

# Holy Communion

10.30am Sunday 19<sup>th</sup> July 2020

## Gathering

### Attending this Service in Church

The congregation may now come to church for this service. If you are doing so, it would be very helpful if you can bring this order of service with you on a device or print off the paper copy at home and bring it with you. No service books will be given out in church in order to minimise risks of passing infection on.

However people arriving in church without their own order of service will be given an abbreviated service sheet.

In order to make the church as safe a place as possible for people to attend services, we encourage the wearing of face coverings in church. Please note that there can be no opportunity for mixing in church before or after the service.

### Logging on to the Live Stream

1. The live stream will start at about 10.25am as people are gathering in church.
2. Go to our website [www.stmaryletower.org.uk](http://www.stmaryletower.org.uk) and find the “**Streamed Services**” title.
3. Click on “**LIVE**” to access the service at the top of the Facebook Live page. To go direct to the service when it is no longer live, click on “**RECENT**”
4. Click on the service video stream. Although the service streams via Facebook, you do not need your own Facebook account to log on via the parish website. If you are asked to open a Facebook account, just dismiss the request.
5. When the video opens you will need to click on the loudspeaker icon to unmute it and hear the sound.

### Music before the Service

*Organist: Adam Chillingworth, SMLT Organ Scholar*

### Welcome and Introduction

*The minister gives the NOTICES, introduces the service, and then says:*

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

The Lord be with you,  
**The Lord bless you.**

### Prayer of Preparation

**Almighty God, to whom all hearts are open,  
all desires known,  
and from whom 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

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.

*We pause for a time of self-reflection.*

**Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you  
in newness of life  
to the glory of your name. Amen.**

Almighty God,  
who forgives all who truly repent,  
have mercy upon us,  
pardon and deliver us from all our sins,  
confirm and strengthen us in all goodness,  
and keep us in life eternal;  
through Jesus Christ our Lord. **Amen.**

### Gloria

Addington Service – *Shepherd*

*Cantor: Christopher Borrett, Director of Music*

**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.**

## Prayer for the Day (The Collect)

The Lord be with you,  
**The Lord bless you.**

*We keep a time of silent prayer together.*

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. **Amen.**

# Listening for the Word from God

## Romans 8.12-25

*read by Michael Harland*

Brothers and sisters, we are debtors, not to the flesh, to live according to the flesh – for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God.

For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, ‘Abba! Father!’ it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ – if, in fact, we suffer with him so that we may also be glorified with him.

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay

and will obtain the freedom of the glory of the children of God.

We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

For the gift of his living word,  
**Thanks be to God.**

## Gradual Anthem

*sung by SMLT (virtual) choir (R Vaughan Williams)*

Come, my way, my truth, my life:  
such a way, as gives us breath;  
such a truth, as ends all strife;  
such a life, as killeth death

Come my light, my feast, my strength:  
such a light, as shows a feast;  
such a feast, as mends in length;  
such a strength, as makes his guest.

Come my joy, my love, my heart:  
such a joy as none can move;  
such a love, as none can part;  
such a heart, as joys in love.

## Gospel: Matthew 13.24–30, 36–43

*read by Eunice Forsyth, Elder*

Hear the Good News of our Lord Jesus Christ according to Matthew.

**Glory to you, O Lord.**

Jesus told them another parable: “The Kingdom of heaven is like this. A man sowed good seed in his field. One night, when everyone was asleep, an enemy came and sowed weeds among the wheat and went away. When the plants grew and the heads of grain began to form, then the weeds showed up.

The man's servants came to him and said, ‘Sir, it was good seed you sowed in your field; where did the weeds come from?’ ‘It was some enemy who did this,’ he answered. ‘Do you want us to go and pull up the weeds?’ they asked him. ‘No,’ he answered, ‘because as you gather the weeds you might pull up some of the wheat along with them. Let the wheat and the weeds both grow together until harvest. Then I will tell the harvest workers to pull up the weeds first, tie them in bundles and burn them, and then to gather in the wheat and put it in my barn.’”

When Jesus had left the crowd and gone indoors, his disciples came to him and said, “Tell us what the parable about the weeds in the field means.” Jesus answered, “The man who sowed the good seed is the

Son of Man; the field is the world; the good seed is the people who belong to the Kingdom; the weeds are the people who belong to the Evil One; and the enemy who sowed the weeds is the Devil. The harvest is the end of the age, and the harvest workers are angels.

