

Holy Communion
for the Eighth Sunday after Trinity
at Home due to Coronavirus COVID-19



*The Benefice of Stoke by Nayland with Polstead and
Leavenheath, and Nayland with Wissington*

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 who will be celebrating the Eucharist from his home, you too are able to join 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'.

We have now begun to cautiously reintroduce Public Services in 2 of the 5 churches in the benefice. For the time being there will now be the following services available each Sunday:

9am – Simple Holy Communion – St James', Nayland

10am – Online Holy Communion – Facebook/YouTube

11am – Simple Lay-Led Morning Prayer – St Mary's, Stoke by Nayland

For practical reasons at the moment it is not possible to resume services in Leavenheath, Polstead or Wiston, but this will be reviewed regularly and we will advise when these begin in due course.

Hymn – Glorious things of thee are spoken

Glorious things of thee are spoken,
Sion, 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.

See, the streams of living waters,
springing from eternal love,
well supply thy sons and daughters,
and all fear or 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.

Saviour, if of Sion'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 Sion's children know.

(John Newton 1725-1807)

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: Jesus saw the city and wept over it, because it did not
recognise the time of God's coming. We confess our
part in the self-centredness, blindness and sin of the life
of our community. *(cf. Luke 19:41)*

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: Let us pray.
 Almighty Lord and everlasting God,
 we beseech you to direct, sanctify and govern both our
 hearts and bodies in the ways of your laws and the
 works of your commandments;
 that through your most mighty protection, both here
 and ever, we may be preserved in body and soul;
 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.

New Testament Reading (*Romans 9:1-5 NRSV*)

I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit— I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (*Matthew 14:13-21 NRSV*)

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

All: Glory to you, O Lord.

Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' Jesus said to them, 'They need not go away; you give them something to eat.' They replied, 'We have nothing here but five loaves and two fish.' And he said, 'Bring them here to me.' Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

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 the Lord, the generous giver of all our needs, for the Church and for the world.

Grant that the Church may have grace to feed all who are hungry for the word of salvation. Through the divine feeding of the Holy Communion, keep your people faithful in obedience and untiring in works of mercy.

Come to the aid of the multitudes who wander in the wilderness places of the world, unsatisfied but not know what they are seeking. Give to those in authority hearts of compassion not to turn away those who need their care.

Make us more hospitable in our homes, ready to meet the bodily and emotional needs of those who come into our lives. Bless the helpers in this community who feed the hungry and bring food to those who cannot prepare it for themselves.

Have mercy on the hungry, the victims of famine and all who always have too little food for their needs. Give power to the agencies that work for their relief.

We pray for all who were sustained in their earthly bodies and now have tasted the fullness of God's bounty. We give thanks that they rejoice with the great multitude of the faithful departed.

May our prayers be heard through the compassion of Christ.

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: Peacemakers who sow in peace raise a harvest of righteousness. *(cf. James 3:18)*
The peace of the Lord be always with you
All: and also with you.

Preparation of the Altar

The Eucharistic Prayer

Minister: The Lord is here.
All: His Spirit is with us.

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: You are worthy of our thanks and praise,
Lord God of truth,
for by the breath of your mouth
you have spoken your word,
and all things have come into being.
You fashioned us in your image
and placed us in the garden of your delight.
Though we chose the path of rebellion
you would not abandon your own.
Again and again you drew us into your covenant of
grace. You gave your people the law and taught us by
your prophets to look for your reign of justice, mercy
and peace.
As we watch for signs of your kingdom on earth,
we echo the song of the angels in heaven,
evermore 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: Lord God, you are the most holy one,
enthroned in splendour and light,
yet in the coming of your Son Jesus Christ
you reveal the power of your love
made perfect in our human weakness.

Embracing our humanity,
Jesus showed us the way of salvation;
loving us to the end,
he gave himself to death for us;
dying for his own,

he set us free from the bonds of sin,
that we might rise and reign with him in glory.

On the night he gave himself for us all
he 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 we proclaim the death that he suffered on the
cross, we celebrate his resurrection, his bursting from
the tomb, we rejoice that he reigns at your right hand
on high and we long for his coming in glory.

