

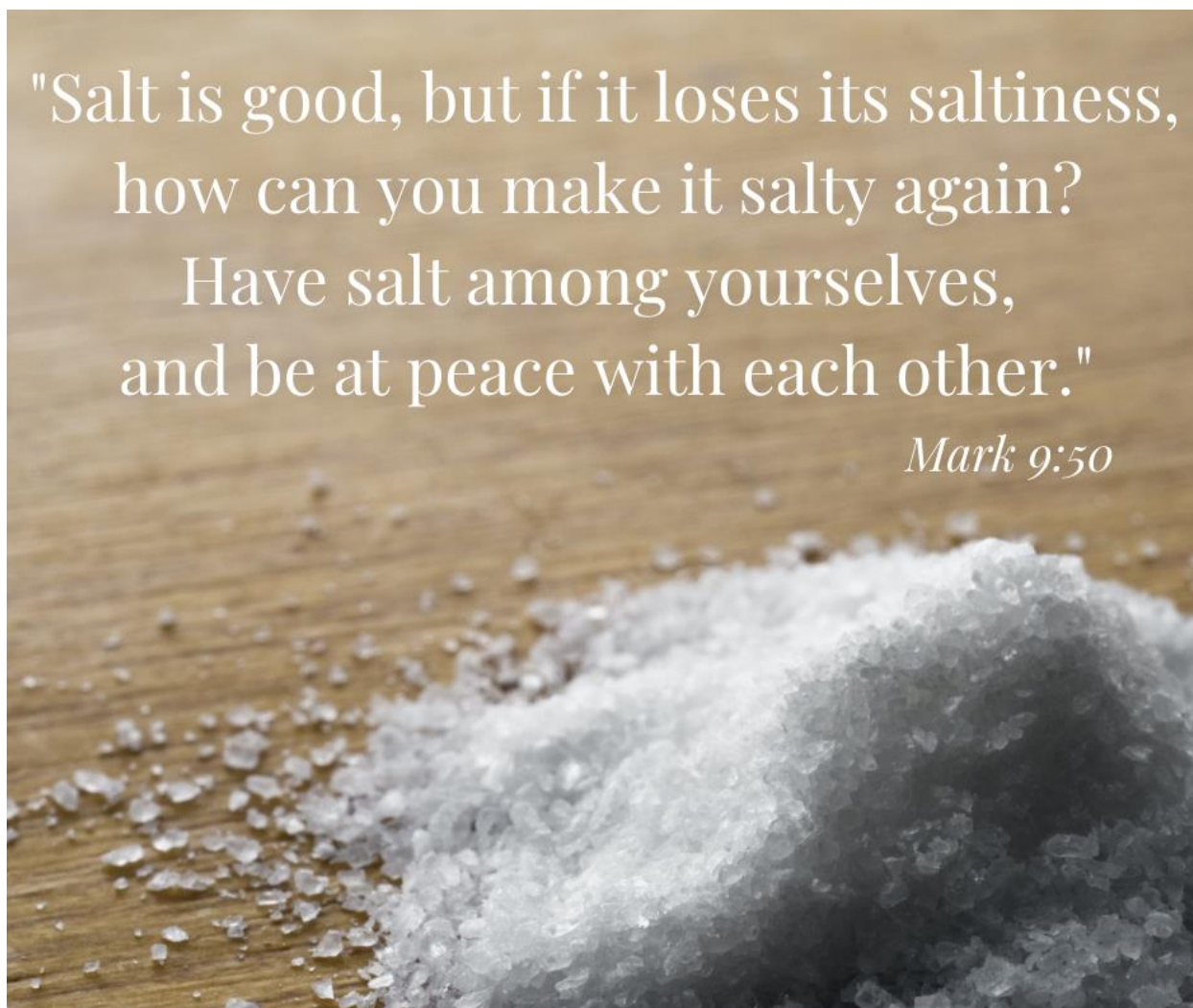
# ST NICHOLAS' ANGLICAN CHURCH, HELSINKI

A diverse and inclusive community of Word and Sacrament

Sung Eucharist, 26<sup>th</sup> September 2021,  
Seventeenth Sunday after Trinity

"Salt is good, but if it loses its saltiness,  
how can you make it salty again?  
Have salt among yourselves,  
and be at peace with each other."

