

Holy Communion
for the Sunday before Lent
at Home due to Coronavirus COVID-19



The Stour Valley Benefice
Cavendish, Clare, Hundon, Poslingford, Stoke-by-Clare & Wixoe

- A short introduction to the Season –

There is nothing “ordinary” about Ordinary Time! It is called this simply because the weeks of Ordinary Time are numbered. The Latin word ‘ordinalis’, refers to numbers in series, from which we get the English word ‘order’.

The numbered weeks of Ordinary Time represent the ordered life of the Church – a period in which we live our lives neither in feasting (as in the Christmas and Easter seasons), nor in reflection or penance (as in the seasons of Advent and Lent), instead the Church focuses on growth and renewal, and looks forward in expectation of the second coming of Christ.

This season of growth and renewal is represented in our use of Green liturgical decorations and vestments.

**Growing in God**

Spiritual Communion

The term ‘Spiritual Communion’ has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ.

In joining with Revd Mark today as he celebrates the Eucharist from his own home, you too are able to join with him in communion. The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly ‘eat and drink the Body and Blood of our Saviour Christ’, although we cannot receive the sacrament physically in ourselves.

The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, ‘I am the Bread of Life’.

Welcome and Introduction

Hymn – Bright the vision that delighted

sung by St Martin's Voices

- 1 Bright the vision that delighted
 once the sight of Judah's seer;
 Sweet the countless tongues united
 to entrance the prophet's ear.

- 2 Round the Lord in glory seated
 cherubim and seraphim
 filled his temple, and repeated
 each to each the alternate hymn.

- 3 'Lord, thy glory fills the heaven;
 Earth is with its fullness stored;
 unto thee be glory given,
 Holy, Holy, Holy Lord.'

- 4 Heaven is still with glory ringing,
 Earth takes up the angels' cry,
 'Holy, Holy, Holy,' singing,
 'Lord of hosts, the Lord most high.'

- 5 With the seraph train before him,
 with his holy Church below,
 thus unite we to adore him,
 Bid we thus our anthem flow:

- 6 'Lord, thy glory fills the heaven;
 Earth is with its fullness stored;
 unto thee be glory given,
 Holy, Holy, Holy Lord.'

Richard Mant (1776-1848)

The Greeting

Priest: Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you

All: and also with you.

Priest: This is the day that the Lord has made.

All: Let us rejoice and be glad in it.

Prayer of Preparation

**All: 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.**

Prayer of Penitence

Priest: God so loved the world that he gave us 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.

**All: Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault.
We are truly sorry and repent of all our sins.
For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.**

Absolution

Priest: Almighty God, who forgives all who truly repent, have mercy upon *you*, pardon and deliver *you* from all *your* sins, confirm and strengthen *you* in all goodness, and keep *you* in life eternal; through Jesus Christ our Lord.

All: Amen.

The Gloria is sung

(Mass of St Cedd – by Peter Nardone sung by St Martin's Voices)

All: 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.

The Liturgy of the Word

The Collect for the Sunday before Lent

Priest: Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory;

who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Old Testament Reading - 2 Kings 2.1–12

Now when the LORD was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal. Elijah said to Elisha, 'Stay here; for the LORD has sent me as far as Bethel.' But Elisha said, 'As the LORD lives, and as you yourself live, I will not leave you.' So they went down to Bethel. The company of prophets who were in Bethel came out to Elisha, and said to him, 'Do you know that today the LORD will take your master away from you?' And he said, 'Yes, I know; keep silent.'

Elijah said to him, 'Elisha, stay here; for the LORD has sent me to Jericho.' But he said, 'As the LORD lives, and as you yourself live, I will not leave you.' So they came to Jericho. The company of prophets who were at Jericho drew near to Elisha, and said to him, 'Do you know that today the LORD will take your master away from you?' And he answered, 'Yes, I know; be silent.'

Then Elijah said to him, 'Stay here; for the LORD has sent me to the Jordan.' But he said, 'As the LORD lives, and as you yourself live, I will not leave you.' So the two of them went on. Fifty men of the company of prophets also went, and stood at some distance from them, as they both were standing by the Jordan. Then Elijah took his mantle and rolled it up, and struck the water; the water was parted to the one side and to the other, until the two of them crossed on dry ground.

When they had crossed, Elijah said to Elisha, 'Tell me what I may do for you, before I am taken from you.' Elisha said, 'Please let me inherit a double share of your spirit.' He responded, 'You have asked a hard thing; yet, if you see me as I am being taken from you, it will be granted you; if not, it will not.' As they continued walking and talking, a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven. Elisha kept watching and crying out, 'Father, father! The chariots of Israel and its horsemen!' But when he could no longer see him, he grasped his own clothes and tore them in two pieces.

Priest: This is the word of the Lord.

All: Thanks be to God.

Psalm – Psalm 50.1–6

The Lord, the most mighty God, has spoken and called the world from the rising of the sun to its setting.

Out of Zion, perfect in beauty, God shines forth; our God comes and will not keep silence.

Consuming fire goes out before him and a mighty tempest stirs about him.

He calls the heaven above, and the earth, that he may judge his people:

'Gather to me my faithful, who have sealed my covenant with sacrifice.'

Let the heavens declare his righteousness, for God himself is judge.

New Testament Reading - 2 Corinthians 4.3–6

And even if our gospel is veiled, it is veiled to those who are perishing.

In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

Gospel Acclamation

Priest: Glory to the Father, and to the Son, and to the Holy Spirit, one God, who was, and who is, and who is to come, the Almighty.

