

Holy Communion
for the Fourth Sunday after Trinity
at Home



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

- A short introduction to the Season –

There is nothing “ordinary” about Ordinary Time! It is called this simply because the weeks of Ordinary Time are numbered. The Latin word ‘ordinalis’, refers to numbers in series, from which we get the English word ‘order’.

The numbered weeks of Ordinary Time represent the ordered life of the Church – a period in which we live our lives neither in feasting (as in the Christmas and Easter seasons), nor in reflection or penance (as in the seasons of Advent and Lent), instead the Church focuses on growth and renewal, and looks forward in expectation of the second coming of Christ.

This season of growth and renewal is represented in our use of Green liturgical decorations and vestments.

**Growing in God**

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’.

The Gathering

Minister: In the name of the Father,
and of the Son,
and of the Holy Spirit. **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 the 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: God so loved the world
that he gave his only Son Jesus Christ
to save us from our sins,
to be our advocate in heaven,
and to bring us to eternal life.

Let us confess our sins in penitence and faith,
firmly resolved to keep God's commandments
and to live in love and peace with all.

**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, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide we may so pass

through things temporal that we lose not our hold on things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

New Testament Reading 2 Corinthians 7-15 NRSV

Now as you excel in everything—in faith, in speech, in knowledge, in utmost eagerness, and in our love for you—so we want you to excel also in this generous undertaking. I do not say this as a command, but I am testing the genuineness of your love against the earnestness of others. For you know the generous act of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that by his poverty you might become rich. And in this matter I am giving my advice: it is appropriate for you who began last year not only to do something but even to desire to do something— now finish doing it, so that your eagerness may be matched by completing it according to your means. For if the eagerness is there, the gift is acceptable according to what one has—not according to what one does not have. I do not mean that there should be relief for others and pressure on you, but it is a question of a fair balance between your present abundance and their need, so that their abundance may be for your need, in order that there may be a fair balance. As it is written, "The one who had much did not have too much, and the one who had little did not have too little."

But thanks be to God who put in the heart of Titus the same eagerness for you that I myself have. For he not only accepted our appeal, but since he is more eager than ever, he is going to you of his own accord. With him we are sending the brother who is famous among all the churches for his proclaiming the good news; and not only that, but he has also been appointed by the churches to travel with us while we are administering this generous undertaking for the glory of the Lord himself and to show our goodwill. We intend that no one should blame us about this generous gift that we are administering, for we intend to do what is right not only in the Lord's sight but also in the sight of others. And with them we are sending our brother whom we have often tested and found eager in many matters, but who is now more

eager than ever because of his great confidence in you. As for Titus, he is my partner and co-worker in your service; as for our brothers, they are messengers of the churches, the glory of Christ. Therefore openly before the churches, show them the proof of your love and of our reason for boasting about you.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (Mark 21-43 NRSV)

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

All: Glory to you, O Lord.

When Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the sea. Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, "My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live."

So he went with him. And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from haemorrhages for twelve years. She had endured much under many physicians and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak, for she said, "If I but touch his clothes, I will be made well." Immediately her haemorrhage stopped; and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" He looked all around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, "Daughter, your faith has made you well; go in peace and be healed of your disease."

While he was still speaking, some people came from the leader's house to say, "Your daughter is dead. Why trouble the teacher any further?" But overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." He allowed no one to follow him except Peter, James, and John, the brother of James. When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. When he had entered, he said to them, "Why do you make a commotion and weep? The child is not dead but sleeping." And they laughed at him. Then he put them all outside and took the child's father and mother and those who were with him and went in where the child was. He took her by the hand and said to her, "Talitha cum," which means, "Little girl, get up!" And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. He strictly ordered them that no one should know this and told them to give her something to eat.

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 with confidence to the Father, Lord of heaven and earth.

Bless and strengthen the Church to which the mystery of faith has been revealed. Grant that she may speak the words of comfort to all people, to meet their diversity without losing the integrity of truth.

Come with healing into the discontent of the world, to take away the suspicion that separates people and sets them against each other. Teach those who think themselves wise in this world to trust the wisdom of the simple.

Make us more gentle and humble in our dealings with others. Give us insight to see the burdens that many in our community are bearing, and generosity to bring relief.

Have mercy on those who are bowed down under heavy loads, wearied by poverty and hunger, by sickness or by the weight of unresolved sin. Bring them to your side, to find comfort and assurance in your love.

We pray for the departed who have laid down their burdens and found eternal rest. We give thanks that to them all mysteries have been revealed and the fullness of the divine love made known.

We offer our prayers in the name of Christ, whose yoke is easy and whose burden is light.

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: To crown all things there must be love, to bind all together and complete the whole. Let the peace of Christ rule in our hearts. *(cf. Colossians 3:14,15)*

**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 break 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: As our Saviour has taught us so we pray.

**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.

**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.

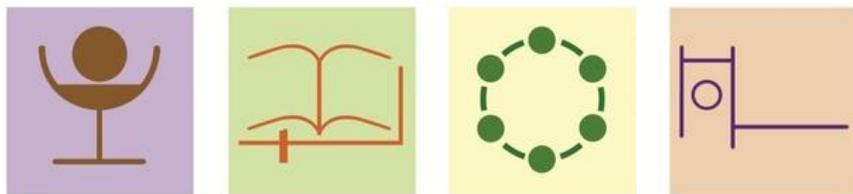
Eternal God, comfort of the afflicted and healer of the broken, you have fed us at the table of life and hope: teach us the ways of gentleness and peace, that all the world may acknowledge the kingdom of your Son Jesus Christ our Lord. **Amen.**

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.

The Dismissal

Minister: The peace of God,
which passes all understanding,
keep your hearts and minds
in the knowledge and love of God,
and of his Son Jesus Christ our Lord:
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be amongst you and remain with you always. **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 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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