



## ***All Saints' Marseille***

***21<sup>st</sup> July 2024***

***8<sup>th</sup> Sunday after Trinity***

***Holy Communion***

### **The Gathering**

*The minister says*

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

*All*    **Amen.**

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

*All*    **and also with you.**

**Hymn      456 Stand up and bless the Lord**

### **Prayer of Preparation**

*All*    **Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.**

## Prayers of Penitence

*The 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.

**All** **Almighty God, our heavenly Father,**  
**we have sinned against you**  
**and against our neighbour**  
**in thought and word and deed,**  
**through negligence, through weakness,**  
**through our own deliberate fault.**  
**We are truly sorry**  
**and repent of all our sins.**  
**For the sake of your Son Jesus Christ,**  
**who died for us,**  
**forgive us all that is past**  
**and grant that we may serve you in newness of life**  
**to the glory of your name. Amen.**

*The celebrant says*

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.

**All: Amen.**

## **The Gloria**

*All say:*

**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.**

## **The Collect**

*The minister says:*

Let us pray.

Almighty and everlasting God,  
we beseech you to direct, sanctify and govern  
both our hearts and bodies  
in the ways of your laws and the works  
of your commandments;  
that through your most mighty protection,  
both here and ever,  
we may be preserved in body and soul;  
through our Lord and Saviour Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

*All* **Amen.**

## The Ministry of the Word

### Old Testament Reading

### Jeremiah 23.1-6

Woe to the shepherds who destroy and scatter the sheep of my pasture! says the Lord. Therefore, thus says the Lord, the God of Israel, concerning the shepherds who shepherd my people: It is you who have scattered my flock, and have driven them away, and you have not attended to them. So I will attend to you for your evil doings, says the Lord. Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the Lord.

The days are surely coming, says the Lord, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: 'The Lord is our righteousness.'

This is the word of the Lord.

All **Thanks be to God.**

### Psalm 23

- 1 The Lord is my shepherd; \*  
therefore can I lack nothing.
- 2 He makes me lie down in green pastures \*  
and leads me beside still waters.
- 3 He shall refresh my soul \*  
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I will fear no evil; \*  
for you are with me; your rod and your staff, they comfort me.

5 You spread a table before me in the presence of those who trouble me; \*  
you have anointed my head with oil and my cup shall be full.

6 Surely goodness and loving mercy shall follow me  
all the days of my life, \*  
and I will dwell in the house of the Lord for ever.

Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now and shall be for ever. Amen.

### **New Testament Reading**

### **Ephesians 2.11-end**

So then, remember that at one time you Gentiles by birth, called 'the uncircumcision' by those who are called 'the circumcision' - a physical circumcision made in the flesh by human hands - remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

This is the word of the Lord.

**All Thanks be to God.**

**Hymn 246 In heavenly love abiding**

## Gospel Reading

Mark 6.30-34, 53-end

*The minister says*

Alleluia, alleluia.

I am the light of the world, says the Lord.

Whoever follows me will never walk in darkness  
but will have the light of life.

*All* **Alleluia.**

The Lord be with you.

*All* **And also with you.**

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

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

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

This is the Gospel of the Lord.

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

## Sermon

*The Revd Roxana Tenea Teleman, Assistant Chaplain*

"Come away to a deserted place all by yourselves and rest awhile." This invitation beautifully illustrates Jesus' concern, gentleness, and wisdom. It is particularly

striking in the fast-paced Gospel of Mark, where events unfold ‘immediately’ or ‘at once’, and Jesus moves with unrelenting urgency. Could this be THE Gospel for the 21<sup>st</sup> century?

The urgency of the Gospel is palpable in today’s passage. Jesus’ disciples have just returned from their first ministry tour, their inauguration into apostleship. They have poured themselves into the mission entrusted to them by Jesus and are both exhilarated and exhausted, eager to share their experiences. Yet, Jesus perceives their tiredness and the need for quietness –needs they may not fully acknowledge themselves. They need not just physical rest, but also respite for their hearts and souls.

