

# Holy Communion

10.30am Sunday 5<sup>th</sup> July 2020

## Gathering

### Pre-Service Zoom Gathering

You are invited to join a gathering by Zoom before the service from 10am onwards. To join the gathering please request by email a joining link from Susan Jenkin, [susanjenkin5362@gmail.com](mailto:susanjenkin5362@gmail.com)

### Logging on to the Live Stream

1. The live stream will start at about 10.25am with an organ voluntary, so you are able more easily to follow the service from the beginning.
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.
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

with live 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

Missa de Angelis – Latin plainchant  
*sung by Christopher Borrett*

**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.*

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.**

## Listening for the Word from God

### **Romans 7.15–25a**

*read by Archie Thompson.*

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me.

For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand.

For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

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

### **Gradual Anthem**

*sung by SMLT (virtual) choir (Handel, from Messiah)*

Come unto Him, all ye that labour,  
come unto Him that are heavy laden,  
and He will give you rest.

Take his yoke upon you, and learn of Him,  
for He is meek and lowly of heart,  
and ye shall find rest unto your souls.

### **Gospel Acclamation**

Alleluia, alleluia. My sheep hear my voice, says the Lord. I know them, and they follow me.

**Alleluia!**

## Matthew 11.16–19, 25–30

*read by Sonia Docherty*

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

**Glory to you, O Lord.**

Jesus said, 'To what will I compare this generation? It is like children sitting in the market-places and calling to one another, "We played the flute for you, and you did not dance; we wailed, and you did not mourn." For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.

'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

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

*Written by Hilary Norman and read by Eunice Forsyth*

In the power of the Spirit and in union with Christ, let us pray to the Father.

O God, we thank you for the wholeness of the human family: for people of other faiths as well as our own: for our friends and neighbours: for the rich variety of human experience, and the gifts we bring to share with one another. We pray that the Church may show a ministry of reconciliation in a world divided by suspicion and misunderstanding.

Lord, we pray for the mission and unity of the Church throughout the World: remembering today the United Church in Pakistan. In this diocese we pray for Bishop Martin and Bishop Mike and for our Archdeacons: for their ministry of leadership and guidance and for the support provided by the diocesan staff.

At St. Mary-le-Tower we give thanks for our links with other town centre Churches, and pray for those who come to seek God's presence here

O God, whom Saint's and Angels delight to worship in heaven, be ever present with your servants who seek through art and music to, perfect the praises offered by your people on earth. For those exploited through modern day slavery bring them freedom and justice. Unite us across the barriers of race and culture.

Lord in your mercy, **Hear our prayer.**

We pray for the nations of the World. Heavenly Father, look in compassion on our troubled and divided world. May those who carry the responsibility of government look to you for guidance. For all continuing to struggle to control the Covid-19 pandemic amidst poverty and conflict.

Loving God, your Son lived and worked in the world. He knew its hatreds and its wars; we pray that from division we can replace it with harmony, that from ways of selfishness we can turn to co-operation.

Lord in your mercy, **Hear our prayer.**

We pray for the many people who are currently facing redundancy and the loss of ability to provide for themselves and their families. May they not feel abandoned. Show us how we can offer support and alternative fulfilment. Unite us all in your love. Make us thankful for the blessings of family life; that we can show others that all may know you as their Saviour and friend.

Lord in your mercy, **Hear our prayer.**

Comfort O Lord, all who are weighed down by the mystery of suffering, including Andrew Hastings and John Wheeler. We continue to pray for Derek le May,

Andy Courage, Carolyn, Tony Brook-Carr, Grace Chandler, Joyce Courage and John Bradberry. Lord, we ask that you strengthen those in pain and sorrow. May the spirit of Christ, the great physician both of body and soul be present amongst us.

Lord in your mercy, **Hear our prayer.**

Father, we commend those who have recently died to your safe keeping. We give thanks for the lives of those we have loved who now rest with you and whose remembrance falls at this time of year.

*For God so loved the world that he gave his only Son that everyone who believes in him may not perish but have everlasting life.*

*Holy God, faithful and unchanging: enlarge our minds with the knowledge of your truth and draw us more deeply into the mystery of your love.*

Merciful Father;

**Accept these prayers**

**For the sake of your Son**

**Our Saviour Jesus Christ. Amen.**

## Liturgy of the Sacrament

### The Peace

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

**'Come to me', says Jesus,  
'all who are distressed;  
take my yoke upon you,  
I will give you rest.**

**I am meek and humble,  
find, with me, release  
from false airs and graces;  
come, and be at peace.'**

**Hear the call of Jesus,  
come, be deeply blessed;  
his the invitation,  
you the honoured guest.**

**Here, where bread is broken,  
here, where wine is poured,  
thankfully receive him,  
find your faith restored.**

**Pardon, feed and heal us,  
humble, courteous Lord,  
gracious host, for ever  
honoured and adored.**

## **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**

*We recall our financial giving to St Mary-le-Tower, for  
God's work of in the life and mission of our Church.  
(There is a new donate button at the top of our website  
if you would like to make a donation now.)*

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**

Be present, be present,  
Lord Jesus Christ, our risen high priest:  
make yourself known in the breaking of bread. **Amen.**

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**

*Missa de Angelis*

**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**

*Missa de Angelis*

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 online.*

*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:*

**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.**

## Sending Out

### Mission Hymn

**The Church's one foundation  
is Jesus Christ her Lord;  
she is his new creation  
by water and the word:  
from heaven he came and sought her  
to be his holy Bride;  
with his own blood he bought her,  
and for her life he died.**

**Elect from every nation,  
yet one o'er all the earth,  
her charter of salvation  
one Lord, one faith, one birth;  
one holy name she blesses,  
partakes one holy food  
and to one hope she presses  
with every grace endued.**

**Mid toil and tribulation,  
and tumult of her war,  
she waits the consummation  
of peace for evermore;  
till with the vision glorious  
her longing eyes are blest,  
and the great Church victorious  
shall be the Church at rest.**

**Yet she on earth hath union  
with God the Three in One,  
and mystic sweet communion  
with those whose rest is won:  
O happy ones and holy!  
Lord, give us grace that we,  
like them the meek and lowly,  
on high may dwell with thee.**

## **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**