

Holy Communion

10.30am Wednesday 8th September

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.

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, whose only Son has opened for us a new and living way into thy presence: give us pure hearts and steadfast wills to worship thee in spirit and in truth; through Jesus Christ thy 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: James 2.1–10,14–17

My brothers and sisters, do you with your acts of favouritism really believe in our glorious Lord Jesus Christ? For if a person with gold rings and in fine clothes comes into your assembly, and if a poor person in dirty clothes also comes in, and if you take notice of the one wearing the fine clothes and say, 'Have a seat here, please,' while to the one who is poor you say, 'Stand there,' or, 'Sit at my feet,' have you not made distinctions among yourselves, and become judges with evil thoughts?

Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him? But you have dishonoured the poor. Is it not the rich who oppress you? Is it not they who drag you into court? Is it not they who blaspheme the excellent name that was invoked over you? You do well if you really fulfil the royal law according to the scripture, 'You shall love your neighbour as yourself.' But if you show partiality, you commit sin and are convicted by the law as transgressors.

For whoever keeps the whole law but fails in one point has become accountable for all of it. What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, 'Go in peace; keep warm and eat your fill,' and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.

Thanks be to God.

The Gospel: Mark 7.24–37

All please stand.

The holy Gospel is written in the 7th chapter of the Gospel according to St Mark, beginning to read at the 24th verse. **Glory be to thee, O Lord.**

Jesus set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter.

He said to her, 'Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs.' But she answered him, 'Sir, even the dogs under the table eat the children's crumbs.' Then he said to her, 'For saying that, you may go – the demon has left

your daughter.' So she went home, found the child lying on the bed, and the demon gone.

Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, 'Ephphatha,' that is, 'Be opened.' And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, 'He has done everything well; he even makes the deaf to hear and the mute to speak.'

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, and to 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. If you require a gluten free wafer, please wait until the minister offers the gluten free bread to you, before holding out your hands

You are welcome if you wish, to lift your mask and consume the bread, before moving on.

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.**

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