

Holy Communion for the Eleventh 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 – At the name of Jesus

- 1 At the name of Jesus
 every knee shall bow,
 every tongue confess him
 King of Glory now:
 'tis the Father's pleasure
 we should call him Lord,
 who from the beginning
 was the mighty Word:
- 2 Humbled for a season,
 to receive a name
 from the lips of sinners
 unto whom he came,
 faithfully he bore it
 spotless to the last,
 brought it back victorious
 when from death he passed.
- 3 Name him, Christians, name him,
 with love strong as death,
 but with awe and wonder,
 and with bated breath;
 he is God the Saviour,
 he is Christ the Lord,
 ever to be worshipped,
 trusted and adored.
- 4 Surely, this Lord Jesus
 shall return again,
 with his Father's glory,
 with his angel train;
 for all wreaths of empire
 meet upon his brow,
 and our hearts confess him
 King of Glory now.

Caroline Maria Noel (1817-1877)

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, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; 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 (*Isaiah 56.1,6–8*)

Thus says the LORD: Maintain justice, and do what is right, for soon my salvation will come, and my deliverance be revealed.

And the foreigners who join themselves to the LORD, to minister to him, to love the name of the LORD, and to be his servants, all who keep the sabbath, and do not profane it, and hold fast my covenant - these I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt-offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples. Thus says the Lord GOD, who gathers the outcasts of Israel, I will gather others to them besides those already gathered.

Minister: This is the word of the Lord

All: Thanks be to God.

New Testament Reading (*Romans 11.1–2a,29–32*)

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew. Do you not know what the scripture says of Elijah, how he pleads with God against Israel? for the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (*Matthew 15:10-28 NRSV*)

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

All: Glory to you, O Lord.

Then he called the crowd to him and said to them, 'Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.' Then the disciples approached and said to him, 'Do you know that the Pharisees took offence when they heard what you said?' He answered, 'Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.' But Peter said to him, 'Explain this parable to us.' Then he said, 'Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile.'

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, 'Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.' But he did not answer her at all. And his disciples came and urged

him, saying, 'Send her away, for she keeps shouting after us.' He answered, 'I was sent only to the lost sheep of the house of Israel.' But she came and knelt before him, saying, 'Lord, help me.' He answered, 'It is not fair to take the children's food and throw it to the dogs.' She said, 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.' Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly.

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: For the many peoples of the Church and in the world, let us pray to the Lord.

Make the Church open to the needs of all who come, never forgetting that the good news of salvation is for all people. Give to your ministers grace to help those who come in need, and to feed them with the bread of life.

Heal the wounds of suspicion that divide nations and races. Give to those in authority compassion to hear the cry of those who come to seek help in their distress and not to send them away without relief.

Make us more alert to the needs that are around us, more willing to share the great benefits that we have received in body, mind, and spirit. Bless the families in this community and bring hope to those who are in trouble.

We pray for all sick children, for their parents and for those who work for their care and healing. We remember especially those who have been ill for a long time, that they may be brought to a full and happy life.

We give thanks for the departed who, having trusted in you for healing and sustenance in this world, have entered into the fullness of joy. May we follow them in the faith that does not falter until all is revealed.

We pray in the name of Christ who heals and feeds all who call upon his mercy.

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: Lord of all mercy, we your faithful people have celebrated that one true sacrifice which takes away our sins and brings pardon and peace: by our communion keep us firm on the foundation of the gospel and preserve us from all sin; 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 – I come with joy, a child of God

- 1 I come with joy, a child of God,
 forgiven, loved and free,
 the life of Jesus to recall,
 in love laid down for me.
- 2 I come with Christians far and near
 to find, as all are fed,
 the new community of love
 in Christ's communion bread.
- 3 As Christ breaks bread, and bids us share,
 each proud division ends.
 The love that made us, makes us one,
 and strangers now are friends.
- 4 The Spirit of the risen Christ,
 unseen, but ever near,
 is in such friendship better known,
 alive among us here.
- 5 Together met, together bound
 by all that God has done,
 we'll go with joy, to give the world
 the love that makes us one.

Brian Wren (b.1936) © 1971, 1995 Stainer & Bell Ltd

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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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