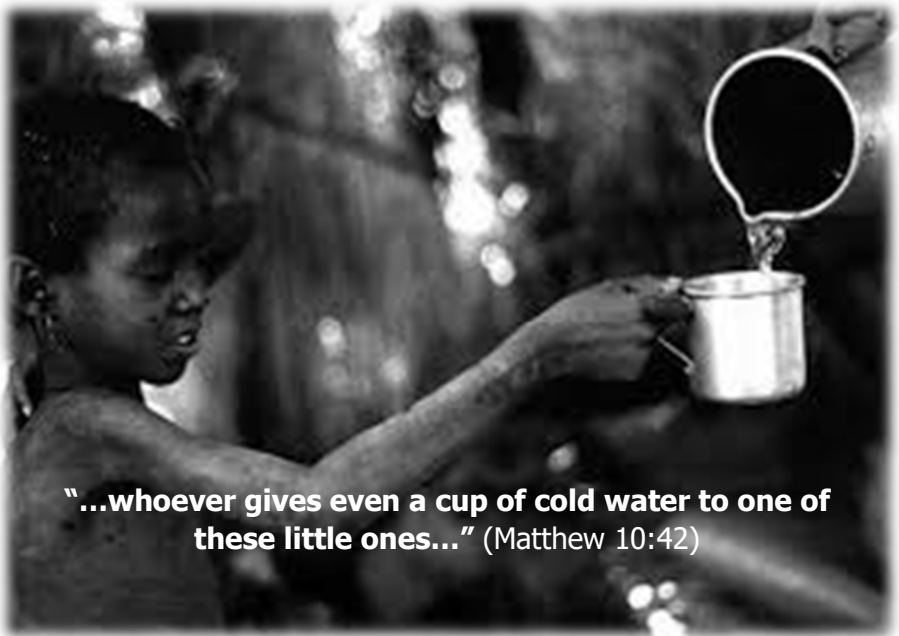


# **Holy Communion for the Fourth Sunday after Trinity**



**"...whoever gives even a cup of cold water to one of  
these little ones..." (Matthew 10:42)**

## ***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 – I heard the voice of Jesus

- 1 I heard the voice of Jesus say,  
`Come unto me and rest;  
lay down, thou weary one, lay down,  
thy head upon my breast:’  
I came to Jesus as I was,  
weary, and worn, and sad;  
I found in him a resting-place,  
and he has made me glad.
- 2 I heard the voice of Jesus say,  
`Behold, I freely give  
the living water, thirsty one;  
stoop down, and drink, and live:’  
I came to Jesus, and I drank  
of that lifegiving stream;  
My thirst was quenched, my soul revived,  
And now I live in him.
- 3 I heard the voice of Jesus say,  
`I am this dark world’s Light;  
look unto me, they morn shall rise,  
and all thy day be bright:’  
I looked to Jesus, and I found  
In him my Star, my Sun;  
And in that light of life I’ll walk  
till travelling days are done.

*Horatius Bonar (1808-1889)*

## 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, 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.  
Glory to God, to God in the highest,  
and peace to his people on earth.  
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: O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: increase and multiply upon us your mercy; that with you as our ruler and guide we may so pass through things temporal that we lose not our hold on things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake, 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 28:5-9 NRSV*)**

Then the prophet Jeremiah spoke to the prophet Hananiah in the presence of the priests and all the people who were standing in the house of the LORD; and the prophet Jeremiah said, 'Amen! May the LORD do so; may the LORD fulfil the words that you have prophesied, and bring back to this place from Babylon the vessels of the house of the LORD, and all the exiles. But listen now to this word that I speak in your hearing and in the hearing of all the people. The prophets who preceded you and me from ancient times prophesied war, famine, and pestilence against many countries and great kingdoms. As for the prophet who prophesies peace, when the word of that prophet comes true, then it will be known that the LORD has truly sent the prophet.'

Minister: This is the word of the Lord

**All: Thanks be to God.**

## **New Testament Reading (*Romans 6:12-23 NRSV*)**

Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God

as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace.

What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Minister: This is the word of the Lord

**All: Thanks be to God.**

### **Gospel Reading (*Matthew 10:40-42 NRSV*)**

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

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

'Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple - truly I tell you, none of these will lose their reward.'

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: Let us pray to God, the source of all prophecy and all righteousness.**

Give to the Church the gifts that inspired the prophets of old, to warn and to encourage at this time and always.

Make your people worthy to be prophets of your word and counted as righteous through your grace.

Be with those who in the world speak to words of truth and the message of salvation. Open the hearts of the powerful and the humble alive to receive those who come in your name.

Grant us grace to discern the presence of Christ in those we know and in the stranger. May we be hospitable and welcoming in our homes. May the doors in this community be open to the Lord who comes in many ways.

We pray for those who are suffering from drought, all who are thirsty and must go far to find water. Guide and enable those who work for their relief and grant the blessing of good water where it is lacking.

May the faithful departed receive their reward and share in the fountain of living water in heaven. Grant that we may be constant in this world and enter at last in the world to come.

May our prayers be accepted in the name of Christ who has called us to be his messengers.

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)*

**All: The peace of the Lord be always with you 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, Lord God of hosts,  
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: Jesus, Lamb of God, have mercy on us.  
Jesus, bearer of our sins, have mercy on us.  
Jesus, redeemer of the world, give us your 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: Eternal God, comfort of the afflicted and healer of the broken, you have fed us at the table of life and hope: teach us the ways of gentleness and peace, that all the world may acknowledge the kingdom of your Son 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 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 – There's a wideness in God's mercy

1     There's a wideness in God's mercy  
      like the wideness of the sea;  
      there's a kindness in his justice  
      which is more than liberty.  
      There is no place where earth's sorrows  
      are more felt than up in heaven;  
      there is no place where earth's failings  
      have such kindly judgement given.

2     For the love of God is broader  
      than the measure of our mind,  
      and the heart of the eternal  
      is most wonderfully kind.  
      But we make his love too narrow  
      by false limits of our own;  
      and we magnify his strictness  
      with a zeal he would not own.

3     There is plentiful redemption  
      through the blood that has been shed;  
      there is joy for all the members  
      in the sorrows of the head.  
      There is grace enough for thousands  
      of new worlds as great as this;  
      there is room for fresh creations  
      in that upper home of bliss.

*Second half of tune:*

4     If our love were but more simple  
      we should take him at his word;  
      and our lives would be all gladness  
      in the joy of Christ our Lord.

Frederick William Faber 1814-1863)  
adapted by Maurice Bevan (1921-2006)

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

**[www.stourvalley.org.uk](http://www.stourvalley.org.uk)**



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(June 2026)



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!

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/](http://www.parishgiving.org.uk/donors/find-your-parish/)**

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**Hundon**

