

Choral Eucharist

10.30pm 22nd August 2021 – Trinity 12

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.

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 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 (congregational setting).*

**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 and everlasting God,
you are always more ready to hear than we to pray
and to give more than either we desire or deserve:
pour down upon us the abundance of your mercy,
forgiving us those things
of which our conscience is afraid
and giving us those good things
which we are not worthy to ask
but through the merits and mediation
of 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 6.10-20***read by Annie Shead.*

Be strong in the Lord and in the strength of his power.
Put on the whole armour of God, so that you may be
able to stand against the wiles of the devil. For our
struggle is not against enemies of blood and flesh, but
against the rulers, against the authorities, against the
cosmic powers of this present darkness, against the
spiritual forces of evil in the heavenly places.

Therefore take up the whole armour of God, so that
you may be able to withstand on that evil day, and

having done everything, to stand firm. Stand therefore,
and fasten the belt of truth around your waist, and put
on the breastplate of righteousness. As shoes for your
feet put on whatever will make you ready to proclaim
the gospel of peace. With all of these, take the shield of
faith, with which you will be able to quench all the
flaming arrows of the evil one. Take the helmet of
salvation, and the sword of the Spirit, which is the word
of God.

Pray in the Spirit at all times in every prayer and
supplication. To that end keep alert and always
persevere in supplication for all the saints. Pray also for
me, so that when I speak, a message may be given to me
to make known with boldness the mystery of the
gospel, for which I am an ambassador in chains. Pray
that I may declare it boldly, as I must speak.

For the gift of his living word;

Thanks be to God.**Gradual Hymn***Please stand.*

**Be thou my vision, O Lord of my heart,
be all else but naught to me, save that thou art;
be thou my best thought in the day and the
night,
both waking and sleeping, thy presence my light.**

**Be thou my wisdom, be thou my true word,
be thou ever with me, and I with thee, Lord;
be thou my great Father, and I thy true son;
be thou in me dwelling, and I with thee one.**

**Be thou my breastplate, my sword for the fight;
be thou my whole armour, be thou my true
might;
be thou my soul's shelter, be thou my strong
tower;
O raise thou me heavenward, great Power of my
power.**

**Riches I heed not, nor man's empty praise:
be thou mine inheritance now and always;
be thou and thou only the first in my heart;
O Sovereign of heaven, my treasure thou art.**

**High King of heaven, thou heaven's bright Sun,
O grant me its joys after vict'ry is won;
great heart of my own heart, whatever befall,
still be thou my vision, O Ruler of all.**

Gospel: John 6.56-69*read by Sonia Docherty, Elder*

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

Glory to you, O Lord.

Jesus said to the crowd: 'Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life.

But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.' Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'

This is the Gospel of the Lord.

Praise to you, O Christ.

Sermon

Revd Canon Charles Jenkin

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 Richard Hanley, 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 and sing.

**Just as I am, without one plea
but that blood was shed for me,
and that thou bidst me come to thee,
O Lamb of God, I come.**

**Just as I am, though tossed about
with many a conflict many a doubt,
fightings and fears within, without,
O Lamb of God, I come.**

**Just as I am, poor, wretched, blind;
sight, riches, healing of the mind,
yea, all I need, in thee to find,
O Lamb of God, I come.**

**Just as I am, thou wilt receive,
wilt welcome, pardon, cleanse, relieve:
because thy promise I believe,
O Lamb of God, I come.**

**Just as I am (thy love unknown
has broken every barrier down),
now to be thine, yea, thine alone,
O Lamb of God, I come.**

**Just as I am, of that free love
the breadth, length, depth, and height to
prove,
here for a season, then above,
O Lamb of God, I come.**

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

Father, you made the world and love your creation.
You gave your Son Jesus Christ to be our Saviour.
His dying and rising have set us free from sin and death.
And so we gladly thank you,
with saints and angels praising you, and saying:

**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.**

We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command,
send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.

On the night before he died
he had supper with his friends
and, taking bread, he praised you.
He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them 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.

So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice
made once for all upon the cross.
Bringing before you the bread of life
and cup of salvation,
we proclaim his death and resurrection
until he comes in glory.

Jesus Christ is Lord:
**Lord, by your cross and resurrection
you have set us free.
You are the Saviour of the world.**

Lord of all life,
help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.
Look with favour on your people,
gather us in your loving arms
and bring us with Blessed Mary and all the saints
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, O loving Father,
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. And please return to your seat by the side aisles.

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. If you wish, you may lift your mask and consume the bread before moving on.

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 all mercy,
in this eucharist you have set aside our sins
and given us your healing:
grant that we who are made whole in Christ
may bring that healing to this broken world,
in the name of Jesus Christ our Lord. Amen.**

Sending Out

Mission Hymn

Please stand and sing.

**Ye holy angels bright,
Who wait at God's right hand,
Or through the realms of light
Fly at your Lord's command,**

**Assist our song,
For else the theme
Too high doth seem
For mortal tongue.**

**Ye blessed souls at rest,
Who ran this earthly race,
And now, from sin released,
Behold the Saviour's face,
God's praises sound,
As in his sight
With sweet delight
Ye do abound.**

**Ye saints, who toil below,
Adore your heavenly King,
And onward as ye go
Some joyful anthem sing;
Take what He gives
And praise Him still,
Through good and ill,
Who ever lives!**

**My soul, bear thou thy part,
Triumph in God above:
And with a well tuned heart
Sing thou the songs of love!
Let all thy days
Till life shall end,
Whate'er He send,
Be filled with praise**

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

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