*Mark 9:50*



**St Nicholas' Anglican Church**

Tehtaankatu 23

00150 Helsinki

**Tel:** 050 309 9132 **Email:** office@anglican.fi

[www.anglican.fi](http://www.anglican.fi)

## Welcome

We warmly welcome you to our Sunday Eucharist! We hope you will stay for a chat and refreshments after the service.

## Staying Safe

You will be asked for a contact number when you arrive at Church for the purposes of Contact Tracing. Please sanitise your hands as you enter Church and wear a face mask. The Verger will guide you to your seat to ensure social distancing is maintained.

## Participating in the Service

The order of service indicates whether to sit or stand, however please feel free to adopt the posture that you feel most comfortable with. If you have difficulty coming up for communion then please let the Verger know and we will bring Communion to you.

## Music

Music notation for the Kyrie & Gloria, Sanctus & Benedictus, and Agnus Dei are available on a separate sheet.

## Children

Children are always welcome at our services. Sunday School takes place during school term-time, on Sundays at 10am in the Church crypt. We also have a Youth Group for ages 11 plus. To find out more please speak to one of our Sunday School teachers on the contact list.

## Giving to St Nicholas

The Chaplaincy does not benefit from 'Church tax.' We have a contactless payment option and a collection basket at the back of Church. Please consider regular via our website or using the Chaplaincy Bank Details: Suomen Anglikaaninen Kirkko (The Anglican Church in Finland), IBAN: F173 3131 1000 3282 07 Ref:1009

## Social media

You can follow us on

Facebook: <https://www.facebook.com/anglicanfinland>

Instagram: [https://www.instagram.com/anglican\\_church\\_helsinki/](https://www.instagram.com/anglican_church_helsinki/)

Twitter: St Nicholas' Church, Helsinki @anglicanfinland

If you would like to receive our weekly newsletter then please visit the 'Contact Us' page on our website

## Video & Photography

We kindly ask that no photos are taken during the service to protect the privacy of fellow worshippers. Our services are streamed online and every care is taken to ensure that members of the congregation are not visible, but if you have any questions then please speak with the Verger.

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*Please stand as the clergy enter*

Come to me, says the Lord, and you will find rest for your souls. (*Matthew 11.28, 29*)

Let us proceed in peace  
**In the name of Christ, Amen!**

**Entrance Hymn:** Praise, My Soul, the King of Heaven

**Praise, my soul, the King of heaven;  
to his feet your tribute bring;  
Ransomed, healed, restored, forgiven,  
evermore his praises sing.  
Alleluia, alleluia!  
Praise the everlasting King!**

**Praise him for his grace and favor  
to our forebears in distress;  
Praise him, still the same forever,  
slow to chide and swift to bless.  
Alleluia, alleluia!  
Glorious in his faithfulness!**

**Fatherlike 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 yet his mercy flows!**

**Frail as summer's flower we flourish;  
blows the wind and it is gone;  
But, while mortals rise and perish,  
God endures unchanging on.  
Alleluia, alleluia!  
Praise the high eternal One!**

**Angels, help us to adore him;  
you 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!**

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

## **The Greeting**

The Lord be with you  
**and also with you.**

*Words of welcome or introduction may be said.*

## **Prayer of Preparation**

**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**

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.

*Silence is kept*

**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 President declares absolution.*

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. **Amen.**

**Kyrie & Gloria** *we sing*

**Lord, have mercy; Lord, have mercy; Lord, have mercy.  
Christ, have mercy; Christ, have mercy; Christ have mercy.  
Lord, have mercy; Lord, have mercy; Lord have mercy.**

**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** *we remain standing*

*The president introduces a period of silent prayer with the words 'Let us pray' or a more specific bidding.*

