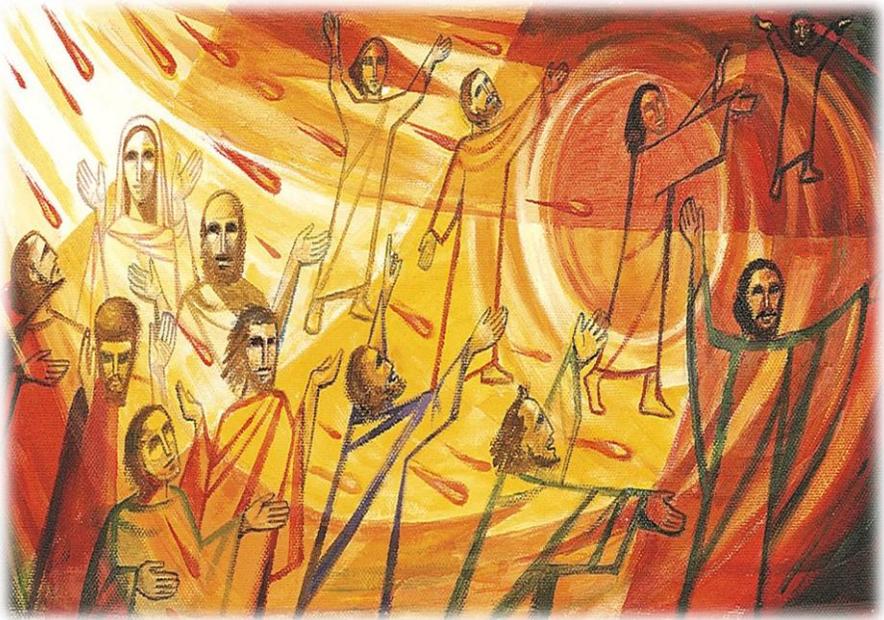


Holy Communion on the Feast of Pentecost

at Home



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

- A short introduction to the Season –

The Great Fifty Days of Eastertide reaches its conclusion with the Feast of Pentecost. The name comes from the Greek word for fiftieth 'pentekoste' (πεντηκοστή). It is the day when the church celebrates the arrival of the promised Holy Spirit. Pentecost is regarded as the birthday of the Christian church, and marks the start of the church's mission to the world.

Pentecost is a joyful festival. As a symbol of the flames in which the Holy Spirit came to earth. The principal colour of the liturgical decorations and vestments are Red.

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.

Making a Spiritual Communion is particularly fitting for those who cannot receive the sacrament at the great feasts of the Church, and it fulfils the duty of receiving Holy Communion 'regularly, and especially at the festivals of Christmas, Easter and Whitsun or Pentecost' (Canon B 15).

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'.

The Gathering

Minister: In the name of the Father,
and of the Son,
and of the Holy Spirit.

All: Amen.

Minister: Grace, mercy and peace
from God our Father
and the Lord Jesus Christ be with you.

All: and also with you.

Minister: Alleluia. Christ is risen

All: He is risen indeed Alleluia.

Introduction

Minister:

Jesus Christ, whom we worship, is our crucified, risen and ascended Lord and we have walked with him through his journey of love.

We have faced the agony of his suffering and death on a cross.

We have rejoiced at his bursting free from the bonds of death.

We have enjoyed his risen presence with us and his revelation of himself through the breaking of bread.

We have seen his return to the throne before which every knee shall bow and every tongue confess that this Jesus is Lord.

And now, with the followers of his own time, we await the coming of the promised Holy Spirit, his gift to his people, through whom we make Christ known to the world.

Responsory

Minister: As we wait in silence,

All: fill us with your Spirit.

Minister: As we listen to your word,

All: fill us with your Spirit.

Minister: As we worship you in majesty,
All: fill us with your Spirit.

Minister: As we long for your refreshing,
All: fill us with your Spirit.

Minister: As we long for your renewing,
All: fill us with your Spirit.

