

**Holy Communion**  
**for the 5th 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 -**

This Sunday sees us entering Passiontide as we begin to walk with Christ in his journey to the Cross.

This solemn season preserves some of the oldest text still in use and rehearses the deepest and most fundamental Christian memories.

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 and Red.

**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 – It is a thing most wonderful

*sung by St Martin's Voices*

- 1 It is a thing most wonderful,  
almost too wonderful to be,  
that God's own Son should come from heav'n,  
and die to save a child like me.
- 2 And yet I know that it is true:  
He chose a poor and humble lot,  
and wept and toiled and mourned and died  
for love of those who loved Him not.
- 3 But even could I see Him die,  
I could but see a little part  
of that great love which, like a fire,  
is always burning in His heart.
- 4 It is most wonderful to know  
His love for me so free and sure;  
but 'tis more wonderful to see  
my love for Him so faint and poor.
- 5 And yet I want to love Thee, Lord;  
O light the flame within my heart,  
and I will love Thee more and more,  
until I see Thee as Thou art.

*William Walsham How (1823-1897)*

## 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: God shows his love for us in that, while we were still sinners, Christ died for us. Let us then show our love for him by confessing our sins in penitence and faith.

## Kyrie Confessions

Priest: O God, you know my foolishness and my sins are not hidden from you:  
Lord, have mercy.

**All: Lord, have mercy.**

Priest: Let not the flood overwhelm me nor the depths swallow me up; let not the pit shut its mouth upon me.  
Christ, have mercy.

**All: Christ, have mercy.**

Priest: Hear me, O Lord, as your loving kindness is good; turn to me as your compassion is great.  
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: Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; 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 – Jeremiah 31:31-34**

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt - a covenant that they

broke, though I was their husband, says the LORD. But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, 'Know the LORD', for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

Priest: This is the word of the Lord

**All: Thanks be to God.**

### **Psalm 51:1-13**

Have mercy on me, O God, in your great goodness; ♦ according to the abundance of your compassion blot out my offences.

Wash me thoroughly from my wickedness ♦ and cleanse me from my sin.

For I acknowledge my faults ♦ and my sin is ever before me.

Against you only have I sinned ♦ and done what is evil in your sight, So that you are justified in your sentence ♦ and righteous in your judgement.

I have been wicked even from my birth, ♦ a sinner when my mother conceived me.

Behold, you desire truth deep within me ♦ and shall make me understand wisdom in the depths of my heart.

Purge me with hyssop and I shall be clean; ♦ wash me and I shall be whiter than snow.

Make me hear of joy and gladness, ♦ that the bones you have broken may rejoice.

Turn your face from my sins ♦ and blot out all my misdeeds.

Make me a clean heart, O God, ♦ and renew a right spirit within me.

Cast me not away from your presence ♦ and take not your holy spirit from me.

Give me again the joy of your salvation ♦ and sustain me with your gracious spirit;

Priest: This is the word of the Lord

**All: Thanks be to God.**

## **New Testament Reading – Hebrews 5:5-10**

So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, 'You are my Son, today I have begotten you'; as he says also in another place, 'You are a priest for ever, according to the order of Melchizedek.' In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

Priest: This is the word of the Lord

**All: Thanks be to God.**

## **Gospel Reading – John 12:20-33**

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

**All: Glory to you, O Lord.**

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, 'Sir, we wish to see Jesus.' Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, 'The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour. 'Now my soul is troubled. And what should I say - "Father, save me from this hour"? No, it is for this reason that I have come to this hour. Father, glorify your name.' Then a voice came from heaven, 'I have glorified it, and I will glorify it again.' The crowd standing there heard it and said that it was thunder. Others said, 'An angel has spoken to him.' Jesus answered, 'This voice has come for your sake, not for

mine. Now is the judgement of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.' He said this to indicate the kind of death he was to die.

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 that Christ shall be glorified in the Church and in the world.

Grant to your servant Church the zeal to bring all people to Christ and to make known his saving sacrifice of himself. Give her power to drive out evil and to find her life in his death and resurrection.

Bless all who work to spread the gospel and offer their lives in its service. Guide the seekers after truth, and lead in the right way those who care only for the pleasures of this world and the satisfaction of their own lives.

Make us willing servants of the faith, helping those around us to find their way and be renewed in the power of Christ. By the power of the Cross may all divisions in our community be mended, and all hurts healed.

Have mercy on all who suffer in body, mind, or spirit. May they hear the divine voice of power and comfort, be relieved from their affliction, and find new life after loss.

We pray for those who have died to this world. May they grow into the life of heaven where joy is endless and what has been offered on earth comes to perfect fruition.

We pray in the name of Christ, lifted on the Cross for our salvation.

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: Once we were far off, but now in union with Christ Jesus we have been brought near through the shedding of Christ's blood, for he is our peace. *(Ephesians 2:13-14)*  
The peace of the Lord be always with you

**All: and also with you.**

### Preparation of the Altar

Priest: Jesus, true vine and bread of life, ever giving yourself that the world might live, let us share your death and passion: make us perfect in your love.

**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 just, our duty and our salvation, always and everywhere to give you thanks, holy Father, almighty and eternal God, through Jesus Christ our Lord. For as the time of his passion and resurrection draws near the whole world is called to acknowledge his hidden majesty.

The power of the life-giving cross reveals the judgement that has come upon the world and the triumph of Christ crucified.

He is the victim who dies no more, the Lamb once slain, who lives for ever, our advocate in heaven to plead our cause, exalting us there to join with angels and archangels, 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.

**All: Great is the mystery of faith:  
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:            Lord Jesus Christ, you have taught us that what we do for the least of our brothers and sisters we do also for you:  
give us the will to be the servant of others as you were the servant of all, and gave up your life and died for us, but are alive and reign, now and for ever. Amen.

**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 – When I survey the wondrous cross**

*sung by St Martin's Voices*

- 1        When I survey the wondrous cross  
          on which the Prince of glory died,  
          my richest gain I count but loss,  
          and pour contempt on all my pride.
  
- 2        Forbid it, Lord, that I should boast  
          save in the cross of Christ, my God!  
          All the vain things that charm me most,  
          I sacrifice them through his blood.
  
- 3        See, from his head, his hands, his feet,  
          sorrow and love flow mingled down.  
          Did e'er such love and sorrow meet,  
          or thorns compose so rich a crown?
  
- 4        His dying crimson, like a robe,  
          spreads o'er his body on the tree;  
          then am I dead to all the globe,  
          and all the globe is dead to me.
  
- 5        Were the whole realm of nature mine,  
          that were a present far too small.  
          Love so amazing, so divine,  
          demands my soul, my life, my all.

*Isaac Watts (1674-1748)*

## The Dismissal

Priest: Christ crucified draw you to himself, to find in him a sure ground for faith, a firm support for hope, and the assurance of sins forgiven; 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



A free phone line of hymns,  
reflections and prayers



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/](http://www.parishgiving.org.uk/donors/find-your-parish/)

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