

**Holy Communion**  
**for the Tenth 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 – Teach me, my God and King**

Teach me, my God and King,  
in all things thee to see;  
and what I do in anything  
to do it as for thee!

A man that looks on glass,  
on it may stay his eye;  
or if he pleaseth, through it pass,  
and then the heaven espy.

All may of thee partake;  
nothing can be so mean,  
which with this tincture, 'for thy sake',  
will not grow bright and clean.

A servant with this clause  
makes drudgery divine;  
who sweeps a room, as for thy laws,  
makes that and the action fine.

This is the famous stone  
that turneth all to gold;  
for that which God doth touch and own  
cannot for less be told.

*(George Herbert 1593-1633)*

## **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: The gospel calls us to turn away from sin and be faithful to Christ. As we offer ourselves to him in penitence and faith, we renew our confidence and trust in his mercy.

**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.  
Let your merciful ears, O Lord,  
be open to the prayers of your humble servants;  
and that they may obtain their petitions  
make them to ask such things as shall please you;  
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.**

## **New Testament Reading (*Romans 11:1-2a 29-32 NRSV*)**

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 Jesus 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 the 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: May the God of peace make you completely holy, ready for the coming of our Lord Jesus Christ.

*(cf. 1 Thessalonians 5:23)*

**All: The peace of the Lord be always with you  
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.  
God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; 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.**

## Hymn – He who would valiant be

He who would valiant be  
`gainst all disaster,  
let him in constancy  
follow the Master.  
There's no discouragement  
shall make him once relent  
his first avowed intent  
to be a pilgrim.

Who so beset him round  
with dismal stories,  
do but themselves confound –  
his strength the more is.  
No foes shall stay his might,  
though he with giants fight:  
he will make good his right  
to be a pilgrim.

Since, Lord, thou dost defend  
us with thy Spirit,  
we know we at the end  
shall life inherit.  
Then fancies flee away!  
I'll fear not what men say,  
I'll labour night and day  
to be a pilgrim.

*(John Bunyan 1628-88 and  
Percy Dearmer 1867-1936)*

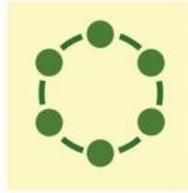
## **The Dismissal**

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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