

## The Order for the Administration of Spiritual Communion



### PREPARATION BEFORE THE SERVICE BEGINS

#### PSALM 43.

Judge me, O God, and plead my cause against an ungodly nation:  
O deliver me from the deceitful and unjust man.

<sup>2</sup> For thou art the God of my strength:  
why dost thou cast me off?  
why go I mourning because of the oppression of the enemy?

<sup>3</sup> O send out thy light and thy truth:  
let them lead me;  
let them bring me unto thy holy hill, and to thy tabernacles.

<sup>4</sup> Then will I go unto the altar of God, unto God my exceeding joy:  
yea, upon the harp will I praise thee, O God my God.

<sup>5</sup> Why art thou cast down, O my soul?  
and why art thou disquieted within me?  
hope in God:  
for I shall yet praise him,  
who is the health of my countenance, and my God.

Glory be to the Father and to the Son,  
and to the Holy Ghost,  
as it was in the beginning is now, and ever shall be,  
world without end. **Amen.**

Lord have mercy upon us.  
Christ have mercy upon us.  
Lord, have mercy upon us.

**THE LORD'S PRAYER**

Our Father, which art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
in earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive them that trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
Amen.

**COLLECT FOR PURITY**

Almighty God,  
unto whom all hearts be open,  
all desires known,  
and from whom no secrets are hid:  
cleanse the thoughts of our hearts  
by the inspiration of thy Holy Spirit,  
that we may perfectly love thee,  
and worthily magnify thy holy name;  
through Christ our Lord. **Amen.**

**SUMMARY OF THE LAW**

Our Lord Jesus Christ said:  
Hear, O Israel, the Lord our God is one Lord;  
and thou shalt love the Lord thy God with all thy heart,  
and with all thy soul, and with all thy mind,  
and with all thy strength.  
This is the first commandment.  
And the second is like, namely this:  
Thou shalt love thy neighbour as thyself.  
There is none other commandment greater than these.  
On these two commandments hang all the law  
and the prophets.

**Lord, have mercy upon us, and write both these  
thy laws in our hearts, we beseech thee.**

**THE COLLECT FOR THE SOVEREIGN MAY BE SAID**

Almighty God,  
whose kingdom is everlasting, and power infinite:  
have mercy upon the whole Church;  
and so rule the heart of thy chosen servant  
*Elizabeth, our Queen* and Governor,  
that she (knowing whose minister she is)  
may above all things  
seek thy honour and glory:  
and that we and all her subjects  
(duly considering whose authority she hath)  
may faithfully serve, honour and humbly obey her,  
in thee, and for thee,  
according to thy blessed word and ordinance;

through Jesus Christ our Lord,  
 who with thee and the Holy Ghost liveth and reigneth,  
 ever one God, world without end. **Amen.**

### **THE COLLECT FOR THE FEAST OF ST ALBAN**

*[The priest may say*

The Lord be with you  
**and with thy spirit.]**

Let us pray.

*The priest says the Collect of the Day.*

O eternal Father,  
 who, when the gospel of Christ first came to our land,  
 didst gloriously confirm the faith of Alban  
 by making him the first to win the martyr's crown:  
 grant that, following his example in the fellowship of the saints,  
 we may worship thee, the living God,  
 and faithfully witness to Jesus Christ thy Son our Lord,  
 who liveth and reigneth with thee,  
 in the unity of the Holy Spirit,  
 one God, now and for ever. **Amen.**

### **THE COLLECT FOR THE DAY**

Let us pray.

O Lord, who never failest to help and govern them  
 who thou dost bring up in thy stedfast fear and love:  
 Keep us, we beseech thee,  
 under the protection of thy good providence,  
 and make us to have a perpetual fear and love of thy holy Name;  
 through Jesus Christ our Lord. **Amen.**

### **EPISTLE**

*The reader says*

The Epistle is written in the 2<sup>nd</sup> chapter of St Paul's Second Epistle to St Timothy beginning at the 3<sup>rd</sup> verse.

