

St Mary-le-Tower Ipswich Sunday Service  
**Choral Eucharist**

10.30pm 1<sup>st</sup> August 2021 – Trinity 9

## 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 print 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 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 10.25am 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.

### Step 4 Covid-19 Arrangements in St Mary-le-Tower Church

*The Vicar and PCC have agreed these new protocols:*

1. All may now sing in church. Alleluia!
2. People in the long nave pews will be asked to continue wear masks and to keep one metre social distancing. All the pews may be used.
3. People in the shorter pews in the side aisles and also in the chancel (including the choir) will have no restrictions requested of them.
4. People with medical exemption from wearing masks are expressly welcome to sit anywhere in church.
5. Everyone will be requested to wear masks when moving about the church, out of respect for others.
6. Communion will now be administered at nave altar but remain in one kind only. Everyone will be requested to wear masks and socially distance by one metre in a single line up in the centre aisle. The choir will be requested to do similarly in the chancel.
7. Everyone will continue to be requested to sanitise their hands on entry into the church.
8. Records of attendance will continue to be kept to

assist Test and Trace.

9. These protocols will be reviewed on a monthly basis, particularly in relation to the local hospitalisation rate for Covid 19.

### Music before the Service

*Organist: Chris Borrett*

### Welcome and Introduction

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

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

*Remaining standing.*

**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.

*Please kneel or sit, and we pause for a time of self-reflection.*

**Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy  
forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly, love mercy,  
and walk humbly with you, our God. 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** (*Shepherd*)

*Please stand.*

**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 period 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**

### **First Reading: Ephesians 4.1-16**

*read by Sue Adair.*

I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the

unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended,' what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.)

The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.

We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

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

### **Gradual Hymn**

*Please stand.*

**Praise, my soul, the King of heaven,  
 to his feet thy tribute bring;  
 ransomed, healed, restored, forgiven,  
 who like me his praise should sing?**

**Alleluia, Alleluia,  
 praise the everlasting King.**

**Praise him for his grace and favour  
 to our fathers in distress;  
 praise him still the same as ever,  
 slow to chide and swift to bless:**

**Alleluia, Alleluia,  
 glorious in his faithfulness.**

**Father-like, he tends and spares us,  
 well our feeble frame he knows;  
 in his hands he gently bears us,  
 rescues us from all our foes:**

**Alleluia, Alleluia,  
 widely as his mercy flows.**

Angels, help us to adore him;  
 ye behold him face to face;  
 sun and moon, bow down before him,  
 dwellers all in time and space:  
 Alleluia, Alleluia,  
 praise with us the God of grace.

## Gospel: John 6.24-35

*read by Richard Hanley, Elder*

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

**Glory to you, O Lord.**

When the crowd saw that neither Jesus nor his disciples were at the place where Jesus had given the bread, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?'

Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.'

So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.'

They said to him, 'Sir, give us this bread always.' Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

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

*Led by Sonia Docherty, Elder. Please kneel or sit.*

Merciful Father;  
**accept these prayers,  
 For the sake of your Son,  
 Our Saviour, Jesus Christ. Amen.**

# Liturgy of the Sacrament

## The Peace

*Please stand.*

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.**

## The Gifts of the People

*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*

## Offertory Hymn

*Please stand.*

**Christ is the King! O friends rejoice;  
 Brothers and sisters with one voice  
 Tell all the world he is your choice.  
 Alleluia!**

**O magnify the Lord, and raise  
 Anthems of joy and holy praise  
 For Christ's brave saints of ancient days:  
 Alleluia!**

They with a faith for ever new  
Followed the King, and round him drew  
Thousands of faithful hearts and true,  
Alleluia!

O Christian women, Christian men,  
All the world over, seek again  
The Way disciples followed then:  
Alleluia!

Christ through all ages is the same:  
Place the same hope in his great name,  
With the same faith his word proclaim:  
Alleluia!

Let love's unconquerable might  
Your scattered companies unite  
in service to the Lord of light:  
Alleluia!

So shall God's will on earth be done,  
New lamps be lit, new tasks begun,  
and the whole Church at last be one.  
Alleluia!

## Offertory Sentence

*Please stand, as the minister takes the offering plate.  
Recalling our giving for God's work of in the life and  
mission of our Church, the minister says:*

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 is here:

**His Spirit is with us.**

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.**

*We keep a time of quiet while the Sanctus bell is rung.*

## 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.**

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.

## Agnus Dei (Shepherd)

**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.**

## Holy Communion

*Please all stand.*

*The minister proclaims and all respond:*

The Body of Christ; the bread of heaven. **Amen.**

The Blood of Christ; the cup of salvation. **Amen.**

*Communion will be administered at the nave altar.  
Please form a single line to come forward in the centre  
aisle. Communicants are requested to wear masks  
while coming forward for Communion and moving  
around the church. Please try and maintain one metre  
social distancing.*

*Communion will be administered one kind only. The  
Bread will be carefully dropped into people's hands, so  
that there is no physical contact. Please hold out your  
crossed hands as you approach the minister, and then  
lift your mask to consume the bread.*

*If you require a gluten free wafer, please do not hold  
out your hands until the minister offers 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.*

## Prayer after Communion

*When administration of Communion is ended:*

**Holy Father, who gathered us here  
around the table of your Son  
to share 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

*Please stand.*

**Through the night of doubt and sorrow  
onward goes the pilgrim band,  
singing songs of expectation,  
marching to the promised land.**

**Clear before us through the darkness  
gleams and burns the guiding light;  
pilgrim clasps the hand of pilgrim,  
stepping fearless through the night.**

**One the light of God's own presence  
o'er his ransomed people shed,  
chasing far the gloom and terror,  
brightening all the path we tread:**

**One the object of our journey,  
one the faith which never tires,  
one the earnest looking forward,  
one the hope our God inspires:**

**One the strain that lips of thousands  
lift as from the heart of one;  
one the conflict, one the peril,  
one the march in God begun:**

One the gladness of rejoicing  
on the far eternal shore,  
where the one almighty Father  
reigns in love for evermore.

## Blessing

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

*The livestream continues until the end of the Voluntary*

## Contacts

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