

Holy Communion
for the 2nd Sunday of Lent
at Home due to Coronavirus COVID-19



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

- A short introduction to the Season -

The characteristic feel of Lent is one of self-examination, penitence, self-denial, study, almsgiving, in preparation for Easter. It lasts for forty days and forty nights reminding us of Jesus' time spent in the wilderness, being tested by Satan.

It was also the traditional time when candidates for baptism were instructed, and those penitents prepared themselves, through fasting and penance, to be readmitted to communion. The whole Christian community were also invited to join them.

Ashes are an ancient sign of penitence; and so, it has become traditional to begin Lent on 'Ash Wednesday' by being marked in ash with the sign of the cross, although for safety reasons that isn't possible this year.

This season of penitence is demonstrated in our use of the simplest vestments, and many churches are kept bare of flowers and other decorations. The predominant colour of this season is Purple or Violet.


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 – Just as I am, without one plea

sung by St Martin's Voices

- 1 Just as I am, without one plea
but that thy blood was shed for me,
and that thou bidst me come to thee,
O Lamb of God, I come.
- 2 Just as I am, though tossed about
with many a conflict, many a doubt,
fightings within and fears without,
O Lamb of God, I come.
- 3 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.
- 4 Just as I am, thou wilt receive,
wilt welcome, pardon, cleanse, relieve:
because thy promise I believe,
O Lamb of God, I come.
- 5 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.
- 6 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.

Charlotte Elliott (1789-1871)

The Gathering

Priest: In the name of the Father,
and of the Son,
and of the Holy Spirit.

All: Amen.

The Greeting

Priest: The Lord be with you.

All: and also with you.

Prayer of Preparation

All: Almighty God, to whom all hearts are open, all desires known, and from who 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

Priest: Our Lord Jesus Christ said: The first commandment is this: 'Hear, O Israel, the Lord our God is only Lord. You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.'

The second is this: 'Love your neighbour as yourself.' There is no other commandment greater than these. On these two commandments hang all the law and the prophets.

All: Amen. Lord, have mercy.

Priest: Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times we have fallen from temptation into sin.

Kyrie Confessions

Priest: Wash me thoroughly from my wickedness and cleans me from my sin:

Lord, have mercy.

All: Lord, have mercy.

Priest: Make me a clean heart, O God, and renew a right spirit within me:

Christ, have mercy.

All: Christ, have mercy.

Priest: Cast me not away from your presence and take not your holy spirit from me:

Lord, have mercy.

All: Lord, have mercy.

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.

(Note: During Lent the Gloria is not said)

The Collect

Priest: Let us pray.

Almighty God, you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

All: Amen.

The Liturgy of the Word

Old Testament Reading - Genesis 17.1-7,15,16

When Abram was ninety-nine years old, the LORD appeared to Abram, and said to him, 'I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous.' Then Abram fell on his face; and God said to him, 'As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.

God said to Abraham, 'As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.'

Priest: This is the word of the Lord

All: Thanks be to God.

Psalm 22.23-31

Praise the Lord, you that fear him; O seed of Jacob, glorify him; stand in awe of him, O seed of Israel.

For he has not despised nor abhorred the suffering of the poor; neither has he hidden his face from them; but when they cried to him he heard them.

From you comes my praise in the great congregation; I will perform my vows in the presence of those that fear you.

The poor shall eat and be satisfied; those who seek the Lord shall praise him; their hearts shall live for ever.

All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall bow before him.

For the kingdom is the Lord's and he rules over the nations.
How can those who sleep in the earth bow down in worship, or those
who go down to the dust kneel before him?
He has saved my life for himself; my descendants shall serve him; this
shall be told of the Lord for generations to come.
They shall come and make known his salvation, to a people yet
unborn, declaring that he, the Lord, has done it.

Priest: This is the word of the Lord

All: Thanks be to God.

New Testament Reading – Romans 4:13-25

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations') - in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become 'the father of many nations', according to what was said, 'So numerous shall your descendants be.' He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith 'was reckoned to him as righteousness.' Now the words, 'it was reckoned to him', were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

Priest: This is the word of the Lord

All: Thanks be to God.

Gospel Reading - Mark 8:31-38

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

All: Glory to you, O Lord.

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.' He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

Reader: This is the Gospel of the Lord.

All: Praise to you, O Christ.

The Creed

All: We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.
We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made.

For us and for our salvation he came down from heaven, was incarnate from the Holy Spirit and the Virgin Mary and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

Prayers of Intercession

Let us pray to God for right judgement and constancy in faith.

Strengthen the Church to follow the way of the Cross and not to judge in the haste of the moment. Help all your faithful people to understand that to save is to lose and to lose is to find, that to give all is to gain all in the power of the risen Christ.

May those who value only the pleasure and satisfaction of the moment learn where true blessedness lies. May those who hold power so set their minds on the things that are divine that they may rule with mercy in the things that are human.

Give to us, to our families and friends and neighbours, grace to follow as we are led and wisdom to know what is right in our way of life and

what is a hindrance to our faith. Strengthen us to let go of the old when you are calling to the new, knowing that in your will there is life and not loss.

