

# Holy Communion

10.30am Sunday 16<sup>th</sup> August 2020

## Gathering

### Attending this Service in Church

If you are coming to church for this service, 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 give out in church in order minimise risks of passing on infection.

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

It is now required that face coverings should be worn by everyone in church. We welcome this as part making church services as safe as possible for people to attend, and as a sign of our desire to protect others from possible infection. 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

Solitude – A. Herbert Brewer

*Organist: William Baldry, Organist of SMLT*

### Welcome and Introduction

*The minister gives the NOTICES, introduces the service, and then continues.*

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.**

**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** *(said)*

**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.*

Let your merciful ears, O Lord,  
be open to the prayers of your humble servants;  
and that they may obtain their petitions  
make them to ask such things as shall please you;  
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 11.1-2a,29-32

*read by Ian Lord*

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew. For the gifts and the calling of God are irrevocable.

Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

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

## Gradual Hymn

*Played by the organist as a meditation for all.  
Government coronavirus regulations currently prohibit  
singing in church by the congregation. Please follow the  
words, 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 make us whole.

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

## **Gospel: Matthew 15.10-28**

*read by Sonia Docherty, Elder*

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

**Glory to you, O Lord.**

Then Jesus called the crowd to him and said to them,  
'Listen and understand: it is not what goes into the  
mouth that defiles a person, but it is what comes out of  
the mouth that defiles.'

Then the disciples approached and said to him, 'Do you  
know that the Pharisees took offence when they heard  
what you said?' He answered, 'Every plant that my  
heavenly Father has not planted will be uprooted. Let  
them alone; they are blind guides of the blind. And if  
one blind person guides another, both will fall into a  
pit.'

But Peter said to him, 'Explain this parable to us.' Then  
he said, 'Are you also still without understanding? Do  
you not see that whatever goes into the mouth enters  
the stomach, and goes out into the sewer? But what  
comes out of the mouth proceeds from the heart, and  
this is what defiles. For out of the heart come evil  
intentions, murder, adultery, fornication, theft, false  
witness, slander. These are what defile a person, but to  
eat with unwashed hands does not defile.'

Jesus went away to the district of Tyre and Sidon. A  
Canaanite woman from that region came out and  
started shouting, 'Have mercy on me, Lord, Son of  
David; my daughter is tormented by a demon.' But he  
did not answer her at all.

And his disciples came and urged him, saying, 'Send her  
away, for she keeps shouting after us.' He answered, 'I  
was sent only to the lost sheep of the house of Israel.'  
But she came and knelt before him, saying, 'Lord, help  
me.' He answered, 'It is not fair to take the children's  
food and throw it to the dogs.' She said, 'Yes, Lord, yet  
even the dogs eat the crumbs that fall from their  
masters' table.'

Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly.

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 Eunice Forsyth, Elder;*

*I surrender all, I surrender all, All to thee my blessed Saviour.  
I surrender all. Let us pray.*

*All to Jesus, we surrender to you:*  
the life of St. Mary-le-Tower, Charles, the leadership team, the elders, the love of the congregation, the mission and unity of the Church throughout the world. We pray for the love of Christ, the power, grace and direction of St. Mary-le-Tower.

We pray and thank you God for the live streaming of Sunday services, the comfort it gives to those who are lonely, depressed, housebound and particularly those who fear going out because of Covid-19 pandemic. Will the Holy Spirit of God inspire and comfort us.

*All to Jesus, we surrender and commend to you:*  
the life and the future of the Choral Tradition. In his spirit, we pray and ask God for Christopher's work, choristers, Choir Scholars and other choir members to remain uplifted and strong through the continuance of virtual music.

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

*All to Jesus we surrender to you:*

the world. We remember those who are living in fear of war, persecution and poverty. We pray particularly for people who have been wounded and who have died as a result of the explosion in Lebanon. May they be encouraged and strengthened by the love of God and offer counsel to those who are formulating a new government for the justice of the people.

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

*All to Jesus we surrender to you:*

all families, who are struggling to feed their children, to take care of their children who have a disability and those who have lost their jobs or had their hours shortened. We pray and thank you Lord, for food banks and all supporting services that bring faith and hope to their lives.

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

*All to Jesus we surrender to you:*

those we know who are sick or otherwise distressed including Simon Hulme, Revd Geoff Colmer, Angela Pantelis, Freya, Andrew Hastings and John Wheeler. We continue to pray for Derek le May, Andy Courage, Phil Fisk, Cullum, Jaydon and Eileen Mayers.

