

Holy Communion for Trinity Sunday



The Stour Valley Benefice

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

- A short introduction to the Season -

Trinity Sunday celebrates the Christian doctrine of the Trinity, the three Persons of God: the Father, the Son, and the Holy Spirit.

It is traditional to include the Athanasian Creed, which has been in use since the sixth century, and is a statement of Christian belief focused on the Trinitarian doctrine and Christology.

As a principal feast day of the church the principal colour of the liturgical decorations and vestments are White.

**Growing in God**

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 – How shall I sing that majesty

How shall I sing that majesty
Which angels do admire?
Let dust in dust and silence lie;
Sing, sing, ye heavenly choir.
Thousands of thousands stand around
Thy throne, O God most high;
Ten thousand times ten thousand sound
Thy praise; but who am I?

Thy brightness unto them appears,
Whilst I thy footsteps trace;
A sound of God comes to my ears,
But they behold thy face.
They sing because thou art their Sun;
Lord, send a beam on me;
For where heaven is but once begun
There alleluias be.

How great a being, Lord, is thine,
Which doth all beings keep!
Thy knowledge is the only line
To sound so vast a deep.
Thou art a sea without a shore,
A sun without a sphere;
Thy time is now and evermore,
Thy place is everywhere.

(John Mason c.1645-1694)

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 the Father forgives us in Christ and heals us by the Holy Spirit. Let us therefore put away all anger and bitterness, all slander and malice, and confess our sins to God our redeemer.

(c.f. Ephesians 4:30,32)

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 Eleison

Minister: Father, you come to meet us when we return to you:
Lord, have mercy.

All: Lord, have mercy.

Minister: Jesus, you died on the cross for our sins:
Christ, have mercy.

All: Christ, have mercy.

Minister: Spirit, you give us life and peace:
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 and everlasting God, you have given us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity and in the power of the divine majesty to worship the Unity: keep us steadfast in this faith, that we may evermore be defended from all adversities; through 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.

All: Amen.

New Testament Reading (*2 Corinthians 13:11-13 NRSV*)

Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (*Matthew 28:16-20 NRSV*)

Minister: Alleluia, alleluia. 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.

All: Alleluia.

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

All: Glory to you, O Lord.

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have

commanded you. And remember, I am with you always, to the end of the age.'

Reader: This is the Gospel of the Lord.

All: Praise to you, O Christ.

The Creed of Saint Athanasius

It is traditional on Trinity Sunday to recite the Creed of Saint Athanasius which is found in The Book of Common Prayer.

We worship one God in Trinity, and Trinity in Unity;
Neither confounding the Persons: nor dividing the Substance.
For there is one Person of the Father, another of the Son: and another
of the Holy Ghost.

But the Godhead of the Father, of the Son, and of the Holy Ghost, is all
one: the Glory equal, the Majesty co-eternal.

Such as the Father is, such is the Son: and such is the Holy Ghost.

The Father uncreate, the Son uncreate: and the Holy Ghost uncreate.

The Father incomprehensible, the Son incomprehensible: and the Holy
Ghost incomprehensible.

The Father eternal, the Son eternal: and the Holy Ghost eternal.

And yet they are not three eternal: but one eternal.

As also there are not three incomprehensibles, nor three uncreated: but
one uncreated, and one incomprehensible.

So likewise the Father is Almighty, the Son Almighty: and the Holy Ghost
Almighty.

And yet they are not three Almighty: but one Almighty.

So the Father is God, the Son is God: and the Holy Ghost is God.

And yet they are not three Gods: but one God.

So likewise the Father is Lord, the Son Lord: and the Holy Ghost Lord.

And yet not three Lords: but one Lord.

For like as we are compelled by the Christian verity: to acknowledge
every Person by himself to be God and Lord;

So are we forbidden by the Catholick Religion: to say there be three
Gods, or three Lords.

The Father is made of none: neither created, nor begotten.

The Son is of the Father alone: not made, nor created, but begotten.

The Holy Ghost is of the Father and of the Son: neither made, nor created, nor begotten, but proceeding.

So there is one Father, not three Fathers; one Son, not three Sons: one Holy Ghost, not three Holy Ghosts.

And in this Trinity none is afore, or after other: none is greater, or less than another;

But the whole three Persons are co-eternal together: and co-equal.

So that in all things, as is aforesaid: the Unity in Trinity, and the Trinity in Unity is to be worshipped.

He therefore that will be saved: must thus think of the Trinity.

Furthermore it is necessary to everlasting salvation: that he also believe rightly the Incarnation of our Lord Jesus Christ.

