
ST THEODORE'S, TOORAK GARDENS

ORDINARY 19
9 AUGUST 2026

“Walking, And Not Just on Water”



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 233 "JESUS CALLS US: O'ER THE TUMULT"

- 1 Jesus calls us: o'er the tumult,
of our life's wild restless sea,
day by day his sweet voice soundeth,
saying, 'Christian, follow me':
- 2 As of old Saint Andrew heard it
by the Galilean lake,
turned from home and toil and kindred
leaving all for his dear sake.
- 3 Jesus calls us from the worship
of the vain world's golden store,
from each idol that would keep us,
saying, 'Christian, love me more.'
- 4 In our joys and in our sorrows,
days of toil and hours of ease,
still he calls, in cares and pleasures,
that we love him more than these.
- 5 Jesus calls us: by thy mercies,
Saviour, make us hear thy call,
give our hearts to thine obedience,
serve and love thee best of all.

Tune: Merton
Music: W H Monk (1823-1889)
Words: Cecil Frances Alexander
(1818-1895)
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ACKNOWLEDGEMENT

As we gather in worship, we acknowledge the Kurna 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

They cried out in fear, but Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.' (Matthew 14.26–27)

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

Mighty God and ruler of all creation,
give new strength to our faith,
that we may recognise your presence
even when hope seems lost.
Help us to face our trials with serenity
as we walk with Christ through the stormy seas of life
and come at last to your eternal peace.
We ask this through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

Please be seated

FIRST READING: GENESIS 37.1-4, 12-28

¹ Jacob settled in the land where his father had lived as an alien, the land of Canaan. ² This is the story of the family of Jacob.

Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives; and Joseph brought a bad report of them to their father. ³ Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. ⁴ But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him.

¹² Now his brothers went to pasture their father's flock near Shechem. ¹³ And Israel said to Joseph, 'Are not your brothers pasturing the flock at Shechem? Come, I will send you to them.' He answered, 'Here I am.' ¹⁴ So he said to him, 'Go now, see if it is well with your brothers and with the flock; and bring word back to me.' So he sent him from the valley of Hebron.

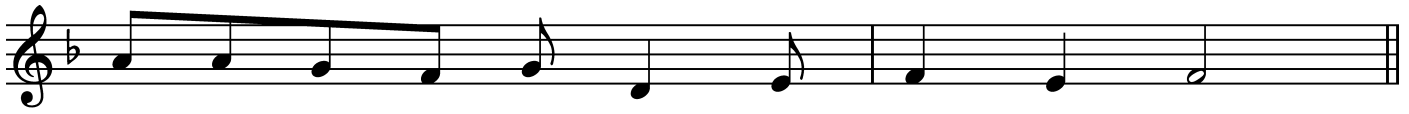
He came to Shechem, ¹⁵ and a man found him wandering in the fields; the man asked him, 'What are you seeking?' ¹⁶ 'I am seeking my brothers,' he said; 'tell me, please, where they are pasturing the flock.' ¹⁷ The man said, 'They have gone away, for I heard them say, "Let us go to Dothan." ' So Joseph went after his brothers, and found them at Dothan. ¹⁸ They saw him from a distance, and before he came near to them, they conspired to kill him. ¹⁹ They said to one another, 'Here comes this dreamer. ²⁰ Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams.' ²¹ But when Reuben heard it, he delivered him out of their hands, saying, 'Let us not take his life.' ²² Reuben said to them, 'Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him' — that he might rescue him out of their hand and restore him to his father. ²³ So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; ²⁴ and they took him and threw him into a pit. The pit was empty; there was no water in it.

²⁵ Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. ²⁶ Then Judah said to his brothers, 'What profit is there if we kill our brother and conceal his blood? ²⁷ Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh.' And his brothers agreed. ²⁸ When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

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

PSALM: 105.1-6; 105.16-22

Response: Call to mind what wonders the Lord has done



Call to mind what won - ders the Lord has done.

