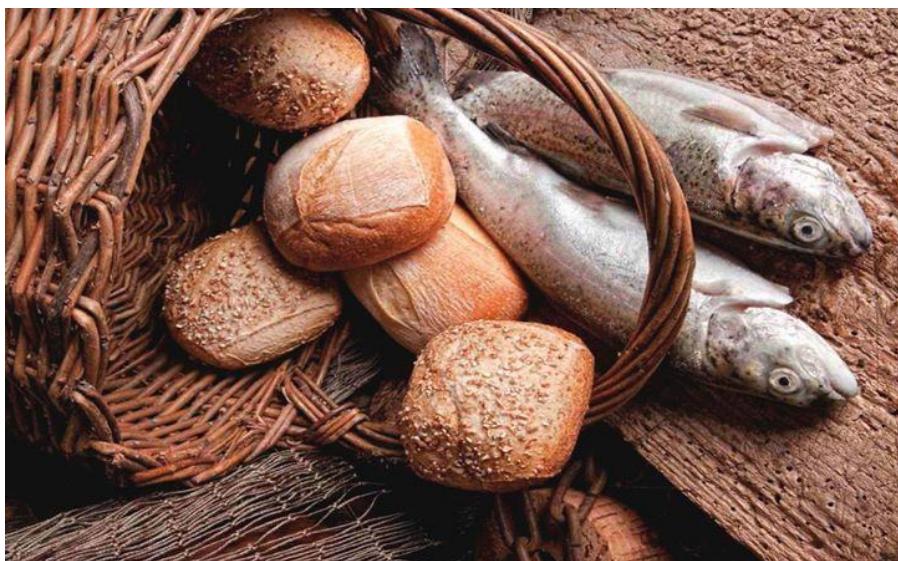


Holy Communion

for the Eighth Sunday after Trinity

at Home due to Coronavirus COVID-19



The Stour Valley Benefice

Cavendish, Clare, Hundon, Poslingford, Stoke-by-Clare & Wixoe

- A short introduction to the Season -

There is nothing “ordinary” about Ordinary Time! It is called this simply because the weeks of Ordinary Time are numbered. The Latin word ‘ordinalis’, refers to numbers in series, from which we get the English word ‘order’.

The numbered weeks of Ordinary Time represent the ordered life of the Church – a period in which we live our lives neither in feasting (as in the Christmas and Easter seasons), nor in reflection or penance (as in the seasons of Advent and Lent), instead the Church focuses on growth and renewal, and looks forward in expectation of the second coming of Christ.

This season of growth and renewal is represented in our use of Green liturgical decorations and vestments.



Spiritual Communion

The term ‘Spiritual Communion’ has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ.

In joining with Revd Mark today as he celebrates the Eucharist from his own home, you too are able to join with him in communion. The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly ‘eat and drink the Body and Blood of our Saviour Christ’, although we cannot receive the sacrament physically in ourselves.

The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, ‘I am the Bread of Life’.

Hymn – Praise the One who breaks the darkness

Praise the One who breaks the darkness
with a liberating light.

Praise the One who frees the prisoners
turning blindness into sight.

Praise the One who preached the Gospel
curing every dread disease.

Calming storms and feeding thousands
with the very bread of peace.

Praise the One who blest the children
with a strong yet gentle word.

Praise the One who drove out demons
with a piercing two-edged sword.

Praise the One who brings cool water
to the desert's burning sand.

From this well comes living water
quenching thirst in every land.

Praise the one true love incarnate:
Christ who suffered in our place.

Jesus died and rose for many
that we may know God by grace.

Let us sing for joy and gladness
seeing what our God has done.

Praise the one redeeming glory.

Praise the One who makes us one.

Rusty Edwards (born 1955)
© 1987 Hope Publishing Company. All rights reserved.

The Gathering

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

All: **Amen.**

The Greeting

Minister: The Lord be with you.
All: **and also with you.**

Prayer of Preparation

All: **Almighty God, to whom all hearts are open, all desires known, and from who 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.**

Prayers of Penitence

Minister: Our Lord Jesus Christ said: The first commandment is this: 'Hear, O Israel, the Lord our God is only Lord. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.'

The second is this: 'Love your neighbour as yourself.' There is no other commandment greater than these. On these two commandments hang all the law and the prophets.

All: **Amen. Lord, have mercy.**

Minister: God so loved the world that he gave his only Son Jesus Christ to save us from our sins, to be our advocate in heaven, and to bring us to eternal life.