For the right Faith is that we believe and confess: that our Lord Jesus Christ, the Son of God, is God and Man;

God, of the Substance of the Father, begotten before the worlds: and Man, of the Substance of his Mother, born in the world;

Perfect God, and Perfect Man: of a reasonable soul and human flesh subsisting;

Equal to the Father, as touching his Godhead: and inferior to the Father, as touching his Manhood.

Who although he be God and Man: yet he is not two, but one Christ;

One, not by conversion of the Godhead into flesh: but by taking of the Manhood into God;

One altogether, not by confusion of Substance: but by unity of Person.

For as the reasonable soul and flesh is one man: so God and Man is one Christ.

Who suffered for our salvation: descended into hell, rose again the third day from the dead.

He ascended into heaven, he sitteth on the right hand of the Father, God Almighty: from whence he shall come to judge the quick and the dead.

At whose coming all men shall rise again with their bodies: and shall give account for their own works.

And they that have done good shall go into life everlasting: and they that have done evil into everlasting fire.

This is the Catholick Faith: which except a man believe faithfully, he cannot be saved.

Glory be to the Father, and to the Son: and to the Holy Ghost; As it was in the beginning, is now, and ever shall be: world without end. Amen.

Prayers of Intercession

Minister: We come boldly to the throne of grace, praying to the almighty God, Father, Son, and Holy Spirit for mercy and grace.

All: We plead before your throne in heaven.

Minister: Father of heaven, whose love profound a ransom for our souls has found: We pray for the world, created by your love, for its nations and governments. Extend to them your peace, pardoning love, mercy and grace.

All: We plead before your throne in heaven.

Minister: Almighty Son, incarnate Word, our Prophet, Priest, Redeemer, Lord: We pray for the Church, created for your glory, for its ministry to reflect those works of yours. Extend to us your salvation, growth, mercy and grace.

All: We plead before your throne in heaven.

Minister: Eternal Spirit, by whose breath the soul is raised from sin and death: We pray for families and individuals, created in your image, for the lonely, the bereaved, the sick and the dying. Breathe on them the breath of life and bring them to your mercy and grace.

All: We plead before your throne in heaven.

Minister: Thrice holy! Father, Spirit, Son, Mysterious Godhead, Three in One: We pray for ourselves, for your Church, for all whom we remember before you. Bring us all to bow before your throne in heaven, to receive life and

pardon, mercy and grace for all eternity, as we worship you, saying,

All: Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Amen.

The Liturgy of the Sacrament

The Peace

Minister: 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

All: and also with you.

Preparation of the Altar

Minister: Holy God, holy and strong, holy and immortal, give us the bread of everlasting life, and make us branches of the true vine.

All: Amen.

The Eucharistic Prayer

Minister: The Lord be with you

All: and also with you.

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, our duty and our joy, always and everywhere to give you thanks, holy Father, almighty and eternal God. For with your only-begotten Son and the Holy Spirit you are one God, one Lord.

All that you reveal of your glory, the same we believe of the Son and of the Holy Spirit, without any difference or inequality.

We, your holy Church, acclaim you, Father of majesty unbounded, your true and only Son, worthy of all worship, and the Holy Spirit, advocate and guide.

Three Persons we adore, one in being and equal in majesty. And so with angels and archangels, with cherubim and seraphim, we sing for ever of your glory:

**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: Let us pray with confidence as our Saviour has taught us

**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: Almighty and eternal God, you have revealed yourself as Father, Son and Holy Spirit, and live and reign in the perfect unity of love: hold us firm in this faith, that we may know you in all your ways and evermore rejoice in your eternal glory, who are three Persons yet one God, now and 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: 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 amongst you and remain with you always.

All: Amen.

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

All: In the name of Christ. Amen.

Hymn – Holy, Holy, Holy! Lord God Almighty!

Holy, Holy, Holy! Lord God Almighty!
Early in the morning our song shall rise to thee;
Holy, Holy, Holy! Merciful and mighty!
God in three Persons, blessed Trinity!

Holy, Holy, Holy! all the saints adore thee,
Casting down their golden crowns around the glassy sea;
Cherubim and seraphim falling down before thee,
Which wert, and art, and evermore shalt be.

Holy, Holy, Holy! though the darkness hide thee,
Though the eye of sinful man thy glory may not see,
Only thou art holy, there is none beside thee
Perfect in power, in love, and purity.

Holy, Holy, Holy! Lord God Almighty!
All thy works shall praise thy name, in earth, and sky, and sea;
Holy, Holy, Holy! Merciful and mighty!
God in three Persons, blessed Trinity!

(Reginald Herbert 1783-1826)

For more information about our Benefice, including details of upcoming special services, events and activities for all the family, please visit:

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Although not all of us are able to meet in church for services every week, 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. 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!

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