Just as the weeds are gathered up and burned in the fire, so the same thing will happen at the end of the age: the Son of Man will send out his angels to gather up out of his Kingdom all those who cause people to sin and all others who do evil things, and they will throw them into the fiery furnace, where they will cry and gnash their teeth. Then God's people will shine like the sun in their Father's Kingdom. Listen, then, if you have ears!

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## Sermon

Revd Canon Charles Jenkin, Vicar

## Affirmation of Faith

**We believe in God, the Father almighty,  
creator of heaven and earth.**

**We believe in Jesus Christ,  
his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge  
the living and the dead.**

**We believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

## Intercession

*Led by Richard Hanley, Elder*

Let us keep a moment of silence as we prepare to pray.

*There is a time for silence and a time for speech.*

Saviour teach me the silence of humility, the silence of wisdom, the silence of love, the silence of perfection, the silence that speaks without words, the silence of faith. Lord teach me to silence my own heart that I may listen to the gentle movement of the Holy Spirit within me and sense the depths which are of God.

We pray for the church throughout the world today remembering the Anglican Church in our link diocese of Kagera. In this diocese we pray for the clergy and

people of the Ipswich Deanery, particularly remembering the Benefice of Rushmere.

Lord hear us; **Lord graciously hear us.**

We pray for St Mary le Tower and for all associated with it, for all it offers each of us personally in our relationship with God and for all it offers the town and community of Ipswich as a beacon of God's love and compassion.

We hold in prayer all those who find themselves currently without employment. For those who struggle with the virtual world and those who are still anxious about emerging from lockdown.

We rejoice that we can be back in this sacred space: a space steeped in the prayers of previous generations. We thank those who have kept music alive in this church during the National Emergency. We pray for a generous and whole-hearted response to the emergency appeal to safeguard the future of this church.

Lord hear us; **Lord graciously hear us.**

Lord, as the summer holidays begin, we ask that you grant us rest, refreshment and time to spend with family and friends in a safe and secure way. We pray that all our young people are able to enjoy some measure of leisure and important social time interacting with each other. Keep safe all those who travel and may we return renewed in energy and vigour to do your work.

In the wider world we remember those who live in fear of conflict and for all who find themselves destitute, persecuted and victimised. Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, and no strength known but the strength of love; we pray you so mightily to shed and spread abroad your spirit that all peoples be gathered under one banner, of the Prince of Peace; as children of one God and Father of all.

We continue to pray for all nations of the world as they battle Covid-19. Give strength, Lord to those who strive to find a vaccine and open the hearts of all to share scientific research for the benefit of all humankind.

Lord hear us; **Lord graciously hear us.**

We pray for the sick. Lord the fount of all compassion, tenderness and healing, look with mercy on those who at this time suffer in body, mind or spirit. Comfort and strengthen those who are frightened, sad or anxious. We remember particularly Angela Pantelis Freyer, Andrew Hastings and John Wheeler, and continue to pray for Derek le May, Andy Courage, Ian Miller, Phyl Fisk, Cullum Doe, Jaydon, Eileen Mayers, Jill Ganzoni and Stafford Patient.

We pray for those who have died and those who mourn. We pray for the family of Christine Redford.

*Do not hurry as you walk with grief, it does not help the journey. Walk slowly, pausing often: Do not hurry as you walk with grief. Be not disturbed by memories that come unbidden. Swiftly forgive; and let Christ speak for you unspoken words. Unfinished conversation will be resolved in Him. Be not disturbed. Be gentle with the one who walks with grief. If it is you be gentle with yourself. Swiftly forgive; walk slowly, pausing often. Take time. Be gentle as you walk with grief.*

In a moment of silence, we remember those whose memories we treasure but see no longer and give thanks for those whose remembrance falls at this time of year amongst them Henry Hanley.

Lord hear us; **Lord graciously hear us**

We conclude our prayers with some words of scripture.

*Finally, brethren whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue and if there be any praise, think on these things.*

Merciful Father;

**Accept these prayers**

**For the sake of your Son**

**Our Saviour Jesus Christ. Amen.**

## Liturgy of the Sacrament

### The Peace

*The minister introduces the Peace; and then says:*

We are the body of Christ. In the one Spirit we were all baptised into one body. Let us then pursue all that makes for peace and builds up our common life.

The Peace of the Lord be always with you.