Let us confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all.

All: **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 Kyrie Elesion

Minister: Lord, have mercy.

All: Lord, have mercy.

Minister: Christ, have mercy.

All: Christ, have mercy.

Minister: Lord, have mercy.

All: Lord, have mercy.

Absolution

Minister: 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.

All: Amen.

Gloria in Excelsis

All: *Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:*

**have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

The Collect

Minister: Almighty Lord and everlasting God, we beseech you to direct, sanctify and govern both our hearts and bodies in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

All: **Amen.**

Old Testament Reading (*2 Kings 4:42-44 NRSV*)

A man came from Baal-shalishah, bringing food from the first fruits to the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, 'Give it to the people and let them eat.' But his servant said, 'How can I set this before a hundred people?' So he repeated, 'Give it to the people and let them eat, for thus says the Lord, "They shall eat and have some left.'" He set it before them, they ate, and had some left, according to the word of the Lord.

Minister: This is the word of the Lord

All: **Thanks be to God.**

New Testament Reading (*Ephesians 3:14-21 NRSV*)

For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to

the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (*John 6:1-21 NRSV*)

Reader: Hear the Gospel of our Lord Jesus Christ according to John.

All: Glory to you, O Lord.

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' He said this to test him, for he himself knew what he was going to do. Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, 'Gather up the fragments left over, so

that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.'

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

When evening came, his disciples went down to the lake, got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. The lake became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. But he said to them, 'It is I; do not be afraid.' Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going.

Minister: This is the Gospel of the Lord.

All: **Praise to you, O Christ.**

The Creed

All: **We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen
and unseen. We believe in one Lord, Jesus Christ,
the only Son of God, eternally begotten of the
Father, God from God, Light from Light, true God
from true God, begotten, not made, of one Being
with the Father; through him all things were
made. For us and for our salvation he came down
from heaven, was incarnate from the Holy Spirit
and the Virgin Mary and was made man. For our
sake he was crucified under Pontius Pilate; he
suffered death and was buried. On the third day
he rose again in accordance with the Scriptures;**

he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

Prayers of Intercession

Minister: For the feeding of the body and of the soul, let us pray to the Lord.

Bless the Church with grace to teach and nurture all who are committed to her care. Accept our offered service, small and weak though it may be, and transform it to be a power for good.

We pray for greater concern for the poor and deprived, for a more compassionate use of this world's goods. Grant to those in authority clear vision and caring hearts for the good of all.

Help us, our families and friends, to be confident that the least we have to give can be greater than we know. Bless with wisdom those who administer the resources of this community.

Have mercy on all who are hungry, the victims of famine and the multitude of those who are never

properly fed. Strengthen and enable all who work to bring relief to the stricken areas of the world.

We pray for the departed whose need for earthly food is past. Gather them into eternal life, so that nothing that has been once offered shall be lost.

May our prayers be accepted in Christ, who takes away all our fear.

Minister: Merciful Father,

**All: accept these prayers for the sake of your Son,
our Saviour Jesus Christ. Amen.**

The Liturgy of the Sacrament

The Peace

Minister: Christ is our peace. He has reconciled us to God in one body by the cross. We meet in his name and share his peace. (*cf. Ephesians 2:15,16*)

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

Preparation of the Altar

The Eucharistic Prayer

Minister: The Lord is here.

All: His spirit is with us.

Minister: Lift up your hearts.

All: We lift them to the Lord.

Minister: Let us give thanks to the Lord our God.

All: it is right to give thanks and praise.

Minister: It is indeed right, it is our duty and our joy, at all times and in all places to give you thanks and praise, holy Father, heavenly King, almighty and eternal God, through Jesus Christ your Son our Lord. For he is your living Word; through him you have created all things from the beginning, and formed us in your own image. Through him you have freed us from the slavery of sin, giving him to be born of a woman and to die upon the cross; you raised him from the dead and exalted him to your right hand on high. Through him you have sent upon us your holy and life-giving Spirit, and made us a people for your own possession. Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and saying:

All: **Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory. Hosanna
in the highest. Blessed is he who comes in the
name of the Lord. Hosanna in the highest.**

Minister: Accept our praises, heavenly Father, through your Son our Saviour Jesus Christ, and as we follow his example and obey his command, grant that by the power of your Holy Spirit these gifts of bread and wine may be to us his body and his blood; who, in the same night that he was betrayed, took bread and gave you thanks; 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 way, after supper he took the cup and gave you thanks; he gave it to them, saying: Drink this, all of you; this is my blood of the new covenant, which is

shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.