Minister: As we long for your equipping,
All: fill us with your Spirit.

Minister: As we long for your empowering,
All: fill us with your Spirit.

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 that the Spirit will work through our lives to bring Christ to the world.

God, who as at this time
taught the hearts of your faithful people
by sending to them the light of your Holy Spirit:
grant us by the same Spirit
to have a right judgement in all things
and evermore to rejoice in his holy comfort;
through the merits of Christ Jesus our Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All: Amen.

The Liturgy of the Word

The Pentecost Reading

Minister: A reading from the Acts of the Apostles

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, 'Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language? Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and

Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabs—in our own languages we hear them speaking about God’s deeds of power.’ All were amazed and perplexed, saying to one another, ‘What does this mean?’ But others sneered and said, ‘They are filled with new wine.’

But Peter, standing with the eleven, raised his voice and addressed them: ‘Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. Indeed, these are not drunk, as you suppose, for it is only nine o’clock in the morning. No, this is what was spoken through the prophet Joel:

“In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams.

Even upon my slaves, both men and women, in those days I will pour out my Spirit; and they shall prophesy.

And I will show portents in the heaven above and signs on the earth below, blood, and fire, and smoky mist.

The sun shall be turned to darkness and the moon to blood, before the coming of the Lord’s great and glorious day.

Then everyone who calls on the name of the Lord shall be saved.”

(Acts 2:1-21)

Minister: The Lord is here.

All: His Spirit is with us.

Gospel Reading

Minister: Alleluia, alleluia.

Come, Holy Spirit, fill the hearts of your faithful people and kindle in them the fire of your love.

All: Alleluia.

Hear the Gospel of our Lord Jesus Christ according to John.

All: Glory to you, O Lord.

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things? 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

John 3.1-17

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

Intercessor: We pray for God to fill us with his Spirit.
Generous God, we thank you for the power of your Holy Spirit. We ask that we may be strengthened to serve you better.

Lord, come to bless us
All: and fill us with your Spirit.

Intercessor: We thank you for the wisdom of your Holy Spirit.
We ask you to make us wise to understand your will.
Lord, come to bless us

All: and fill us with your Spirit.

Intercessor: We thank you for the peace of your Holy Spirit.
We ask you to keep us confident of your love wherever you call us. Lord, come to bless us

All: and fill us with your Spirit.

Intercessor: We thank you for the healing of your Holy Spirit.
We ask you to bring reconciliation and wholeness where there is division, sickness and sorrow.
Lord, come to bless us

All: and fill us with your Spirit.

Intercessor: We thank you for the gifts of your Holy Spirit.
We ask you to equip us for the work which you have given us.

Lord, come to bless us
All: and fill us with your Spirit.

Intercessor: We thank you for the fruit of your Holy Spirit.
We ask you to reveal in our lives the love of Jesus.
Lord, come to bless us

All: and fill us with your Spirit.

Intercessor: We thank you for the breath of your Holy Spirit,
given us by the risen Lord.
We ask you to keep the whole Church, living and
departed, in the joy of eternal life.
Lord, come to bless us

All: and fill us with your Spirit.

Intercessor: Generous God,
you sent your Holy Spirit upon your Messiah at the river
Jordan, and upon the disciples in the upper room:
in your mercy fill us with your Spirit,

**All: hear our prayer,
and make us one in heart and mind
to serve you with joy for ever. Amen.**

The Liturgy of the Sacrament

The Peace

Minister: God has made us one in Christ.
He has set his seal upon us and, as a pledge of what is
to come, has given the Spirit to dwell in our hearts.
Alleluia.

The peace of the Lord be always with you

All: and also with you.

Hymn –

Preparation of the Altar

Minister: Faithful God, receive all we offer you this day.
May we so live the life of Christ
that your Church may be a sign of salvation
to all the nations of the world.
We ask this in the name of Jesus Christ the Lord. **Amen**

The Eucharistic Prayer

Minister: The Lord be with you

All: and also with you.