<sup>3</sup>Thou therefore endure hardness, as a good soldier of Jesus Christ. <sup>4</sup>No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier. <sup>5</sup>And if a man also strive for masteries, yet is he not crowned, except he strive lawfully. <sup>6</sup>The husbandman that laboureth must be first partaker of the fruits. <sup>7</sup>Consider what I say; and the Lord give thee understanding in all things. <sup>8</sup>Remember that Jesus Christ of the seed of David was raised from the dead according to my gospel: <sup>9</sup>Wherein I suffer trouble, as an evil doer, even unto bonds; but the word of God is not bound. <sup>10</sup>Therefore I endure all things for the elect's sakes, that they may also obtain the salvation which is in Christ Jesus with eternal glory. <sup>11</sup>It is a faithful saying: For if we be dead with him, we shall also live with him: <sup>12</sup>If we suffer, we shall also reign with him: if we deny him, he also will deny us: <sup>13</sup>If we believe not, yet he abideth faithful: he cannot deny himself.

*2 Timothy 2.3-13*

*At the end*

Here endeth the Epistle.

**GOSPEL***The reader says*

The holy Gospel is written in the 12<sup>th</sup> chapter of the Gospel according to Saint John, beginning at the 24<sup>th</sup> verse.

*All may respond***Glory be to thee, O Lord.**

<sup>24</sup>Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit. <sup>25</sup>He that loveth his life shall lose it; and he that hateth his life in this world shall keep it unto life eternal. <sup>26</sup>If any man serve me, let him follow me; and where I am, there shall also my servant be: if any man serve me, him will my Father honour.

*John 12.24-26**At the end the reader may say*

This is the Gospel of the Lord.

*All may respond***Praise be to thee, O Christ.****THE CREED**

**I believe in one God the Father almighty,  
maker of heaven and earth,  
and of all things  
visible and invisible:**

**And in one Lord Jesus Christ,  
the only-begotten Son of God,  
begotten of his Father before all worlds,  
God of God, Light of Light,  
very God of very God,  
begotten, not made,  
being of one substance with the Father,  
by whom all things were made;  
who for us men and for our salvation  
came down from heaven,  
and was incarnate by the Holy Ghost of the Virgin Mary,  
and was made man,  
and was crucified also for us under Pontius Pilate.  
He suffered and was buried,  
and the third day he rose again  
according to the Scriptures,  
and ascended into heaven,  
and sitteth on the right hand of the Father.  
And he shall come again with glory  
to judge both the quick and the dead:  
whose kingdom shall have no end.**

**And I believe in the Holy Ghost,  
the Lord and giver of life,  
who proceedeth from the Father and the Son,  
who with the Father and the Son together  
is worshipped and glorified,  
who spake by the prophets.**

**And I believe one catholic and apostolic Church.  
I acknowledge one baptism for the remission of sins.  
And I look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

## SERMON

After Trinity Sunday, we move into ordinary time – time counted as weeks after that feast day.

However, since then, the calendar has been punctuated by many holy men and women: a few ancient some ‘official saints’, many of historical interest and all of theological interest and great examples to us, and help set our delightful pre-conquest church building in the wider and longer history of the Church itself.

On Wednesday (17 June), in the Calendar of the Book of Common Prayer, we remember Alban, the first Martyr of Britain, c.250. In the Common Worship Calendar, he is remembered on 22<sup>nd</sup> June



Records of Christians living in Britain have been found as early as the second century, and in 314 three ‘British’ bishops attended a council in Arles.

Alban, held to be the first British martyr, has traditionally been regarded as having being martyred in the Diocletian persecution of 303. But his death more likely have occurred in the reign of either Septimius Severus in c.209, or Decius in c.250, which with the help of Bede and other sources, modern scholarship suggests is the most likely.

We can be sure that Alban was a Romano-British pagan living in Verulamium. There, he met a fugitive priest and gave him shelter in his home. Alban was so struck by the way of life and the commitment of the priest that in time he was converted to the faith.

When soldiers came searching for the fugitive, Alban disguised himself in the priest’s cloak and was arrested and condemned to death. Sadly, the unnamed priest was subsequently arrested and stoned to death some days later.

Holmhurst Hill, where Alban’s martyrdom is traditionally located, became the site first of a shrine and then of a church dedicated to his memory. By the Middle Ages this church had grown into the Abbey of St Albans and is now the cathedral of the diocese which bears his name.

Bede, writing in the early eighth century, recorded the torture and trial of Alban. He mentions the crowds at his execution, a spring of water rising up at his feet at the top of a hill, and the miraculous conversion of the appointed executioner. Bede also records that his executioner was unable to see the death of Alban, as the instant he beheaded him his own eyes fell out.

