

**Holy Communion
for the Fourteenth 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 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'.

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 – Lord of beauty

Lord of beauty, thine the splendour
Shown in earth and sky and sea,
Burning sun and moonlight tender,
Hill and river, flower and tree:
Lest we fail our praise to render
Touch our eyes that they may see.

Lord of wisdom, whom obeying
Mighty waters ebb and flow,
While unhasting, undelaying,
Planets on their courses go:
In thy laws thyself displaying,
Teach our minds thyself to know.

Lord of life, alone sustaining
All below and all above,
Lord of love, by whose ordaining
Sun and stars sublimely move:
In our earthly spirits reigning,
Lift our hearts that we may love.

Lord of beauty, but us own thee,
Lord of truth, our footsteps guide,
Till as Love our hearts enthrone thee,
And, with wisdom purified,
Lord of all, when all have known thee,
Thou in all art glorified.

(C. A. Alington 1872-1955)

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.
Almighty God, whose only Son has opened for us a new
and living way into your presence:
give us pure hearts and steadfast wills to worship you in
spirit and in truth;
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 14:1-12 NRSV*)

Welcome those who are weak in faith, but not for the purpose of quarrelling over opinions. Some believe in eating anything, while the weak eat only vegetables. Those who eat must not despise those who abstain, and those who abstain must not pass judgement on those who

eat; for God has welcomed them. Who are you to pass judgement on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand. Some judge one day to be better than another, while others judge all days to be alike. Let all be fully convinced in their own minds. Those who observe the day, observe it in honour of the Lord. Also those who eat, eat in honour of the Lord, since they give thanks to God; while those who abstain, abstain in honour of the Lord and give thanks to God. We do not live to ourselves, and we do not die to ourselves. If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, so that he might be Lord of both the dead and the living. Why do you pass judgement on your brother or sister? Or you, why do you despise your brother or sister? For we will all stand before the judgement seat of God. For it is written, 'As I live, says the Lord, every knee shall bow to me, and every tongue shall give praise to God.' So then, each of us will be accountable to God.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (*Matthew 18:21-35 NRSV*)

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

All: Glory to you, O Lord.

Then Peter came and said to him, 'Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?' Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times. 'For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he began the reckoning, one who owed him ten thousand talents was brought to him; and, as he could not pay, his lord ordered him to be sold, together with his wife and children and all his possessions, and payment to be made. So the slave fell on his knees before him, saying,

“Have patience with me, and I will pay you everything.” And out of pity for him, the lord of that slave released him and forgave him the debt. But that same slave, as he went out, came upon one of his fellow-slaves who owed him a hundred denarii; and seizing him by the throat, he said, “Pay what you owe.” Then his fellow-slave fell down and pleaded with him, “Have patience with me, and I will pay you.” But he refused; then he went and threw him into prison until he should pay the debt. When his fellow-slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. Then his lord summoned him and said to him, “You wicked slave! I forgave you all that debt because you pleaded with me. Should you not have had mercy on your fellow-slave, as I had mercy on you?” And in anger his lord handed him over to be tortured until he should pay his entire debt. So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart.’

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: That all may do to others as they would have done to them, let us pray to the Lord.

Give to the Church grace to speak the word of pardon and to show its power by her example. Let all who confess the faith of Christ acknowledge that mercy they have received and in all things be slow to find fault in others, and quick to forgive offences.

Have compassion on the nations which suffer under heavy loads of debt. Bring a new spirit of generosity to those who have much, that they may be moved to relieve those who have little. May those who hold authority exercise it with mercy.

Guide us to be merciful to those who need our mercy. In all our relationships, may we be the first to forgive and make peace. Bring the spirit of love to solve the disputes and demands which are in this community.

We pray for those who bear a heavy burden of personal debt and find no way to escape. Guide those who seek to help them in their problems. Have mercy on all who are imprisoned for debt, and on their families.

We give thanks for the departed whose debts of sin committed in this world have been forgiven and who have entered into life where anger and fear have ceased. We pray that we in our time may receive the same mercy.

We offer our prayers through Christ who has cancelled our debt of sin.

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 fellow citizens with the saints and of the household of God, through Christ our Lord, who came and preached peace to those who were far off and those who were near. *(cf. Ephesians 2:17,19)*

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.
Lord God, the source of truth and love, keep us faithful
to the apostles' teaching and fellowship, united in prayer
and the breaking of bread, and one in joy and simplicity
of heart, in 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 – O gladsome light, O grace

O gladsome light, O grace
Of God the Father's face,
The eternal splendour wearing;
Celestial, holy, blest,
Our Saviour Jesus Christ,
Joyful in thine appearing.

Now, ere day fadeth quite,
We see the evening light,
Our wonted hymn outpouring;
Father of might unknown,
Thee, his incarnate Son,
And Holy Spirit adoring.

To thee of right belongs
All praise of holy songs,
O Son of God, Lifegiver;
Thee, therefore, O Most High,
The world doth glorify,
And shall exalt for ever.

*Greek, before 4th century
Tr. Robert Bridges (1844-1930)*

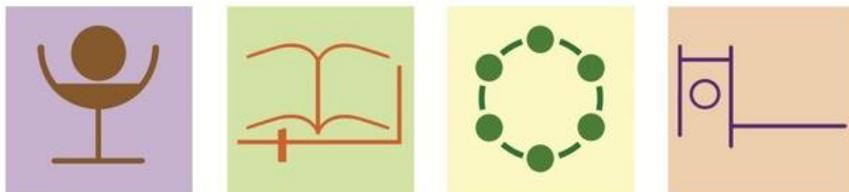
The Dismissal

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.



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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