



The Chapel of The Transfiguration

Sung Eucharist

Third Sunday after Trinity

Sunday 21st June 2026
7.30 am



Strangely, Christ here tells his disciples both to fear and not to fear God. The latter instruction is grounded in the security of knowing God loves us and actively watches over us as precious individual children; that should enable confident, committed discipleship. The former command stands in contrast to the temptation to fear human opponents whose ability to cause harm is confined to this life, not eternity. These reminders are set in a context of the opposition provoked by the demands of Christ's teaching; we are challenged to ensure our allegiance to him is paramount.



Order of Service

*The congregation is asked to join in all text printed in **bold**.*

If you are unable to stand at any point during the service, please feel free to remain seated.

The service is sung by the Chapel Choir

Please remain silent before the service

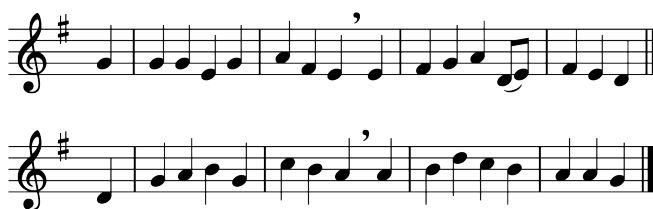
The Gathering

Please remain seated as the Choir enters and takes their place.

Please stand as the Servers and Clergy enter.

Processional Hymn

during which the altar is censed



**Take up thy cross, the Saviour said,
If thou wouldst my disciple be;
Deny thyself, the world forsake,
And humbly follow after me.**

**Take up thy cross; let not its weight
Fill thy weak spirit with alarm;
His strength shall bear thy spirit up,
And brace thy heart, and nerve thine arm.**

**Take up thy cross, nor heed the shame,
Nor let thy foolish pride rebel;
The Lord for thee the Cross endured,
To save thy soul from death and hell.**

**Take up thy cross then in his strength,
And calmly every danger brave;
'Twill guide thee to a better home,
And lead to victory o'er the grave.**

**Take up thy cross, and follow Christ,
Nor think till death to lay it down;
For only he who bears the cross
May hope to wear the glorious crown.**

**To thee, great Lord, the One in Three,
All praise for evermore ascend;
O grant us in our home to see
The heavenly life that knows no end.**

Words: Charles W. Everest (1814–77)

Tune: Breslau

As Hymnodus Sacer, Leipzig (1625)

Please remain standing. The Celebrant continues

The Greeting

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

Amen.

Grace, mercy and peace from God our Father
and the Lord Jesus Christ be with you
and also with you.

“and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

St. Matthew 28. 20

Blessed be God

Blessed be God’s reign for ever. Amen.

All kneel. The Lay Assistant continues

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.**

The Lay Assistant invites all to confess their sins

Prayers of Penitence

As we prepare to celebrate the mystery of God’s love,
revealed in Word and Sacrament, let us call to mind our sins.

All kneel and silence is kept.

Most merciful God,
**Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy forgive what we have been,
help us to amend what we are,
and direct what we shall be; that we may do justly,
love mercy, and walk humbly with you, our God.
Amen.**

The Choir sings

Kyrie Eleison	<i>Lord, have mercy</i>
Christe Eleison	<i>Christ, have mercy</i>
Kyrie Eleison	<i>Lord, have mercy</i>

The Celebrant gives the 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.

All stand to sing

Gloria

Glory be to God on high,
**and in earth peace, good will towards men,
We praise thee we bless thee,
we worship thee, we glorify thee.
We give thanks to thee for thy great
glory, O Lord God, heavenly King,
God the Father Almighty.**

**O Lord, the only begotten Son,
Jesu Christ; O Lord God, Lamb
of God, Son of the Father that
takest away the sin of the world,
have mercy upon us. Thou that
takest away the sin of the world,
have mercy upon us. Thou that
takest away the sin of the world,
receive our prayer. Thou that
sittest at the right hand of God the
Father, have mercy upon us.**

**For thou only art holy, thou only
art the Lord: thou only, O Christ,
with the Holy Spirit, art most high
in the glory of God the Father.
Amen.**

Silence is kept

The Lay Assistant continues

The Collect for the Day

The Lord be with you
And with thy spirit

Let us pray

All kneel.

Almighty God,
who hast broken the tyranny of sin,
and hast sent the Spirit of thy Son into our hearts,
whereby we cry, Abba, Father:
Grant us grace so to dedicate our freedom to thy service,
that we, and all thy creation,
may be brought unto the glorious liberty
of the children of God;
through the same thy Son Jesus Christ our Lord,
who liveth and reigneth with thee,
in the unity of the Holy Spirit,
ever one God,
world without end.
Amen.