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: It is indeed right, it is our duty and our joy,
always and everywhere to give you thanks,
holy Father, almighty and everlasting God,
through Jesus Christ, your only Son our Lord.
This day we give you thanks
because in fulfilment of your promise
you pour out your Spirit upon us,
filling us with your gifts, leading us into all truth,
and uniting peoples of many tongues in the confession
of one faith.
Your Spirit gives us grace to call you Father,
to proclaim your gospel to all nations
and to serve you as a royal priesthood.
Therefore, we join our voices with angels and
archangels, and with all those in whom the Spirit dwells,
to proclaim the glory of your name,
for ever 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: We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command,
send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his
friends and, taking bread, he praised you.
He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them and said:
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.
So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice
made once for all upon the cross.

Bringing before you the bread of life and cup of
salvation,
we proclaim his death and resurrection until he comes in
glory.

All: Praise to you, Lord Jesus:
**Dying you destroyed our death,
rising you restored our life:
Lord Jesus, come in glory.**

Minister: Lord of all life,
help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.

Look with favour on your people,
gather us in your loving arms and bring us with St Mary,
St Matthew and St James, all the saints
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, O loving Father,
for ever and ever

All: Amen.

The Lord's Prayer

Minister: Being made one by the power of the Spirit, let us pray
with confidence as our Saviour has 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.**

Giving of Communion

Minister: Alleluia. Christ our Passover is sacrificed for us.

All: Therefore let us keep the feast. Alleluia.

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

**All: Faithful God, who fulfilled the promises of Easter
by sending us your Holy Spirit
and opening to every race and nation
the way of life eternal:
open our lips by your Spirit,
that every tongue may tell of your glory;
through Jesus Christ our Lord.**

Commission

Minister: For fifty days we have celebrated the victory of our Lord Jesus Christ over the powers of sin and death. We have proclaimed God's mighty acts and we have prayed that the power that was at work when God raised Jesus from the dead might be at work in us. As part of God's Church here in this Benefice, I call upon you to live out what you proclaim.

Empowered by the Holy Spirit, will you dare to walk into God's future, trusting him to be your guide?

All: By the Spirit's power, we will.

Minister: Will you dare to embrace each other and grow together in love?

All: We will.

Minister: Will you dare to share your riches in common and minister to each other in need?

All: We will.

Minister: Will you dare to pray for each other until your hearts beat with the longings of God?

All: We will.

Minister: Will you dare to carry the light of Christ into the world's dark places?

All: We will.

The Dismissal

Minister: The Lord is here.

All: His Spirit is with us.

Minister: Today we have remembered the coming of God's power on the disciples and we invite the same Spirit to drive us out into the wild places of the world.

Minister: May the Spirit, who hovered over the waters when the world was created, breathe into you the life he gives. **Amen.**

Minister: May the Spirit, who overshadowed the Virgin when the eternal Son came among us, make you joyful in the service of the Lord. **Amen.**

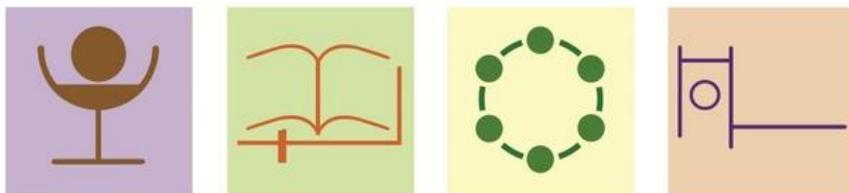
Minister: May the Spirit,
who set the Church on fire upon the Day of Pentecost,
bring the world alive with the love of the risen Christ.

All: Amen.

Minister: And the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

Minister: Filled with the Spirit's power, stay at home in the light
and peace of Christ. Alleluia, alleluia.

All: Thanks be to God. Alleluia, alleluia.



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 not being able to receive collections during 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 they want to increase their 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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