

Holy Communion

10.30am Sunday 2nd 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 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

Méditation – Maurice Duruflé

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.

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 *(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.

Almighty Lord and everlasting God,
we beseech you to direct, sanctify and govern
both our hearts and bodies
in the ways of your laws
and the works of your commandments;
that through your most mighty protection,
both here and ever,
we may be preserved in body and soul;
through our Lord and Saviour Jesus Christ,
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 9.1-5

read by Humphry Adair

I am speaking the truth in Christ. I am not lying; my conscience confirms it by the Holy Spirit. I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh.

They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

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

Gradual Hymn

Played by the organist as a meditation for all. The SMLT (virtual) choir is on holiday until September.

O God of Bethel, by whose hand
thy people still are fed,
who through this weary pilgrimage
hast all our fathers led;

Our vows, our prayers, we now present
before thy throne of grace;
God of our fathers, be the God
of their succeeding race.

Through each perplexing path of life
our wandering footsteps guide;
give us each day our daily bread,
and raiment fit provide.

O spread thy covering wings around
till all our wanderings cease,
and at our Father's loved abode
our souls arrive in peace.

Gospel: Matthew 14.13-21

read by Richard Hanley, Elder

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

Glory be to you, O Lord.

When Jesus heard that Herod had beheaded John the Baptist, he withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick.

When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' Jesus said to them, 'They need not go away; you give them something to eat.' They replied, 'We have nothing here but five loaves and two fish.' And he said, 'Bring them here to me.'

Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

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, Elder;
read by Sonia Docherty.*

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

We thank you, Father, that you call us to your service as members of the body of Christ. Everyone has a vocation to fulfil and a ministry to exercise. Take us as we are, and make us what you would have us to be.

Lord, we pray for the mission and unity of the Church throughout the World. In our Diocese we pray for the renewal of the Church in Suffolk: renewal of love for you and for one another, renewal of faith in your promises and in the power of the gospel. Renew us by your indwelling Holy Spirit. Make us strong for service and witness, in your name and in your glory.

At St. Mary-le-Tower we pray for our future ability to maintain our Choral Tradition: and to serve the people in the Town Centre around us. We pray that with music, we can share together in a richer life which is dedicated to praising you. We pray for all who enter here, that God's presence is found away from the busy world outside.

O Saviour of the World, lifted up on the cross to draw people to yourself. Bless the witness of your Church in this and every place. Help us to do the work you have given us to do.

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

We pray for the nations of the world. For victims of continued extremist activity; and for where homes and livelihoods have been destroyed. For Aid workers who endeavour to provide clean water, food and medical aid in refugee camps.

O God, we place before you the deep divisions of the world.

Set in the hearts of all people the spirit of penitence, forgiveness and reconciliation: that we may no longer mistrust and fear one another: but be drawn together in understanding, so that unity of purpose we may seek ways of peace.

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

Heavenly Father, we thank you for our homes, our families and friends. For time spent together in relaxation and re-creation at this holiday time. Teach us to use it to rebuild our bodies and renew our minds; that we can be strengthened in spirit in the service of your kingdom. We pray for those who travel, that they may set out in peace and return in safety.

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

Lord, we bring to you all who are sick or in any kind of distress including; Angela Pantelis, Freyer, Andrew Hastings and John Wheeler. We continue to pray for Derek Le May, Andy Courage, Tony Brook-Carr, Grace Chandler Ian Miller, Joyce Courage and John Bradberry.

Father, we thank you for being with us at times of weakness and suffering. Give courage and patience to those for whom we pray and those who daily care for them. May your presence fill the coming days with confidence and hope.

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

Loving Father, it is your purpose to bring to completion all that your hands have made. We commend to you all who have recently died including Christine Redford. Be with all who mourn those they can see no longer. We give thanks for the lives of those whose remembrance falls at this time of year.

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

Eternal Father, help us to entrust the past to your mercy, the present to your love, and the future to your wisdom.

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 regulations currently prohibit congregational singing in church. Please follow the words, and sing them in your heart.

Alleluia, sing to Jesus!
His the sceptre, his the throne;
alleluia, his the triumph,
his the victory alone:
hark, the songs of peaceful Sion
thunder like a mighty flood;
Jesus out of every nation
hath redeemed us by his blood.

Alleluia, bread of angels,
thou on earth our food, our stay;
alleluia, here the sinful
flee to thee from day to day.
Intercessor, Friend of sinners,
earth's Redeemer, plead for me,
where the songs of all the sinless
sweep across the crystal sea.

Alleluia, King eternal,
thee the Lord of lords we own;
Alleluia, born of Mary,
earth thy footstool, heaven thy throne:
thou within the veil hast entered,
robed in flesh, our great High Priest;
thou on earth both Priest and Victim
in the Eucharistic Feast.

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

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

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.

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

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 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.**

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.

Spiritual Communion

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.

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 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, given to us in baptism.

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:

Lord God,
whose **Son** is the true vine and the source of life,
ever giving himself that the world may live:
may we so receive within ourselves
the power of his death and passion
that, in his saving cup,
we may share his glory
and be made perfect in his love;
for he is alive and reigns, now and for ever.
Amen.

Sending Out

Mission Hymn

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

Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty;
hold me with thy powerful hand:
bread of heaven, bread of heaven,
feed me now and ever more,
feed me now and ever more.

Open now, the crystal fountain
whence the healing stream doth flow;
let the fiery cloudy pillar
lead me all my journey through:
strong deliverer, strong deliverer,
be thou still my strength and shield,
be thou still my strength and shield.

When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side:
songs and praises, songs and praises
I will ever give to thee,
I will ever give to 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

Fugue sur le thème du Carillon des Heures de la
Cathédrale de Soissons – *Maurice Duruflé*

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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