We pray rest in peace and rise in glory for those who have recently died, and pray for all who mourn. We give thanks for the lives of those whose remembrance falls at this time of year, among them: Pam Miller, and Joan & Walter Lofts.

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

*All to Jesus I surrender, Lord, I give myself to Thee.*

*Fill me with Thy love and power. Let Thy blessings fall on me.*

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

*Played by the organist as a meditation for all. Government coronavirus regulations currently prohibit singing in church by the congregation. Please follow the words, and sing them in your heart.*

There's a wideness in God's mercy  
like the wideness of the sea;  
there's a kindness in his justice  
which is more than liberty.  
There is no place where earth's sorrows  
are more keenly felt than heaven;  
there is no place where earth's failings  
have such gracious judgement given.

There is plentiful redemption  
through the blood that Christ has shed;  
there is joy for all the members  
in the sorrows of the head.  
For the love of God is broader  
than the measure of our mind,  
and the heart of the eternal  
is most wonderfully kind.

If our love were but more simple  
we should take him at his word,  
and our lives would be illumined  
by the glory of the Lord.

## 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 method or another.*

Donations may be made using as follows:

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

*The minister takes the collection plate. Recalling our giving for God's work of in the life and mission of our Church, we 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**

It is indeed right, it is our duty and our joy, at all times  
and in all places to give you thanks and praise,  
holy Father, heavenly King, almighty and eternal God,  
through Jesus Christ your Son our Lord.

For he is your living Word; through him you have  
created all things from the beginning,  
and formed us in your own image.

**To you be glory and praise for ever.**

Through him you have freed us from the slavery of sin,  
giving him to be born of a woman  
and to die upon the cross;  
you raised him from the dead  
and exalted him to your right hand on high.

**To you be glory and praise for ever.**

Through him you have sent upon us  
your holy and life-giving Spirit,  
and made us a people for your own possession.

**To you be glory and praise for ever.**

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and saying:

**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.**

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;

who, in the same night that he was betrayed,  
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.

**To you be glory and praise for ever.**

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.

**To you be glory and praise for ever.**

Therefore, heavenly Father,  
we remember his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection and glorious  
ascension; we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.

Great is the mystery of faith:  
**Christ has died, Christ is risen,  
Christ will come again!**

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit,  
inspire us with your love  
and unite us in the body of your Son,  
Jesus Christ our Lord.

**To you be glory and praise for ever.**

Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
with all who stand before you in earth and heaven,  
we worship you, Father almighty,  
in songs of everlasting praise:

**Blessing and honour and glory and power  
Be yours 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.**

## **Spiritual Communion**

*The Minister will receive the Bread and the Wine on behalf of all baptised people who are participating in this service, in church and online, at the present time and later. Whenever and wherever we are, in this Holy Communion we are united by the Holy Spirit in the Body of Christ, given to us in baptism.*

**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.**

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 People may make a sign of the cross to affirm their participation in the Body of Christ at St Mary-le-Tower, and in the blessing of this Holy Communion.*

*Then all pray together:*

**God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those who trust in you:  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
through Jesus Christ our Lord. Amen.**

## **Sending Out**

### **Mission Hymn**

*Played by the organist as a meditation for all. Government coronavirus regulations currently prohibit singing in church by the congregation. Please follow the words, and sing them in your heart.*

Love divine, all loves excelling,  
joy of heaven to earth come down,  
fix in us thy humble dwelling,  
all thy faithful mercies crown.  
Jesus, thou art all compassion,  
pure unbounded love thou art;  
visit us with thy salvation,  
enter every trembling heart.

Come, almighty to deliver,  
let us all thy grace receive;  
suddenly return, and never,  
never more thy temples leave.

Thee we would be always blessing,  
serve thee as thy hosts above;  
pray and praise thee without ceasing,  
glory in thy perfect love.

Finish then thy new creation:  
pure and spotless let us be;  
let us see thy great salvation,  
perfectly restored in thee;  
changed from glory into glory,  
till in heaven we take our place,  
till we cast our crowns before thee,  
lost in wonder, love, and praise.

## **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**

Marche Héroïque – A. Herbert Brewer

## **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 we ask everyone to leave directly. If you wish to speak to the vicar or another member of staff, it is best to do this by phone or email.*

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