

Holy Communion

8.00am, 28th February 2021

Gathering

Attending this Service in Person in Church

If you are coming to church for this service, If you can, please bring this order of service with you on a device or print 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 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.

Logging on to the Live Stream

1. The live stream will start at about 7.57am in preparation for the service.
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. When the video opens you will need to click on the loudspeaker icon to unmute it and hear the sound.

Welcome and Introduction

*The minister gives some NOTICES,
and INTRODUCES the service.*

Opening Prayers

*All may kneel or sit,
and the Lord's Prayer is said by the minister:*

Our Father, which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done,
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive them that trespass against us.
And lead us not into temptation;
but deliver us from evil. **Amen.**

Then we pray together:

**Almighty God,
unto whom all hearts be open,
all desires known,**

**and from whom no secrets are hid:
cleanse the thoughts of our hearts
by the inspiration of thy Holy Spirit,
that we may perfectly love thee,
and worthily magnify thy holy name;
through Christ our Lord. Amen.**

The Commandments

Response

**Lord, have mercy upon us,
and incline our hearts to keep this law.**

GOD spake these words, and said; I am the Lord thy God: Thou shalt have none other gods but me. **R.**

Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth. Thou shalt not bow down to them, nor worship them. **R.**

Thou shalt not take the Name of the Lord thy God in vain: for the Lord will not hold him guiltless, that taketh his Name in vain. **R.**

Remember that thou keep holy the Sabbath-day. Six days shalt thou labour, and do all that thou hast to do; but the seventh day is the Sabbath of the Lord thy God. **R.**

Honour thy father and thy mother; that thy days may be long in the land which the Lord thy God giveth thee. **R.**

Thou shalt do no murder. **R.**

Thou shalt not commit adultery. **R.**

Thou shalt not steal. **R.**

Thou shalt not bear false witness against thy neighbour. **R.**

Thou shalt not covet any thing that belongs to thy neighbour.

**Lord, have mercy upon us
and write all these thy laws
in our hearts, we beseech thee.**

The Collect

Almighty God, you show to those who are in error the light of thy truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who is alive and reigns with thee, in the unity of the Holy Ghost, one God, now and for ever. **Amen.**

Listening for the Word from God

The Epistle: Romans 4.13-end

The promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations') – Abraham believed in the presence of the God who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become 'the father of many nations,' according to what was said, 'So numerous shall your descendants be.'

He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith 'was reckoned to him as righteousness.'

Now the words, 'it was reckoned to him,' were written not for his sake alone, but for ours also. It will be reckoned to us also who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

Here endeth the epistle.

The Gospel: Mark 8.31-end

All please stand.

The holy Gospel is written in the 8th chapter of the Gospel according to St Mark, beginning to read at the 31st verse. **Glory be to thee, O Lord.**

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him.

But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are

setting your mind not on divine things but on human things.' He called the crowd with his disciples, and said to them, '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, and for the sake of the gospel, will save it.

'For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

This is the Gospel of the Lord.

Praise be to thee, O Christ.

Affirmation of Faith

**I believe in one God the Father almighty,
maker of heaven and earth,
and of all things visible and invisible.**

**And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God;
begotten, not made;
being of one substance with the Father
by whom all things were made:**

**who for us men and for our salvation
came down from heaven:
and was incarnate by the Holy Ghost
of the Virgin Mary.
And was made man.
And was crucified also for us
under Pontius Pilate.
He suffered and was buried.**

**And the third day he rose again
according to the Scriptures
and ascended into heaven;
and sitteth on the right hand of the Father;
and he shall come again with glory
to judge both the quick and the dead,
whose kingdom shall have no end.**

**And I believe in the Holy Ghost,
the Lord and giver of life,
who proceedeth from the Father and the Son;
who with the Father and the Son together
is worshipped and glorified;
who spake by the prophets;**