Almighty God,  
you have made us for yourself,  
and our hearts are restless till they find their rest in you:  
pour your love into our hearts and draw us to yourself,  
and so bring us at last to your heavenly city  
where we shall see you face to face;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,

in the unity of the Holy Spirit,  
one God, now and for ever.  
**Amen.**

## THE LITURGY OF THE WORD

**The First Reading:** Numbers 11.4-6, 10-16. Read by Erik Johannes Riekko *we sit*

A reading from the book of Numbers

The rabble among the people had a strong craving; and the Israelites also wept again, and said, 'If only we had meat to eat! We remember the fish we used to eat in Egypt for nothing, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our strength is dried up, and there is nothing at all but this manna to look at.' Moses heard the people weeping throughout their families, all at the entrances of their tents. Then the LORD became very angry, and Moses was displeased. So Moses said to the LORD, 'Why have you treated your servant so badly? Why have I not found favour in your sight, that you lay the burden of all this people on me? Did I conceive all this people? Did I give birth to them, that you should say to me, "Carry them in your bosom, as a nurse carries a sucking child," to the land that you promised on oath to their ancestors? Where am I to get meat to give to all this people? For they come weeping to me and say, "Give us meat to eat!" I am not able to carry all this people alone, for they are too heavy for me. If this is the way you are going to treat me, put me to death at once – if I have found favour in your sight – and do not let me see my misery.'

So the LORD said to Moses, 'Gather for me seventy of the elders of Israel, whom you know to be the elders of the people and officers over them; bring them to the tent of meeting, and have them take their place there with you.'

So Moses went out and told the people the words of the LORD; and he gathered seventy elders of the people, and placed them all around the tent. Then the LORD came down in the cloud and spoke to him, and took some of the spirit that was on him and put it on the seventy elders; and when the spirit rested upon them, they prophesied. But they did not do so again.

Two men remained in the camp, one named Eldad, and the other named Medad, and the spirit rested on them; they were among those registered, but they had not gone out to the tent, and so they prophesied in the camp. And a young man ran and told Moses, 'Eldad and Medad are prophesying in the camp.' And Joshua son of Nun, the assistant of Moses, one of his chosen men, said, 'My lord Moses, stop them!' But Moses said to him, 'Are you jealous for my sake? Would that all the LORD's people were prophets, and that the LORD would put his spirit on them!'

This is the word of the Lord.  
**Thanks be to God.**

**Psalm 19.7-14** *we remain seated whilst the choir sings*

**The Second Reading:** James 5.13-20. Read by Peter Joy *we sit*

A reading from the epistle of St James

Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective. Elijah was a human being like us, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again, and the heaven gave rain and the earth yielded its harvest.

My brothers and sisters, if anyone among you wanders from the truth and is brought back by another, you should know that whoever brings back a sinner from wandering will save the sinner's soul from death and will cover a multitude of sins.

This is the word of the Lord.

**Thanks be to God.**

**Gradual Hymn:** God, Whose Almighty Word *please stand*

**God, whose almighty word  
Chaos and darkness heard,  
And took their flight:  
Hear us, we humbly pray,  
And where the gospel-day  
Sheds not its glorious ray,  
Let there be light!**

**Savior, you came to bring  
On your redeeming wing  
Healing and sight,  
Health to the sick in mind,  
Sight to the inly blind:  
Now to all humankind  
Let there be light!**

**Spirit of truth and love,  
Life giving, holy Dove,  
Speed on your flight!  
Move on the water's face  
Bearing the lamp of grace,  
And in earth's darkest place  
Let there be light!**

**Gracious and holy Three,  
Glorious Trinity,  
Wisdom, Love, Might,**

**Boundless as ocean's tide  
Rolling in fullest pride:  
Through the world, far and wide  
Let there be light!**

**Gospel Reading:** Mark 9.38-50 *please remain standing*

No one can say Jesus is Lord, except by the Holy Spirit. **Alleluia!**  
(1 Corinthians 12.3)

The Lord be with you  
**and also with you.**

Hear the Gospel of our Lord Jesus Christ according to Mark.  
**Glory to you, O Lord.**

John said to Jesus, 'Teacher, we saw someone casting out demons in your name, and we tried to stop him, because he was not following us.' But Jesus said, 'Do not stop him; for no one who does a deed of power in my name will be able soon afterwards to speak evil of me. Whoever is not against us is for us. For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward.