Bede: Ecclesiastical History 1.7:

*Saint Alban suffered on the twenty-second day of June near the city of Verulamium ... Here, when the peace of Christian times was restored, a beautiful Church worthy of his martyrdom was built, where sick folk are healed and frequent miracles take place to this day.*

Whilst I pray that none of us find ourselves following his example quite as far as torture or even the ultimate sacrifice, I do pray that we all have the strength to serve others and to put the well-being of others before that of ourselves, and that we remember that there are Christians, who need our prayers, because, even in C21, they risk their livelihoods and sometimes even their lives when they profess the faith, which we can profess with very little fear of harm. **Amen**

## OFFERTORY

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

*Matthew 5.16]*

*One or more Collects to be said after the Offertory, when there is no Communion for the people*

Grant, we beseech thee, Almighty God,  
 that the words, which we have heard this day with our outward ears,  
 may through thy grace be so grafted inwardly in our hearts,  
 that they may bring forth in us the fruit of good living,  
 to the honour and praise of thy Name;  
 through Jesus Christ our Lord. **Amen.**

Prevent us, O Lord,  
 in all our doings with thy most gracious favour,  
 and further us with thy continual help;  
 that in all our works,  
 begun, continued, and ended in thee,  
 we may glorify thy holy Name,  
 and finally by thy mercy obtain everlasting life;  
 through Jesus Christ our Lord. **Amen.**

Almighty God, the fountain of all wisdom,  
 who knowest our necessities before we ask,  
 and our ignorance in asking:

## **INTERCESSION**

*Brief biddings may be given.*

Let us pause and spend some time bringing to mind the things for which we wish to give thanks and the people, places, situations and events for which we ask for God's mercy and grace.

Beginning with the words:

**O blessed Lord Jesus Christ,**  
**who hast promised to be with thy church even to the end,**  
 we ask Jesus for the spiritual gifts we most need  
 and for any other needs of our friends or community. **Amen.**

*After which, the Priest shall say,*

Let us pray for the whole state of Christ's Church militant here in earth.

Almighty and ever-living God,  
 who by thy holy apostle hast taught us to make prayers and supplications,  
 and to give thanks, for all men:  
 we humbly beseech thee most mercifully  
 to accept oblations, and  
 to receive these our prayers,  
 which we offer unto thy divine majesty;  
 beseeching thee to inspire continually the universal Church  
 with the spirit of truth, unity, and concord:

and grant, that all they that do confess thy holy name  
 may agree in the truth of thy holy word,  
 and live in unity and godly love.

We beseech thee also to save and defend all  
 Christian kings, princes and governors;  
 and specially thy servant *Elizabeth our Queen*,  
 that under her we may be godly and quietly governed:

and grant unto her whole Council,  
 and to all that are put in authority under her,



that they may truly and indifferently [impartially] minister justice,  
to the punishment of wickedness and vice,  
and to the maintenance of thy true religion and virtue.

Give grace, O heavenly Father,  
to all bishops [and curates], priests and deacons,  
that they may both by their life and doctrine  
set forth thy true and lively word,  
and rightly and duly administer thy holy sacraments:

and to all thy people give thy heavenly grace;  
and specially to this congregation here present;  
that, with meek heart and due reverence,  
they may hear and receive thy holy word;  
truly serving thee in holiness and righteousness  
all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord,  
to comfort and succour all them,  
who in this transitory life are in trouble, sorrow,  
need, sickness, or any other adversity.

And we also bless thy holy name  
for all thy servants departed this life in thy faith and fear;  
beseeching thee to give us grace  
so to follow their good examples,  
that with them we may be partakers of thy heavenly kingdom.

Grant this, O Father, for Jesus Christ's sake,  
our only mediator and advocate.

