
ST THEODORE'S, TOORAK GARDENS

ORDINARY 18
2 AUGUST 2026



WELCOME

St Theodore's is an active, caring and supportive community which values liturgy, prayer and preaching to sustain our daily lives, as we seek to foster love, hope and justice to all. You are welcome here as you are, embraced within God's boundless love. We hope you will feel at home.

PRAYING WITH CANDLES AND STONES

As you enter the church, there are two stations for prayer. One is an invitation to light a candle, symbolising our praying for each other before God. The other is an invitation to drop stones into a bowl of water, symbolising letting go of something (or someone) weighing us down.

ADMINISTRATION OF COMMUNION

- If there is a queue for the wine, please pause to avoid congestion.
- If you do not wish to drink the wine, you may wish to pause before the chalice to acknowledge the sacramental presence.
- The priest will come to you for communion or prayers, if need be.
- For health reasons, dipping bread into the wine is prohibited.

LIVE-STREAMING

Our 9:30am Sunday Service is live-streamed on YouTube. We endeavour not to show communicants coming forward for Holy Communion.

SUPPORTING OUR MINISTRY

St Theodore's depends on donations to sustain our ministry. You can contribute in person with Cash (Offertory Bowl) or Card (Eftpos Machine) at the church entrance. You can offer via bank transfer a regular gift to our Planned Giving account, or a donation to our FSP Donations account. We very much value your support.

Please email office@theodores.church to subscribe to our mailing list.

Please stand in body or in spirit

PROCESSIONAL HYMN: CP 555 "PRAISE, MY SOUL, THE KING OF HEAVEN"

1 Praise, my soul, the King of heaven,
to his feet thy tribute bring;
ransomed, healed, restored, forgiven,
who like me his praise should sing?
Alleluia, alleluia,
praise the everlasting King.

2 Praise him for his grace and favour
to our forebears in distress;
praise him still the same for ever,
slow to chide, and swift to bless:
Alleluia, alleluia,
glorious in his faithfulness.

3 Father-like, he tends and spares us,
well our feeble frame he knows;
in his hands he gently bears us,
rescues us from all our foes:
Alleluia, alleluia,
widely as his mercy flows.

4 Angels, help us to adore him;
ye behold him face to face;
sun and moon, bow down before him,
dwellers all in time and space:
Alleluia, alleluia,
praise with us the God of grace.

Tune: Praise my soul
Music: John Goss (1800-1880)
and Leonard James Blake (1906-
1989)
Words: Henry Francis Lyte (1793-
1847) Based on Psalm 103
© Common Praise 2001

ACKNOWLEDGEMENT

As we gather in worship, we acknowledge the Kaurna People as the traditional owners and custodians of this land.

May we walk together in harmony in a spirit of reconciliation.

INVOCATION AND GREETING

The Lord be with you.
And also with you.

† Blessed be God: Father, Son and Holy Spirit.
Blessed be God's kingdom, now and for ever.

WELCOME

OPENING SENTENCE

The Lord is near to all who call on him in truth. He fulfils the desire of all that fear him, hears their cry, and saves them. (Psalm 145.18-19)

PRAYER OF PREPARATION

Let us pray.
**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.**

KYRIES

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

CONFESSION AND ABSOLUTION

God is steadfast in love and infinite in mercy, welcoming sinners and inviting them to the Lord's table.

Silence may be kept.

Let us confess our sins in penitence and faith, confident in God's forgiveness.

**Merciful God,
our maker and our judge,
we have sinned against you
in thought, word, and deed,
and in what we have failed to do:
we have not loved you with our whole heart;
we have not loved our neighbours as ourselves;
we repent, and are sorry for all our sins.
O God, forgive us.
Strengthen us to love and obey you
in newness of life;
through Jesus Christ our Lord. Amen.**

Almighty God,
who has promised forgiveness
to all who turn to him in faith:
† pardon you and set you free from all your sins,
strengthen you in all goodness
and keep you in eternal life,
through Jesus Christ our Lord. **Amen.**

GLORIA

**Glory to God in the highest,
and peace to God's 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.

PRAYER OF THE DAY

O God,
with whom we wrestle until the break of day:
make us long to seek your face beyond the limits of our strength,
that in our wounds we may remember you,
and in your blessing we may find ourselves;
through Jesus Christ. **Amen.**

Please be seated

FIRST READING: GENESIS 32.22-31

²² The same night he got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. ²³ He took them and sent them across the stream, and likewise everything that he had. ²⁴ Jacob was left alone; and a man wrestled with him until daybreak. ²⁵ When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. ²⁶ Then he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you bless me.' ²⁷ So he said to him, 'What is your name?' And he said, 'Jacob.' ²⁸ Then the man said, 'You shall no longer be called Jacob, but Israel, for you have striven with

God and with humans, and have prevailed.’ ²⁹ Then Jacob asked him, ‘Please tell me your name.’ But he said, ‘Why is it that you ask my name?’ And there he blessed him. ³⁰ So Jacob called the place Peniel, saying, ‘For I have seen God face to face, and yet my life is preserved.’ ³¹ The sun rose upon him as he passed Penuel, limping because of his hip.