All sit

The Liturgy of the Word

Old Testament Reading

Genesis 21. 8–21

The child grew, and was weaned; and Abraham made a great feast on the day that Isaac was weaned. But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. So she said to Abraham, 'Cast out this slave woman with her son; for the son of this slave woman shall not inherit along with my son Isaac.' The matter was very distressing to Abraham on account of his son. But God said to Abraham, 'Do not be distressed because of the boy and because of your slave woman; whatever Sarah says to you, do as she tells you, for it is through Isaac that offspring shall be named after you. As for the son of the slave woman, I will make a nation of him also, because he is your offspring.' So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba. When the water in the skin was gone, she cast the child under one of the bushes. Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, 'Do not let me look on the death of the child.' And as she sat opposite him, she lifted up her voice and wept. And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, 'What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him.' Then God opened her eyes, and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink. God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

This is the Word of the Lord.

Thanks be to God

Remain seated

from Psalm 86

Incline your ear, O Lord, and answer me, for I am poor and needy.

**Preserve my life, for I am devoted to you;
save your servant who trusts in you.**

You are my God; be gracious to me, O Lord, for to you do I cry all day long.

**Gladden the soul of your servant, for to you, O Lord,
I lift up my soul.**

For you, O Lord, are good and forgiving, abounding in steadfast love to all who call on you.

**Give ear, O Lord, to my prayer; listen to my cry of
supplication.**

In the day of my trouble I call on you, for you will answer me.

**There is none like you among the gods, O Lord, nor
are there any works like yours.**

All the nations you have made shall come and bow down before you, O Lord, and shall glorify your name.

For you are great and do wondrous things; you alone are God.

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now and shall be for ever. Amen.

New Testament Reading

Romans 6. 1b-11

What then are we to say? Should we continue in sin in order that grace may bound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

This is the Word of the Lord.

Thanks be to God

All stand to sing

Gradual Hymn



**Soldiers of Christ, arise,
And put your armour on,
Strong in the strength which God supplies
Through his eternal Son;**

**Strong in the Lord of Hosts,
And in his mighty power:
Who in the strength of Jesus trusts
Is more than conqueror.**

**Stand then in his great might,
With all his strength endued;
And take, to arm you for the fight,
The panoply of God.**

**From strength to strength go on,
Wrestle and fight and pray;
Tread all the powers of darkness down
And win the well-fought day.**

**That, having all things done,
And all your conflicts past,
Ye may o'ercome through Christ alone
And stand entire at last.**

Words: Charles Wesley (1859–1952)

Tune: St. Ethelward
William Monk (1823–89)

Remain standing

The Gospel Reading

Choir: Alleluia, Alleluia, Alleluia

All repeat:



Choir: 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.
Alleluia.

The Lord be with you
And with thy spirit

Hear the Gospel of our Lord Jesus Christ according to
St. Matthew, 10th Chapter, beginning at the 24th verse
Glory be to thee, O Lord

‘A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household! ‘So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops.

Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

‘Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven. ‘Do not think that I have come to bring peace to the earth; I have

not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and one's foes will be members of one's own household. Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.

At the end,

This is the Gospel of our Lord Jesus Christ

Praise be to thee, O Christ

Remain standing until invited to be seated

Sermon

given by

Rev. Suren Watson

Assistant Chaplain

All stand to sing

Affirmation of Faith

We believe in one God,

**the Father Almighty, Maker of heaven and earth,
And of all things visible and invisible;**

**And in one Lord Jesus Christ,
the only-begotten Son of God, Begotten
of his Father before all worlds,
God of God, Light of Light, very God of very God,
begotten, not made,
being of one substance with the Father,
by whom all things were made:
Who for us men, and for our salvation
came down from heaven,
and was incarnate by the Holy Spirit of the
Virgin Mary, and was made man,
and was crucified also for us under Pontius Pilate,
He suffered and was buried,
and the third day he rose again
according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father.
And he shall come again with glory to judge
both the quick and the dead:
Whose Kingdom shall have no end.**

**And we believe in the Holy Spirit,
the Lord, the giver of life,
Who proceedeth from the Father,
who with the Father and the Son together is
worshiped and glorified, who spake by the Prophets.
And we believe One Holy Catholic
and Apostolic Church.**

**We acknowledge one Baptism
for the remission of sins.
And we look for the Resurrection of the dead,
And the life of the world to come.
Amen.**

All kneel or sit

Prayers of Intercession

during which the following response is used

Lord, in your mercy

Hear our prayer.

The Liturgy of the Sacrament

All stand

Greeting of Peace

Peace to you from God our heavenly Father.
Peace from his Son Jesus Christ who is our peace.
Peace from the Holy Spirit, the life-giver.
The peace of the triune God be always with you
And also with you.

