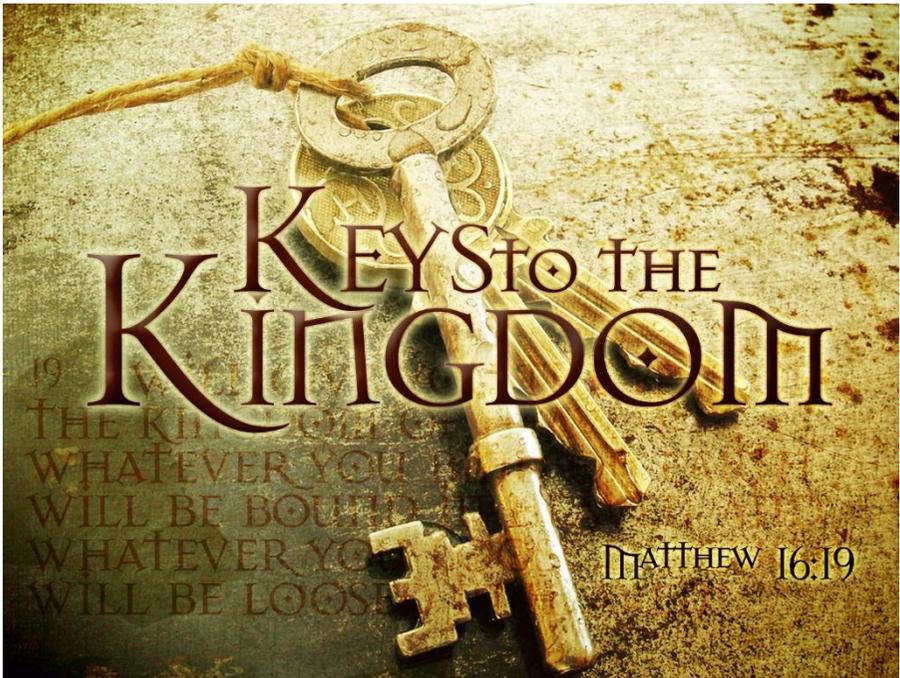


**Holy Communion**  
**for the Eleventh Sunday after Trinity**  
*at Home due to Coronavirus COVID-19*



*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 Val today who will be celebrating the Eucharist from her home, you too are able to join her 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 – O praise ye the Lord!**

O praise ye the Lord!  
Praise him in the height;  
Rejoice in his word,  
Ye angels of light;  
Ye heavens adore him  
By whom ye were made,  
And worship before him,  
In brightness arrayed.

O praise ye the Lord!  
Praise him upon earth,  
In tuneful accord,  
Ye sons of new birth;  
Praise him who has brought you  
His grace from above,  
Praise him who has taught you  
To sing of his love.

O praise ye the Lord!  
All things that give sound;  
Each jubilant chord,  
Re-echo around;  
Loud organs, his glory  
Forth tell in deep tone,  
And sweet harp, the story  
Of what he has done.

O praise ye the Lord!  
Thanksgiving and song  
To him be outpoured  
All ages along:  
For love in creation,  
For heaven restored,

For grace of salvation,  
O praise ye the Lord!  
Amen. Amen.

*(H W Baker 1821-1877)*

## **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: 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.  
                  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.**

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

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 in 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: 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: We are all one in Christ Jesus.  
We belong to him through faith,  
heirs of the promise of the Spirit of peace.  
The peace of the Lord be always with you. *(cf. Galatians 3:28)*  
**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.  
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.**

## **Hymn – Lord of all hopefulness, Lord of all joy**

Lord of all hopefulness, Lord of all joy,  
Whose trust ever child-like, no cares could destroy,  
Be there at our waking, and give us, we pray,  
Your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,  
Whose strong hands were skilled at the plane and the lathe,  
Be there at our labours, and give us, we pray,  
Your strength in our hearts, Lord, at the noon of the day.

Lord of all kindness, Lord of all grace,  
Your hands swift to welcome, your arms to embrace,  
Be there at our homing, and give us, we pray,  
Your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,  
Whose voice is contentment, whose presence is balm,  
Be there at our sleeping, and give us, we pray,  
Your peace in our hearts, Lord, at the end of the day. *(Jan Struther 1901-53)*

## The Dismissal

Minister: May God, who gives patience and encouragement,  
give you a spirit of unity to live in harmony as you  
follow Jesus Christ, so that with one voice you may  
glorify the God and Father of our Lord Jesus Christ;  
*(cf. Romans 15:5-6)*  
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.

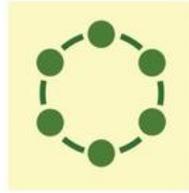
**All: In the name of Christ. Amen.**



**RIDE + STRIDES**  
**for Churches**

**Saturday 12<sup>th</sup> September 2020**

**Speak with your churchwarden for more information**



## 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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(August 2020)