

Welcome to Holy Hermits Online Worship

7th Sunday After Pentecost

Today we are remembering
Holy Hermit St Benedict of Nursia

Service Prep: Lauren

Music: Lauren

Proof-reader: Chris

Broadcaster: Lauren

Backup Broadcaster: Barry

Zoom Buttons: Rachel

Chat Host: Rachel

Welcomer: Julie

Priest: N/A

Deacon: Lauren

Leader: Julie

Cantor: Jeremy

First Reader: Helen

Second Reader: Barry

Preacher: Lauren

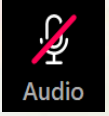
Fellowship: Julie

Safety Officer: Rachel

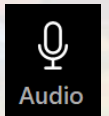
Attendance: Rachel

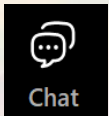
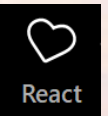
Hospitality

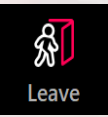
Leader:

Please mute  for the service unless invited to offer your voice as part of the service ministry

Have the video camera  on or off and turn the volume and brightness up or down on your device if things are too loud   or too bright  

Our Cantor acts as our voice,  offering the responses, in **Bold Text**, which we say together

Feel welcome to use the chat  and reaction emojis  

 Please take care of yourself in this space.  Come and go as you need 

 It is great to take rest in this space, so falling asleep is also OK 

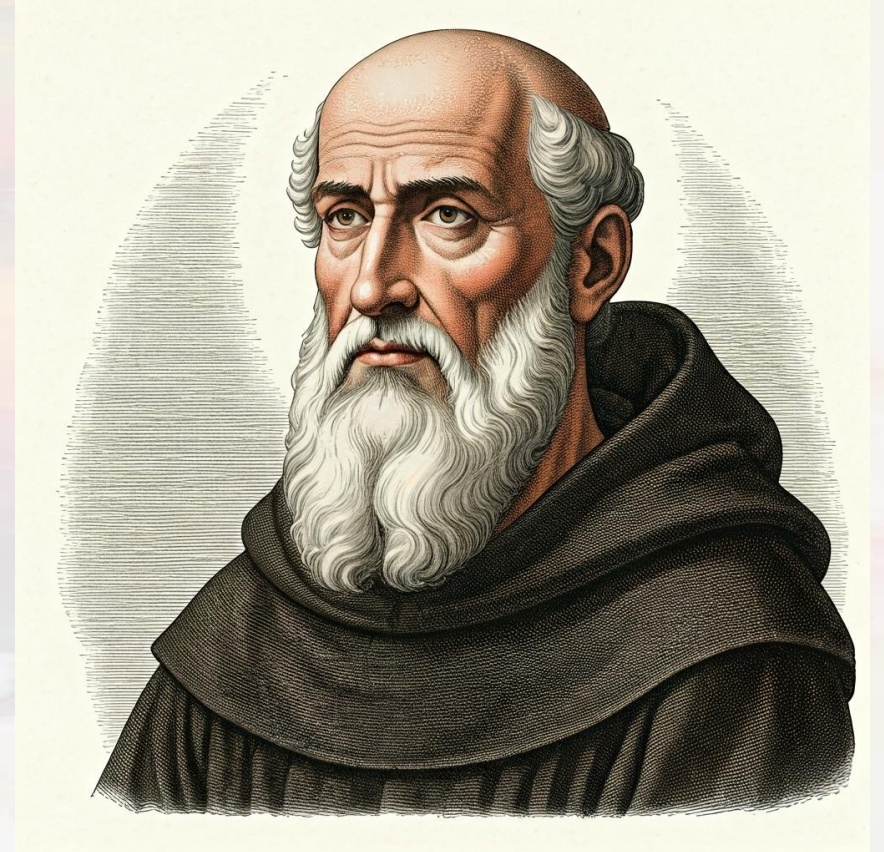
 Remember, pastoral care is available to all in the community, if you'd like to speak to someone about anything spiritual.  Visit the [help page](#) at the website to reach out 

Our **Being Together ethos and safeguarding practices** can also be accessed on the website 

 Come as you are - we are all here together! 

