

Trinity Sunday Eucharist

30th May 2021

HYMN: 276 Holy, holy, holy! Lord God Almighty!

All stand as the ministers process in.

Holy, holy, holy! Lord God Almighty!
early in the morning our song shall rise to thee;
holy, holy, holy! merciful and mighty!
God in three persons, blessed Trinity!

Holy, holy, holy! all the saints adore thee,
casting down their golden crowns around the glassy sea;
cherubim and seraphim falling down before thee,
which wert and art and evermore shalt be.

Holy, holy, holy! though the darkness hide thee,
though the eye of sinful man thy glory may not see,
only thou art, there is none beside thee
perfect in the power, in love, and purity.

Holy, holy, holy! Lor God Almighty!
all thy works shall praise thy name in earth and sky and sea;
Holy, holy, holy! merciful and mighty!
God in three persons, blessed Trinity!

Reginald Heber (1783 - 1826)

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

Amen.

The Lord be with you.
and also with you.

PRAYERS OF PENITENCE

The people are invited to reflect on their sins. We keep a few moments of silence to remember before God our faults and the things we have done that are wrong. God promises us forgiveness, healing and a fresh start when we confess our sins in faith and penitence.

**Almighty God, our heavenly Father,
we have sinned against you
and against our neighbour
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are truly sorry**

**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 grant that we may serve you in newness of life
to the glory of your name.
Amen.**

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.

THE GLORIA is sung by the choir.

THE COLLECT

Almighty and everlasting God,
you have given us your servants grace,
by the confession of a true faith,
to acknowledge the glory of the eternal Trinity
and in the power of the divine majesty to worship the Unity:
keep us steadfast in this faith,
that we may evermore be defended from all adversities;
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.

NEW TESTAMENT READING: Romans 8: 12-17

¹² So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh— ¹³for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. ¹⁴For all who are led by the Spirit of God are children of God. ¹⁵For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, ‘Abba! Father!’ ¹⁶it is that very Spirit bearing witness with our spirit that we are children of God, ¹⁷and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.

This is the word of the Lord.

Thanks be to God.

GOSPEL READING: John 3: 1-17

Hear the Gospel of our Lord Jesus Christ according to John.
Glory to you, O Lord.

Now there was a Pharisee named Nicodemus, a leader of the Jews. ²He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' ³Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' ⁴Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' ⁵Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. ⁶What is born of the flesh is flesh, and what is born of the Spirit is spirit. ⁷Do not be astonished that I said to you, "You must be born from above." ⁸The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So, it is with everyone who is born of the Spirit.' ⁹Nicodemus said to him, 'How can these things be?' ¹⁰Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

¹¹ 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. ¹²If I have told you about earthly things and you do not believe; how can you believe if I tell you about heavenly things? ¹³No one has ascended into heaven except the one who descended from heaven, the Son of Man. ¹⁴And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵that whoever believes in him may have eternal life.

¹⁶ 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

¹⁷ 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON

APOSTLES CREED

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.**

**On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.**

Amen

PRAYERS OF INTERCESSION

Response:

Lord in your mercy

Hear our prayer

At the end:

Merciful Father,

**accept these prayers for the sake of Your Son,
our Saviour, Jesus Christ.**

Amen

THE PEACE

The priest introduces the peace.

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

Let us offer one another a sign of peace.

HYMN: 810 Thou, whose almighty word

Thou, whose almighty word
chaos and darkness heard,
and took their flight;
hear us, we humbly pray,
and where the gospel-day
sheds not its glorious ray,
let there be light.

Thou, who didst come to bring
on thy redeeming wing
healing and sight,
health to the sick in mind,
sight to the inky blind,
O now to all mankind
let there be light.

Spirit of truth and love,
life-giving, holy Dove,
speed forth thy flight;
move on the water's face,
bearing the lamp of grace,
and in earth's darkest place
let there be light.

Holy and blessed Three,
glorious Trinity,
Wisdom, Love,, Might;

boundless as the ocean's tide
rolling in the fullest pride,
through the earth far and wide
let there be light.

John Marriott (1780 – 1825)

THE EUCHARISTIC PRAYER

The Lord is here.
His Spirit is with us.

Lift up your hearts.
We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give thanks and praise.

The priest praises God for his mighty acts.

The choir sing the Sanctus:
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.

The priest recalls the Last Supper.

Great is the mystery of faith:
Christ has died:
Christ is risen:
Christ will come again.

The Prayer continues.

At the end we respond:
Amen.

THE LORD'S PRAYER

As our Saviour taught us, so we pray
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 forever.
Amen.**

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 choir sing the Agnus Dei:
Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, grant us peace.

Jesus is the lamb of God
Who takes away the sin of the world.
Blessed are those who are called to his supper.
**Lord, I am not worthy to receive you,
But only say the word, and I shall be healed.**

GIVING OF COMMUNION

You are invited to use the prayer for Spiritual Communion below asking Jesus to be with you now.

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother, may I know you more clearly,
love you more dearly,
and follow you more nearly, day by day.
Amen.

*The hymns 272 Father, Lord of earth and heaven & 455 My God, and is thy table spread are sung
during communion*

PRAYER AFTER COMMUNION

Almighty and eternal God,
you have revealed yourself as Father, Son and Holy Spirit,
and live and reign in the perfect unity of love:
hold us firm in this faith,
that we may know you in all your ways
and evermore rejoice in your eternal glory,

who are three Persons yet one God,
now and for ever.

Amen.

THE BLESSING

A blessing is given.

Go in peace to love and serve the Lord.

In the name of Christ. Amen.

The ministers depart. An organ voluntary is played.

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. The form of prayer offers Christians an opportunity to give thanks for their communion with him, particularly at times when they would ordinarily be present at the Eucharist.

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. Making a Spiritual Communion is particularly fitting for those who cannot receive the sacrament at the great feasts of the Church, and it fulfils the duty of receiving Holy Communion 'regularly, and especially at the festivals of Christmas, Easter and Whitsun or Pentecost' (Canon B 15).

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'.