

# Choral Eucharist

10.30pm 8<sup>th</sup> August 2021 – Trinity 10

## 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: Adam Chillingworth*

## **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.*

Let your merciful ears, O Lord,  
be open to the prayers of your humble servants;  
and that they may obtain their petitions  
make them to ask such things as shall please you;  
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 4.25 - 5.2**

*read by Mary Baldry.*

Putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for

building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption.

Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

For the gift of his living word;

**Thanks be to God.**

## **Gradual Hymn**

*Please stand.*

**O for a closer walk with God,  
a calm and heav'nly frame,  
a light to shine upon the road  
that leads me to the Lamb!**

**What peaceful hours I then enjoyed!  
How sweet their mem'ry still!  
But they have left an aching void  
the world can never fill.**

**Return, O holy Dove, return,  
sweet messenger of rest;  
I hate the sins that made Thee mourn,  
and drove Thee from my breast.**

**The dearest idol I have known,  
whate'er that idol be,  
help me to tear it from Thy throne  
and worship only Thee.**

**So shall my walk be close with God,  
calm and serene my frame;  
so purer light shall mark the road  
that leads me to the Lamb.**

## **Gospel: John 6.35, 41-51**

*read by Sonia Docherty, Elder*

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

**Glory to you, O Lord.**

Jesus said to the crowd, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered

them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God."

'Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

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 Cathy Moss, 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.*

**Alleluia, sing to Jesus!  
His the sceptre, his the throne;  
alleluia, his the triumph,  
his the victory alone:  
hark, the songs of peaceful Sion  
thunder like a mighty flood;  
Jesus out of every nation  
hath redeemed us by his blood.**

**Alleluia, not as orphans  
are we left in sorrow now;  
alleluia, he is near us,  
faith believes nor questions how:  
though the cloud from sight received him,  
when the forty days were o'er,  
shall our hearts forget his promise,  
'I am with you evermore'?**

**Alleluia, bread of angels,  
thou on earth our food, our stay;  
alleluia, here the sinful  
flee to thee from day to day.  
Intercessor, Friend of sinners,  
earth's Redeemer, plead for me,  
where the songs of all the sinless  
sweep across the crystal sea.**

**Alleluia, King eternal,  
thee the Lord of lords we own;  
Alleluia, born of Mary,  
earth thy footstool, heaven thy throne:  
thou within the veil hast entered,  
robed in flesh, our great High Priest;  
thou on earth both Priest and Victim  
in the Eucharistic Feast.**

## 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:*

**God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those who trust in you:  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
through Jesus Christ our Lord. Amen.**

# *Sending Out*

## **Mission Hymn**

*Please stand.*

**God is Love: let heav'n adore him;  
God is Love: let earth rejoice;  
let creation sing before him,  
and exalt him with one voice.  
He who laid the earth's foundation,  
he who spread the heav'ns above,  
he who breathes through all creation,  
he is love, eternal love.**

**God is Love: and he enfoldeth  
all the world in one embrace;  
with unfailing grasp he holdeth  
every child of every race.  
And when human hearts are breaking  
under sorrow's iron rod,  
then they find that self same aching  
deep within the heart of God.**

**God is Love: and though with blindness  
sin afflicts the souls of all,  
God's eternal loving-kindness  
holds and guides us when we fall.  
Sin and death and hell shall never  
o'er us final triumph gain;  
God is Love, so Love or ever  
o'er the universe must reign.**

## **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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