Reading Mark’s Gospel from beginning to end, one might picture Jesus as a brisk and efficient Messiah, moving swiftly from his hometown synagogue to village to mountaintop to seaside, amidst a whirlwind of healings, parables, and life-changing encounters. This portrayal may reflect our own tendencies towards busyness and our fear of idleness, serving as a justification for our own hectic lifestyles as we attempt to mirror our Lord.

Yet, if we pause and reflect on this morning’s passage, a different image of Jesus emerges - one who recognises his disciples’ exhaustion and responds with gentle compassion. Notice that instead of reacting to their reports of activity by assigning more tasks, Jesus simply says, “Come away to a deserted place all by yourselves and rest awhile.” How refreshing this invitation must have been to his weary disciples.

Don’t we all yearn to hear these words from our Lord? Don’t we all long for the invitation to a place where we can rest awhile in the presence of Christ? When we gather around him, we may be tempted to recount all the things we have done, presenting our busyness and our weariness as if they were worthy of praise and reward. We convince ourselves that our efforts prove our faithfulness as disciples.

Yet, our busyness and weariness reveal the illusion that we control our lives and can reconcile ourselves with God through our actions. God sees beyond these illusions, looking into our hearts to discern our true needs and desires - the deep hungers for space, reflection, solitude, and rest that our work-focused culture

often obscures. He invites us to lie down in green pastures, leads us beside still waters, and restores our souls. He gently calls, “Come away to a deserted place all by yourselves and rest awhile.”

In that deserted place, in the company of Christ, we can rediscover ourselves, free ourselves from the grips of anxiety and fear, embrace the quiet, and rejuvenate our hearts from our frenzied lives.

Yet, don’t we all know that even the best-laid plans can sometimes falter? According to Mark, Jesus’ plan to retreat by boat fails when the crowds anticipate his destination and follow on foot. By the time he and his disciples arrive at their hoped-for refuge, the crowds are already there, and the quiet sanctuary they sought remains elusive.

Does Jesus flee or change course? No. As Mark describes, “as he went ashore, Jesus saw the great crowd and had compassion for them, because they were like sheep without a shepherd.”

To have compassion means to show sympathy, mercy, and loving concern - to suffer alongside others. The original term used in the Gospels is rooted in a word meaning ‘guts’ and the seat of feelings. That is compassion — a visceral, deep feeling that radiates throughout the body like an adrenaline rush.

John the Dwarf, one of the early Christians known as the Desert Mothers and Fathers, who chose to dwell in the wilderness and spend their life there with Christ, said: “You don’t build the house by starting with the roof and working down. You start with the foundation [which] is our neighbour. The neighbour is where we start.” Everything begins with this vision and hope of putting the neighbour in touch with God in Christ – through our compassion.

For Jesus, compassion is not merely an emotion but an active response. He demonstrated that compassion is fundamental to discipleship; it is both a requirement and an imperative that drives to act for the sake of others.

Yet, only a heart that resists the pull of haste is truly capable of responding with compassion. Those who dedicate their lives to caring for others must first attend to their own well-being.



When Mother Teresa's letters to her spiritual advisors were published a decade after her death, they revealed the profound inner struggles, despair, doubt, and loneliness she endured despite her dedication to the 'Lord's work'. While she lived among the poor and spent her days and nights in service, compassion was far from being straightforward or comfortable. It was forged at great personal cost. This week, as I reflected on today's Gospel, I wondered whether Mother Teresa had ever been encouraged - or even allowed - to take the time she needed to be refreshed and restored amid the endless desperate petitions, outstretched hands, and unspeakable suffering. I wondered if she ever silenced the voice that gently prompted her to "Come away and rest awhile", or if she simply postponed such moments of rest until it was too late.

The disciples' task is twofold: they must attend to everything that cries out for attention and care, while also pausing and paying attention to their own hearts and the manner in which they live their lives. This week's Gospel reading highlights the essential and ongoing tension between compassion and spiritual self-care. Jesus lived with this tension and taught his disciples how to navigate it as well. Two thousand years later, do we genuinely address this issue with the seriousness it demands?

Is there a lesson for us here? Pope Francis speaks of the need for an 'ecology of the heart,' encompassing rest, contemplation - that is, spending quiet time with God - and compassion. So, on one hand, we should not apologise for needing rest and solitude. On the other hand, we must not let our weariness overshadow our compassion. In a world of persistent and urgent needs, like the apostles, we cannot give from an empty well. To be fully present to our families and friends, work, and ourselves, we must respond to the invitation to a quiet space and time. By entrusting our burdens to Christ, even if only for a little while, we will find restoration.

