

Holy Communion

10.30am Sunday 30th 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 given out in church in order to 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 of 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 “**LIVE streamed Services**” title and click to go to our [Facebook Live](#) page.
3. Click on the service video. 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.
4. When the video opens you will need to click on the loudspeaker icon to unmute it and hear the sound.

Music before the Service

Slow Air No. 1 – Herbert Howells

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.

Almighty and everlasting God,
you are always more ready to hear than we to pray
and to give more than either we desire or deserve:
pour down upon us the abundance of your mercy,
forgiving us those things
of which our conscience is afraid
and giving us those good things
which we are not worthy to ask
but through the merits and mediation
of 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 12.9-21

read by Annie Shead.

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord.

Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep.

Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all.

Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' No, 'if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.' Do not be overcome by evil, but overcome evil with good.

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.

Take up thy cross, the Saviour said,
if thou wouldst my disciple be;
deny thyself, the world forsake,
and humbly follow after me.

Take up thy cross, nor heed the shame,
nor let thy foolish pride rebel;
thy Lord for thee the cross endured,
to save thy soul from death and hell.

Take up thy cross then in his strength,
and calmly sin's wild deluge brave,
'twill guide thee to a better home,
and lead to victory o'er the grave.

Take up thy cross, and follow Christ,
nor think till death to lay it down;
for only those who bear the cross
may hope to wear the glorious crown.

Gospel: Matthew 16.21-28

read by Eunice Forsyth, Elder

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

Glory to you, O Lord.

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised.

And Peter took him aside and began to rebuke him, saying, 'God forbid it, Lord! This must never happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.'

Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it.

For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'

This is the Gospel of the Lord.

Praise to you, O Christ.

Sermon

Revd Canon Roger Pallant.

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 Richard Hanley, Elder.*

Response:

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

At the end:

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.*

Praise to the Holiest in the height,
and in the depth be praise:
in all his words most wonderful,
most sure in all his ways

O loving wisdom of our God!
when all was sin and shame,
a second Adam to the fight
and to the rescue came.

O generous love! that he, who smote
in Man for man the foe,
the double agony in Man
for man should undergo;

and in the garden secretly,
and on the cross on high,
should teach his brethren, and inspire
to suffer and to die.

Praise to the Holiest in the height,
and in the depth be praise:
in all his words most wonderful,
most sure in all his ways

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

Blessed are you, Lord God,
 our light and our salvation;
 to you be glory and praise for ever.
 From the beginning you have created all things
 and all your works echo the silent music of your praise.

In the fullness of time you made us in your image,
 the crown of all creation.
 You give us breath and speech,
 that with angels and archangels
 and all the powers of heaven
 we may find a voice to sing your praise:

**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.**

How wonderful the work of your hands, O Lord.
 As a mother tenderly gathers her children,
 you embraced a people as your own.
 When they turned away and rebelled
 your love remained steadfast.

From them you raised up Jesus our Saviour,
 born of Mary, to be the living bread,
 in whom all our hungers are satisfied.
 He offered his life for sinners,
 and with a love stronger than death
 he opened wide his arms on the cross.

On the night before he died,
 he came to supper with his friends
 and, taking bread, he gave you thanks.
 He broke it and gave it to them, saying:
 Take, eat; this is my body which is given for you;
 do this in remembrance of me.

At the end of supper, taking the cup of wine,
 he gave you thanks, 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.

Praise to you, Lord Jesus:
**Dying you destroyed our death,
 Rising you restored our life:
 Lord Jesus, come in glory.**

Father, we plead with confidence
 his sacrifice made once for all upon the cross;
 we remember his dying and rising in glory, and
 we rejoice that he intercedes for us at your right hand.

Pour out your Holy Spirit as we bring before you
 these gifts of your creation; may they be for us
 the body and blood of your dear Son.
 As we eat and drink these holy things in your presence,
 form us in the likeness of Christ,
 and build us into a living temple to your glory.

Remember, Lord, your Church in every land.
 Reveal her unity, guard her faith,
 and preserve her in peace.
 Bring us at the last with Blessed Mary and all the saints
 to the vision of that eternal splendour
 for which you have created us;

through Jesus Christ, our Lord,
 by whom, with whom, and in whom,
 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 all mercy,
in this eucharist you have set aside our sins
and given us your healing:
grant that we who are made whole in Christ
may bring that healing to this broken world,
in the name of 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.

Father, Lord of all creation,
Ground of being, life and love;
height and depth beyond description
only life in you can prove:
you are mortal life's dependence
thought, speech, sight are ours by grace;
yours is every hour's existence,
sovereign Lord of time and space.

Jesus Christ, the Man for Others,
we, your people, make our prayer:
help us love – as sisters, brothers –
all whose burdens we can share,
Where your name binds us together
you, Lord Christ, will surely be;
where no selfishness can sever
there your love the world may see.

Holy Spirit, rushing, burning
wind and flame of Pentecost,
fire our hearts afresh with yearning
to regain what we have lost.
May your love unite our action,
nevermore to speak alone:
God, in us abolish faction,
God, through us your love make known.

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

Slow Air No. 2 – Herbert Howells

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.

Revd Canon Charles Jenkin, Vicar,
is currently on annual leave.

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