

Holy Communion
for the Ninth 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 – Father, hear the prayer we offer

Father, hear the prayer we offer:
not for ease that prayer shall be,
but for strength that we may ever
live our lives courageously.

Not for ever in green pastures
do we ask our way to be;
but the steep and rugged pathway
may we tread rejoicingly.

Not for ever by still waters
would we idly rest and stay;
but would smite the living fountains
from the rocks along our way.

Be our strength in hours of weakness,
in our wandering be our guide;
through endeavour, failure, danger,
Father, be thou at our side.

(Maria Willis 1824-1908)

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:
cleans 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.
Almighty God,
who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love and joy and peace;
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 10:5-15 NRSV*)

Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?"' (that is, to bring Christ down) or "Who will descend into the abyss?"' (that is, to bring Christ up from the dead). But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same

Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (*Matthew 14:22-33 NRSV*)

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

All: Glory to you, O Lord.

Immediately after feeding the crowd with the five loaves and two fish, Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.' Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

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 that God will uphold and guide the Church and bless the world.

Grant that the Church may hear the call of her Lord and come to him in trust. May all Christian people keep their eyes fixed on him, knowing that they can do nothing without him but in his power can do great things.

Correct those who, in the pride of authority, trust too much in their own strength. Give courage to the many in the world who are oppressed by fear of what seems to them strange or unknown.

When our daily work is hard, when our relationships become difficult, teach us to know where we must look for help. May we see Christ in the life around us and recognise him when he comes in unfamiliar and unexpected ways.

Have mercy on those who are battered by the strains of life and feel they are making no progress towards better things. Pardon and rescue all who have been drawn into forbidden occult ways and can no longer see their true God.

We give thanks for the departed, called by Christ to come to him. May those who have crossed the stormy sea of life feel the touch of his hand and find rest.

We pray in the name of Christ who takes away our fear.

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)

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.
Holy Father, who gathered us here around the table of
your Son to share this meal with the whole household of
God: in that new world where you reveal the fullness of
your peace, gather people of every race and language
to share in the eternal banquet 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.**

Hymn – Blest are the pure in heart

Blest are the pure in heart,
for they shall see our God,
the secret of the Lord is theirs,
their soul is Christ's abode.

The Lord, who left the heavens
our life and peace to bring,
to dwell in lowliness with men,
their pattern and their King;

Still to the lowly soul
he doth himself impart,
and for his dwelling and his throne
chooseth the pure in heart.

Lord, we thy presence seek;
may ours this blessing be;
give us a pure and lowly heart,
a temple meet for thee.

(John Keble 1792-1866)

The Dismissal

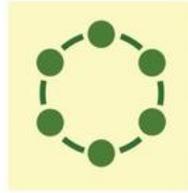
Minister: The Lord bless you and watch over you,
 the Lord make his face to shine upon you and be
 gracious to you,
 the Lord look kindly on you and give you peace;
 and the blessing of God almighty,

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”**

Christian Copyright Licence No. 1178813 Streaming Licence No. 97529

Common Worship: Services and Prayers for the Church of England, material from which is included in this service, is copyright © The Archbishops’ Council, 2000.

Scripture quotations from *The New Revised Standard Version of the Bible*, is copyright © The Division of Christian Education of the National Council of Churches in the USA, 1989.

Intercessions are taken from *Hear our Prayer, Gospel-Based intercessions for Sundays, Holy Days and Festivals – Years A, B & C*, is copyright © Raymond Chapman 2003, published by The Canterbury Press Norwich 2007

(August 2020)