**Amen.**

### **ACT OF CONTRITION IN READINESS FOR SPIRITUAL COMMUNION**

**O my Lord Jesus, I desire to come to Thee, not that I am worthy, but because Thou dost so lovingly call. Receive me as Thou didst receive St. Peter even after that he had denied Thee. Amen.**

**Therefore, O my Lord, because Thou didst come to save me a sinner, I desire with all my heart to repent of all my sin and to put away whatsoever displeases Thee.**

**Grant me to grow in Thy grace that with all Thy blessed saints I may continually praise Thee. Amen.**

### **ABSOLUTION**

*We pause to receive God's forgiveness,  
then either the priest says*

Almighty God, our heavenly Father,  
who of his great mercy  
hath promised forgiveness of sins  
to all them that with hearty repentance  
and true faith turn unto him;  
Have mercy upon you (✠);  
pardon and deliver you from all your sins;  
confirm and strengthen you in all goodness;  
and bring you to everlasting life; through Jesus Christ our Lord. **Amen.]**

*Now say:*

**Thanks be to God for His forgiveness.**

*Now make an act of Faith, Hope, and Love.*

**Lord I believe in Thee,  
help Thou mine unbelief.  
Lord I hope in Thee,  
help me to trust more firmly.  
Lord I love Thee,  
help me to love more truly. Amen.**

### **THE COMFORTABLE WORDS**

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him:

Come unto me, all that travail and are heavy laden,  
and I will refresh you.

*Matthew 11.28*

So God loved the world, that he gave his only-begotten Son,  
to the end that all that believe in him should not perish,  
but have everlasting life.

*John 3.16*

Hear also what Saint Paul saith:

This is a true saying, and worthy of all men to be received,  
that Christ Jesus came into the world to save sinners.

*1 Timothy 1.15*

Hear also what Saint John saith:

If any man sin, we have an advocate with the Father,  
Jesus Christ the righteous;  
and he is the propitiation for our sins.

*1 John 2.1,2*

### **ACT OF SPIRITUAL RECEPTION**

*Now make a special effort to realize the presence of Jesus in your soul, and make your act of Spiritual Communion, remembering how at countless altars of the Church the Holy Sacrifice is being pleaded and souls fed sacramentally by the Body and Blood of Christ.*

**In union, dear Father, with Christian people throughout the world and across the centuries gathered at every Altar of Thy Church, to make Eucharist, and hearing thy holy Word and receiving the Precious Body and Blood, I desire to offer Thee praise and thanksgiving. I present to Thee my soul and body, with the earnest wish that I may ever be united to Thee.**

**Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that thou wilt unite me with all the baptised and with thy Son who didst give his life for us.**

**Come Lord Jesus, dwell in me and send thy Holy Spirit that I may be filled with thy presence. Amen**

### **THE LORD'S PRAYER**

*The priest may say*

As our Saviour Christ hath commanded and taught us,  
so we are bold to say:

**Our Father, which art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done,  
in earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive them that 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.**

### **PRAYER OF OBLATION**

O Lord and heavenly Father,  
we thy humble servants entirely desire thy fatherly goodness mercifully  
to accept this our sacrifice of praise and thanksgiving;  
  
most humbly beseeching thee to grant,  
that by the merits and death of thy Son Jesus Christ,  
and through faith in his blood,  
we and all thy whole Church may obtain remission of our sins,  
and all other benefits of his passion.

### **SPIRITUAL COMMUNION**

O God,  
who hast prepared for them that love thee  
such good things as pass man's understanding:  
Pour into our hearts such love toward thee,  
that we, loving thee above all things,  
may obtain thy promises,  
which exceed all that we can desire;  
through Jesus Christ our Lord. **Amen.**

### ***GLORIA IN EXCELSIS***

**Glory be to God on high,  
and in earth peace, goodwill towards men.**

**We praise thee, we bless thee,  
we worship thee, we glorify thee,  
we give thanks to thee for thy great glory,  
O Lord God, heavenly King,  
God the Father almighty.**

**O Lord, the only-begotten Son Jesu Christ;  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
receive our prayer.  
Thou that sittest at the right hand of God the Father,  
have mercy upon us.**

**For thou only art holy;  
thou only art the Lord;  
thou only, O Christ,  
with the Holy Ghost,  
art most high  
in the glory of God the Father.  
Amen.**

## **THE BLESSING**

*The priest says*

The peace of God, which passeth all understanding,  
keep your hearts and minds  
in the knowledge and love of God,  
and of his Son Jesus Christ our Lord:  
and the (✠) blessing of God almighty,  
the Father, the Son, and the Holy Ghost,  
be amongst you and remain with you always.

**Amen.**

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