**And I believe one holy catholic
and apostolic Church.
I acknowledge one baptism
for the remission of sins;
and I look for the resurrection of the dead
and the life of the world to come. Amen.**

Sermon

Revd Canon Charles Jenkin, Vicar

Holy Communion

The Gifts of the People

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.
Matthew 5.16

Lay not up for yourselves treasure upon the earth; where the rust and moth doth corrupt, and where thieves break through and steal: but lay up for yourselves treasures in heaven; where neither rust nor moth doth corrupt, and where thieves do not break through and steal.
Matthew 6.19

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:

- *Regular giving by Standing Order*
- *The Donation Button on our website*
- *Via BACS to 30-94-55, 00059383
PCC St Mary le Tower Ipswich*

All may sit or kneel, while the minister prepares the Holy Table.

Intercession

The minister takes the collection plate and blesses it as a symbol of giving for the work of the church at St Mary-le-Tower.

The minister offers some biddings,

and then says:

Let us pray for the whole state of Christ's Church militant here in earth.

Almighty and ever-living God, who by thy holy apostle hast taught us to make prayers and supplications, and to give thanks, for all men: we humbly beseech thee most mercifully to accept our alms and oblations, and to receive these our prayers, which we offer unto thy divine majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord: and grant, that all they that do confess thy holy name may agree in the truth of thy holy word, and live in unity and godly love.

We beseech thee also to save and defend all Christian kings, princes and governors; and specially thy servant Elizabeth our Queen, that under her we may be godly and quietly governed: and grant unto her whole Council, and to all that are put in authority under her, that they may truly and impartially minister justice, to the punishment of wickedness and vice, and to the maintenance of thy true religion and virtue.

Give grace, O heavenly Father, to all bishops, priests and deacons, that they may both by their life and doctrine set forth thy true and lively word, and rightly and duly administer thy holy sacraments: and to all thy people give thy heavenly grace; and specially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity. And we also bless thy holy name for all thy servants departed this life in thy faith and fear; beseeching thee to give us grace so to follow their good examples, that with them we may be partakers of thy heavenly kingdom.

Grant this, O Father, for Jesus Christ's sake, our only mediator and advocate. **Amen.**

Prayers of Penitence

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways: draw near with faith, and take this holy sacrament to your comfort; and make your humble confession to almighty God, meekly kneeling upon your knees.

Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all men: we acknowledge and bewail our manifold sins and wickedness, which we, from time to time, most grievously have committed, by thought, word and deed, against thy divine majesty, provoking most justly thy wrath and indignation against us.

We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us; the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honour and glory of thy name; through Jesus Christ our Lord. Amen.

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: have mercy upon you;

pardon and deliver you from all your sins;
confirm and strengthen you in all goodness;
and bring you to everlasting life;
through Jesus Christ our Lord. **Amen.**

Hear what comfortable words our Saviour Christ saith
unto all that truly turn to him:

Come unto me, all that travail and are heavy laden, and
I will refresh you. *Matthew 11.28*

So God loved the world, that he gave his only-begotten
Son, to the end that all that believe in him should not
perish, but have everlasting life. *John 3.16*

Hear also what Saint Paul saith: This is a true saying, and
worthy of all men to be received, that Christ Jesus
came into the world to save sinners. *1 Timothy 1.15*

Hear also what Saint John saith: If any man sin, we have
an advocate with the Father, Jesus Christ the righteous;
and he is the propitiation for our sins. *1 John 2.1,2*

The Great Thanksgiving

All may stand.

Lift up your hearts;

We lift them up unto to the Lord.

Let us give thanks unto the Lord our God;

It is meet and right so to do.

It is very meet, right and our bounden duty,
that we should at all times, and in all places,
give thanks unto thee, O Lord,
holy Father, almighty, everlasting God.

