

Holy Communion
for the Eighth Sunday after Trinity and
the Feast of St. James
at Home



*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 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'.

We are continuing to reintroduce Public Services in all 5 of the churches in the benefice. Next Sunday, 1st August, the in person services are

8am –Holy Communion – St James', Nayland

10am – Holy Communion – St.Mary's, Stoke by Nayland

10am – Morning Praise – St Mary's, Wiston

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 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: Jesus saw the city and wept over it, because it did not recognise the time of God's coming. We confess our part in the self-centredness, blindness and sin of the life of our community. *(cf. Luke 19:41)*

**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, whose holy apostle St. James, leaving his
 father and all that he had, was obedient to the calling of
 your Son and followed him even to death:
 Help us, forsaking the false attractions of the world,
 to be ready at all times to answer your call without delay
 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 forever. **Amen.****

New Testament Reading (*Ephesians 3.14 -21 NRSV*)

For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

Minister: This is the word of the Lord

All: Thanks be to God.

Gospel Reading (*Matthew 20.20-28 NRSV*)

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

All: Glory to you, O Lord.

Then the mother of the sons of Zebedee came to him with her sons, and kneeling before him, she asked a favour of him. And he said to her, 'What do you want?' She said to him, 'Declare that these two sons of mine will sit, one at your right hand and one at your left, in your kingdom.' But Jesus answered, 'You do not know what you are asking. Are you able to drink the cup that I am about to drink?' They said to him, 'We are able.' He said to them, 'You will indeed drink my cup, but to sit at my right hand and at my left, this is not mine to grant, but it is for those for whom it has been prepared by my Father.'

When the ten heard it, they were angry with the two brothers. But Jesus called them to him and said, 'You know that the rulers of the Gentiles lord it over them, and their great ones are tyrants over them. It will not be so among you; but whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be your slave; just as the Son of Man came not to be served but to serve, and to give his life a ransom for many.'

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 to the Lord, the generous giver of all our needs, for the Church and for the world.

Grant that the Church may have grace to feed all who are hungry for the word of salvation. Through the divine feeding of the Holy Communion, keep your people faithful in obedience and untiring in works of mercy.

Come to the aid of the multitudes who wander in the wilderness places of the world, unsatisfied but not know what they are seeking. Give to those in authority hearts of compassion not to turn away those who need their care.

Make us more hospitable in our homes, ready to meet the bodily and emotional needs of those who come into our lives. Bless the helpers in this community who feed the hungry and bring food to those who cannot prepare it for themselves.

Have mercy on the hungry, the victims of famine and all who always have too little food for their needs. Give power to the agencies that work for their relief.

We pray for all who were sustained in their earthly bodies and now have tasted the fullness of God's bounty. We give thanks that they rejoice with the great multitude of the faithful departed.

May our prayers be heard through the compassion of Christ.

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: Peacemakers who sow in peace raise a harvest of
righteousness. *(cf. James 3:18)*
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 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 apostle 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.

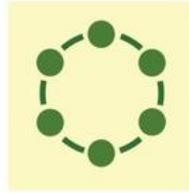
All: **Almighty God, we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out in the power of your Spirit
to live and work to your praise and glory. Amen.**

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”**

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