

# Holy Communion

8.00am, 4<sup>th</sup> July 2021 – Trinity 5

## Gathering

### Attending this Service in Person in Church

If you are coming to church for this service, please bring this order of service with you if you can, on a device or by printing the paper copy at home and bring it with you. However people arriving in church without their own order of service will be given a service sheet.

It continues to be 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](http://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 Collect

Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all thy faithful people, that in their vocation and ministry they may serve thee in holiness and truth to the glory of thy name; through our Lord and Saviour 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

### First Reading: 2 Corinthians 12.2 - end

I know a person in Christ who fourteen years ago was caught up to the third heaven (whether in the body or out of the body I do not know; God knows.) And I know that such a person (whether in the body or out of the body I do not know; God knows) was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat.

On behalf of such a one, I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations.

Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, 'My grace is sufficient for you, for power is made perfect in weakness.' So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

Thanks be to God.

### The Gospel: Mark 6.1-13

*All please stand.*

The holy Gospel is written in the 6<sup>th</sup> chapter of the Gospel according to St Mark, beginning to read at the 1<sup>st</sup> verse. **Glory be to thee, O Lord.**

Jesus came to his home town, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him.

Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, 'Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.'

So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

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

# 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*

*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.*

*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 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.

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

*All please stand for 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.*

## Sending Out

### The Lord's Prayer

*All may sit or kneel.*

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.

## Gloria

*We stand to praise God.*

**Glory be to God on high,  
and in earth peace, good will towards men.  
We praise thee, we bless thee,  
we worship thee, we glorify thee,  
We give thanks to thee for thy great glory,  
O Lord God, heavenly King,  
God the Father almighty.**

**O Lord, the only-begotten Son, Jesu Christ:  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
receive our prayer.  
Thou that sittest at the right hand of God  
the Father, have mercy upon us.**

**For thou only art holy; thou only art the Lord;  
thou only, O Christ, with the Holy Ghost,  
art the Most High,  
in the glory of God the Father. Amen.**

## Blessing

*Please remain standing.*

THE peace of God, which passeth 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 Ghost, be amongst you and remain with you always. **Amen.**

## After the Service

*Under Lockdown Coronavirus Regulations it is not yet permitted for people to gather to chat in church, but it is permitted for groups of six to gather 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  
[charlesjenkin60@gmail.com](mailto:charlesjenkin60@gmail.com)

**Mrs Jo Jones**, Churchwarden, 07813 543587  
[jonesgriz01@gmail.com](mailto:jonesgriz01@gmail.com)

**Mrs Sonia Docherty**, Churchwarden, 07376 551764  
[sonia.docherty1@gmail.com](mailto:sonia.docherty1@gmail.com)

**Mr Christopher Borrett**, Director of Music  
[music.stmaryletower@gmail.com](mailto:music.stmaryletower@gmail.com)