**First Sunday after Trinity, Sunday June 19th**

Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.

**A moments silence before God, a candle may be lit**

A picture containing text, painting

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 Mosaic of the exorcism of the Gerasene demoniac from the [Basilica of Sant'Apollinare Nuovo](https://en.wikipedia.org/wiki/Basilica_of_Sant%27Apollinare_Nuovo) in [Ravenna](https://en.wikipedia.org/wiki/Ravenna), dating to the sixth century AD.

**Preparation**

Into your presence we come, God of Grace and Peace, who was, and is and ever shall be the eternal One. Into fellowship we come, bound together in the love that died and rose again for us, our Saviour Jesus Christ. **Amen**

Almighty and most Merciful God, the fountain of all goodness, who knows the thoughts of our hearts, we confess that we have sinned against you. Wash us we implore you, from the stains of our past sins, and give us grace and power to put away all hurtful things so that being delivered from the bondage of sin we may produce the good fruits of repentance.

Lord, in your mercy, **Hear our Prayer**

**The Lord’s Prayer**

**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.**

**Collect for First Sunday after Trinity**

O God, the strength of all those who put their trust in you,

mercifully accept our prayers and, because through the weakness of our mortal nature

we can do no good thing without you, grant us the help of your grace,

that in the keeping of your commandments we may please you both in will and deed;

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**

### **First Reading: 1 Kings 19.1-4(5-7)8-15a**

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, ‘So may the gods do to me, and more also, if I do not make your life like the life of one of them by this time tomorrow.’ Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there. But he himself went a day’s journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: ‘It is enough; now, O Lord take away my life, for I am no better than my ancestors.’  Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, ‘Get up and eat.’ He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, ‘Get up and eat, otherwise the journey will be too much for you.’ He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God. At that place he came to a cave, and spent the night there. Then the word of the Lord came to him, saying, ‘What are you doing here, Elijah?’ He answered, ‘I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.’ He said, ‘Go out and stand on the mountain before the Lord, for the Lord is about to pass by.’ Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire **a sound of sheer silence.** When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, ‘What are you doing here, Elijah?’ He answered, ‘I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.’ Then the Lord said to him, ‘Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram.’

**Gospel Reading: Luke 8.26-39**

**Alleluia, alleluia. Glory to the Father, and to the Son, and to the Holy Spirit,**

**one God, who was, and who is, and who is to come, the Almighty.**

Jesus and his disciples arrived at the country of the Gerasenes, which is opposite Galilee. As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. When he saw Jesus, he fell down before him and shouted at the top of his voice, ‘What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me’ – for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) Jesus then asked him, ‘What is your name?’ He said, ‘Legion’; for many demons had entered him. They begged him not to order them to go back into the abyss. Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. Those who had seen it told them how the one who had been possessed by demons had been healed. Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, ‘Return to your home, and declare how much God has done for you.’ So he went away, proclaiming throughout the city how much Jesus had done for him.

**This is the Gospel of Christ**

**Reflection from Brian**

**Body Speak**

Most churches are willing to say “We are a welcoming church” which is natural because our Christian faith teaches us to friendly and kind. Welcoming. Sadly, the view of the newcomer does not always agree with our own perceptions and sometimes they do not darken the church door again. I suspect much of what they see, besides hear, is the problem.

In 1967 Desmond Morris a zoologist produced his book ‘The Naked Ape’, a study of human behaviour compared to apes. Since then, people have been much more aware of body language and the hidden messages conveyed by the way we stand, sit, or walk. I am uncomfortable with the comparison with apes (of course I am!) because any view that interprets human activity in purely animal terms is incomplete, but naturally it can help our understanding of the way we act.

It is now known that body language reveals a lot of how and why we communicate with one another, and not necessarily by the spoken word. I was sharing with someone recently that during my interview to be your parish priest I was frustrated that no one appeared interested, but to be fair it was the end of a long day for everyone. Of course they were interested, but due to the tension of the occasion I wasn’t probably at my best either. The body language spoke volumes to us all.

This Sunday we hear again the story of ‘Legion’ living among the tombs, who is so mentally disturbed that he shouts and hurts himself. His way of communicating obviously puts people off so he is abandoned and left on his own, no doubt his body language expressing how he is. Poor Legion is so mixed up that he finds Jesus attractive and repulsive at the same time, until Jesus heals him and enables him to live a real human life with family and friends.

When we speak about Christians being ‘The Body of Christ’ I just wonder what sort of message we convey without necessarily speaking a word. If our language is to speak about our values and beliefs, our convictions and way of life, what actually are we communicating? It is not always the things we consciously decide to say or do but the attitudes we convey without speaking a word that can speak volumes. This is true for individuals as well as groups.