For the word of the Lord,
Thanks be to God.

PSALM: 17.1-7, 16

Response: Lord, when your glory appears, my joy will be full.

- ¹ Hear my just cause, O Lord, give heed to my cry:
listen to my prayer, that comes from no lying lips.
- ² Let judgement for me come forth from your presence:
and let your eyes discern the right. **R**
- ³ Though you search my heart,
and visit me in the night-time:
though you try me by fire,
you will find no wickedness in me.
- ⁴ My mouth does not transgress, like the mouth of others:
for I have kept the word of your lips. **R**
- ⁵ My steps have held firm in the way of your commands:
and my feet have not stumbled from your paths.
- ⁶ I call upon you, O God, for you will surely answer:
incline your ear to me, and hear my words. **R**
- ⁷ Show me the wonders of your steadfast love,
O saviour of those who come to you for refuge:
who by your right hand deliver them
from those that rise up against them.
- ¹⁶ And I also shall see your face, because my cause is just:
when I awake and see you as you are, I shall be satisfied. **R**

SECOND READING: ROMANS 9.1-8

¹ I am speaking the truth in Christ – I am not lying; my conscience confirms it by the Holy Spirit – ² I have great sorrow and unceasing anguish in my heart. ³ For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. ⁴ They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; ⁵ to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

⁶ It is not as though the word of God had failed. For not all Israelites truly belong to Israel, ⁷ and not all of Abraham's children are his true descendants; but 'It is through Isaac that descendants shall be named after you.' ⁸ This means that it is not the children of the flesh who are the children of God, but the children of the promise are counted as descendants.

For the word of the Lord,
Thanks be to God.

Please stand in body or in spirit

GRADUAL HYMN: CP 286 BREAK THOU THE BREAD OF LIFE

- 1 Break now the bread of life, dear Lord, to me,
as once you broke the loaves beside the sea.
Beyond the sacred page I seek you, Lord;
my spirit waits for you, O living Word.
- 2 Bless your own word of truth, dear Lord, to me,
as when you blessed the bread by Galilee.
Then shall all bondage cease, all fetters fall;
and I shall find my peace, my All in all!

3 You are the bread of life, dear Lord, to me,
your holy word the truth that rescues me.
Give me to eat and live with you above;
teach me to love your truth, for you are love.

4 O send your Spirit now, dear Lord, to me,
that he may touch my eyes and make me see.
Show me the truth made plain within your Word,
for in your book revealed I see you, Lord.

Tune: Lathbury
Music: William Fiske
Sherwin (1826-1888)
harmonised by Lionel Dakers
(1924-2003)
Words: vv. 1, 4 Mary
Artemisia Lathbury (1841-
1913) and vv. 2,3 Alexander
Groves (1842-1909)
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THE GOSPEL

Alleluia, alleluia, alleluia.

**One does not live on / bread alone,
but on the word that comes from the / mouth of God**

Alleluia, alleluia, alleluia.

The Lord be with you.
And also with you.

The Holy Gospel according to Matthew 14.13-21
† Glory to you, Lord Jesus Christ.

¹³ Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴ When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. ¹⁵ When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' ¹⁶ Jesus said to them, 'They need not go away; you give them something to eat.' ¹⁷ They replied, 'We have nothing here but five loaves and two fish.' ¹⁸ And he said, 'Bring them here to me.' ¹⁹ Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the

disciples gave them to the crowds. ²⁰ And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. ²¹ And those who ate were about five thousand men, besides women and children.

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

SERMON

The sermon is followed by a time of silence for reflection.

THE PRAYERS OF THE PEOPLE

Let us pray for the world and for the Church.

Response:

Lord, in your mercy,
hear our prayer.

The prayers are followed by a time of silence for reflection.

Conclusion:

Compassionate God, you have promised to hear our prayers.
**Grant that what we have asked in faith
we may by your grace receive,
through Jesus Christ our Lord. Amen.**

THE GREETING OF PEACE

We are the body of Christ.
God's Spirit is with us.

The peace of the Lord be always with you.
And also with you.

OFFERTORY HYMN: CP 287 BROKEN FOR ME, BROKEN FOR YOU

*Broken for me, broken for you,
the body of Jesus broken for you.*

1 He offered His body, He poured out His soul,
Jesus was broken that we might be whole:
Broken for me . . .

2 Come to My table and with Me dine,
eat of My bread and drink of My wine:
Broken for me . . .

3 This is My body given for you,
eat it remembering I died for you:
Broken for me . . .

4 This is My blood I shed for you,
for your forgiveness, making you new:
Broken for me . . .

Tune: Broken for me
Music: Janet Lunt (1954-) arranged
by Andrew Maries (1949-)
Words: Janet Lunt (b. 1954)
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PRAYER OVER THE GIFTS

Blessed are you, Lord, God of all creation.
Through your goodness
we have these gifts to share.
Accept and use our offerings for your glory
and for the service of your kingdom.
Blessed be God for ever.

THE GREAT THANKSGIVING

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 our thanks and praise.