Leader: Our Holy Hermit today is St Benedict of Nursia

Benedict of Nursia, born in 480, left Rome's moral chaos for a hermit's cave where the monk Romanus supported him. His holiness drew followers, though his early reforms met resistance—including an attempted poisoning.



He later founded twelve monasteries,
then settled at Monte Cassino. His Rule
shaped Western monasticism with its
balance of prayer, work, humility and
moderation, while his twin sister
Scholastica led a nearby community of
nuns.



To read more about
our hermits click the
link in the send out

Invitation

Leader: As we come into worship let's take a few deep breaths,
Let go of anything that isn't serving us,
And become aware of God's presence here with us.

Opening Music: <https://www.youtube.com/watch?v=ljFYrRiJH8I>

Leader and Cantor unmute

The Greeting

Leader: The grace of the Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with you all.

All: And also with you.

Gathering Prayer

Leader:

God has called us here today; we've chosen to come.

God calls us to come closer;

God invites us to be present to his presence... [pause]

May we choose to say 'Yes' to God today.

Gathering Prayer

All:

Father God, you knew us and loved us before we were born;
you have known us and loved us every moment of our lives.
Forgive us for failing you and forgetting you,
and help us to know you more and love you more today.
Amen.

Sentence

Leader: I invite our Cantor to proclaim the sentence for today.

Cantor: The words you have spoken are spirit and life, O Lord; you have the words of eternal life.

John 6.63, 68

Prayer of Approach

Leader: We pray the prayer of approach together

All: God's lamp lights up our path,
allowing us to tread with confidence.
No need to hesitate.

Come, let us choose to draw ever nearer,
to worship and wait on him.

Amen.

Leader unmutes

Our first Hymn Jesus, Jesus, Holy and Anointed One

<https://www.youtube.com/watch?v=VDYvYUJizgg>

We stay on mute
Leader mutes

The Deacon or LA introduces the Confession

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, with a sincere and a true heart.

All: 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.
Father, forgive us. Strengthen us to love and obey you
in newness of life; through Jesus Christ our Lord.
Amen.

Words of Assurance offered by the Deacon or LA

These words of assurance from the First Letter of John declare that:

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous. He is the perfect offering for our sin, and not for ours only, but for the sins of the whole world.

(1 John 2: 1-2)

In this is love, not that we loved God, but that he loved us and sent his Son to be the perfect offering for our sins.

(1 John 4:10)

Collect

Leader: Bountiful God,
we thank you for planting in us the seed of your word:
by your Holy Spirit,
help us to receive it with joy, and to live according to it,
that we may grow in faith and hope and love;
through Jesus Christ our Lord,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. **Amen.**

The 1st reader unmutes

Leader: I invite the 1st reader to unmute and offer the 1st lesson when ready.

Reader 1: The 1st Reading is from Genesis 25.19-34

¹⁹These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, ²⁰and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. ²¹Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived.

Continue...

²² The children struggled together within her; and she said, 'If it is to be this way, why do I live?' So she went to inquire of the Lord .

²³ And the Lord said to her,

'Two nations are in your womb,

and two peoples born of you shall be divided;
one shall be stronger than the other,
the elder shall serve the younger.'

²⁴ When her time to give birth was at hand, there were twins in her womb. ²⁵ The first came out red, all his body like a hairy mantle; so they named him Esau.

Continue...

²⁶ Afterwards his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them.

²⁷ When the boys grew up, Esau was a skilful hunter, a man of the field, while Jacob was a quiet man, living in tents. ²⁸ Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

²⁹ Once when Jacob was cooking a stew, Esau came in from the field, and he was famished.

Continue...

³⁰ Esau said to Jacob, 'Let me eat some of that red stuff, for I am famished!' (Therefore he was called Edom.) ³¹ Jacob said, 'First sell me your birthright.' ³² Esau said, 'I am about to die; of what use is a birthright to me?' ³³ Jacob said, 'Swear to me first.' So he swore to him, and sold his birthright to Jacob. ³⁴ Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

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

Leader: We now say the psalm antiphonally, I invite the first reader to lead, and we will all respond with our cantor as our voice.

Psalm ¹⁰⁵ Your word is a lantern to my feet:
119. and a light to my path.