If any of you put a stumbling-block before one of these little ones who believe in me, it would be better for you if a great millstone were hung around your neck and you were thrown into the sea. If your hand causes you to stumble, cut it off; it is better for you to enter life maimed than to have two hands and to go to hell, to the unquenchable fire. And if your foot causes you to stumble, cut it off; it is better for you to enter life lame than to have two feet and to be thrown into hell. And if your eye causes you to stumble, tear it out; it is better for you to enter the kingdom of God with one eye than to have two eyes and to be thrown into hell, where their worm never dies, and the fire is never quenched.

For everyone will be salted with fire. Salt is good; but if salt has lost its saltiness, how can you season it? Have salt in yourselves, and be at peace with one another.'

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

**Sermon** *please sit*

**The Nicene Creed** *please stand*

**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.

*\*For ecumenical reasons, and according to the Anglican – Oriental Orthodox Agreement, Filioque can be omitted.*

### **Prayers of Intercession** *please sit or stand*

*The response to the petition*  
Lord, in your mercy *is*  
**hear our prayer.**

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

## **THE LITURGY OF THE SACRAMENT**

### **The Peace** *please stand*

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.  
**and also with you.**

Let us offer one another a sign of peace. *Please wave or use a 'Namaste' greeting.*

## **Preparation of the Table**

### **Offertory Hymn: Spirit of God, Descend Upon My Heart**

**Spirit of God, descend upon my heart;  
Wean it from earth; through all its pulses move.  
Stoop to my weakness, mighty as Thou art,  
And make me love Thee as I ought to love.**

**I ask no dream, no prophet ecstasies,  
No sudden rending of the veil of clay,  
No angel visitant, no opening skies;  
But take the dimness of my soul away.**

**Hast Thou not bid us love Thee, God and King;  
All, all Thine own, soul, heart, and strength, and mind?  
I see Thy cross; there teach my heart to cling:  
Oh, let me seek Thee, and, oh, let me find!**

**Teach me to feel that Thou art always nigh;  
Teach me the struggles of the soul to bear,  
To check the rising doubt, the rebel sigh;  
Teach me the patience of unanswered prayer.**

**Teach me to love Thee as Thine angels love,  
One holy passion filling all my frame;  
The kindling of the heav'n-descended Dove,  
My heart an altar, and Thy love the flame.**

*If you would like to make a donation to support the continuing mission of the Chaplaincy then please do so after the service as you exit the Church – we have a contactless payment option or offerings can be made in the basket provided. Thank you!*

*Please stand whilst the table is prepared and bread and wine are placed upon it. One or more prayers may be said.*

Blessed are you, Lord God of all creation: through your goodness we have this bread to set before you, which earth has given and human hands have made. It will become for us the bread of life. **Blessed be God for ever.**

Blessed are you, Lord God of all creation: through your goodness we have this wine to set before you, fruit of the vine and work of human hands. It will become for us the cup of salvation. **Blessed be God for ever.**

*This, or another suitable prayer may be read:*

Lord,  
help us to see what is eternally good and true and having seen to go on searching  
until we come to the joys of heaven;  
through Jesus Christ our Lord.  
**Amen.**

### **The Eucharistic Prayer** *please stand*

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 thanks and praise.**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God.  
From sunrise to sunset this day is holy,  
for Christ has risen from the tomb  
and scattered the darkness of death  
with light that will not fade.  
This day the risen Lord walks with your gathered people,  
unfolds for us your word,  
and makes himself known in the breaking of the bread.  
And though the night will overtake this day  
you summon us to live in endless light,  
the never-ceasing sabbath of the Lord.  
And so, with choirs of angels  
and with all the heavenly host,  
we proclaim your glory  
and join their unending song of praise:

**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.**

Lord, you are holy indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood of our Lord Jesus Christ;

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.

