

# Holy Communion for the Third Sunday after Trinity



## ***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.

**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 – Lord for the years

- 1 Lord, for the years your love has kept and guided,  
urged and inspired us, cheered us on our way,  
sought us and saved us, pardoned and provided,  
Lord of the years, we bring our thanks today.
- 2 Lord, for that word, the word of life which fires us,  
speaks to our hearts and sets our souls ablaze,  
teaches and trains, rebukes us and inspires us,  
Lord of the word, receive your people's praise.
- 3 Lord, for our land, in this our generation,  
spirits oppressed by pleasure, wealth and care;  
for young and old, for commonwealth and nation,  
Lord of our land, be pleased to hear our prayer.
- 4 Lord, for our world; when we disown and doubt him,  
loveless in strength, and comfortless in pain;  
hungry and helpless, lost indeed without him,  
Lord of the world, we pray that Christ may reign.
- 5 Lord, for ourselves; in living power remake us,  
self on the cross and Christ upon the throne;  
past put behind us, for the future take us,  
Lord of our lives, to live for Christ alone.

*Timothy Dudley-Smith (born 1926) © administered by Oxford University Press*

## 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 Eleison

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 God, you have broken the tyranny of sin and have sent the Spirit of your Son into our hearts whereby we call you Father: give us grace to dedicate our freedom to your service, that we and all creation may be brought to the glorious liberty of the children of God; 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.**

## Old Testament Reading (*Jeremiah 20:7-13 NRSV*)

O LORD, you have enticed me, and I was enticed; you have overpowered me, and you have prevailed.

I have become a laughing-stock all day long; everyone mocks me. For whenever I speak, I must cry out, I must shout, 'Violence and destruction!'

For the word of the LORD has become for me a reproach and derision all day long.

If I say, 'I will not mention him, or speak any more in his name', then within me there is something like a burning fire shut up in my bones; I am weary with holding it in, and I cannot.

For I hear many whispering: 'Terror is all around! Denounce him! Let us denounce him!' All my close friends are watching for me to stumble. 'Perhaps he can be enticed, and we can prevail against him, and take our revenge on him.'

But the LORD is with me like a dread warrior; therefore my persecutors will stumble, and they will not prevail. They will be greatly shamed, for they will not succeed. Their eternal dishonour will never be forgotten.

O LORD of hosts, you test the righteous, you see the heart and the mind; let me see your retribution upon them, for to you I have committed my cause.

Sing to the LORD; praise the LORD! For he has delivered the life of the needy from the hands of evildoers.

Minister: This is the word of the Lord

**All: Thanks be to God.**

## **New Testament Reading (*Romans 6:1b-11 NRSV*)**

What then are we to say? Should we continue in sin in order that grace may abound? 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.

Minister: This is the word of the Lord

**All: Thanks be to God.**

## **Gospel Reading (*Matthew 10:24-39 NRSV*)**

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

**All: Glory to you, 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.

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: As faithful disciples, let us pray to our Lord and Master for the Church and for the world.

Give to the Church grace fearlessly to proclaim the words of life. Send your strength to overcome our weakness, so that all Christian people shall be valiant for the truth in the face of scorn and indifference.

We pray that the word of God shall be heard in the dark places where people have not known the power of redeeming love. Have mercy on the weak and vulnerable who are precious in your sight and save them when they are oppressed.

Give harmony to our families and to all who live and work in this community. Reconcile those who are in dispute and mend the broken relationships, so that human love may be as a light to reveal the love of God.

Have mercy on those who are persecuted for their faith. Give them courage in their trials and grace to be constant in their service. Pardon and restore those who have been driven by suffering to deny their Master.

We pray for those who took up their cross and followed their Master in this life and have now passed to eternal life with him. May the light of heaven shine upon them as they rise in glory.

May Christ our Lord be now and always acknowledged in our prayers.

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: The kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.

*(cf. Romans 14:17)*

The peace of the Lord be always with you

**All: and also with you.**

### **Preparation of the Altar**

### **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, 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 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: O God, whose beauty is beyond our imagining and whose power we cannot comprehend: show us your glory as far as we can grasp it, and shield us from knowing more than we can bear until we may look upon you without fear; through Jesus Christ our Saviour. 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.

**All: Amen.**

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

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

## **Hymn – O for a heart to praise my God**

- 1 O for a heart to praise my God,  
a heart from sin set free,  
a heart that's sprinkled with the blood  
so freely shed for me;
- 2 A heart resigned, submissive, meek,  
my great Redeemer's throne,  
where only Christ is heard to speak,  
where Jesus reigns alone;
- 3 A humble, lowly, contrite heart,  
believing, true, and clean;  
which neither life nor death can part  
from him that dwells within;
- 4 A heart in every thought renewed,  
and full of love divine;  
perfect, and right, and pure, and good,  
A copy, Lord, of thine!
- 5 Thy nature, gracious Lord, impart;  
come quickly from above,

write thy new name upon my heart,  
thy new, best name of love.

*Charles Wesley (1707-1788)*

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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