105-112 ¹⁰⁶ **I have vowed and sworn an oath:**
to keep your righteous judgements.
¹⁰⁷ I have been afflicted beyond measure:
Lord, give me life according to your word.

Continue...

**108 Accept, O Lord, the freewill offerings of my mouth:
and teach me your judgements.**

**109 I take my life in my hands continually:
yet I do not forget your law.**

**110 The wicked have laid a snare for me:
but I have not strayed from your precepts.**

Continue...

¹¹¹ Your commands are my inheritance for ever:
they are the joy of my heart.

¹¹² **I have set my heart to fulfil your statutes:
always, even to the end.**

The 2nd reader unmutes

Leader: I invite the 2nd reader to unmute and offer the 2nd lesson when ready.

Reader 2: The 2nd Reading is from Romans 8.1-11

¹ There is therefore now no condemnation for those who are in Christ Jesus. ² For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. ³ For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh,

Continue...

⁴ so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. ⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷ For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, ⁸ and those who are in the flesh cannot please God.

Continue...

⁹ But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰ But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. ¹¹ If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

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

We pause before
the Gospel



Deacon: The Gospel of our Lord Jesus Christ according to St Matthew Chapter 13 beginning at the 1st verse

All: Glory to you Lord Jesus Christ.

¹ That same day Jesus went out of the house and sat beside the lake. ² Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. ³ And he told them many things in parables, saying: 'Listen! A Sower went out to sow. ⁴ And as he sowed, some seeds fell on the path, and the birds came and ate them up.

Continue...

⁵ Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. ⁶ But when the sun rose, they were scorched; and since they had no root, they withered away. ⁷ Other seeds fell among thorns, and the thorns grew up and choked them. ⁸ Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. ⁹ Let anyone with ears listen!

Continue...

¹⁸ 'Hear then the parable of the sower. ¹⁹ When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. ²⁰ As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; ²¹ yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away.

Continue...

²² As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. ²³ But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

This is the Gospel of the Lord. Praise to you Lord Jesus Christ.

A still life scene featuring a vase of pink and purple flowers on the left, an open book with text on the right, and two lit candles. One candle is in a brass holder, and the other is a large pillar candle. The scene is set on a wooden table with a window in the background.

We pause
after the Gospel

Leader: The Sermon is recorded to YouTube for sharing later.

Only the preacher's video and audio will be recorded.

The chat and other participants' feeds remain out of sight of the recording.

- *Leader and Cantor mute*
- *Broadcaster exits screenshare*
- *Preacher unmutes*
- *Zoom buttons "pins" preacher's screen + selects "record to the cloud"*

Sermon

Leader unmutes

Our next Hymn To Christ, the Seed

<https://www.youtube.com/watch?v=qVO2fM8dPe0>

We stay on mute
Leader mutes

The Leader and Cantor unmute

The Greeting of Peace

Leader: We are the body of Christ

All: God's Spirit is with us

Leader: The peace of the Lord be always with you.

All: And also with you.

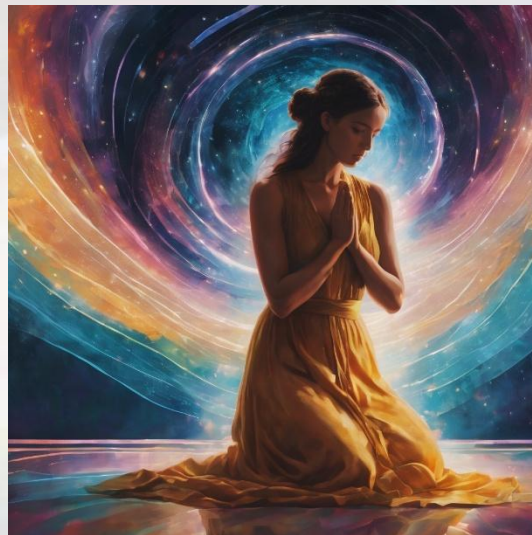
Leader: A sign of peace may be exchanged

You may like to type 'Peace' into the chat, use the 'raise hand' or other reaction buttons, or just simply wave via the screen with your video turned on

(Broadcaster exits shared screen for a few moments for the exchange of peace)

Prayer of Thanksgiving before Intercessions

Leader: As we enter prayer, I invite the second reader to unmute to lead our intercessions following the prayer of thanksgiving on the next slide. Please feel free to change your body position as you need.