Great is the mystery of faith:  
**Christ has died:**  
**Christ is risen:**  
**Christ will come again.**

And so, Father, calling to mind his death on the cross,  
his perfect sacrifice made once for the sins of the whole world;  
rejoicing in his mighty resurrection and glorious ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our redemption.  
As we offer you this our sacrifice of praise and thanksgiving,  
we bring before you this bread and this cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.

Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;

by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever.

**Amen.**

## **The Lord's Prayer**

Let us pray with confidence as our Saviour has 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.**

## **The Breaking of Bread**

We break this bread  
to share in the body of Christ.  
**Though we are many, we are one body,  
because we all share in one bread.**

## **The Agnus Dei** *we sing*

**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.**

## **Giving of Communion**

*The president says the invitation to communion:*

God's holy gifts for God's holy people.  
**Jesus Christ is holy,  
Jesus Christ is Lord,  
to the glory of God the Father.**

## **Music During Communion** *the Choir sing or instrumental music is played*

*PLEASE WAIT TO BE INVITED BY THE VERGER TO RECEIVE HOLY COMMUNION.*

*We kindly ask that you extend your hands, with your face covering in place. You may lower or unloop your face mask to consume the consecrated bread and then replace the face mask before moving back to your place in the congregation.*

*The president and people receive communion. The Church of England invites to Holy Communion all baptised persons who are communicant members of other Churches which subscribe to the doctrine of the Holy Trinity, and who are in good standing in their own Church. Those who are prevented by conscience or the rules of their own Churches from receiving the Blessed Sacrament are invited to receive a blessing. Gluten-free bread is available upon request.*

## **Post-Communion Hymn: I Heard the Voice of Jesus Say** *please sit*

**I heard the voice of Jesus say,  
“Come unto me and rest.  
Lay down, thou weary one,  
lay down your head upon my breast.”  
I came to Jesus as I was,  
so weary, worn, and sad.  
I found in him a resting place,  
and he has made me glad.**

**I heard the voice of Jesus say,  
“Behold, I freely give  
the living water; thirsty one,  
stoop down and drink and live.”  
I came to Jesus, and I drank  
of that life-giving stream;  
My thirst was quenched, my soul revived,  
and now I live in him.**

**I heard the voice of Jesus say,  
“I am this dark world’s light;  
Look unto me, thy morn shall rise,  
and all thy day be bright.”  
I looked to Jesus, and I found  
in him my star, my sun,  
and in that light of life I’ll walk  
till travelling days are done.**

Let your light shine before others, so that they may see your good works and give glory to your Father in heaven. (Matthew 5.16)

*Silence is kept.*

## **Post-Communion Prayers**

Lord, we pray that grace  
May always precede and follow us,  
And make us continually to be given to all good works;  
through Jesus Christ our Lord. **Amen.**

*Please stand*

**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.**

## **THE DISMISSAL**

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.  
**Amen.**

*Some brief announcements may be made by the president*

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

**Recessional Hymn: O God, Our Help in Ages Past** *please stand*

**O God, our help in ages past,  
Our hope for years to come,  
Our shelter from the stormy blast,  
And our eternal home.**

**Under the shadow of thy throne  
Thy saints have dwelt secure;  
sufficient is thine arm alone,  
and our defence is sure.**

**Within the shadow of thy throne,  
Still may we dwell secure.  
Sufficient is thine arm alone,  
And our defense is sure.**

**Before the hills in order stood,  
Or earth received her frame,  
From everlasting thou art God,  
To endless years the same.**

**O God, our help in ages past,  
Our hope for years to come,  
Be thou our guide while life shall last  
And our eternal home.**

*The ministers and people depart.*

**PLEASE WAIT TO BE GUIDED OUT SAFELY BY THE VERGER**

Thank you for joining us in worship today, we hope to welcome you again soon!

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Please join us next week as we celebrate Harvest Festival! Each year we collect food donations for the Salvation Army Food Bank. Offerings need to be non-perishable and all items must be in date. Here are some examples of the food that is most needed:

Tinned food (meat, fish, soup, beans, lentils)

Rice / Pasta / Couscous

Instant food such as noodle cups

Cooking oil

Porridge

Potato flour

Milk powder

Jam

Tea /Coffee/Hot chocolate powder