

Instructions

Please read these carefully before attending the service.

After some months of not being able to meet physically nor receiving the sacrament, this will be a special moment as we come together to worship God. However, it will not be a service exactly as we know it. There are a number of regulations that we must adhere to due to the legal liability that falls on the Chaplaincy Council and our responsibility to make sure that you are safe.

- Please make sure you wear your mask at all times, only removing it as you walk up to receive communion.
- Please make sure your phone is set to silent and preferably 'Do not disturb'.
- There will be no physical sharing of the peace.
- There will be no singing of hymns.
- Please remain in your seat at all times - if there is a problem, please raise your hand and a welcomer will come and assist you.
- The toilets are not available unless there is an emergency. Cleaning materials are available. Please make sure you clean the toilet after using it.
- You will be guided to a seat when you arrive.
- When it is time to come up for communion, please don't leave your pew until guided by a welcomer. Please remember to keep 2 metres from the person in front of you.
- Bread will be distributed but not the wine. A blessing can also be given but Rachel will not touch the person.
- Rachel will wear a mask at all times except at the lectern when reading and preaching. She will use hand gel and gloves before presiding at the eucharist.

Most of all, relax in the presence of God and know his peace in your lives at the moment.

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:38-39

Eucharist

Ordinary Season



Welcome and notices

The president may say

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

All **Amen.**

The president greets the people

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
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 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.**

Prayers of Penitence

The deacon or minister may say

Our Lord Jesus Christ said: The first commandment is this:
'Hear, O Israel, the Lord our God is the 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.**

God so loved the world that he gave 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 Most merciful God,
Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly,
love mercy,
and walk humbly with you, our God. Amen.

The president says this or another absolution

All 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.
Amen.

Gloria

Stand

The Gloria in excelsis may be used

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 Collect

The president introduces a period of silent prayer with the words 'Let us pray'

All Almighty God, we praise you for the many blessings you have given to those who worship you in this house of prayer: and we pray that all who seek you in this place may find you, and, being filled with the Holy Spirit, may become a living temple acceptable to you; 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.
Amen.

The Liturgy of the Word

Sit

Psalm 119:105-112

Your word is a lamp to my feet
and a light to my path.
I have sworn an oath and confirmed it,
to observe your righteous ordinances.
I am severely afflicted;
give me life, O Lord, according to your word.
Accept my offerings of praise, O Lord,
and teach me your ordinances.
I hold my life in my hand continually,
but I do not forget your law.
The wicked have laid a snare for me,
but I do not stray from your precepts.
Your decrees are my heritage for ever;
they are the joy of my heart.
I incline my heart to perform your statutes
for ever, to the end.

At the end the reader may say

This is the word of the Lord.

All **Thanks be to God.**

Romans 8:1-11

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

This is the word of the Lord.

All **Thanks be to God.**

Gospel Reading

Stand

Gospel Acclamation

Alleluia, alleluia, I am the light of the world, says the Lord. Whoever follows me will never walk in darkness but will have the light of life.

All **Alleluia**

Hear the Gospel of our Lord Jesus Christ according to *Matthew*

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

Matthew 13: 1-9, 18-23

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!'

'Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

At the end

This is the Gospel of the Lord.

All **Praise to you, O Christ.**

Sermon

Sit

The Creed

Stand

The president says

Let us declare our faith in God, Father, Son and Holy Spirit.

The Nicene 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

Sit

All Lord, in your mercy (or) Lord, hear us.
Hear our prayer. Lord graciously hear us.

And at the end

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

The Peace

Stand

The president may introduce the Peace with one of these or another sentence

God is love and those who live in love live in God
and God lives in them.

These words may be added

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

We are not able to shake hands or move from our seat but we can greet each other by turning to our neighbour and offering words of peace.

Let us offer one another a sign of peace.

A sign of peace may be shared with those close by.

Preparation of the Table

Blessed are you, Lord God of all creation:

Through your goodness we have this bread to set before you, which earth has given
and human hands have made.

It will become for us the bread of life.

All **Blessed be God for ever.**

Blessed are you, Lord God of all creation:

Through your goodness we have this wine to set before you,
fruit of the vine and work of human hands.