Leader:

Lord God, we give you thanks.

Even when we are bruised by poor life choices,
thank you, that you do not condemn.

Your love and blessings soothe and heal.

You help us to remember what's important:
to cherish the things we've been given, which
root us in your love and guide us by your light.

Thank you, our loving Lord God.

Amen.

Intercessions

Reader 2: We pray for creation and communities we share our lives with. We pause for a few moments to name either in our hearts, or out loud, or in the chat, those environments and communities we bring to the Lord in prayer.

PAUSE...

Intercessions

Reader 2: We entrust to you the community of Holy Hermits Online
and our ministry partners:

St John's Cathedral Brisbane
The Anglican Diocese of Southern Queensland
St Gabriel's, Carindale
Benedictus Contemplative Church, Canberra
Anglican Focus and
Tithe.ly

Prosper the work of our hands and show us the way to your new
creation.

Creator God, Hear our prayer.

Reader 2: Loving Creator, we entrust to you all animals, especially those who are sick, anxious, ageing, lost, at risk, lonely, sad, hungry, in pain, homeless, abused, living in fear, encountering violence of any kind, in need of comfort, rehabilitation or transformation.



Reader 2: We invite your loving compassion for:

Jasmine,
Leese(y),
Sid, Toots & Lulu
Polly and Suki
Fred, George &
Percy
Koshka
Jax

Lambert
Kala, Nigel & Little
One
Toby
Taco
Paddy
Rosie
Squealer



We name in our hearts, out loud or in the chat,
the animals we bring to the Lord in prayer. **PAUSE...**

Reader 2: Eternal Trinity of Love, we uphold to you the people we
love and carry cares for:

Kerry, Les & Jake
Julie, Ray, Tracey & Shane
Mark, Desley & Bob
Rachel, Mervyn & Gillian
Rev'd Shane & Janette
Alecia, Martin & Aidan
Kirsten, Greg, Daphne & Beau
Bill & Marjorie
Aaron & Andrea
Liz's Godchildren
Matthew & Nicholas

Barry
Dr Julie
Ruth
Phil
May
Susan
Tanya
Neva
Kathy
Gayanne
Tina

Alan & Gaylene
Jess & Leah
Barry & Gwen
Bob & Di
Pat & Julie
Dilys & Tony,
Paul & Darhon
Judy & Mary
Miriam
Lorelei
Nettie

Reader 2:

We name in our hearts, out loud or in the chat, those we bring to the Lord in prayer.

PAUSE...

We entrust to you those who have died, those who have died peacefully and those who have died tragically, The old and the young. Receive them into your Kingdom. Lord in your mercy, Hear our prayers. **Amen.**

Pray Daily Cycle of Prayer

Leader: Loving God, joining with the Church in our cycle of prayer, we ask your blessings on:

- The Province of the Episcopal Church of South Sudan
- The Diocese of Grafton: †Murray & †Tiffany; Clergy and People
- The Parish of Samford: Robert, Jan
- All Diocesan Committees
- St John's Anglican College, Forest Lake: Principal - Maria; Chaplain - Juliana; Chair of College Council - Carla; members of College Council; staff & students

Commitment Prayer of the Week

Leader: Our commitment prayer for the week is a prayer of lament



<https://www.youtube.com/watch?v=d8tLRZW0Acw&t=2s>

Devotions



Hermit Wisdom St Benedict

A prayer inspired by St Benedict;

Eternal God, who made Benedict a wise master in the school of your service and a guide to many called into community to follow the rule of Christ: Grant that we may put your love before all else and seek with joy the way of your commandments. May we see the coming of your Kingdom alongside Benedict and all the other Hermits we remember.
Amen.

Leader: As we enter a few minutes of silence together, you are invited to pray the prayer of adoration on the next slide and/or spend this time in contemplation.

The Spiritual Communion prayer follows on the slide after that.

Let us be still.

Leader and Cantor Mute.



