
ST THEODORE'S, TOORAK GARDENS

**ORDINARY 22
30 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 383 "BE STILL, FOR THE PRESENCE OF THE LORD"

- 1 Be still, for the presence of the Lord,
the Holy One, is here.
Come, bow before him now,
with reverence and fear.
In him no sin is found,
we stand on holy ground.
Be still, for the presence of the Lord,
the Holy One, is here.
- 2 Be still, for the glory of the Lord
is shining all around;
he burns with holy fire,
with splendour he is crowned,
How awesome is the sight,
our radiant King of light!
Be still, for the glory of the Lord
is shining all around.
- 3 Be still, for the power of the Lord
is moving in this place,
he comes to cleanse and heal,
to minister his grace.
No work too hard for him,
in faith receive from him;
be still, for the power of the Lord
is moving in this place.

Tune: Be Still
Music: David J Evans (b 1957)
Words: David J Evans (b 1957)
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ACKNOWLEDGEMENT

As we gather in worship, we acknowledge the Kaurana 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

If you want to become a disciple of Jesus, deny yourself, take up your cross and follow him. (Matthew 16.24-25)

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,
whose Son has shown the way of the cross to be the way of life:
transform and renew our minds
that we may not be conformed to this world
but may offer ourselves wholly to you as a living sacrifice
through Jesus Christ our Saviour;
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Please be seated

FIRST READING: EXODUS 3.1-15

¹ Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. ² There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. ³ Then Moses said, 'I must turn aside and look at this great sight, and see why the bush is not burned up.' ⁴ When the Lord saw that he had turned aside to see, God called to him out of the bush, 'Moses, Moses!' And he said, 'Here I am.' ⁵ Then he said, 'Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.' ⁶ He said further, 'I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.' And Moses hid his face, for he was afraid to look at God.

⁷ Then the Lord said, 'I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, ⁸ and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. ⁹ The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. ¹⁰ So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.' ¹¹ But Moses said to God, 'Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?' ¹² He said, 'I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.'

¹³ But Moses said to God, 'If I come to the Israelites and say to them, "The God of your ancestors has sent me to you", and they ask me, "What is his name?" what shall I say to them?' ¹⁴ God said to Moses, 'I am who I am.' He said further, 'Thus you shall say to the Israelites, "I am has sent me to you."' ¹⁵ God also said to Moses, 'Thus you shall say to the Israelites, "The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you":

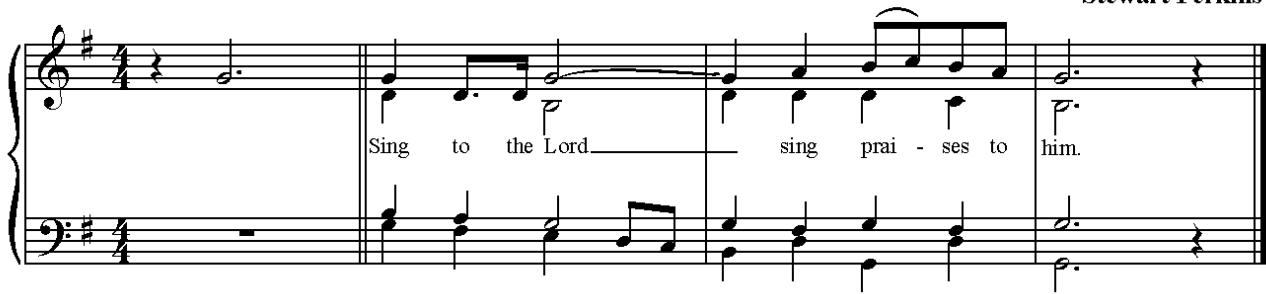
This is my name for ever,
and this my title for all generations.

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

PSALM 105.1-16, 23-26

Response: Sing to the Lord sing praises to him

Stewart Perkins



- 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. **R**
- ³ Exult in his holy name:
and let those that seek the Lord be joyful in heart.
- ⁴ Seek the Lord and his strength:
O seek his face continually. **R**
- ⁵ Call to mind what wonders he has done:
his marvellous acts, and the judgements of his mouth,
- ⁶ O seed of Abraham his servant:
O children of Jacob his chosen one. **R**
- ²³ Then Israel came into Egypt:
and Jacob dwelt in the land of Ham.
- ²⁴ There the Lord made his people fruitful:
too numerous for their enemies, **R**
- ²⁵ Whose hearts he turned to hate his people:
and to deal deceitfully with his servants.
- ²⁶ Then he sent Moses his servant:
And Aaron whom he had chosen. **R**

SECOND READING: ROMANS 12.9-21

⁹ Let love be genuine; hate what is evil, hold fast to what is good; ¹⁰ love one another with mutual affection; outdo one another in showing honour. ¹¹ Do not lag in zeal, be ardent in spirit, serve the Lord. ¹² Rejoice in hope, be patient in suffering, persevere in prayer. ¹³ Contribute to the needs of the saints; extend hospitality to strangers.

