

COLLECT

Let your merciful ears, O Lord,
be open to the prayers of your
humble servants;
and that they may obtain their
petitions
make them to ask such things as
shall please you;
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.

FIRST READING Isaiah 58:9b-end

A reading from the book of the prophet Isaiah.

You shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The LORD will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in. If you refrain from trampling the sabbath, from pursuing your own interests on my holy day; if you call the sabbath a delight and the holy day of the LORD honourable; if you honour it, not going your own ways, serving your own interests, or pursuing your own affairs; then you shall take delight in the LORD, and I will make you ride upon the heights of the earth; I will feed you with the heritage of your ancestor Jacob, for the mouth of the LORD has spoken.

Or **Jeremiah 1:4-10**

PSALM Psalm 103:1-8

R Bless the Lord, O my soul!

Bless the Lord, O my soul,
and all that is within me, bless his
holy name.

Bless the Lord, O my soul,
and forget not all his benefits. **R**

He forgives all your sins
and heals all your infirmities;
He redeems your life from the grave
and crowns you with mercy and
loving-kindness; **R**

He satisfies you with good things,
and your youth is renewed like an
eagle's.

The Lord executes righteousness
and judgement for all who are
oppressed. **R**

He made his ways known to Moses
and his works to the children of
Israel.

The Lord is full of compassion and
mercy,
slow to anger and of great kindness. **R**

SECOND READING

Hebrews 12:18-end

A reading from the letter to the Hebrews.

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." This phrase, "Yet once more," indicates the removal of what is shaken – that is, created things

– so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

GOSPEL Luke 13:10-17

Hear the gospel of our Lord Jesus Christ according to Luke.

Now he was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

POST COMMUNION

God of our pilgrimage,
you have willed that the gate of
mercy
should stand open for those who
trust in you:
look upon us with your favour
that we who follow the path of your
will
may never wander from the way of
life;
through Jesus Christ our Lord.