Hear his voice, calling us into perfect peace - the peace only Christ can give: "Come away to a deserted place all by yourselves and rest a while."

Amen.

## **The Nicene Creed**

**All 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**

*during which we use the response:*

Lord, in your mercy:

**All hear our prayer.**

*and at the end:*

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

## **The Peace**

*The minister says*

We are the body of Christ.  
In the one Spirit we were all baptized into one body.  
Let us then pursue all that makes for peace  
and builds up our common life.

The peace of the Lord be always with you.

*All* **And also with you.**  
Let us offer one another a sign of peace.

**Hymn 227 I come with joy**

## **Preparation of the Table**

*The celebrant says:*

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.

*All* **Amen.**

## **The Eucharistic Prayer**

The Lord is here.

*All* **His Spirit is with us.**

Lift up your hearts.

*All* **We lift them to the Lord.**

Let us give thanks to the Lord our God.

*All* **It is right to give thanks and praise.**

It is indeed right,  
it is our duty and our joy,  
at all times and in all places  
to give you thanks and praise,  
holy Father, heavenly King,  
almighty and eternal God,  
through Jesus Christ your Son our Lord.  
For he is your living Word;  
through him you have created all things from the beginning,  
and formed us in your own image.  
Through him you have freed us from the slavery of sin,  
giving him to be born of a woman and to die upon the cross;  
you raised him from the dead  
and exalted him to your right hand on high.  
Through him you have sent upon us  
your holy and life-giving Spirit,  
and made us a people for your own possession.  
Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and saying:

*All* **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.**

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;

who, in the same night that he was betrayed,  
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.

In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
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.

Therefore, heavenly Father,  
we remember his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection and glorious ascension;  
we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.

Great is the mystery of faith:

*All* **Christ has died:**  
**Christ is risen:**  
**Christ will come again.**

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit,  
inspire us with your love  
and unite us in the body of your Son,  
Jesus Christ our Lord.

Through him, and with him, and in him,  
in the unity of the Holy Spirit,

with all who stand before you in earth and heaven,  
we worship you, Father almighty,  
in songs of everlasting praise:

*All* **Blessing and honour and glory and power  
be yours for ever and ever.  
Amen.**

### **The Lord's Prayer**

Let us pray with confidence as our Saviour taught us:

**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.**

**Notre Père, qui es aux cieux,  
que ton nom soit sanctifié,  
que ton règne vienne,  
que ta volonté soit faite,  
sur la terre comme au ciel.  
Donne-nous aujourd'hui notre pain de ce jour.  
Pardonne-nous nos offenses,  
comme nous pardonnons aussi à ceux qui nous ont offensés;  
et ne nous laisse pas entrer en tentation,  
mais délivre-nous du mal.  
Car c'est à toi qu'appartiennent le règne, la puissance et la gloire,  
pour les siècles des siècles. Amen.**

*The celebrant breaks the consecrated bread, saying:*

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.**

*All* **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 celebrant says*

Jesus is the lamb of God who takes away the sin 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.**

*The celebrant and people receive Communion.*

**Music:** John Rutter (b. 1945) – The Lord Is My Shepherd (Psalm 23)

### **Prayer after Communion**

*The celebrant reads the prayer after Communion:*

Strengthen for service, Lord,  
the hands that have taken holy things;  
may the ears which have heard your word  
be deaf to clamour and dispute;  
may the tongues which have sung your praise  
be free from deceit;

may the eyes which have seen the tokens of your love  
shine with the light of hope;  
and may the bodies which have been fed with your body  
be refreshed with the fullness of your life;  
glory to you for ever.

*All* **Amen.**

*All* **Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen.**

**Hymn 518 Thy hand, O God, has guided**

**Blessing**

*The celebrant says*

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.

*All* **Amen.**

*The minister says*

Go in peace to love and serve the Lord.

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

Picture: Detail from the apse mosaic of the basilica of SS Cosmas and Damian, Rome, 6<sup>th</sup> c.