We need to be very careful what we say, and the way we say it. Often it is not what is said but the way it is communicated, including our body language. Our words of love and acceptance can be killed if listeners pick up other messages because they don’t match what we are saying.

The problem can be how to modify the signals we transmit, because it is not just words that ring true or false but the unconscious body language. We can change, not by pretending a new set of attitudes but by deepening our commitment to Jesus. St Paul explained that no individual can hide within the whole body because everyone rejoices and suffers, even through the body language of one member.

Is it time to watch our step?

**Affirmation of Faith**

**We believe in God the Father,  
who is faithful to all his promises,   
and loving towards all he has made.  
  
We believe in God the Son,  
whose kingdom is everlasting,  
whose dominion endures for ever.  
  
We believe in God the Holy Spirit,  
who satisfies the needs of all things living.   
  
We believe in God,  
Father, Son and Holy Spirit,  
gracious, compassionate,  
and rich in love. Amen.**

**Prayers of Intercession**

As we bring our hopes and fears, strengths and weaknesses to God, we are assured that our prayers are heard and answered.

Lord of all, wherever Christians are ridiculed or persecuted for their faith, we ask your courage and inner strength; Wherever we are called to be your witnesses, we ask for grace to communicate your love. Wherever love for you has grown cold, we ask that you fan the flames again.

Calm our fears: ***And teach us your peace.***

Lord of all truth and goodness, we pray for those in positions of authority in the Church throughout the world, And in each gathered community, that in the storms of life we may hear God’s calming voice and deepen our trust in him.

Calm our fears: ***And teach us your peace.***

Lord of great power and majesty, we pray for those with political and military power and for all whose decisions affect many lives, that we may be governed wisely and well with proper consideration for the vulnerable and weak. Speak truth into motives, honour into actions and your vision of peace into every conflict. We pray for the people of the Ukraine, the Yemen, and so many parts of this troubled world. In our constantly changing world, with its shifting values and fragile ecological balance, root us deeply in your unchanging nature of mercy, goodness, faithfulness and love.

Calm our fears: ***And teach us your peace.***

Lord, we welcome you into our homes, our streets and our communities. Where we are blind to your presence, give us sight, and in the ordinary and the remarkable, help us to recognise you, our true and living God. And especially today, Father’s Day, we give thanks for all those fathers, who support and encourage and listen to us, make us laugh and share our sorrows. May their lives be blessed and filled with joy.

Calm our fears: ***And teach us your peace.***

Lord, we pray for the healing of hurts and tensions in our families and for our friends, and we pray for those disturbed by mental illness, and for all who are rejected and whose lives lurch from crisis to crisis; for those who find their lives shattered by illness or injury; for peace in threatening situations and a settling of all anxiety.

Calm our fears: ***And teach us your peace.***

Lord of eternity, we thank you for your reassurance of life beyond physical death; we pray for those who are dying alone, unnoticed or unprepared; we commend those who have died, to God’s merciful forgiveness and eternal tranquillity.

Calm our fears: ***And teach us your peace.***

In the silence of our own hearts we pray to our heavenly father of our own particular concerns

Lord of creation, we are full of wonder at the story of your universe and we give you thanks for the loving way you provide for us, Even during the darkest times.

Merciful Father, **Accept these prayers, for the sake of your Son, Our Saviour Jesus Christ. AMEN**

**Conclusion**

**Hymn – All my hope on God is founded**

[**https://youtu.be/W3LCGh02Vew**](https://youtu.be/W3LCGh02Vew)

All my hope on God is founded  
he does still my trust renew;  
me through change and chance He guideth,  
only good and only true.  
God unknown, He alone,  
calls my heart to be His own.  
  
Pride of man and earthly glory,  
sword and crown, betray His trust;  
what with care and toil he buildeth,  
tower and temple, fall to dust,  
but God's power, hour by hour,  
is my temple and my tower.  
  
God's great goodness aye endureth,  
deep His wisdom, passing thought;  
splendour, light and life attend Him,  
beauty springeth out of naught.  
Evermore from His store  
new-born worlds rise and adore.  
  
Still from earth to God eternal  
sacrifice of praise be done,  
high above all praises praising  
for the gift of Christ, His Son.  
Christ doth call one and all:  
ye who follow shall not fall.

**Final Prayers**

Lord, we are your humble servants and have come before You today, helpless and weak. We need Your hope for love, kindness and for a better life and we ask that You fill us from head to toe with Your everlasting light; bathe us in Your glory and Help us walk in Your glorious light by showing us the path to follow.  **Amen.**

 And may the love of Jesus Christ bring us wholeness, the grace of God the Father grant us peace, the breath of Holy Spirit instil passion and the unity between them give us strength  
for this and every day. **Amen**