

Holy Communion
for the 3rd 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.



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 – Father, hear the prayer we offer

sung by St Martin's Voices

- 1 Father, hear the prayer we offer:
not for ease that prayer shall be,
but for strength that we may ever
live our lives courageously.
- 2 Not for ever in green pastures
do we ask our way to be;
but the steep and rugged pathway
may we tread rejoicingly.
- 3 Not for ever by still waters
would we idly rest and stay;
but would smite the living fountains
from the rocks along our way.
- 4 Be our strength in hours of weakness,
in our wanderings be our guide;
through endeavour, failure, danger,
Father, be thou at our side.

Love Maria Willis (nee Whitcomb) (1824-1908), Samuel Longfellow (1819-1892)

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: The sacrifice of God is a broken spirit; a broken and contrite heart God will not despise. Let us come to the Lord, who is full of compassion, and acknowledge our transgressions in penitence and faith.

Kyrie Confessions

Priest: We confess to you our selfishness and lack of love: fill us with your Spirit.
Lord, have mercy.

All: **Lord, have mercy.**

Priest: We confess to you our fear and failure in sharing our faith: fill us with your Spirit.
Christ, have mercy.

All: **Christ, have mercy.**

Priest: We confess to your our stubbornness and lack of trust:
fill us with your Spirit.

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, whose most dear Son went not up to joy
but first he suffered pain, and entered not into glory
before he was crucified: mercifully grant that we,
walking in the way of the cross, may find it none other
than the way of life and peace; through 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.

All: Amen.

The Liturgy of the Word

Old Testament Reading – Exodus 20.1-17

Then God spoke all these words:

I am the LORD your God, who brought you out of the land of Egypt, out
of the house of slavery; you shall have no other gods before me. You
shall not make for yourself an idol, whether in the form of anything
that is in heaven above, or that is on the earth beneath, or that is in
the water under the earth. You shall not bow down to them or worship
them; for I the LORD your God am a jealous God, punishing children for
the iniquity of parents, to the third and the fourth generation of those

who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it. Honour your father and your mother, so that your days may be long in the land that the LORD your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

Priest: This is the word of the Lord

All: Thanks be to God.

Psalm 19

The heavens are telling the glory of God ♦ and the firmament proclaims his handiwork.

One day pours out its song to another ♦ and one night unfolds knowledge to another.

They have neither speech nor language ♦ and their voices are not heard,

Yet their sound has gone out into all lands ♦ and their words to the ends of the world.

In them has he set a tabernacle for the sun, ♦ that comes forth as a bridegroom out of his chamber and rejoices as a champion to run his course.

It goes forth from the end of the heavens and runs to the very end again, ♦ and there is nothing hidden from its heat.

The law of the Lord is perfect, reviving the soul; ♦ the testimony of the

Lord is sure and gives wisdom to the simple.
The statutes of the Lord are right and rejoice the heart; ♦ the commandment of the Lord is pure and gives light to the eyes.
The fear of the Lord is clean and endures for ever; ♦ the judgements of the Lord are true and righteous altogether.
More to be desired are they than gold, more than much fine gold, ♦ sweeter also than honey, dripping from the honeycomb.
By them also is your servant taught ♦ and in keeping them there is great reward.
Who can tell how often they offend? ♦ O cleanse me from my secret faults!
Keep your servant also from presumptuous sins lest they get dominion over me; ♦ so shall I be undefiled, and innocent of great offence.
Let the words of my mouth and the meditation of my heart be acceptable in your sight, ♦ O Lord, my strength and my redeemer.

Priest: This is the word of the Lord

All: Thanks be to God.

New Testament Reading – 1 Corinthians 1.18-25

For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, 'I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.' Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Priest: This is the word of the Lord

All: Thanks be to God.

Gospel Reading – John 2:13-22

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

All: Glory to you, O Lord.

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. He told those who were selling the doves, 'Take these things out of here! Stop making my Father's house a market-place!' His disciples remembered that it was written, 'Zeal for your house will consume me.' The Jews then said to him, 'What sign can you show us for doing this?' Jesus answered them, 'Destroy this temple, and in three days I will raise it up.' The Jews then said, 'This temple has been under construction for forty-six years, and will you raise it up in three days?' But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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

For true holiness in the Church and in the world, let us pray to the Lord.

Shield the Church from all that would corrupt her witness and make her unworthy of her Master. May her places of worship be holy and her ministry unblemished by desire for material gain and worldly success.

Have mercy on the world where profit too often stands before people and the love of money is a stronger motive than the love of holiness. Drive out the false values by which some grow rich and many are poor, until the whole earth becomes a temple fit for the Lord.

Bless us, our families and friends, with such reverence in our faith that we may value the holiness that is in other people. Grant to those who conduct their business in this community the spirit of fair dealing and mutual respect.

Have mercy on all who have suffered loss from the dishonesty of those they trusted. Release from evil those who have made material profit their goal and have lost the peace of contentment.

We pray for the departed who having worshipped in this world have died with Christ and been raised up with him. May they rejoice in the heavenly Temple where he is the eternal light.

We pray in the name of Christ who drives out all that is evil.

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)*

The peace of the Lord be always with you

All: and also with you.

Preparation of the Altar

Priest: God of our journey as we walk with you on your path of obedience, sustain us on our way and lead us to your glory; through Jesus Christ our 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: Merciful Lord, grant your people grace to withstand the
temptations of the world, the flesh and the devil, and
with pure hearts and minds to follow you, the only God;
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 – Lead us, heavenly Father, lead us

sung by St Martin's Voices

1 Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.

2 Saviour, breathe forgiveness o'er us;
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
self denying, death defying,
thou to Calvary didst go.

3 Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.

James Edmeston (1791-1867)

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.



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!

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