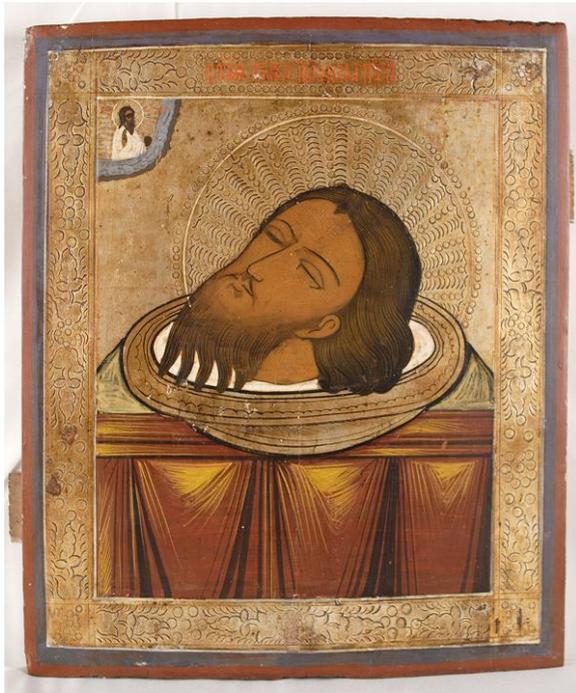


Holy Communion
for the Sixth Sunday after Trinity
at Home due to Coronavirus COVID-19



*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.

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 sun of righteousness has dawned with healing in his wings. Let us come to the light of Christ, confessing our sins in penitence and faith. *(cf. Malachi 4:2)*

**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.
 Merciful God, you have prepared for those who love you
 such good things as pass our understanding:
 pour into our hearts such love toward you that we,
 loving you in all things and above all things, may obtain
 your promises, which exceed all that we can desire;
 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 (Ephesians 1.3-14)

Paul, an apostle of Christ Jesus by the will of God,

To the saints who are in Ephesus and are faithful in Christ Jesus:
Grace to you and peace from God our Father and the Lord Jesus Christ.

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight, he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading

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

All: Glory to you, O Lord.

King Herod heard of it, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.' For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' And Herodias had a grudge against him and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the baptizer.' Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptist on a platter.' The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

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 the Church and the world may be preserved from evil.

Shield the Church against all that would damage her witness, from false doctrine, from pride, from indifference to life that seems to lie outside her care. Give her ministers wisdom to discern between good and evil and to guide their people in the right way.

Root out corruption in the high places of the world, where power is misused and rights are disregarded. Strengthen and prosper those who work against difficulty to bring a better life for others.

May we seek to see and correct the wrong that is in ourselves and to discern and foster what can be used for good. Protect this community from all evil that threatens its peace, and let all live together in harmony.

Come in mercy to those whose lives have been blighted by misfortune or false judgement, those whose hopes have been unfulfilled, those whose minds are torn by temptation. Bring them back to their place in the good harvest of your love.

Be merciful to your servants who have gone astray in this world and have been called to judgement. Restore in them your image that they have marred and grant them a place with those who have kept the faith.

May our prayers be accepted in the name of Christ who has planted us in righteousness.

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: Let love be genuine. Never pay back evil for evil. As far as it lies with you, live at peace with everyone. *(cf. Romans 12:9,17,18)*

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 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: Seeking the salvation of the world, 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.

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.
God of our pilgrimage, you have led us to the living
water: refresh and sustain us as we go forward on our
journey, in the name 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.**

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.

All: Amen.

Minister: Stay at home in peace to love and serve the Lord.

All: In the name of Christ. Amen.

We have now begun to cautiously reintroduce Public Services in all of the churches in the benefice.

The following services will be held next Sunday, 18th July

10am – Holy Communion – St.Mary’s, Polstead

10am- Family@ St James’, Nayland

10am- Holy Communion- Wiston

6.30pm – Online Evening Praise – Facebook/YouTube