

Holy Communion for the Second 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 – For the fruits of all creation

For the fruits of all creation,
thanks be to God;
for the gifts to every nation,
thanks be to God;
for the ploughing, sowing, reaping,
silent growth while we are sleeping,
future needs in earth's safe-keeping,
thanks be to God.

In the just reward of labour,
God's will is done;
in the help we give our neighbour,
God's will is done;
in our world-wide task of caring
for the hungry and despairing,
in the harvests we are sharing,
God's will is done.

For the harvests of the Spirit,
thanks be to God;
for the good we all inherit,
thanks be to God;
for the wonders that astound us,
for the truths that still confound us,
most of all that love has found us,
thanks be to God.

*Fred Pratt Green (1903-2000)
© 1970 Stainer & Bell Ltd.*

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: Lord, you have taught us that all our doings without love are nothing worth: send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtues, without which whoever lives is counted dead before you. Grant this for your only Son 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 (*Exodus 19:2-8a NRSV*)

The Israelites had journeyed from Rephidim, entered the wilderness of Sinai, and camped in the wilderness; Israel camped there in front of the mountain. Then Moses went up to God; the Lord called to him from the mountain, saying, 'Thus you shall say to the house of Jacob, and tell the Israelites: You have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself. Now therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine, but you shall be for me a priestly kingdom and a holy nation. These are the words that you shall speak to the Israelites.'

So Moses came, summoned the elders of the people, and set before them all these words that the Lord had commanded him. The people all answered as one: 'Everything that the Lord has spoken we will do.'

Minister: This is the word of the Lord

All: Thanks be to God.

New Testament Reading (*Romans 5:1-8 NRSV*)

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because

God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person - though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (*Matthew 9:35-10:23 NRSV*)

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

All: Glory to you, O Lord.

Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest.'

Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; Philip and Bartholomew; Thomas and Matthew the tax-collector; James son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, the one who betrayed him.

These twelve Jesus sent out with the following instructions: 'Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, "The kingdom of heaven has come near." Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment.

'Take no gold, or silver, or copper in your belts, no bag for your journey, or two tunics, or sandals, or a staff; for labourers deserve their food. Whatever town or village you enter, find out who in it is worthy, and stay there until you leave. As you enter the house, greet it. If the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you. If anyone will not welcome you or listen to your words, shake off the dust from your feet as you leave that house or town. Truly I tell you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgement than for that town.

'See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves. Beware of them, for they will hand you over to councils and flog you in their synagogues; and you will be dragged before governors and kings because of me, as a testimony to them and the Gentiles. When they hand you over, do not worry about how you are to speak or what you are to say; for what you are to say will be given to you at that time; for it is not you who speak, but the Spirit of your Father speaking through you. Brother will betray brother to death, and a father his child, and children will rise against parents and have them put to death; and you will be hated by all because of my name. But the one who endures to the end will be saved. When they persecute you in one town, flee to the next; for truly I tell you, you will not have gone through all the towns of Israel before the Son of Man comes.'

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 with confidence to God, who has called us into his service.

As we have been called to be disciples in the Church of God, may we be worthy of our calling. Inspire us to proclaim the good news and bring comfort to the needy, seeking no reward but giving thanks for the grace we have received.

Great Shepherd, look with compassion on the peoples of the world who lack purpose and direction. Have mercy on those who have been scattered by war or persecution and lead them into the secure fold of your love.

We pray for the spirit of mission, the power to speak of the faith that is in us and to show it in our lives. Open our eyes to see where the harvest is ripe in this community. Bless those who minister to the needy and the homeless, and those who teach in our schools.

We pray for the sick in mind or body, the outcasts from society and those who are in the power of evil. May all who work to heal or to reclaim be given the compassion and the power which led the first disciples to fulfil the command of their Lord.

We pray for those whose harvest has been gathered in and now behold their Shepherd in his glory. We give thanks that, free from all that can harm them, they have entered the Kingdom of Heaven.

We pray in the name of Christ who has compassion on his wandering sheep.

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 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: Loving Father, we thank you for feeding us at the supper of your Son: sustain us with your Spirit, that we may serve you here on earth until our joy is complete in heaven, and we share in the eternal banquet with 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 – The kingdom of God is justice and joy

The kingdom of God is justice and joy,
for Jesus restores what sin would destroy;
God's power and glory in Jesus we know,
and here and hereafter the kingdom shall grow.

The kingdom of God is mercy and grace,
the captives are freed, the sinners find place,
the outcast are welcomed God's banquet to share,
and hope is awakened instead of despair.

The kingdom of God is challenge and choice,

believe the good news, repent and rejoice.
His love for us sinners brought Christ to his cross,
our crisis of judgement for gain or for loss.

God's kingdom is come, the gift and the goal,
in Jesus begun, in heaven made whole;
the heirs of the kingdom shall answer his call,
and all things cry glory to God all in all.

Bryn Rees (1911-1983)
© Alexander Scott

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



facebook.com/StourValleyCofE



[@StourValleyCofE](https://twitter.com/StourValleyCofE)

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.

Extracts (and adapted extracts) from *The Book of Common Prayer*, the rights in which are vested in the Crown, are reproduced by permission of the Crown's Patentee, Cambridge University Press.

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.

(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/**

Alternatively, you can make an online donation to your chosen church through your smartphone by scanning the relevant QR Code below:

Clare with
Poslingford



Stoke by Clare



Cavendish



Wixoe



Hundon