¹⁴ Bless those who persecute you; bless and do not curse them. ¹⁵ Rejoice with those who rejoice, weep with those who weep. ¹⁶ Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. ¹⁷ Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. ¹⁸ If it is possible, so far as it depends on you, live peaceably with all. ¹⁹ Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' ²⁰ No, 'if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.' ²¹ Do not be overcome by evil, but overcome evil with good.

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

Please stand in body or in spirit

GRADUAL HYMN: CP 582 "TAKE UP THY CROSS, THE SAVIOUR SAID"

- 1 Take up thy cross, the Saviour said,
if thou wouldst my disciple be;
deny thyself, the world forsake,
and humbly follow after me.
- 2 Take up thy cross: let not its weight
fill thy weak spirit with alarm;
his strength shall bear thy spirit up,
and brace thy heart, and nerve thine arm.

- 3 Take up thy cross, nor heed the shame,
nor let thy foolish pride rebel:
thy Lord for thee the cross endured,
to save thy soul from death and hell.
- 4 Take up thy cross then in his strength,
and calmly every danger brave;
'twill guide thee to a better home,
and lead to victory o'er the grave.
- 5 Take up thy cross, and follow Christ,
nor think till death to lay it down;
for only they who bear the cross
may hope to wear the glorious crown.
- 6 To thee, great Lord, the One in Three,
all praise for evermore ascend:
O grant us in our home to see
the heavenly life that knows no end.

Tune: Breslau
Music: German traditional melody
harmonised by F Mendelssohn-
Bartholdy (1809-1847)
Words: C.W. Everest (1814-1877)
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THE GOSPEL

Alleluia, alleluia, alleluia.

**God was reconciling the world to him- / self in Christ
and entrusting us with the message / of salvation**

Alleluia, alleluia, alleluia.

The Lord be with you.
And also with you.

The Holy Gospel according to Matthew 16.21-28
† Glory to you, Lord Jesus Christ.

²¹ From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and

chief priests and scribes, and be killed, and on the third day be raised. ²² And Peter took him aside and began to rebuke him, saying, 'God forbid it, Lord! This must never happen to you.' ²³ But he turned and said to Peter, 'Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.' ²⁴ Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. ²⁵ For those who want to save their life will lose it, and those who lose their life for my sake will find it. ²⁶ For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? ²⁷ 'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. ²⁸ Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'

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: SP 271 "EARTH'S FRAGILE BEAUTIES WE POSSESS"

- 1 Earth's fragile beauties we possess
as pilgrim gifts from God,
and walk the slow and dangerous way
his wounded feet have trod.
Though faith by tragedy is rocked,
and love with pain is scored,
we sing the pilgrims' song of hope:
'Your kingdom come, O Lord!'
- 2 Earth's human longings we possess
by grief or love compelled
to take and bear the heavy cross
Christ's wounded hands have held.
By cloud and fire he leads us on
through famine, plague or sword,
singing with faith the pilgrims' song:
'Your kingdom come, O Lord!'
- 3 God's own true image we possess
in innocence first known,
now tainted by the hate and spite
to Christ's own body shown.
By that same wounded heart of love
God's image is restored,
to sing again the pilgrim's song:
'Your kingdom come, O Lord!'

Tune: Kingsfold
Music: Melody from *English County Songs* 1893 harmonised by Ralph Vaughan Williams (1872-1958)
Words: Robert Willis (1947-2024)
@ Sing Praise 2010

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. Households can come forward together if they wish.

At the entrance of the church you are welcome to receive anointing for healing or 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

If it is possible, so far as it depends on you, live peaceably with all.
(Romans 12.18)

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

The peace of God which passes all understanding
keep your hearts and minds i
n 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.
Amen.

NOTICES

DISMISSAL

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

RECESSIONAL: CP 438 "GO FORTH FOR GOD"

- 1 Go forth for God; go forth to the world in peace;
be of good courage, armed with heavenly grace,
in God's good Spirit daily to increase,
till in his kingdom we behold his face.
- 2 Go forth for God; go forth to the world in strength;
hold fast the good, be urgent for the right,
render to no one evil; Christ at length
shall overcome all darkness with his light.
- 3 Go forth for God; go forth to the world in love;
strengthen the faint, give courage to the weak,
help the afflicted; richly from above
his love supplies the grace and power we seek.
- 4 Go forth for God; go forth to the world in joy,
to serve God's people every day and hour,
and serving Christ, his every gift employ,
rejoicing in the Holy Spirit's power.
- 5 Sing praise to him who brought us on our way,
sing praise to him who bought us with his blood,
sing praise to him who sanctifies each day,
sing praise to him who reigns one Lord and God.

Tune: Woodlands
Music: Walter Greatorex
(1877-1949)
Words: J.R. Peacey (1896-
1971)
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POSTLUDE: AVE MARIA (ANGELUS DOMINI) BY FRANZ BIEBL.

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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.

Because Today Vulnerable Feels Alive

It felt so good to walk in the rain,
to walk in the rain and not put
on the raincoat I'd carried for
over ten miles, to not put on
the raincoat and let the rain
soak into my sleeves, my
shoes, my thoughts, my
words, let rain soak in
and realize with each
squishy step each
soggy word what
a gift it is to not
always protect
myself from
the world.

– *Rosemerry Wahtola Trommer, Aug 2026*