- ¹ O give thanks to the Lord and call upon his name:
tell among the peoples what things he has done.
- ² Sing to him, O sing praises:
and be telling of all his marvellous works.
- ³ Exult in his holy name:
and let those that seek the Lord be joyful in heart. **R**
- ⁴ Seek the Lord and his strength:
O seek his face continually.
- ⁵ Call to mind what wonders he has done:
his marvellous acts, and the judgements of his mouth, **R**
- ⁶ O seed of Abraham his servant:
O children of Jacob his chosen one.
- ¹⁶ Then he called down a famine on the land:
and destroyed the bread that was their stay. **R**
- ¹⁷ But he had sent a man ahead of them:
Joseph who was sold into slavery,
- ¹⁸ Whose feet they fastened with fetters:
and thrust his neck into a hoop of iron. **R**
- ¹⁹ Till the time that his words proved true:
he was tested by the Lord's command.
- ²⁰ Then the king sent and loosed him:
the ruler of nations set him free; **R**
- ²¹ He made him master of his household:
and ruler over all his possessions,
- ²² To rebuke his officers at will:
and to teach his counsellors wisdom. **R**

SECOND READING: ROMANS 10.4-15

⁴ For Christ is the end of the law so that there may be righteousness for everyone who believes. ⁵ Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' ⁶ But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?"' (that is, to bring Christ down) ⁷ 'or "Who will descend into the abyss?"' (that is, to bring Christ up from the dead). ⁸ But what does it say?

'The word is near you,
on your lips and in your heart'

(that is, the word of faith that we proclaim); ⁹ because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. ¹¹ The scripture says, 'No one who believes in him will be put to shame.' ¹² For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. ¹³ For, 'Everyone who calls on the name of the Lord shall be saved.'

¹⁴ But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? ¹⁵ And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

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

Please stand in body or in spirit

GRADUAL HYMN: CP 458 "HAVE FAITH IN GOD, MY HEART"

1 Have faith in God, my heart,
trust and be unafraid;
God will fulfil in every part
each promise he has made.

- 2 Have faith in God, my mind,
though oft thy light burns low;
God's mercy holds a wiser plan
than thou canst fully know.
- 3 Have faith in God, my soul,
his cross for ever stands;
and neither life nor death can pluck
his children from his hands.
- 4 Lord Jesus, make me whole;
grant me no resting place,
until I rest, heart, mind, and soul,
the captive of thy grace.

Tune: St Ethelwald
Music: William Henry Monk (1823-1889)
Words: Bryn Rees (1911-1983)
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THE GOSPEL

Alleluia, alleluia, alleluia.

**I wait / for the Lord;
my soul waits / for his word**

Alleluia, alleluia, alleluia.

The Lord be with you.
And also with you.

The Holy Gospel according to Matthew 14.22-36
‡ Glory to you, Lord Jesus Christ.

²² Immediately Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. ²³ And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴ but by this time the boat, battered by the waves, was far from the land, for the wind was against them. ²⁵ And early in the morning he came walking towards them on the lake. ²⁶ But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. ²⁷ But

immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.'

²⁸ Peter answered him, 'Lord, if it is you, command me to come to you on the water.' ²⁹ He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. ³⁰ But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' ³¹ Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' ³² When they got into the boat, the wind ceased. ³³ And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

³⁴ When they had crossed over, they came to land at Gennesaret. ³⁵ After the people of that place recognized him, they sent word throughout the region and brought all who were sick to him, ³⁶ 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,
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: TIS 598 "DEAR FATHER, LORD OF HUMANKIND"

- 1 Dear Father, Lord of humankind,
forgive our foolish ways;
reclothe us in our rightful mind:
in purer lives thy service find,
in deeper reverence, praise
In deeper reverence, praise.
- 2 In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word
rise up and follow thee,
rise up and follow thee.
- 3 O sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love,
interpreted by love!

- 4 Drop thy still dews of quietness,
till all our striving cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of the peace,
the beauty of thy peace.
- 5 Breathe through the heats of our desire
thy coolness and thy balm;
lest sense be dumb, let flesh retire;
speak through the earthquake, wind and fire,
O still small voice of calm,
O still small voice of calm.