**And also with you.**

### Offertory Hymn

*The hymn is sung by the cantor alone, as government regulations currently prohibit all singing in church except by a single cantor. Please follow the words as your own meditation, and sing them in your heart.*

I come with joy, a child of God,  
Forgiven, loved and free,  
In awe and wonder to recall  
His life laid down for me.

I come with Christians far and near  
To find, as all are fed,  
The new community of love  
In Christ's communion bread

As Christ break's bread and bids us share  
Each proud division ends.  
The love that made us, makes us one,  
And strangers now are friends.

And thus with joy we meet our Lord.

His presence, always near,

Is in such friendship better known:

We see and praise him here.

Together met, together bound,

We'll go our different ways,

And as his people in the world,

We'll live and speak his praise.

### Taking Bread and Wine

Blessed are you Lord, God of the universe:  
you bring forth bread from the earth.

**Blessed be God for ever.**

Blessed are you Lord, God of the universe:  
you create the fruit of the vine.

**Blessed be God for ever.**

### The Gifts of the People

*There is no physical collection in church. St Mary-le-Tower faces considerable financial challenges at this time and everyone is invited to make a generous contribution by one way or another.*

Donations may be made as follows:

- Via the Donations Cabinet in church
- Via the Contactless Terminal in church
- Via regular giving by Standing Order
- Via the Donation Button on our website
- Via BACS to 30-94-55, 00059383  
PCC St Mary le Tower Ipswich

*We recall our financial giving to St Mary-le-Tower, for God's work of in the life and mission of our Church, and say together:*

**Yours, Lord, is the greatness, the power,  
the glory, the splendour, and the majesty;  
for everything in heaven and on earth is yours.  
All things come from you,  
and of your own do we give you.**

### The Great Thanksgiving

The Lord be with you.

**The Lord bless you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give thanks and praise**

Father, you made the world and love your creation.  
You gave your Son Jesus Christ to be our Saviour.  
His dying and rising have set us free from sin and death.  
And so we gladly thank you,  
with saints and angels praising you, and singing:

**Santus and Benedictus** (*Addington Service*)

**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.**

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.

Jesus Christ is Lord:  
**Lord, by your cross and resurrection  
you have set us free.  
You are the Saviour of the world.**

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 Blessed Mary 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. **Amen.**

## Breaking Bread

As our Saviour taught us, so we pray.

**Our Father in heaven,  
hallowed be your name;  
your kingdom come;  
your will be done;  
on earth as in heaven.  
Give us today our daily bread.  
And forgive us our sins,  
as we forgive those who sin against us.  
Lead us not into temptation;  
but deliver us from evil.  
For the kingdom, the power,  
and the glory, are yours  
now and for ever. Amen.**

*The President breaks the bread, saying:*

We break this bread to share in the body of Christ.  
**Though we are many, we are one body,  
because we all share in one bread.**

### **Agnus Dei** (*Addington Service*)

Jesus, Lamb of God, have mercy on us.  
Jesus, bearer of our sins, have mercy on us.  
Jesus, redeemer of the world, grant us peace.

*The Minister receives the Bread and the Wine on  
behalf of all baptised people who are participating in  
this service in church and online, united by the Holy  
Spirit given in baptism.*

*The People may make a sign of the cross to affirm their  
participation in the Body of Christ, and in the blessing  
of this Eucharistic celebration.*

*Then all pray together:*

**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.**

## Sending Out

### Mission Hymn

*The hymn is sung by the cantor alone, as government regulations currently prohibit all singing in church except by a single cantor. Please follow the words as your own meditation, and sing them in your heart.*

Rise and hear! The Lord is speaking,  
as the gospel words unfold;  
we, in all our age-long seeking,  
find no firmer truth to hold.

Word of goodness, truth, and beauty,  
heard by simple folk and wise,  
word of freedom, word of duty,  
word of life beyond our eyes.

Word of God's forgiveness granted  
to the wild or guilty soul,  
word of love, that works undaunted,  
changes, heals, and makes us whole.

Speak to us, O Lord, believing,  
as we hear, the sower sows;  
may our hearts, your word receiving,  
by the good ground where it grows.

### Blessing and Dismissal

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 among you and remain with you always.

**Amen.**

Go in the peace of Christ  
**Thanks be to God.**

### Organ Voluntary

### Departing

*You are welcome to sit and listen to the organ voluntary. Sadly there is no opportunity to stay and mix in church after the service, so please leave directly. If you wish to speak to the vicar or someone else it is best to do this by phone or email.*

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