

Holy Communion

10.30am Wednesday 4th August 2021

Gathering

Please note that this service will not be live streamed.

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

The Vicar and PCC have agreed these new protocols for the current time:

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.

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 God, who sent thy Holy Spirit to be the life and light of thy Church: open our hearts to the riches of thy grace, that we may bring forth the fruit of the Spirit in love and joy and peace; through Jesus Christ thy Son our Lord, who is alive and reigns with thee, 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

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.

Thanks be to God.

The Gospel: John 6.24-35

All please stand.

The holy Gospel is written in the 6th chapter of the Gospel according to St John, beginning to read at the 24th verse. **Glory be to thee, 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 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 Roger Pallant

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 which was given for thee, preserve thy body and soul unto everlasting life. **Amen.**

The Blood of Christ which was shed for thee, preserve thy body and soul unto everlasting life. **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.

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.

God give you grace to follow his saints in faith and hope and love; and the blessing of God almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always. **Amen.**

Contacts

Revd Canon Charles Jenkin, Vicar, 07789 633315
charlesjenkin60@gmail.com

Mrs Jo Jones, Churchwarden, 07813 543587
jonesgriz01@gmail.com

Mrs Sonia Docherty, Churchwarden, 07376 551764
sonia.docherty1@gmail.com

Mr Christopher Borrett, Director of Music
music.stmaryletower@gmail.com