Tune: Repton
Music: Charles Herbert
Hastings Parry (1848-1918)
Words: John Greenleaf
Whittier (1807-1892)
© Together in Song 1999

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.

It is indeed right,
it is our duty, our joy and our salvation,
that we should at all times and in all places
give thanks to you, almighty and everlasting God,
through Jesus Christ your only Son our Lord.
For he is the true high priest,
who has freed us from our sins
and made us a royal priesthood
to serve you, our God and Father.

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.**

Holy and gracious God,
all creation rightly gives you praise.
All life, all holiness, comes from you
through your Son, Jesus Christ our Lord,
whom you sent to share our human nature,
to live and die as one of us,
to reconcile us to you,
the God and Father of all.

Hear us, merciful Lord;
through Christ accept our sacrifice of praise;
and, by the power of your Word and Holy Spirit,
sanctify this bread and wine,
that we who share in this holy sacrament
may be partakers of Christ's body and blood.

Who, when his hour had come,
on the night before he went up to the cross
to make full atonement for the sins of the whole world,
offering once for all his one sacrifice of himself,
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.'

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

Therefore, in obedience to his command,
we commemorate and celebrate his saving passion and death,
his mighty resurrection and ascension into heaven
and we eagerly await his coming again in glory.

We thank you that by your grace alone
you have accepted us in Christ;
and here we offer you a spiritual sacrifice,
holy and acceptable in your sight.

Through Christ, receive this our duty and service,
and grant that we who eat and drink these holy gifts
† may, by your Holy Spirit, be one body in Christ,
and serve you in unity and peace.

In your grace and mercy,
bring us to the joy of your eternal kingdom
with all the company of the redeemed.
May we praise you in union with them,
and give you glory through your Son, Jesus Christ.

Through him, with him, in him,
in the unity of the Holy Spirit,
we worship you, Father eternal,
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

O give thanks to the Lord and call upon his name, tell among the peoples what things the Lord has done. (Psalm 105.1)

PRAYER AFTER COMMUNION

Eternal God, giver of life,
Spirit moving among us,
in the breaking of the bread we know the risen Lord.
May we who celebrate this holy feast

walk in his risen light
and bring new life to all creation. **Amen**

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 recognise Christ in all walks of life,
and tell others what you have seen.

May you bring your neighbours to Christ,
and be drawn near through the strength of friends.

May you discover the wholeness offered by Christ,
even in the briefest of encounters.

And may the blessing of God,
† 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 437 "GO FORTH AND TELL! O CHURCH OF GOD, AWAKE"

- 1 Go forth and tell! O Church of God, awake!
God's saving news to all the nations take:
proclaim Christ Jesus, Saviour, Lord and King,
that all the world his glorious praise may sing.
- 2 Go forth and tell! God's love embraces all,
he will in grace respond to all who call:
how shall they call if they have never heard
the gracious invitation of his word?
- 3 Go forth and tell! The doors are open wide:
share God's good gifts – let no one be denied;
live out your life as Christ your Lord shall choose,
your ransomed powers for his sole glory use.
- 4 Go forth and tell! O Church of God, arise!
Go in the strength which Christ your Lord supplies;
go till all nations his great name adore
and serve him, Lord and King for evermore.

Tune: Woodlands
Music: Walter
Greathouse (1877-1949)
Words: James E Seddon
(1915-1983)
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POSTLUDE: FANTASIA ON GREENSLEEVES BY RALPH VAUGHAN WILLIAMS

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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.

Reunion

Thirty million years ago,
a number I can say but cannot
comprehend, the mountains

where we hiked today
were covered in a deep layer
of volcanic ash which somehow

formed the spire of Lizard Head Peak.
I am constantly stunned by this world
that makes and remakes itself

out of the same matter.
How complicated, yet how simple:
we all belong to each other —

a thought that, for a time,
made me feel like a crumbling mountain
walking among crumbling mountains,

like a dry stream bed walking
along the dry stream bed,
like a clover gone to seed

walking amongst fields
of dry, papery clover petals,
every step a reunion.

— *Rosemerry Wahtola Trommer, August 2026*