All glory and honour be yours
always and everywhere,
mighty Creator, everliving God.
We give you thanks and praise
for our Saviour Jesus Christ,
who by the power of your Spirit
was born of Mary
and lived as one of us.
By his death on the cross
and rising to new life,
he offered the one true sacrifice for sin
and obtained an eternal deliverance for his people.
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:

**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.**

Merciful God, we thank you
for these gifts of your creation,
this bread and wine,
and we pray that by your Word and Holy Spirit,
we who eat and drink them
may be partakers of Christ's body and blood.

On the night he was betrayed Jesus took bread;
and when he had given you thanks
he broke it, and gave it to his disciples, saying,
'Take, eat. This is my body given for you.
Do this in remembrance of me.'

After supper, he took the cup,
and again giving you thanks
he gave it to his disciples, saying,
'Drink from this, all of you.
This is my blood of the new covenant
shed for you and for many
for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.'

Therefore we do as our Saviour has commanded:
proclaiming his offering of himself
made once for all upon the cross,
his mighty resurrection and glorious ascension,
and looking for his coming again,
we celebrate, with this bread and this cup,
his one perfect and sufficient sacrifice
for the sins of the whole world.

Let us proclaim the mystery of faith.
Christ has died. Christ is risen. Christ will come again.

† Renew us by your Holy Spirit,
unite us in the body of your Son
and bring us with all your people
into the joy of your eternal kingdom;
through Jesus Christ our Lord,
with whom, and in whom,
in the fellowship of the Holy Spirit,
we worship you, Father,
in songs of never-ending praise:

**Blessing and honour and glory and power
are yours for ever and ever. Amen.**

THE LORD'S PRAYER

As our Saviour Christ has taught us, we are confident to 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.
Save us from the time of trial
and 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.
We who are many are one body,
for we all share in the one bread.

AGNUS DEI

**Jesus, Lamb of God, have mercy on us.
Jesus, bearer of our sins, have mercy on us.
Jesus, redeemer of the world, grant us your peace.**

INVITATION TO COMMUNION

The gifts of God for the people of God.
May we who share these gifts be found in Christ and Christ in us.

This is the table of communion with the earth,
in which Christ became incarnate
So come to this table, those who have much faith
and those who would like to have more;
those who have been here often
and those who have not been for a long time;
those who have tried to follow Jesus;
and we who have failed.
Come.

All are welcome to receive Holy Communion. At the entrance of the church you are welcome to receive anointing for healing and to use our two stations of prayer, the bowl of water with stones and the bowl of candles.

After Communion has concluded, Please stand in body or in spirit.

POST-COMMUNION SENTENCE

I call upon you, O God, for you will surely answer, incline your ear to me, and hear my words. (Psalm 17.6)

PRAYER AFTER COMMUNION

Living God,
in this holy meal you fill us with new hope.
May the power of your love,
which we have known in word and sacrament,
continue your saving work among us,
give us courage for our pilgrimage,
and bring us to the joys you promise.

PRAYER OF SELF-OFFERING

Most loving God,
you send us into the world you love.
Give us grace to go thankfully and with courage
in the power of your Spirit.

BLESSING

May you find God in the struggle,
however dark and lonely the night.

May you let go of your burdens
and learn to take hold of God.

May you see the face of God
in the very place you thought God had left.

And may you find grace waiting
on the far side of the river.

May the blessing of the God of Jacob,
Creator, Redeemer, and Sustainer,
surround you today and hold you forever.
Amen.

NOTICES

DISMISSAL

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

RECESSIONAL CP 455 "GUIDE ME, O THOU GREAT REDEEMER"

- 1 Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty;
hold me with thy powerful hand:
Bread of heaven,
feed me now and evermore.
- 2 Open now the crystal fountain
whence the healing stream doth flow;
let the fiery cloudy pillar
lead me all my journey through:
strong deliverer,
be thou still my strength and shield.
- 3 When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side:
songs and praises
I will ever give to thee.

Tune: Cwm Rhondda
Music: John Hughes (1873-1932)
Words: Welsh, William Williams
(1717-1791)
tr. Peter Williams (1727-1796)
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POSTLUDE: LÉON BOËLLMANN: 'PRIÈRE À NOTRE-DAME' FROM *SUITE GOTHIQUE*

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Blessing © Matthew Anstey.

Where there is a † in the liturgy, you are invited to make a sign of the cross if you wish. When the Gospel is read and we say “† Glory to you Lord Jesus Christ”, you are invited to make three tiny signs of the cross, on the forehead, on the lips and on the chest. This symbolises the Word of God in our minds, our words and our hearts.

Soul Searching

after "Stone" by Charles Simic

I cannot make them out,
these strange writings
on my inner walls.
Each time I feel closer
to deciphering the marks,
it's as if they rearrange
themselves into new
more mysterious lines.
Some part of me deeply
wants to read them,
to know their secrets.
She takes out her eraser,
her pencil, and begins
the translations again.
Some part of me sits
easily in the midst of all
I do not understand.
She watches the swallows
trace shapes in the air
with the dark inky tips
of their wings.

-- Rosemerry Wahtola Trommer, July 2026