

20th July 2021



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. 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.
- You are allowed to sing **quietly** but please make sure your mask remains in place.
- Due to the lower numbers attending at this service, you will be able to find your own seat but please make sure that you sit 2 metres away from any other persons (unless you are in the same household.)
- When you leave, please remember to keep a distance of 2metres apart and wait until you are outside to have a conversation.
- 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 before presiding at the eucharist.

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

Eucharist
Ordinary Season
Pau



Welcome and notices

Opening Hymn

Stand

O Jesus, I have promised
recorded remotely by the Choral Scholars of St Martin-in-the-Fields,

- 1 O Jesus, I have promised
to serve thee to the end;
be thou for ever near me,
my Master and my Friend:
I shall not fear the battle
if thou art by my side,
nor wander from the pathway
if thou wilt be my guide.

- 2 O let me hear thee speaking
in accents clear and still,
above the storms of passion,
the murmurs of self-will;
O speak to reassure me,
to hasten or control;
O speak, and make me listen,
thou guardian of my soul.

- 3 O Jesus, thou hast promised
to all who follow thee,
that where thou art in glory
there shall thy servant be;
and, Jesus, I have promised
to serve thee to the end:
O give me grace to follow,
my Master and my Friend.

- 4 O let me see thy foot-marks,
and in them plant mine own;
my hope to follow duly
is in thy strength alone:
O guide me, call me, draw me,
uphold me to the end;
and then in heaven receive me,
my Saviour and my Friend.

John Ernest Bode (1816-1874)

The president may say

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

The president greets the people

All Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you.
and also with you.

Prayer of Preparation

This prayer may be said

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

Sit

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 **Father eternal, giver of light and grace,**
we have sinned against you and against our neighbour,
in what we have thought,
in what we have said and done,
through ignorance, through weakness,
through our own deliberate fault.
We have wounded your love,
and marred your image in us.
We are sorry and ashamed,
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 lead us out from darkness
to walk as children of light. **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.

We sing the Gloria

All

Glory to God, Glory to God,
Glory to God in the highest.

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.

Glory to God, Glory to God,
Glory to God in the highest.

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.

Glory to God, Glory to God,
Glory to God in the highest.

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.

Glory to God, Glory to God,
Glory to God in the highest.

The Collect

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

Generous God, you give us gifts and make them grow: though our faith is small as
mustard seed, make it grow to your glory and the flourishing of your kingdom;
through Jesus Christ our Lord.

All

Amen.

Exodus 14.21-15.1

²¹ Then Moses stretched out his hand over the sea. The Lord drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided.

²² The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left.

²³ The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers.

²⁴ At the morning watch the Lord in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic.

²⁵ He clogged* their chariot wheels so that they turned with difficulty. The Egyptians said, 'Let us flee from the Israelites, for the Lord is fighting for them against Egypt.'

²⁶ Then the Lord said to Moses, 'Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers.'

²⁷ So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the Lord tossed the Egyptians into the sea.

²⁸ The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained.

²⁹ But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left.

³⁰ Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore.

³¹ Israel saw the great work that the Lord did against the Egyptians. So the people feared the Lord and believed in the Lord and in his servant Moses.

15 Then Moses and the Israelites sang this song to the Lord: 'I will sing to the Lord, for he has triumphed gloriously; horse and rider he has thrown into the sea.

At the end the reader may say

This is the word of the Lord.

Thanks be to God.

All

Gospel Reading

Please 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*
Glory to you, O Lord.

All

Matthew 12.46-end

⁴⁶ While he was still speaking to the crowds, his mother and his brothers were standing outside, wanting to speak to him.

⁴⁷ Someone told him, ‘Look, your mother and your brothers are standing outside, wanting to speak to you.’*

⁴⁸ But to the one who had told him this, Jesus* replied, ‘Who is my mother, and who are my brothers?’

⁴⁹ And pointing to his disciples, he said, ‘Here are my mother and my brothers!

⁵⁰ For whoever does the will of my Father in heaven is my brother and sister and mother.’

At the end

This is the Gospel of the Lord.
Praise to you, O Christ.

All

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
Hear our prayer.

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 or a sign of peace.

Let us offer one another a sign of peace.

Preparation of the Table

Taking of the Bread and Wine

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

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.**

Father, we give you thanks and praise through your beloved Son Jesus Christ, your living Word, through whom you have created all things; who was sent by you in your great goodness to be our Saviour.

By the power of the Holy Spirit he took flesh; as your Son, born of the blessed Virgin, he lived on earth and went about among us; he opened wide his arms for us on the cross; he put an end to death by dying for us; and revealed the resurrection by rising to new life; so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and saying:

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 before The Lord's Prayer

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.

All **We break this bread to share in the body of Christ.
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 bring a book up to the altar with you.

Prayer after Communion

Silence is kept.

The Post Communion prayer is said.

Lord God, whose Son is the true vine and the source of life,
ever giving himself that the world may live:
may we so receive within ourselves the power of his death and passion
that, in his saving cup, we may share his glory and be made perfect in his love;
for he is alive and reigns, now and for ever.

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.

Blessing

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.**

A minister or deacon says

Go in peace to love and serve the Lord.

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

DIOCESE IN EUROPE
—
THE CHURCH
OF ENGLAND