Therefore, heavenly Father, we remember his offering of himself made once for all upon the cross; we proclaim his mighty resurrection and glorious ascension; we look for the coming of your kingdom, and with this bread and this cup we make the memorial of Christ your Son our Lord.

Great is the mystery of faith:

All: **Christ has died:**

Christ is risen:

Christ will come again.

Minister: Accept through him, our great high priest, this our sacrifice of thanks and praise, and as we eat and drink these holy gifts in the presence of your divine majesty, renew us by your Spirit, inspire us with your love and unite us in the body of your Son, Jesus Christ our Lord.

Through him, and with him, and in him, in the unity of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Father almighty, in songs of everlasting praise:

All: **Blessing and honour and glory and power be yours for ever and ever. Amen.**

The Lord's Prayer

Minister: As our Saviour has taught us so we pray.

All: **Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.**

**And forgive us our trespasses,
as we forgive those 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.**

Breaking of the Bread

Minister: We break this bread to share in the body of Christ.
All: **Though we are many, we are one body, because
we all share in one bread.**

The Agnus Dei

All: **Lamb of God, you take away the sin of the world,
have mercy on us.**
**Lamb of God, you take away the sin of the world,
have mercy on us.**
**Lamb of God, you take away the sin of the world,
grant us peace.**

Giving of Communion

Minister: Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you. Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

All: **We do not presume to come to this your table,
merciful Lord, trusting in our own righteousness,
but in your manifold and great mercies.
We are not worthy so much as to gather up the
crumbs under your table.**

But you are the same Lord whose nature is always to have mercy.

**Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ
and to drink his blood, that our sinful bodies may
be made clean by his body and our souls washed
through his most precious blood,
and that we may evermore dwell in him, and he
in us. Amen.**

The Minister receives communion on behalf of all those in our community who are unable to be present.

Prayer after Communion

Minister: Strengthen for service, Lord, the hands that have taken holy things; may the ears which have heard your word be deaf to clamour and dispute; may the tongues which have sung your praise be free from deceit; may the eyes which have seen the tokens of your love shine with the light of hope; and may the bodies which have been fed with your body be refreshed with the fullness of your life; glory to you for ever. Amen.

All: **Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies 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

Minister: The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be amongst you and remain with you always. Amen.

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

All: **In the name of Christ. Amen.**

Hymn – Eat this bread, drink this cup

Eat this bread, drink this cup, come to him and never be hungry.

Eat this bread, drink this cup, trust in him and you will not thirst.

Christ is the bread of life,
the true bread sent from the Father.

Eat this bread, drink this cup, come to him and never be hungry.

Eat this bread, drink this cup, trust in him and you will not thirst.

Our ancestors ate manna in the desert,
but this is the bread come down from heaven.

Eat this bread, drink this cup, come to him and never be hungry.

Eat this bread, drink this cup, trust in him and you will not thirst.

Jacques Berthier (1923-1994)
© 1984 Ateliers et Presses de Taizé

Although not all of us feel able to meet in church for services, it is important to remember that the work of the Church continues, and sadly so do many of the ongoing costs in maintaining our historic buildings as well as supporting the ministry in this benefice and the wider church. If you are able to make a gift please contact your church warden or Revd Mark.

Remember that if you are able, please Gift Aid your donation as it means that we can claim an extra 25p for every £1 you donate from the Government at no extra cost to you – resulting in your £20 donation now being worth £25!

If you wish to donate regularly to your church, please consider signing up to the Parish Giving Scheme, please ask one of the churchwardens for a pack or sign up online at:

www.parishgiving.org.uk/donors/find-your-parish/

Christian Copyright Licence No. 523438 Streaming Licence No. tbc

Common Worship: Services and Prayers for the Church of England, material from which is included in this service, is copyright © The Archbishops' Council, 2000.

Scripture quotations from *The New Revised Standard Version of the Bible*, is copyright © The Division of Christian Education of the National Council of Churches in the USA, 1989.

"Hear our prayer: Gospel based intercessions for Sundays, Holy Days and Festival – Years A, B & C" material from which is included in this service, is copyright © Raymond Chapman, 2003. published by The Canterbury Press, Norwich. (July 2021)