Have mercy on those whose burden in this world are heavy. Be near to those who suffer for the sake of the gospel, who have offered their lives for its sake. Shield them from harm and bring them to eternal life.

We pray for the departed, those who took up their crosses and carried them to the end of the way and have laid them down in the repose of heaven. May we in our time be faithful until we come to share in their joy.

May our prayers be acceptable in Christ who suffered and died for us.

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

The Liturgy of the Sacrament

The Peace

Priest: Since we are justified by faith, we have peace with god through our Lord Jesus Christ, who has given us access to his grace. *(Romans:5:1,2)*

**All: The peace of the Lord be always with you
and also with you.**

Preparation of the Altar

Priest: God of mercy and compassion, your Word calls us home to faith and love, accept all we offer you this day; in the name of Jesus Christ the Lord.

All: Amen.

The Eucharistic Prayer

Priest: The Lord be with you

All: and also with you.

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: It is indeed right and good, to give you thanks and praise, almighty God and everlasting Father, through Jesus Christ your Son.

For in these forty days you lead us into the desert of repentance that through a pilgrimage of prayer and discipline we may grow in grace and learn to be your people once again.

Through fasting, prayer and acts of service you bring us back to your generous heart.

Through study of your holy word you open our eyes to your presence in the world and free our hands to welcome others into the radiant splendour of your love.

As we prepare to celebrate the Easter feast with joyful hearts and minds we bless you for your mercy and join with saints and angels for ever praising you and singing:

All: Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna, Hosanna, Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna, Hosanna, Hosanna in the highest.

Priest: Accept our praises, heavenly Father, through your Son our Saviour Jesus Christ, and as we follow his example

and obey his command, grant that by the power of your Holy Spirit these gifts of bread and wine may be to us his body and his blood; who, in the same night that he was betrayed, took bread and gave you thanks; he broke 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.

In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying: 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.

Therefore, heavenly Father, we remember his offering of himself made once for all upon the cross; we proclaim his mighty resurrection and glorious ascension; we look for the coming of your kingdom, and with this bread and this cup we make the memorial of Christ your Son our Lord.

Great is the mystery of faith:

All:

Christ has died:

Christ is risen:

Christ will come again.

Priest:

Accept through him, our great high priest, this our sacrifice of thanks and praise, and as we eat and drink these holy gifts in the presence of your divine majesty, renew us by your Spirit, inspire us with your love and unite us in the body of your Son, Jesus Christ our Lord.

Through him, and with him, and in him, in the unity of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Father almighty, in songs of everlasting praise:

All:

**Blessing and honour and glory and power
be yours for ever and ever. Amen.**

The Lord's Prayer

Priest: Let us pray with confidence as our Saviour has taught us

**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

**All: 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: Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you. Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

All: **We do not presume to come to this your table,
merciful Lord, trusting in our own righteousness,
but in your manifold and great mercies.
We are not worthy so much as to gather up the
crumbs under your table.
But you are the same Lord whose nature is
always to have mercy.
Grant us therefore, gracious Lord, so to eat the
flesh of your 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 after Communion

Priest: Almighty God, you see that we have no power of
ourselves to help ourselves: keep us both outwardly in
our bodies, and inwardly in our souls; that we may be
defended from all adversities which may happen to the
body, and from all evil thoughts which may assault and
hurt the soul; 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 – Jesu, lover of my soul

sung by St Martin's Voices

1 Jesu, lover of my soul,
let me to thy bosom fly,
while the gath'ring waters roll,
while the tempest still is high:
Hide me, O my Saviour, hide,
till the storm of life is past;

safe into the haven guide,
O receive my soul at last.

2 Other refuge have I none,
hangs my helpless soul on thee;
leave, ah, leave me not alone,
still support and comfort me.
All my trust on thee is stayed,
all my help from thee I bring;
cover my defenceless head
with the shadow of thy wing.

3 Plenteous grace with thee is found,
grace to cover all my sin;
let the healing streams abound,
make and keep me pure within.
Thou of life the fountain art,
freely let me take of thee,
spring thou up within my heart,
rise to all eternity.

Charles Wesley (1707-1788)

The Dismissal

Priest: God, who from the death of sin raised you to new life in Christ, keep you from falling and set you in the presence of his glory; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be amongst you and remain with you always.

All: Amen.

Priest: Go in peace to love and serve the Lord.

All: In the name of Christ. Amen.

#LIVE LENT



God's Story
Our Story

Although we are not all able to meet in church for services, it is important to remember that the work of the Church continues, and sadly so do many of the ongoing costs in maintaining our historic buildings as well as supporting the ministry in this benefice and the wider church. We remain heavily dependent upon the generosity of those from our congregations, such as yourself to continue to help us make Jesus known to all, as well as helping to ensure that we are available for weddings, funerals and baptisms and many other occasions for future generations. If you are able to make a gift please contact your church warden or Revd Mark.

Remember that if you are able, please Gift Aid your donation as it means that we can claim an extra 25p for every £1 you donate from the Government at no extra cost to you – resulting in your £20 donation now being worth £25!

If you wish to donate regularly to your church, please consider signing up to the Parish Giving Scheme, please ask one of the churchwardens for a pack or sign up online at: www.parishgiving.org.uk/donors/find-your-parish/

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