
ST THEODORE'S, TOORAK GARDENS

**ORDINARY 20
16 AUGUST 2026**

"Let there be life..."



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: SP 244 "HOW GOOD IT IS, WHAT PLEASURE COMES"

- 1 How good it is, what pleasure comes,
when people live as one.
When peace and justice light the way
the will of God is done.
- 2 True friendship then like fragrant oil
surrounds us with delight;
and blessings shine like morning dew
upon the mountain height.
- 3 How good it is when walls of fear
come tumbling to the ground.
When arms are changed to farming tools
the fruits of life abound.
- 4 What quiet joy can bloom and grow
when people work for peace,
when hands and voices join as one
that hate and war may cease.

Tune: St Botolph
Music: Gordon Slater (1896-1979)
Words: Ruth Duck (1947–2024)
based on Psalm 133
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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

Thus says the Lord, 'Maintain justice, and do what is right, for soon my salvation will come, and my deliverance be revealed.' (Isaiah 56.1)

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

God of freedom,
you have broken the tyranny of sin
and sent the Spirit of your Son into our hearts:
give us grace to dedicate our freedom to your service,
that all people may know the glorious liberty of the children of God;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Please be seated

FIRST READING: GENESIS 45.1-15

¹ Then Joseph could no longer control himself before all those who stood by him, and he cried out, 'Send everyone away from me.' So no one stayed with him when Joseph made himself known to his brothers. ² And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. ³ Joseph said to his brothers, 'I am Joseph. Is my father still alive?' But his brothers could not answer him, so dismayed were they at his presence.

⁴ Then Joseph said to his brothers, 'Come closer to me.' And they came closer. He said, 'I am your brother Joseph, whom you sold into Egypt. ⁵ And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. ⁶ For the famine has been in the land these two years; and there are five more years in which there will be neither ploughing nor harvest. ⁷ God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. ⁸ So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. ⁹ Hurry and go up to my father and say to him, "Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. ¹⁰ You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. ¹¹ I will

provide for you there — since there are five more years of famine to come — so that you and your household, and all that you have, will not come to poverty.” ¹² And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. ¹³ You must tell my father how greatly I am honoured in Egypt, and all that you have seen. Hurry and bring my father down here.’ ¹⁴ Then he fell upon his brother Benjamin’s neck and wept, while Benjamin wept upon his neck. ¹⁵ And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

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

PSALM 133

Response: How good and pleasant it is to live together in unity



- ¹ Behold how good and how lovely it is:
when families live together in unity. **R**
- ² It is fragrant as oil upon the head,
that runs down over the beard:
fragrant as oil upon the beard of Aaron,
that ran down over the collar of his robe. **R**
- ³ It is like a dew of Hermon:
like the dew that falls upon the hill of Zion.
- ⁴ For there the Lord has commanded his blessing:
which is life for evermore. **R**

SECOND READING: ROMANS 11.13-32

¹³ Now I am speaking to you Gentiles. Inasmuch then as I am an apostle to the Gentiles, I glorify my ministry ¹⁴ in order to make my own people jealous, and thus save some of them. ¹⁵ For if their rejection is the reconciliation of the world, what will their acceptance be but life from the dead! ¹⁶ If the part of the dough offered as first fruits is holy, then the whole batch is holy; and if the root is holy, then the branches also are holy.

¹⁷ But if some of the branches were broken off, and you, a wild olive shoot, were grafted in their place to share the rich root of the olive tree, ¹⁸ do not vaunt yourselves over the branches. If you do vaunt yourselves, remember that it is not you that support the root, but the root that supports you. ¹⁹ You will say, 'Branches were broken off so that I might be grafted in.' ²⁰ That is true. They were broken off because of their unbelief, but you stand only through faith. So do not become proud, but stand in awe. ²¹ For if God did not spare the natural branches, perhaps he will not spare you. ²² Note then the kindness and the severity of God: severity towards those who have fallen, but God's kindness towards you, provided you continue in his kindness; otherwise you also will be cut off. ²³ And even those of Israel, if they do not persist in unbelief, will be grafted in, for God has the power to graft them in again. ²⁴ For if you have been cut from what is by nature a wild olive tree and grafted, contrary to nature, into a cultivated olive tree, how much more will these natural branches be grafted back into their own olive tree.

²⁵ So that you may not claim to be wiser than you are, brothers and sisters, I want you to understand this mystery: a hardening has come upon part of Israel, until the full number of the Gentiles has come in. ²⁶ And so all Israel will be saved; as it is written,

'Out of Zion will come the Deliverer;
he will banish ungodliness from Jacob.'

²⁷ 'And this is my covenant with them,
when I take away their sins.'

²⁸ As regards the gospel they are enemies of God for your sake; but as regards election they are beloved, for the sake of their ancestors; ²⁹ for the

gifts and the calling of God are irrevocable. ³⁰ Just as you were once disobedient to God but have now received mercy because of their disobedience, ³¹ so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. ³² For God has imprisoned all in disobedience so that he may be merciful to all.