And now we give thee thanks
because each year you give us this joyful season
when we prepare to celebrate the paschal mystery
with mind and heart renewed.
You give us a spirit of loving reverence for thee
and of willing service to our neighbour.
As we recall the saving acts that give new life in Christ,
you bring the image of your Son
to perfection within our hearts.

Therefore with angels and archangels,
and with all the company of heaven,
we laud and magnify thy glorious name,
evermore praising thee, and saying:

**Holy, Holy, Holy, Lord God of Hosts.
Heaven and earth are full of your glory.
Glory be to thee, O Lord most high.**

**Blessed is he that cometh
in the name of the Lord.
Hosanna in the highest.**

Prayer of Humble Access

All may sit or kneel.

**We do not presume
to come to this thy table, O merciful Lord,**

**trusting in our own righteousness,
but in thy manifold and great mercies.
We are not worthy so much as to gather up
the crumbs under thy table.
But thou art the same Lord,
whose property is always to have mercy:**

**grant us therefore, gracious Lord,
so to eat the flesh of thy dear Son Jesus Christ,
and to drink his blood,
that our sinful bodies
may be made clean by his body,
and our souls washed
through his most precious blood,
and that we may evermore dwell in him,
and he in us. Amen.**

Prayer of Consecration

Almighty God, our heavenly Father, who of thy tender
mercy didst give thine only Son Jesus Christ to suffer
death upon the cross for our redemption; who made
there (by his one oblation of himself once offered) a full,
perfect and sufficient sacrifice, oblation and satisfaction
for the sins of the whole world; and did institute, and in
his holy gospel command us to continue, a perpetual
memory of that his precious death, until his coming
again:

Hear us, O merciful Father, we most humbly beseech
thee; and grant that we receiving these thy creatures of
bread and wine, according to thy Son our Saviour Jesus
Christ's holy institution, in remembrance of his death
and passion, may be partakers of his most blessed body
and blood:

who, in the same night that he was betrayed, took
bread; and, when he had given thanks, he brake 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.

Likewise after supper he took the cup; and, when he
had given thanks, he gave it to them, saying, Drink ye all
of this; for this is my blood of the new testament, which
is shed for you and for many for the remission of sins:
do this, as oft as ye shall drink it, in remembrance of
me. **Amen.**

Holy Communion

The minister raises the elements and says:

The Body of Christ. **Amen.**

The Blood of Christ. **Amen.**

*Communion will be administered to the people
remaining in their places, and the minister will move to
people around the church. Communion will be
administered one kind only. The Bread will be carefully
dropped into people's hands, so that there is no
physical contact.*

If you wish to receive, please hold out your crossed hands as the minister approaches. Please do not remove your mask to eat the bread until after the minister has passed by.

If you require a gluten free wafer, please remain standing but without holding out your hands, and the minister will return with gluten free bread.

Those in church who prefer to do so, are welcome to participate through Spiritual Communion, in the same way that as those participating online are doing. 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.

Communion is administered strictly in accordance with Bishops guidelines. Communion is given in one kind only, and the Bishops assure everyone that this is entirely as spiritually beneficial as receiving in both kinds.

The Sending Out

All may sit or kneel.

The Lord's Prayer

As our Saviour commanded and taught us, so we pray:

**Our Father, which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done,
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive them that trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.**

Prayer of Thanksgiving

Almighty and ever-living God, we most heartily thank thee, for that thou dost vouchsafe to feed us, who have duly received these holy mysteries, with the spiritual food of the most precious body and blood of thy Son our Saviour Jesus Christ;

and dost assure us thereby of thy favour and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son.

And we most humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in

that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. Amen.

Blessing

Please remain standing.

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; and the blessing of God almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always. **Amen.**

After the Service

Under Lockdown Coronavirus Regulations it is sadly not permitted for people to gather to chat either in church or in the churchyard after services.

If you wish to speak to the vicar or another member of staff, it is best to do this currently by phone or email:

Revd Canon Charles Jenkin, Vicar, 07789 633315
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