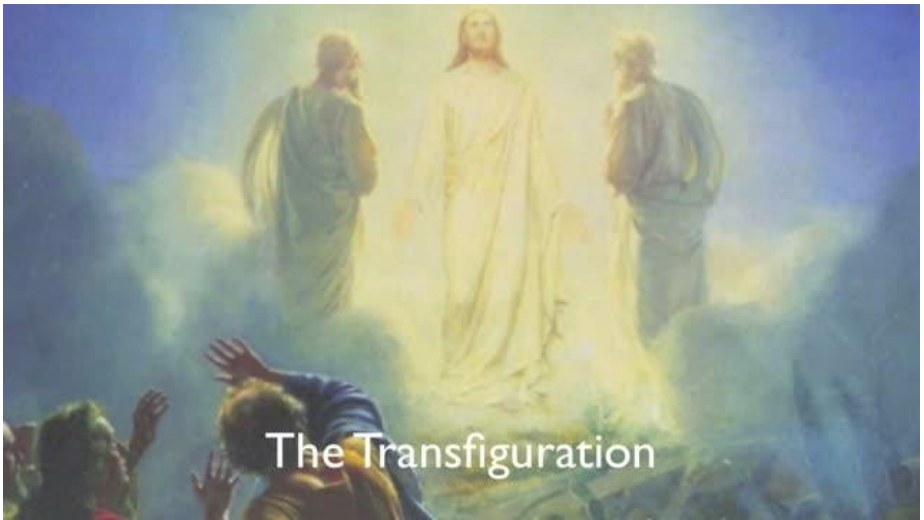


# **Holy Communion for the Sunday before Lent**



The Transfiguration

## ***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’.

## Welcome and Introduction

### Hymn – Christ, whose glory fills the skies

- 1 Christ, whose glory fills the skies,  
Christ, the true, the only light,  
sun of righteousness, arise,  
triumph o'er the shades of night;  
day-spring from on high, be near;  
day-star, in my heart appear.
- 2 Dark and cheerless is the morn  
unaccompanied by thee:  
joyless is the day's return,  
till thy mercy's beams I see,  
till they inward light impart,  
glad my eyes, and warm my heart.
- 3 Visit then this soul of mine;  
pierce the gloom of sin and grief;  
fill me, radiance divine;  
scatter all my unbelief;  
more and more thyself display,  
shining to the perfect day.

*Charles Wesley (1707-1788)*

### The Greeting

Priest: Grace, mercy and peace from God our Father and the  
Lord Jesus Christ 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 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.**

## **Prayer of Penitence**

**Priest:** God so loved the world that he gave us 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:** **Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.**

## **Absolution**

**Priest:** 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.**

## **The Gloria is sung**

**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 Liturgy of the Word**

### **The Collect for the Sunday before Lent**

Priest: Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

### **Old Testament Reading – Exodus 24.12–18**

The LORD said to Moses, 'Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.' So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, 'Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.'

Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the LORD settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the LORD was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

Priest: This is the word of the Lord.

**All: Thanks be to God.**

### **New Testament Reading - 2 Peter 1.16–21**

For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honour and glory from God

the Father when that voice was conveyed to him by the Majestic Glory, saying, 'This is my Son, my Beloved, with whom I am well pleased.' We ourselves heard this voice come from heaven, while we were with him on the holy mountain.

So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.

Priest: This is the word of the Lord.

**All: Thanks be to God.**

### **Gospel – Matthew 17:1-9**

Priest: Hear the Gospel of our Lord Jesus Christ according to Matthew

**All: Glory to you, O Lord.**

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, 'Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.' While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, 'This is my Son, the Beloved; with him I am well pleased; listen to him!' When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, 'Get up and do not be afraid.' And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, 'Tell no one about the vision until after the Son of Man has been raised from the dead.'

Priest: This is the Gospel of the Lord.

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

## The Creed

Priest: My brothers and sisters in Christ, let us declare our faith in God.

**All: We believe in God the Father,  
from whom every family  
in heaven and on earth is named.**

**We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.**

**We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God;  
Father, Son and Holy Spirit. Amen.**

*cf Ephesians 3*

## Prayers of Intercession

Priest: Let us pray to God who leads us to see his glory and hear his voice.

As the Church has been called to be the servant of your glory, may she be worthy to be your dwelling on earth. It is good for us to be here, and we pray that we may be filled with the wisdom of the Law, the vision of the Prophets, and the grace of Jesus Christ now and in all time to come.

Bless the people of the world with the light that leads them to the heights where they may see your glory, and the strength to return to the plain where the work of life must go on. Guide those in authority to hear the wisdom of the past and to see with clear vision where their present duty lies.

