

Holy Communion for the Fifth Sunday after Trinity



**COME
TO ME
ALL YOU WHO
ARE WEARY &
BURDENED
AND I
WILL GIVE
YOU REST.
MATTHEW 11:28**

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 – Thanks to God whose word was spoken

- 1 Thanks to God whose word was spoken
in the deed that made the earth.
His the voice that called a nation,
his the fires that tried her worth.
God has spoken: God has spoken:
praise him for his open word.
- 2 Thanks to God whose word incarnate
glorified the flesh of man.
Deeds and words and death and rising
tell the grace in heaven's plan.
God has spoken: God has spoken:
praise him for his open word.
- 3 Thanks to God whose word was written
in the Bible's sacred page,
Record of the revelation
showing God to every age.
God has spoken: God has spoken:
praise him for his open word.
- 4 Thanks to God whose word is answered
by the Spirit's voice within.
Here we drink of joy unmeasured,
life redeemed from death and sin.
God is speaking: God is speaking:
praise him for his open word.

R T Brooks (1918-1985) © 1954 Hope Publishing Company

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: Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ, 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 (*Zechariah 9:9-12 NRSV*)

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey.

He will cut off the chariot from Ephraim and the warhorse from Jerusalem; and the battle-bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth.

As for you also, because of the blood of my covenant with you, I will set your prisoners free from the waterless pit.

Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

Minister: This is the word of the Lord

All: Thanks be to God.

New Testament Reading (*Romans 7:15-25a NRSV*)

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive

to the law of sin that dwells in my members. Wretched man that I am!
Who will rescue me from this body of death? Thanks be to God through
Jesus Christ our Lord!

So then, with my mind I am a slave to the law of God, but with my flesh
I am a slave to the law of sin.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (*Matthew 11:16-19, 25-30 NRSV*)

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

All: Glory to you, O Lord.

'But to what will I compare this generation? It is like children sitting in the
market-places and calling to one another, "We played the flute for you,
and you did not dance; we wailed, and you did not mourn."
For John came neither eating nor drinking, and they say, "He has a
demon"; the Son of Man came eating and drinking, and they say, "Look,
a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet
wisdom is vindicated by her deeds.'

At that time Jesus said, 'I thank you, Father, Lord of heaven and earth,
because you have hidden these things from the wise and the intelligent
and have revealed them to infants; yes, Father, for such was your
gracious will. All things have been handed over to me by my Father; and
no one knows the Son except the Father, and no one knows the Father
except the Son and anyone to whom the Son chooses to reveal him.

'Come to me, all you that are weary and are carrying heavy burdens, and
I will give you rest. Take my yoke upon you, and learn from me; for I am
gentle and humble in heart, and you will find rest for your souls. For my
yoke is easy, and my burden is light.'

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 the Father, Lord of heaven and earth.

Bless and strengthen the Church to which the mystery of faith has been revealed. Grant that she may speak the words of comfort to all people, to meet their diversity without losing the integrity of truth.

Come with healing into the discontent of the world, to take away the suspicion that separates people and sets them against each other. Teach those who think themselves wise in this world to trust the wisdom of the simple.

Make us gentler and humbler in our dealings with others. Give us insight to see the burdens that many in our community are bearing, and generosity to bring relief.

Have mercy on those who are bowed down under heavy loads, wearied by poverty and hunger, by sickness or by the weight of unresolved sin. Bring them to your side, to find comfort and assurance in your love.

We pray for the departed who have laid down their burdens and found eternal rest. We give thanks that to them all mysteries have been revealed and the fullness of the divine love made known.

We offer our prayers in the name of Christ, whose yoke is easy and whose burden is light.

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: Grant, O Lord, we beseech you, that the course of this world may be so peaceably ordered by your governance, that your Church may joyfully serve you in all godly quietness; 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 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 – Jesus Christ is waiting

- 1 Jesus Christ is waiting,
waiting in the streets;
no one is his neighbour,
all alone he eats.
Listen, Lord Jesus,
I am lonely too.
Make me, friend or stranger,
fit to wait on you.
- 2 Jesus Christ is raging,
raging in the streets,
where injustice spirals
and real hope retreats.
Listen, Lord Jesus
I am angry too.
In the Kingdom's causes
let me rage with you.
- 3 Jesus Christ is healing,
healing in the streets;
curing those who suffer,
touching those he greets.
Listen, Lord Jesus,
I have pity too.
Let my care be active,
healing, just like you.
- 4 Jesus Christ is dancing,
dancing in the streets,
where each sign of hatred
he, with love, defeats.
Listen, Lord Jesus
I should triumph too.
Where good conquers evil
let me dance with you.
- 5 Jesus Christ is calling,
calling in the streets,

'Who will join my journey?
I will guide their feet.'
Listen, Lord Jesus,
let my fears be few.
Walk one step before me;
I will follow you.

*John L Bell (born 1949) and Graham Maule (1958-2019)
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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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