

Collect

God our creator, who in the beginning commanded the light to shine out of darkness: we pray that the light of the glorious gospel of Christ may dispel the darkness of ignorance and unbelief, shine into the hearts of all your people, and reveal the knowledge of your glory in the face of 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 *Psalm 22. 25-end*

²⁵From you comes my praise in the great congregation; my vows I will pay before those who fear him. ²⁶The poor shall eat and be satisfied; those who seek him shall praise the Lord. May your hearts live for ever! ²⁷All the ends of the earth shall remember and turn to the Lord; and all the families of the nations shall worship before him. ²⁸For dominion belongs to the Lord, and he rules over the nations. ²⁹To him, indeed, shall all who sleep in the earth bow down; before him shall bow all who go down to the dust, and I shall live for him. ³⁰Posterity will serve him; future generations will be told about the Lord, ³¹and proclaim his deliverance to a people yet unborn, saying that he has done it.

Second Reading *Hebrews 12. 1-4*

The Example of Jesus

¹Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, ²looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

³Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart. ⁴In your struggle against sin you have not yet resisted to the point of shedding your blood.

In your prayer's this week please include:

Our 'Friendship Church' - Bragernes Kirke, Drammen, Norway.

Adam Billings, Keith Burrell, John Gladdish, Pat Holland, Sylvia Huxtable, Dennis Macey,

Mick.

Those who have recently died and their families: Jane Laroche, Laura Moore.

Gospel *Mark 5. 1-20*

Jesus Heals the Gerasene Demoniac

¹They came to the other side of the lake, to the country of the Gerasenes. ²And when he had stepped out of the boat, immediately a man out of the tombs with an unclean spirit met him. ³He lived among the tombs; and no one could restrain him any more, even with a chain; ⁴for he had often been restrained with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces; and no one had the strength to subdue him. ⁵Night and day among the tombs and on the mountains he was always howling and bruising himself with stones. ⁶When he saw Jesus from a distance, he ran and bowed down before him; ⁷and he shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me.' ⁸For he had said to him, 'Come out of the man, you unclean spirit!' ⁹Then Jesus asked him, 'What is your name?' He replied, 'My name is Legion; for we are many.' ¹⁰He begged him earnestly not to send them out of the country. ¹¹Now there on the hillside a great herd of swine was feeding; ¹²and the unclean spirits begged him, 'Send us into the swine; let us enter them.' ¹³So he gave them permission. And the unclean spirits came out and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the lake, and were drowned in the lake. ¹⁴The swineherds ran off and told it in the city and in the country. Then people came to see what it was that had happened. ¹⁵They came to Jesus and saw the demoniac sitting there, clothed and in his right mind, the very man who had had the legion; and they were afraid. ¹⁶Those who had seen what had happened to the demoniac and to the swine reported it. ¹⁷Then they began to beg Jesus to leave their neighbourhood. ¹⁸As he was getting into the boat, the man who had been possessed by demons begged him that he might be with him. ¹⁹But Jesus refused, and said to him, 'Go home to your friends, and tell them how much the Lord has done for you, and what mercy he has shown you.' ²⁰And he went away and began to proclaim in the Decapolis how much Jesus had done for him; and everyone was amazed.