Dear God, when it's easy to choose, help us to choose well.

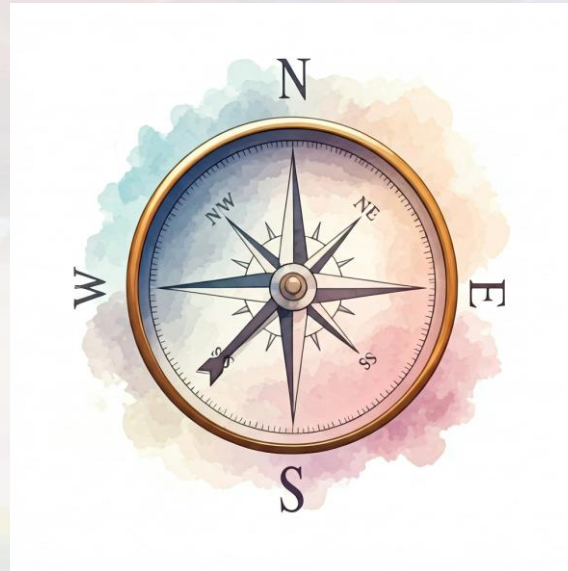
When it's hard to choose, help us to choose well.

When we have time to choose, help us to choose well.

When we have to choose quickly, help us to choose well.

Every time we have to choose, help us to choose well.

Amen.



Oh, my Lord Jesus I turn to you present at the Altar and in the Tabernacle. I believe that you are present in the Holy Sacrament of your most Sacred Body and Blood. I love you above all things and I desire to receive you into my Soul. I cannot at this moment receive you Sacramentally in Holy Communion. Come spiritually into my heart. Purify it, Sanctify it. Render my heart like your own heart. I embrace you as if you were already there and unite myself wholly with you. Never permit me to be separated from you. Lord, I am not worthy to receive you, but only say the word and I shall be healed. Amen

Making a Spiritual Communion

(Prayed in silence)



Leader unmutes

Our final song is
Oh God Our Help in Ages Past

<https://www.youtube.com/watch?v=rsHIwXTjAOU>

We stay on mute
Leader and Cantor mute

Sending Prayer

Leader: We pray our sending prayer together.

All: Guide us, O thou great Redeemer:
guide us in our thinking,
guide us in our speaking,
guide us in our doings,
guide us always to choose what pleases you.
God is our hope.
Amen.

The Benediction

Leader: Let us all invite God's blessings together,

All: May the Lord bless us and keep us.

May the Lord's face shine upon us and be gracious to us.

May the Lord's countenance be lifted upon us,
and bring us peace. Amen

Notices

- If there is anything you would like to pray for please post a prayer to the HHO App Prayer Wall so we can hold each other in our prayers
- We continue our July Sabbath month of rest
- See HHO Events page for further upcoming events [HHO Events](#)

Leader: Thank you for your regular gifts to this ministry. Offerings are most welcome via:

- The HHO App
- Direct Debit
- International Direct Debit
- Please consider a one-off donation or leaving a legacy in your Will



For further information go to HHO give page

<https://holyhermits.com.au/give>

Serving next week

19th July 2026

8th Sunday after Pentecost

9:00 am AEST

Service Prep: Lauren

Music: Lauren

Proof-reader: Kris

Broadcaster: Barry

Backup Broadcaster: Lauren

Zoom Buttons: Viki

Chat Host: Viki

Welcomer: Lauren

Priest: N/A

Deacon: Lauren

Leader: Jeremy

Cantor: Margo

First Reader: Grant*

Second Reader: Kieron

Preacher: Lauren

Fellowship: Lauren

Safety Officer: Rachel

Attendance: Viki

Thank you for your ministry gifts

New Servers always welcome!

Please email Rev'd Lauren to get involved

holyhermits@anglicanchurchsq.org.au

The Dismissal

Leader: I invite everyone to unmute for the Dismissal

Leader: Go in peace to love and serve the Lord.

All: In the name of Christ, Amen.

Fellowship

Thank you, Julie for
leading Fellowship

Please feel welcome to
linger or pop a message
in the chat and head off
when you are ready.

Extra resources developed
by Roots on the Web



Images from Padlet