All: Alleluia

Gospel – Mark 9:2-9

Priest: Hear the Gospel of our Lord Jesus Christ according to Mark

All: Glory to you, O Lord.

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!' Suddenly when they looked around, they saw no one with them any more, but only Jesus. As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

Priest: This is the Gospel of the Lord.

All: Praise to you, O Christ.

The Creed

Priest: My brothers and sisters in Christ, let us declare our faith in God.

**All: We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit. Amen.**

cf Ephesians 3

Prayers of Intercession

Priest: Let us pray that the Church and the world shall be filled with the glory of God.

Guide the Church to be faithful to the wisdom of the past and open to the revelation of the future. As we rejoice in our times of worship, keep us from lingering too long on the heights, and lead us back to do the work appointed for us.

Grant to all the peoples of the world the blessing of quiet times set apart from daily concerns, and renewal of strength for the service of all. May those who hold authority find the inner peace that will lead them to seek the peace of the nations.

May our lives be so filled with the glory of the Lord, that we may show his grace in our lives. Bless our homes, bless all those whose lives are near to ours, with the wonder which the disciples knew on the holy mountain.

We pray for all who suffer and feel far from the divine love. Bring into their lives the radiance of hope and courage to look beyond the present and trust in the promise of a happier time to come.

Receive in mercy those who have walked through the valleys of the world, glimpsed the wonder of the mountains, and are now for ever with Christ. Make them perfect in the light which they knew in part and followed with faith.

We pray in the name of Christ, seen in flesh, revealed in glory.

Merciful Father
**All: Accept these our prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen**

The Liturgy of the Sacrament

The Peace

Priest: Peace to you from God our heavenly Father.
Peace from his Son Jesus Christ who is our peace.
Peace from the Holy Spirit, the life-giver.
The peace of the Lord be always with you

All: and also with you.

Preparation of the Table

Priest: With this bread that we bring

All: We shall remember Jesus

Priest: With this wine that we bring

All: We shall remember Jesus

Priest: Bread for his body,
wine for his blood
gifts from God to his table we bring

All: We shall remember Jesus.

The Eucharistic Prayer (E)

Priest: The Lord is here.

All: His Spirit is with us.

Priest: Lift up your hearts.

All: We lift them to the Lord.

Priest: Let us give thanks to the Lord our God.

All: It is right to give thanks and praise.

Priest: And now we give you thanks because you have revealed
the glory of your eternal fellowship of love with your Son
and with the Holy Spirit, three persons, equal in
majesty, undivided in splendour, yet one God, ever to be

worshipped and adored. And so with angels and archangels, with cherubim and seraphim, we praise you for your glory:

All: *(Sung)* **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.**

Priest: 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.

Christ is the bread of life:

All: **When we eat this bread and drink this cup, we proclaim your death, Lord Jesus, until you come in glory.**

Priest: 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 The Blessed Virgin Mary, St Peter, St Paul, St John the Baptist, St Laurence 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.

All: Amen.

The Lord's Prayer

Priest: As our Saviour taught us, so we pray

**All: Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who 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.**

Breaking of the Bread

Priest: We break this bread to share in the body of Christ.

**All: Though we are many, we are one body,
because we all share in one bread.**

The Agnus Dei

(Sung)

**Lamb of God, you take away the sin of the world,
have mercy on us.**

**Lamb of God, you take away the sin of the world,
have mercy on us.**

**Lamb of God, you take away the sin of the world,
grant us peace.**

Giving of Communion

Priest: God's holy gifts for God's holy people.

**All: Jesus Christ is holy
Jesus Christ is Lord
To the glory of God the Father.**

Prayers after Communion

Post Communion Collect

Priest: Holy God, we see your glory in the face of Jesus Christ: may we who are partakers at his table reflect his life in word and deed, that all the world may know his power to change and save. This we ask through Jesus Christ our Lord.

**All: Almighty God, we thank you for feeding us with
the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out in the power of your Spirit to live and
work to your praise and glory. Amen.**

Hymn – Christ, whose glory fills the skies

sung by St Martin's Voices

- 1 Christ, whose glory fills the skies,
Christ, the true, the only light,
Sun of Righteousness, arise,
triumph o'er the shades of night;
Dayspring from on high, be near;
Daystar, in my heart appear.
- 2 Dark and cheerless is the morn
unaccompanied by thee;
joyless is the day's return,
till thy mercy's beams I see;
till they inward light impart,
glad my eyes, and warm my heart.
- 3 Visit then this soul of mine,
pierce the gloom of sin and grief;
fill me, radiance divine,
scatter all my unbelief;
more and more thyself display,
shining to the perfect day.

Charles Wesley (1707-1788)

The Blessing

Priest: God the Holy Trinity make you strong in faith and love,
defend you on every side, and guide you in truth and
peace; and the blessing of God almighty, the Father, the
Son and the Holy Spirit, be with you and remain with
you always.

All: Amen.

Acclamation and Commission

Priest: You are worthy, our Lord and God;

All: to receive glory and honour and power.

Priest: For you have created all things;

All: and by your will they have their being.

Priest: To the One who sits on the throne and to the Lamb;

All: be blessing and honour and glory and might for ever and ever. Amen.

Revelation 4.11;5.10,11

Priest: If you know me, you will know my Father also.
From now on you do know him and have seen him.
Whoever has seen me has seen the Father.

John 14.7,9

Priest: Let us go in peace to love and serve the Lord.

All: In the name of Christ. Amen

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