Preparation of the Table

Offertory Hymn

*during which the bread, wine and water are placed on the altar,
and a collection is taken for the work of the chapel*



**Light of the minds that know him,
may Christ be light to mine!
my sun in risen splendour,
my light of truth divine;
my guide in doubt and darkness,
my true and living way,
my clear light ever shining,
my dawn of heaven's day.**

**Life of the souls that love him,
may Christ be ours indeed!
the living bread from heaven
on whom our spirits feed;
who died for love of sinners
to bear our guilty load,
and make of life's brief journey
a new Emmaus road.**

**Strength of the wills that serve him,
may Christ be strength to me,
who stilled the storm and tempest,
who calmed the tossing sea;
his Spirit's power to move me,
his will to master mine,
his cross to carry daily
and conquer in his sign.**

**May it be ours to know him
that we may truly love,
and loving, fully serve him
as serve the saints above;
till in that home of glory
with fadeless splendour bright,
we serve in perfect freedom
our strength, our life, our light.**

Words: Timothy Dudley-Smith (1845–1929)

Tune: Aurelia
Samuel Wesley (1810–76)

Remain standing. The Celebrant invites all to say,

**All things come from you and of your own do we give
you, Creator and Lord of the universe, ever adored
by the holy Angels. Accept these gifts of bread and
wine and these offerings which we present at your
holy table and with them the dedication of our lives
for your service, through Jesus Christ our Lord.
Amen.**

Remain standing

The Eucharistic Prayer

The Lord be with you
And with thy spirit

Lift up your hearts
We lift them up unto the Lord

Let us give thanks unto the Lord our God
It is meet and right so to do

It is very meet, right, and our bounden duty, that we should at
all times, and in all places, give thanks unto thee, O Lord, Holy
Father, Almighty, Everlasting God.

And now we give thee thanks
because thou art the source of light and life;
thou hast made us in thine own image
and called us to new life in him.

Therefore with Angels, and Archangels, and with all the company
of heaven, we laud and magnify thy glorious Name, evermore
praising thee, and saying:

The Choir sings

Holy, Holy, Holy, Lord God of hosts,
heaven and earth are full of thy glory.
Glory be to thee,
O Lord most high.

All kneel or sit

Holy indeed are you Almighty Father eternal Sovereign, who in all your gifts and works manifests your holiness to all humanity. Holy is your Only Begotten Son Jesus Christ, through whom you did order the universe. And Holy is your ever blessed Spirit who reveals all things, even the deep things of you O God. Just as you yourself are holy, so also you created us in your own image that we might live in holy fellowship.

And when we disobeyed your commandments, you did not abandon us but you guided us as a merciful Father; you revealed yourself to us through the Sages, the Law and the Prophets, and through your redeeming acts in history, and when the time was ripe, you came among us through your Son Jesus, whom you sent into the world to share our human nature in order that the Lord Jesus might revive your own image in us.

**Generous God, Jesus loves us
and sacrificed himself for us
and heralded the new life
in breaking bread with companions.**

On the very night that he was betrayed to suffer death upon the cross for us, the Lord Jesus took bread and when he had given thanks to you Almighty Father, 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 manner after supper, he took the cup also, and after giving thanks, he gave it to them saying:

Drink, all of you from this,
for this is my blood of the new covenant
which is poured out for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.

The Lord Jesus Christ is Saviour

Christ has died:

Christ is risen:

Christ will come again.

And so Father, we present this bread and cup in communion with your whole church, in fellowship with Blessed Mary, St. Thomas and all the saints, and in union with all creation we celebrate your Son's death and victory; giving thanks for all that Christ has done for us; for preparing us for all that lies ahead, we receive the benefits of Christ's life, death, resurrection and session in glory, and we eagerly await the heavenly banquet after Christ's coming again.

And we entreat you most merciful God to hear us and send your All Holy Spirit on us and on these your gifts, that they being blessed and hallowed by that life giving power, may be for us the Body and Blood of your most dearly loved Son, to the end that we receiving the same may be sanctified and filled with your grace and heavenly blessing.

**Accept this our sacrifice of praise and thanksgiving;
make us one body in Jesus Christ our Lord,
by whom and with whom and in whom in the unity of
the Holy Spirit all honour and glory be to you
Almighty Father, world without end.
Amen.**

Breaking of the Bread

The bread which we break
is it not a sharing in the body of Christ?

**We being many are one bread,
one body for we all partake of the one bread.**

The Lord's Prayer

As our Saviour Christ has taught us, we now pray

All sing

Our Father,

**which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive them 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 Celebrant continues

The peace of the Lord be always with you
and also with you.