As we recall the one, perfect sacrifice of our redemption
Father, by your Holy Spirit let these gifts of your
creation be to us the body and blood of our Lord Jesus
Christ; form us into the likeness of Christ and make us a
perfect offering in your sight.

Look with favour on your people
and in your mercy hear the cry of our hearts.
Bless the earth,
heal the sick,
let the oppressed go free
and fill your Church with power from on high.

Gather your people from the ends of the earth to feast
with all your saints at the table in your kingdom,
where the new creation is brought to perfection in Jesus
Christ our Lord;
by whom, and with whom, and in whom,

in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever. Amen.

The Lord's Prayer

Minister: Let us pray for the coming of God's kingdom in the words our Saviour taught us.

**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 because of the Coronavirus.

Prayer after Communion

Minister: Let us pray.
Strengthen for service, Lord, the hands that have taken
holy things;
may the ears which have heard your word be deaf to
clamour and dispute;
may the tongues which have sung your praise be free
from deceit;
may the eyes which have seen the tokens of your love
shine with the light of hope;
and may the bodies which have been fed with your body
be refreshed with the fullness of your life;
glory to you for ever. 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.**

Hymn – Stand up! – stand up for Jesus!

Stand up! – stand up for Jesus!
ye soldiers of the Cross;
lift high his royal banner,
it must not suffer loss.
From victory unto victory
his army he shall lead,
till every foe is vanquished,
and Christ is Lord indeed.

Stand up! – stand up for Jesus!
the trumpet call obey,
forth to the mighty conflict
in this his glorious day.

Ye that are men now serve him
against unnumbered foes;
let courage rise with danger,
and strength to strength oppose.

Stand up! – stand up for Jesus!
stand in his strength alone;
the arm of flesh will fail you,
ye dare not trust your own.
Put on the gospel armour,
each piece put on with prayer;
where duty calls or danger,
be never wanting there!

Stand up! – stand up for Jesus!
the strife will not be long;
this day the noise of battle,
the next the victor's song.
To him that overcometh
a crown of life shall be;
he with the King of Glory
shall reign eternally.

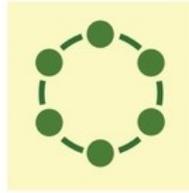
(George Duffield 1818-1888)

The Dismissal

Minister: The Lord bless you and watch over you,
 the Lord make his face to shine upon you and be
 gracious to you,
 the Lord look kindly on you and give you peace;
 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: Stay at home in peace to love and serve the Lord.
All: In the name of Christ. Amen.



PARISH GIVING SCHEME

Like many other charities, our much valued Parish Churches in this Benefice are facing a significant reduction in income and giving as a result of many in our regular congregations still not being able to attend our Sunday and other services, this is in addition to the impact of having to cancel many significant fundraising events because of the virus. Whilst we are doing all that we can to mitigate our expenses we cannot reduce them entirely and so are reliant on all of you to continue to give as generously as you can to your church.

One of the easiest and most efficient ways to do this is via the "Parish Giving Scheme" this allows individual donors to set up a regular gift to the parish of their choice by Direct Debit.

You can now do this quickly and efficiently (it normally takes around 15 minutes) simply by calling the following telephone number:

0333 002 1271

You will need to have the following information to hand:

- Personal bank account details
- The name of the parish you wish to donate to (see below)
- You will need to confirm if you want to increase your gift in line with inflation each year (if you can please say 'Yes')
- Confirm if you are eligible for Gift Aid
- The PGS code for your chosen parish (see below)

Stoke-by-Nayland, St Mary – **330633068**

Leavenheath, St Matthew – **330633059**

Polstead, St Mary – **330633064**

Nayland, St James – **330633062**

Wissington, St Mary the Virgin - **330633071**

Once you have signed up you will receive written confirmation (by email or post) of your Direct Debit, including details of the parish you are supporting, the amount of your gift and the date of your first donation.

If you are already signed up to the Parish Giving Scheme, thank you. Should you wish to make any changes to the amount you currently give you can notify a member of the PGS team by phone **0333 002 1260**, email **info@parishgiving.org.uk** or in writing to **“Parish Giving Scheme, 76 Kingsholm Road, Gloucester GL1 3BD”**

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