As we go about our daily lives, grant us the times of peace when we may be aware of the glory that is all around us. Through our prayers and meditations bring us closer to the Saviour, to follow him as the first disciples followed, and to know his fullness as they knew it.

Have mercy on those whose suffering lets them see only the darkness of the cloud and keeps them from hearing the voice of divine assurance. Dispel the fear that holds many back from knowing that God is love and calls us to draw near and adore him.

May those who have died in the faith of Christ, and in this world received a partial vision of his glory, now enter into the fullness of his presence. May they dwell for ever in the holy place from which the blessed ones are never turned away.

May our prayers be accepted through Christ, the Son revealed in glory.

Merciful Father

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

## **The Liturgy of the Sacrament**

### **The Peace**

Priest:       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 Lord be always with you

**All:       and also with you.**

## **Preparation of the Table**

Priest:       With this bread that we bring

**All:       We shall remember Jesus**



Priest: With this wine that we bring  
**All: We shall remember Jesus**

Priest: Bread for his body,  
wine for his blood  
gifts from God to his table we bring  
**All: We shall remember Jesus.**

### **The Eucharistic Prayer**

Priest: The Lord is here.  
**All: His Spirit is with us.**

Priest: Lift up your hearts.  
**All: We lift them to the Lord.**

Priest: Let us give thanks to the Lord our God.  
**All: It is right to give thanks and praise.**

Priest: 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 singing:

**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, who comes in the name of the Lord. Hosanna in the highest.**

Priest:

We praise and bless you, loving Father, through Jesus Christ, our Lord; and as we obey his command, send your Holy Spirit, that broken bread and wine outpoured may be for us the body and blood of your dear Son. On the night before he died he had supper with his friends and, taking bread, he praised you. He broke the bread, gave it to them and said: Take, eat; this is my body which is given for you; do this in remembrance of me.

When supper was ended he took the cup of wine. Again he praised you, gave it to them and said: 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.

So, Father, we remember all that Jesus did, in him we plead with confidence his sacrifice made once for all upon the cross. Bringing before you the bread of life and cup of salvation, we proclaim his death and resurrection until he comes in glory.

Christ is the bread of life:

**All:**

**When we eat this bread and drink this cup,  
we proclaim your death, Lord Jesus,  
until you come in glory.**

Priest:

Lord of all life, help us to work together for that day when your kingdom comes and justice and mercy will be seen in all the earth. Look with favour on your people, gather us in your loving arms and bring us with The Blessed Virgin Mary, St Peter, St Paul, St John the Baptist, St Leonard and all the saints to feast at your table in heaven.

Through Christ, and with Christ, and in Christ, in the unity of the Holy Spirit, all honour and glory are yours, O loving Father, for ever and ever.

**All: Amen.**

## **The Lord's Prayer**

Priest: As our Saviour 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**

Priest: 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**

**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

Priest: God's holy gifts for God's holy people.

**All: Jesus Christ is holy  
Jesus Christ is Lord  
To the glory of God the Father.**

## Prayers after Communion

Priest: Holy God, we see your glory in the face of Jesus Christ: may we who are partakers at his table reflect his life in word and deed, that all the world may know his power to change and save. This we ask through Jesus Christ our Lord. 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 Blessing

Priest: 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 with you and remain with you always.

**All: Amen.**

Priest: Let us go in peace to love and serve the Lord.

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

## Hymn – Praise my soul, the King of heaven

1 Praise, my soul, the King of heaven;  
to his feet thy tribute bring;  
ransomed, healed, restored, forgiven,

who like me his praise should sing?  
Alleluia, alleluia,  
praise the everlasting King.

- 2     Praise him for his grace and favour  
to our fathers in distress;  
praise him still the same for ever,  
slow to chide, and swift to bless:  
Alleluia, alleluia,  
glorious in his faithfulness.
- 3     Father-like he tends and spares us;  
well our feeble frame he knows;  
in his hands he gently bears us,  
rescues us from all our foes:  
Alleluia, alleluia,  
widely as his mercy flows.
- 4     Angels, help us to adore him,  
ye behold him face to face;  
sun and moon, bow down before him,  
dwellers all in time and space:  
Alleluia, alleluia,  
praise with us the God of grace.

*Henry Francis Lyte (1793-1847)*



A free phone line of hymns,  
reflections and prayers



THE CHURCH  
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Faith in Later Life

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Although not all of us are able to meet in church for services, it is important to remember that the work of the Church continues, as do many of the ongoing costs in maintaining our historic buildings as well as supporting the ministry in this benefice and the wider church.

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