The gifts of God for the people of God

The Choir sings

Benedictus

Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.

Deep Silence

The Choir sings

Agnus Dei

O Lamb of God, that takest away the sins of the world
Have mercy upon us.

O Lamb of God, that takest away the sins of the world
Have mercy upon us.

O Lamb of God, that takest away the sins of the world
Grant us thy peace.

Giving of Communion

*The Celebrant invites the people to receive the Holy Communion,
saying*

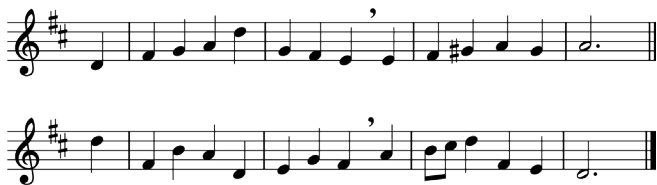
Draw near with faith and take this Holy Sacrament
to your comfort.

**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

*Please sit. If you receive communion in your own church,
you are welcome to do so here.*

Remain seated to sing

Communion Hymn



**O for a heart to praise my God,
A heart from sin set free;
A heart that always feels thy blood
So freely spilt for me:**

**A heart resigned, submissive, meek,
My dear Redeemer's throne;
Where only Christ is heard to speak,
Where Jesus reigns alone:**

**A humble, lowly, contrite heart,
Believing, true, and clean,
Which neither life nor death can part
From him that dwells within:**

**A heart in every thought renewed,
And full of love divine;
Perfect and right and pure and good,
A copy, Lord, of thine.**

**My heart, thou know'st, can never rest
Till thou create my peace;
Till of mine Eden repossest,
From self, and sin, I cease.**

**Thy nature, gracious Lord, impart,
Come quickly from above;
Write thy new name upon my heart,
Thy new best name of love.**

Words: Charles Wesley

Tune: Stockton
Thomas Wright (1763–1829)

After communion please remain kneeling or seated as the Celebrant says

Prayers after Communion

Give thanks to the Lord for God is gracious.

God’s mercy endures forever.

“So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!”

2 Corinthians 5.17

**Almighty God,
we thank you for feeding us
with the Body and blood of your Son Jesus Christ.
Through Christ we offer you ourselves
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 Celebrant continues

Blessing

God the Holy Trinity make you strong in faith and love,
defend you on every side,
and guide you in truth and peace;
and the blessing of God Almighty, the Father,
the Son and the Holy Spirit,
be among you and remain with you always.
Amen.

All stand

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

All stand to sing

Recessional Hymn
during which the Servers and Clergy depart



**Praise to the Lord, the Almighty,
the King of creation;
O my soul, praise him,
for he is thy health and salvation:
Come ye who hear,
Brothers and sisters draw near,
Praise him in glad adoration.**

**Praise to the Lord,
who o'er all things so wondrously reigneth,
Shelters thee under his wings,
yea, so gently sustaineth:
Hast thou not seen
All that is needful hath been
Granted in what he ordaineth?**

**Praise to the Lord,
who doth prosper thy work, and defend thee;
Surely his goodness and mercy
here daily attend thee;
Ponder anew
All the Almighty can do,
He who with love doth befriend thee.**

**Praise to the Lord!
O let all that is in me adore him!
All that hath life and breath
come now with praises before him!
Let the amen
Sound from his people again:
Gladly for ay we adore him.**

Words: J. Neander, 1650–80
tr. Catherine Winkworth, 1827–78

Tune: Lobe den Herren
Praxis Pietatis Melica, 1668

Remain standing as the Choir moves out, then sit

Sunday Fellowship

You are all invited to a time of fellowship on the chapel steps

Sunday 28th June 2026

6.00 pm | Cathedral of Christ the Living Saviour

‘O Clap Your Hands’

A Festival Service of Thanksgiving
celebrating 175 Years of S. Thomas’ College, Mount Lavinia.

Music will be led by a massed choir drawn from eight schools
alongside the College Chapel Choir.

Music by

Herbert Howells, Ralph Vaughan Williams, Charles Stanford
and more

Denham Pereira, *Organ*

Vidhurinda Samaraweera, *Brass Ensemble, Leader*

Harin Amirthanathan, *Conductor*

All are welcome to attend



Material from Common Worship is included in this service and is copyright © The Archbishops’ Council. The text for the day is by The Revd. Ally Barrett is the Associate Vicar at Great St Mary’s, Cambridge. The Mass Setting is by Harold Darke. Hymns are taken from the College Hymnal. The Bible passages are read from the New Revised Standard Version of the Bible (Anglicised edition).