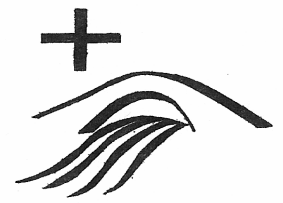


The Rectorial Benefice of Cowbridge.

Serving the communities of Aberthin, Cowbridge, Flemingston, Holy Cross, Llanblethian, Llandough, Llanfrynach, Llangan, Llansannor, Penllyn, St. Hilary, St. Mary Church, St Mary Hill & Ystradowen.



SEVENTH SUNDAY OF EASTER ~ 24th May

THE COLLECT

O God the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE FIRST READING

A reading from Acts

(1.6-14)

So when they had come together, they asked him, 'Lord, is this the time when you will restore the kingdom to Israel?'

He replied, 'It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.' When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight.

While he was going and they were gazing up towards heaven, suddenly two men in white robes stood by them. They said, 'Men of Galilee, why do you stand looking up towards heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.'

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away.

When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James.

All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

This is the word of the Lord.

Thanks be to God.

THE PSALM

(Psalm 68.1-10)

Sing to God, sing praises to his name.

Let God arise and let his enemies be scattered; let those who hate him flee before him. As smoke vanishes, so may they vanish away; as wax melts at the fire, so let the wicked perish at the presence of God.

Sing to God, sing praises to his name.

But let the righteous be glad and rejoice before God; let them make merry with gladness. Sing to God, sing praises to his name; exalt him who rides upon the clouds. The Lord is his name; rejoice before him.

Sing to God, sing praises to his name.

Father of the fatherless, defender of widows, God in his holy habitation! God gives the solitary a home and brings forth prisoners to songs of welcome, but the rebellious inhabit a burning desert.

Sing to God, sing praises to his name.

O God, when you went forth before your people, when you marched through the wilderness, the earth shook and the heavens dropped down rain, at the presence of God, the Lord of Sinai, at the presence of God, the God of Israel.

Sing to God, sing praises to his name.

You sent down a gracious rain, O God; you refreshed your inheritance when it was weary. Your people came to dwell there; in your goodness, O God, you provide for the poor.

Sing to God, sing praises to his name.

THE SECOND READING

A reading from the first letter of Peter

(4.12-14; 5.6-11)

Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice in so far as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves; keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters throughout the world are undergoing the same kinds of suffering.

And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power for ever and ever. Amen.

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

THE GOSPEL

Alleluia, alleluia! Alleluia!

Come, Holy Spirit, fill the hearts of your faithful people and kindle in them the fire of your love.

Alleluia! Alleluia! Alleluia!

Listen to the Gospel of Christ according to St John.
Glory to you, O Lord.

After Jesus had spoken these words, he looked up to heaven and said, 'Father, the hour has come;

glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him.

'And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

'I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me.

'I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them.

'And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.'

This is the Gospel of the Lord.

Praise to you, O Christ.

Prayer

Eternal Giver of love and power, your Son Jesus Christ has sent us into all the world to preach the gospel of his kingdom: confirm us in this mission, and help us to live the good news we proclaim; through Jesus Christ our Lord **Amen.**

THE BLESSING

The Lord bless you and keep watch over you; the Lord's face shine on you and be gracious to you; the Lord look lovingly on you and give you peace.
Amen.

God has gone up with a merry shout!

FOR PRAYER

In the Anglican Communion for the Most Revd Justin Welby, and all primates, bishops and members of the Anglican Consultative Council

In the diocese for the Parish of Duffryn, Stephen Bodycombe, Vicar.

All those who are sick & housebound in our Parish and for all those who receive Holy Communion at home.

All who are sick, particularly Muriel Maslin, Dawn Conrad, Maureen Dixon, Charlotte Carpenter, Christine Williams, Christopher Browner, Phillip Rosser, Helen Saunders, William Watkins, Tony Arnold, Doreen Stafford, Dave German, Ellie Harris, Grayson Finn, Peter Sey, Bill Clay, Margaret Launder and Emma Webley.

Those who have recently departed this life, among them: Ronald Thomas Williams, Margaret Fernyhough, Joan Tennant, Muriel Taylor, Wally Lever and Philip Howard Edward Francis.

Margaret Fernyhough's family have been in touch to say how grateful they are for the prayers and condolences of the church at Llanblethian. Once the current restrictions are removed they will plan a Service of Thanksgiving for Margaret's life.

Those whose 'years mind' fall at this time, among them William George Ashcroft, Elizabeth Gordon Hiscock, Sylvia Melinda Jenkins, Dyfrig Jones, Emily Lorraine Ravey, Ronald David Harris, Francis Irene Poole, Albert Collins and Susan Anne Turrell.

May they rest in peace and rise in glory.

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