

# Holy Communion

10.30am Sunday 9<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 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](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

Liebster Jesu, wir sind hier BWV 731 – J S Bach

*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.*

Almighty God,  
who sent your Holy Spirit  
to be the life and light of your Church:  
open our hearts to the riches of your grace,  
that we may bring forth the fruit of the Spirit  
in love and joy and peace;  
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 10.5-15

*read by Sonia Docherty*

Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?"' (that is, to bring Christ down) 'or "Who will descend into the abyss?"' (that is, to bring Christ up from the dead).

But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.

The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

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.*

Jesus calls us! O'er the tumult  
of our life's wild restless sea  
day by day his voice is sounding,  
saying, 'Christian, follow me;'

As of old St Andrew heard it  
by the Galilean lake,  
turned from home and toil and kindred,  
leaving all for his dear sake.

Jesus calls us from the worship  
of the vain world's golden store,  
from each idol that would keep us,  
saying, 'Christian, love me more.'

Jesus calls us! By thy mercies,  
Saviour, make us hear thy call,  
give our hearts to thine obedience,  
serve and love thee best of all.

## Gospel: Matthew 14.22-33

*read by Eunice Forsyth, Elder*

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

**Glory to you, O Lord.**

Immediately after feeding the crowd with the five loaves and two fish, Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray.

When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.'

Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong

wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

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;*

In a moment of calm and stillness let us prepare to pray, to open our hearts and minds to the will of God, Father, Son and Holy Spirit. *Be still and know that I am God.*

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

We pray for the church throughout the world particularly for the Anglican church in Rwanda and The Most Rev'd Laurent Mbanda, Archbishop of Rwanda. In our own diocese we pray for the clergy and people of the Mildenhall Deanery, particularly remembering the Benefice of Dalham, Gazeley, Higham, Kentford and Moulton and the Rev'd Rosemary Rycraft.

In our own church we pray for Charles and Roger. We give thanks that we are able to worship in this sacred space and we rejoice in the generous response to the emergency appeal. We pray for a strengthening of our faith and mission and a deepening understanding of God's purpose in this place.

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

We pray for the world. *Almighty and merciful God, whose Son became a refugee and had no place to call his own; look with mercy on those who today are fleeing from danger, homeless and hungry. Bless those who work to bring them relief; inspire generosity and compassion in all our hearts; and guide the nations of the world towards that day when all will rejoice in your Kingdom of justice and of peace.*

We pray for the people of Beirut as they come to terms with the catastrophic explosion in the port area of the city. We pray for a swift and effective international relief effort. We continue to pray for those suffering the effects of the pandemic and hold in our thoughts and prayers those responsible for formulating policy and making decisions upon which so much depends.

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

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 Freya, Andrew Hastings, John Wheeler and Simon Hulme. And we continue to pray for Derek le May, Andy Courage, Phil Fisk, Cullum, Jaydon, and Eileen Mayers

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

We pray for those who have died. *O Lord support us all the day long of this troublous life until the shades lengthen, and the evening comes, and the busy world is hushed, the fever of life is over, and our work is done. Then Lord in Thy mercy, grant us safe lodging, a holy rest, and peace at the last. Through Jesus Christ our Lord.*

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, among them Terry Robertson

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

*God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*

We conclude our prayers with the following words and a moment of silence. *I am with you always. My peace I give to you.*

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.*

Eternal Father, strong to save,  
whose arm doth bind the restless wave,  
who bidd'st the mighty ocean deep  
its own appointed limits keep:

○ hear us when we cry to thee  
for those in peril on the sea.

○ Saviour, whose almighty word  
the winds and waves submissive heard,  
who walkedst on the foaming deep,  
and calm amid its rage didst sleep:

○ hear us when we cry to thee  
for those in peril on the sea.

○ sacred Spirit, who didst brood  
upon the waters dark and rude,  
and bad'st its angry tumult cease,  
and givest light and life and peace:

○ hear us when we cry to thee  
for those in peril on the sea.

## 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.**

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, 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:*  
**Holy Father, who gathered us here  
around the table of your Son  
to share in this meal  
with the whole household of God:  
in that new world  
where you reveal the fullness of your peace,  
gather people of every race and language  
to share in the eternal banquet  
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.*

We have a gospel to proclaim,  
good news for all throughout the earth;  
the gospel of a Saviour's name:  
we sing his glory, tell his worth.

Tell of his death at Calvary,  
hated by those he came to save,  
in lonely suffering on the Cross;  
for all he loved his life he gave.

Tell of that glorious Easter morn:  
empty the tomb, for he was free.  
He broke the power of death and hell  
that we might share his victory.

Tell of his reign at God's right hand,  
by all creation glorified.  
He sends his Spirit on his Church  
to live for him, the Lamb who died.

## 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

Prelude in E flat BWV 552.1 – J S Bach

## 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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