our life be near us,
with ever joyful hearts
and blessed peace to cheer us,
and keep us in His grace,
and guide us when perplexed,
and free us from all ills
in this world and the next.
3. All praise and thanks to God
the Father now be given,
the Son, and him who reigns
with them in highest heaven,
the One eternal God,
whom earth and heaven adore;
for thus it was, is now,
and shall be evermore. Amen.

The Dismissal

Presbyter Go in peace to love and serve the Lord.

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

The Postlude

Marche Triomphale on, “Nun danket alle Gott”

SIGFRID KARG-ELERT (1877 - 1933)

View in the YouTube link to the service.

~~~ Prayer requests and Announcements ~~~

Your prayers are requested for:

- † a timely cure for coronavirus. Thank God for the work being done by scientists and pharmaceutical companies and for the progress made in the search for a vaccine.
- † our City: that the number of cases may reduce.
- † hospitals, doctors, nurses. Protect them from the danger of infection.
- † all essential service providers and their safety and well-being.
- † the Cathedral community:
  - For the bereaved family of Nalina Sathiaraj. May her father's soul rest in peace in the Lord and may light perpetual shine upon him. Comfort the family at this time.
  - For God's hand of healing on Surekha Salvi.
  - For God's hand of healing on Allen Moses as he recuperates after a fall last week.
  - For restoration of good health to Premanand Telgote's mother.
  - For all senior citizens.
- We give thanks to God for families who have been reunited with their loved ones and continue to pray for those who are separated from their loved ones.
- † in the Diocese: for the Home of Faith Tamil Church and the Revd Dr J. P. Asirvatham.
- † the Church of North India's Diocese of Agra and the Rt Revd Dr Prem Prakash Habil.
- † the Church of South India's Diocese of Nandyal and the Rt Revd Eggoni Pushpa Lalitha.
- † in the Anglican Communion, for the team responsible for preparing the Lambeth Conference, which was due to be taking place now – please pray for them as they consider the implications of its postponement in light of the COVID-19 pandemic.
- We thank Anind Roy (*he sang in the choir before relocating to Kerala*) and Anoop for compiling the virtual choir for the online service today.

~~~ Birthdays ~~~

May God bless you abundantly.

Colin Dawson (27), Surendh Dawson (28), Jyotsna Mayadas (29), Mahima Moses (30), Daniel Sathia Raj (31), Mishal Charles (1 Aug), Reuben Jadhav (1 Aug)

~~~ Wedding Anniversaries ~~~

*Be blessed with love, joy and companionship all the years of your life.*

P. V. George & Elizabeth (31)



• THE COLLECT for ST JAMES the APOSTLE •

*(Feast Day was on July 25)*

GRANT, O merciful God, that as Thine holy Apostle Saint James, leaving his father and all that he had, without delay was obedient unto the calling of Thy Son Jesus Christ, and followed him; so we, forsaking all worldly and carnal affections, may be evermore ready to follow Thy holy commandments; through Jesus Christ our Lord.  
Amen.

**Bank details** to make your online offering and payment for your membership

SOCIETY OF ST THOMAS CATHEDRAL

Account No.: 917010054452406

Fort, Mumbai - 400 001

Bank name: AXIS BANK LTD.

IFS Code: UTIB0000004



**Zooming INTO church from home!**

|       |          |                                                               |
|-------|----------|---------------------------------------------------------------|
| Sun   | 10 am    | Prayer and fellowship lasting approximately 45 minutes.       |
|       | 11:15 am | Sunday school                                                 |
|       | 7:30 pm  | Bible study for the youth.                                    |
| Daily | 6pm      | Prayer cycle led by the Women's Fellowship.                   |
| Sat   | 5 pm     | Class on liturgy & theory of music for the junior choristers. |

ST. THOMAS' CATHEDRAL 3 Veer Nariman Road, Fort, Mumbai – 400 001  
Presbyter-In-Charge: The Revd. Avinash T. Rangayya Telephone: (Vestry) 2283 9783, (R) 2207 1275, 98207 50090  
*Contact the Presbyter for pastoral visits and administering Communion to the house-bound.*

*This will resume once the restrictions in place are eased.*

FOR PRIVATE CIRCULATION ONLY. PLEASE SHARE THIS SERVICE BULLETIN WITH A FRIEND.

Website <http://stthomascathedralmumbai.com>