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

Please stand in body or in spirit

GRADUAL HYMN: CP 477 "IN CHRIST THERE IS NO EAST OR WEST"

- 1 In Christ there is no east or west,
in him no south or north,
but one great fellowship of love
throughout the whole wide earth.
- 2 In him shall true hearts everywhere
their high communion find;
his service is the golden cord,
close binding humankind.
- 3 Join hands, then, children of the faith,
whate'er your race may be;
who serves my Ruler as his child
is surely kin to me.
- 4 In Christ now meet both east and west,
in him meet south and north;
all Christlike souls are one in him,
throughout the whole wide earth.

Tune: St Bernard
Music: Adapted from a melody
in *Tochter Sion*, Cologne, 1741
by Leighton George Hayne (1836–1883)
Words: John Oxenham, (William Arthur
Dunkerley) (1852–1862)*
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THE GOSPEL

Alleluia, alleluia, alleluia.

**Jesus proclaimed the Gospel / of the Kingdom
and cured every disease a- / mong the people**

Alleluia, alleluia, alleluia.

The Lord be with you.
And also with you.

The Holy Gospel according to Matthew 15.21-28
‡ Glory to you, Lord Jesus Christ.

²¹ Jesus left that place and went away to the district of Tyre and Sidon. ²² Just then a Canaanite woman from that region came out and started shouting, 'Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.' ²³ But he did not answer her at all. And his disciples came and urged him, saying, 'Send her away, for she keeps shouting after us.' ²⁴ He answered, 'I was sent only to the lost sheep of the house of Israel.' ²⁵ But she came and knelt before him, saying, 'Lord, help me.' ²⁶ He answered, 'It is not fair to take the children's food and throw it to the dogs.' ²⁷ She said, 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.' ²⁸ Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly.

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 313 "MY GOD, AND IS THY TABLE SPREAD"

- 1 My God, and is thy table spread,
and doth thy cup with love o'erflow?
Thither be all thy children led,
and let them all thy sweetness know.
- 2 Hail, sacred feast which Jesus makes,
rich banquet of his flesh and blood!
Thrice happy he who here partakes
that sacred stream, that heavenly food.
- 3 Why are its bounties all in vain
before unwilling hearts displayed?
Was not for them the Victim slain?
Are they forbid the children's bread?

4 O let thy table honoured be,
and furnished well with joyful guests;
and may each soul salvation see,
that here its sacred pledges tastes.

Tune: Rockingham
Music: Melody *Tunbridge* from
A Second Supplement to Psalms in
Miniature, c. 1780
adapted by Edward Miller (1731–1807)
Words: Philip Doddridge (1702–1751)
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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

Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' (Matt 15.28)

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.

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 see the suffering that lies hidden from view,
to speak God's word into every place of torment:
'Let there be freedom.'

May you speak for those whose voices go unheard,
to persist, to advocate, to never give up:
'Let there be justice.'

May you be ready to listen and be changed,
to open the way for lives to be renewed:
'Let there be life.'

And may the blessing of God,
† Creator, Redeemer and Sustainer,

send you out with courage and compassion,
now and always. **Amen.**

NOTICES

DISMISSAL

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

RECESSIONAL: CP 598 "THERE'S A WIDENESS IN GOD'S MERCY"

- 1 There's a wideness in God's mercy
like the wideness of the sea;
there's a kindness in his justice
which is more than liberty.
- 2 There is no place where earth's sorrows
are more felt than up in heaven;
there is no place where earth's failings
have such kindly judgement given.
- 3 For the love of God is broader
than the measure of our mind,
and the heart of the Eternal
is most wonderfully kind.
- 4 But we make his love too narrow
by false limits of our own;
and we magnify his strictness
with a zeal he would not own.
- 5 There is plentiful redemption
through the blood that has been shed;
there is joy for all the members
in the sorrows of the Head.

6 There is grace enough for thousands
of new worlds as great as this;
there is room for fresh creations
in that upper home of bliss.

7 If our love were but more simple,
we should take him at his word;
and our lives would be all gladness
in the joy of Christ our Lord.

Tune: Cross of Jesus
Music: John Stainer (1840–1901)
from *The Crucifixion*, 1887
Words: Frederick William Faber
(1814–1863)*
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**POSTLUDE: DESSEINS ÉTERNELS ('ETERNAL PURPOSES') BY OLIVIER
MESSIAEN (1908-1992)**

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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.

Lifting the Camaro

We've heard the story of the woman
who lifted the car to save her child,
and though it is hard to believe,

it happens. Faced with saving a life,
we find the hysterical strength
to do what seemingly can't be done —

I think of those women today,
and I think of my son, trapped beneath
the chassis of teenage torment.

It may not be a two-ton car, but it feels
no less urgent. We save a life in seconds
or we save a life in years —

of course I'd lift it right away
if such a lift were possible.
I'd hold that Chevy up until

he could roll right out from under.
Instead I try lifting other impossible things:
The crush of being misunderstood. The weight

of should. The press of daily surviving.
And I think of those mothers who lift cars.
And I bless them, and keep on trying.

-- Rosemerry Wahtola Trommer, Feb 2019