It will become for us the cup of salvation.

All **Blessed be God for ever.**

The Eucharistic Prayer

Eucharistic Prayer B

The president says

The Lord is here.

All **His Spirit is with us.**

Lift up your hearts.

All **We lift them to the Lord.**

Let us give thanks to the Lord our God.

All **It is right to give thanks and praise.**

It is indeed right, our duty and our joy,
always and everywhere to give you thanks,
almighty and eternal Father,
enthroned upon the praises of your people.

We thank you for this house of prayer,
in which you bless your family
as we come to you in pilgrimage.

Here you reveal your presence in sacramental signs
and make us one with you through the unseen bond of grace.

Here you build your temple of living stones
and bring the Church to its full stature
as the body of Christ throughout the world,
to reach its perfection at last
in the heavenly city of Jerusalem,
which is the vision of your peace.

Therefore, in union with the heavenly Jerusalem,
with angels in joyful assembly,
with all whose names are written in heaven
and with the spirits of the righteous made perfect,
we lift up our voices to join in the triumphal song of praise:

All **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.**

Lord, you are holy indeed, the source of all holiness; grant that by the power of your Holy Spirit, and according to your holy will, these gifts of bread and wine may be to us the body and blood of our Lord Jesus Christ;

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.

Praise to you, Lord Jesus:

All **Dying you destroyed our death,
rising you restored our life:
Lord Jesus, come in glory.**

And so, Father, calling to mind his death on the cross, his perfect sacrifice made once for the sins of the whole world; rejoicing in his mighty resurrection and glorious ascension, and looking for his coming in glory, we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving, we bring before you this bread and this cup and we thank you for counting us worthy to stand in your presence and serve you.

Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we, in the company of all the saints, may praise and glorify you for ever, through Jesus Christ our Lord; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever.

All **Amen.**

A short period of silence is kept

The service continues with the Lord's Prayer here.

Sit

The Lord's Prayer

As our Saviour taught us, so we pray:

All **Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen**

The president breaks the consecrated bread.

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 may be used as the bread is broken

All **Jesus, Lamb of God,
Have mercy on us.**

**Jesus, bearer of our sins,
Have mercy on us.**

**Jesus, redeemer of the world,
Grant us peace.**

Giving of Communion

The president invites the congregation to receive communion

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.

The President and people receive communion. If you do not wish to receive, you are invited to receive a blessing. To signify this, please bow your head.

Prayer after Communion

Silence is kept.

The Post Communion prayer is said.

Lord God,
sustain us in this vale of tears
with the vision of your grace and glory,
that, strengthened by the bread of life,
we may come to your eternal dwelling place;
in the power of Jesus Christ our Lord.

All may say one of these prayers

All Father of all,
we give you thanks and praise,
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace, and opened the gate of glory.
May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord. Amen.

As we follow the Way of Christ,
we affirm the presence of God among us,
Father, Son and Holy Spirit.
God calls us to share in worship.
Jesus said, where two or three are gathered in my name,
I am there among them.

All **Jesus, you are the Way: guide us on our journey.**

God calls us to share in prayer.
Jesus said, remain in me, and I will remain in you.
All Jesus, you are the Way: guide us on our journey.
God calls us to share the Scriptures.
Jesus met his disciples on the road
and opened the Scriptures to them.

All **Jesus, you are the Way: guide us on our journey.**

God calls us to share in communion.
Jesus said, do this in remembrance of me.

All **Jesus, you are the Way: guide us on our journey.**

God calls us to share in service.
Jesus said, as you do it for the least of these, you do it for me.

All **Jesus, you are the Way: guide us on our journey.**

God calls us to share the good news.
Jesus said, go and make disciples of all nations.

All **Jesus, you are the Way: guide us on our journey.**

Blessing

One of these or an alternative blessing is used

Christ, who has nourished us with himself the living bread, make you one in praise
and love, and raise you up at the last day;
and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be
among you and remain with you always.

All **Amen.**

Go in peace to love and serve the Lord.

All **In the name of Christ. Amen.**

