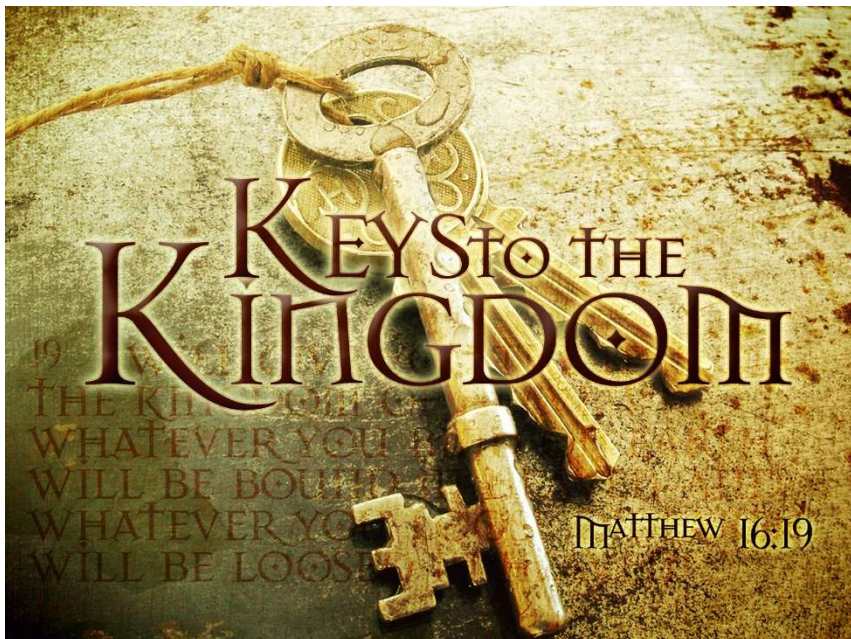


Holy Communion for the Twelfth Sunday after Trinity



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.



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 – Rejoice, the Lord is King

- 1 Rejoice, the Lord is King,
 your Lord and King adore;
 mortals, give thanks and sing,
 and triumph evermore:
 *Lift up your heart, lift up your voice;
 rejoice, again I say, rejoice.*
- 2 Jesus the Saviour, reigns,
 the God of truth and love;
 when he had purged our stains,
 he took his seat above:
 Chorus
- 3 His kingdom cannot fail;
 he rules o'er earth and heaven;
 the keys of death and hell
 are to our Jesus given:
 Chorus
- 4 He sits at God's right hand
 till all his foes submit,
 and bow to his command,
 and fall beneath his feet:
 Chorus
- 5 Rejoice in glorious hope;
 Jesus the judge shall come,
 and take his servants up
 to their eternal home.
 *We soon shall hear the archangel's voice
 the trump of God shall sound: rejoice!*

Charles Wesley (1707-1788) and John Taylor (1750-1826)

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, you are always more ready to hear than we to pray and to give more than either we desire or deserve: pour down upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid and giving us those good things which we are not worthy to ask but through the merits and mediation of 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 (*Isaiah 51.1–6*)

Listen to me, you that pursue righteousness, you that seek the LORD. Look to the rock from which you were hewn, and to the quarry from which you were dug.

Look to Abraham your father and to Sarah who bore you; for he was but one when I called him, but I blessed him and made him many. For the LORD will comfort Zion; he will comfort all her waste places, and will make her wilderness like Eden, her desert like the garden of the LORD; joy and gladness will be found in her, thanksgiving and the voice of song. Listen to me, my people, and give heed to me, my nation; for a teaching will go out from me, and my justice for a light to the peoples. I will bring near my deliverance swiftly, my salvation has gone out and my arms will rule the peoples; the coastlands wait for me, and for my arm they hope.

Lift up your eyes to the heavens, and look at the earth beneath; for the heavens will vanish like smoke, the earth will wear out like a garment, and those who live on it will die like gnats; but my salvation will be for ever, and my deliverance will never be ended.

Minister: This is the word of the Lord

All: Thanks be to God.

New Testament Reading (*Romans 12:1-8*)

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God - what is good and acceptable and perfect.

For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (*Matthew 16:13-20 NRSV*)

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

All: Glory to you, O Lord.

Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, 'Who do people say that the Son of Man is?' And they said, 'Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.' He said to them, 'But who do you say that I am?' Simon Peter answered, 'You are the Messiah, the Son of the living God.' And Jesus answered him, 'Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in

heaven, and whatever you loose on earth will be loosed in heaven.' Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

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 who sent his Son to be the Saviour of the world.

Grant that the Church, mindful of the privilege of her foundation and the duty of her commission, shall ever confess the faith of Christ as Son of God, the only Redeemer. Strengthen her members firmly in that faith, to keep it whole and pure from generation to generation.

Have mercy on those who are living in error and uncertainty, who wander in the world without finding the truth of God. Give to those in authority the wisdom to know that their power comes from him alone. May they fulfil their duty on the firm foundation of justice and truth.

In all our lives with others, in our families and in our places of work, help us to show ourselves as members of the Kingdom. Give us grace to acknowledge the Messiah in all we do and to lead others to trust him.

May the sick and afflicted, the lonely, the homeless, and those who are near to death, receive comfort and hope in the Lord who desires to give them the peace and assurance of his Kingdom. Bless all who seek to relieve suffering: keep them patient and constant in their work.

We give thanks for those to whom the gates of the Kingdom of Heaven have been opened and who now rejoice with the faithful from blessed Peter to this time. Keep us firm in faith until we share with them in that eternal Kingdom.

May our prayers be accepted in the name of Christ, the Son of the living God.

Minister:

All:

Merciful Father,

**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: God of all mercy, in this eucharist you have set aside our sins and given us your healing: grant that we who are made whole in Christ may bring that healing to this broken world, in the name of 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 – Glorious things of thee are spoken

- 1 Glorious things of thee are spoken,
 Zion, city of our God;
 he whose word cannot be broken
 formed thee for his own abode.
 On the Rock of Ages founded,
 what can shake thy sure repose?
 With salvation's walls surrounded,
 thou may'st smile at all thy foes.
- 2 See, the streams of living waters,
 springing from eternal love,
 well supply thy sons and daughters,
 and all fear of want remove.
 Who can faint while such a river
 ever flows their thirst to assuage-
 grace which, like the Lord the giver,
 never fails from age to age?
- 3 Saviour, if of Zion's city
 I through grace a member am,
 let the world deride or pity,
 I will glory in thy name.
 Fading is the worldling's pleasure.
 all his boasted pomp and show;
 solid joys and lasting treasure
 none but Zion's children know.

John Newton (1725-1807)

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



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(August 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!

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