



The Meon Bridge Benefice

SPIRITUAL COMMUNION THE BOOK OF COMMON PRAYER

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 are unable receive the sacrament physically in ourselves
at this time.

*For as the benefit is great, if with a true penitent heart and lively faith we receive that holy
Sacrament; (for then we spiritually eat the flesh of Christ, and drink his blood; then we dwell in
Christ, and Christ in us; we are one with Christ, and Christ with us;)*

From the Third Exhortation in the BCP.

Making a Spiritual Communion is particularly fitting when we 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 Whit Sunday.' (Canon B 15).

The text in red italics provides instructions or guidance. The emboldened text is used for headings and parts usually said together. If a household are praying together one person may act as leader and the others as the congregation and they join in the sections in bold type. If alone read all the words aloud. This order of service is also in use as part of our on-line pattern or services

7th June 2020

Trinity Sunday

The Gathering

You may wish to place for prayer in front of a cross, a candle, an icon, or just with a favourite view from window.

Now, prepare yourself as you would do for Communion in the ordinary way, then go apart where you are likely not to be disturbed. Kneel, if the conditions of your environment allow it. Otherwise take such posture as is not inconsistent with the reverence due to the Lord whom you are seeking.

Let us pray for these times.

**Almighty and ever-living God,
we humbly beseech thy majesty
to anoint us with thy Spirit,
as we share in Christ's suffering and victory
that we might bear witness to the gospel of salvation;
by thy Son Jesus Christ our Lord,
who liveth and reigneth with thee,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.**

Opening Hymn - Holy, Holy, Holy

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 made blind by sin thy glory may not see,
only thou art holy; there is none beside thee,
perfect in pow'r, in love and purity.

Holy, holy, holy! Lord 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)

WELCOME

THE GREETING

The president may say

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

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

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.**

THE SUMMARY OF THE LAW OR THE TEN COMMANDMENTS

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 all these
thy laws in our hearts, we beseech thee.**

PRAYER FOR THE SOVEREIGN

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

The Lord be with you

and with thy spirit.

Let us pray.

We read the Collect of the Day.

Almighty and everlasting God, who hast given unto us thy 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: We beseech thee, that thou wouldest keep us stedfast in this faith, and evermore defend us from all adversities, who livest and reignest, one God, world without end.

Amen.

THE EPISTLE

We read the Epistle of the Day.

The Scripture appointed instead of the Epistle is written in the 4th chapter of the Book of Revelation beginning at the 1st verse.

After this I looked, and behold, a door was opened in heaven: and the first voice which I heard was as it were of a trumpet talking with me; which said, come up hither, and I will shew thee things which must be hereafter. And immediately I was in the Spirit; and behold, a throne was set in heaven, and one sat on the throne: and he that sat was to look upon like a jasper and a sardine stone: and there was a rainbow round about the throne, in sight like unto an emerald. And round about the throne were four and twenty seats; and upon the seats I saw four and twenty elders sitting, clothed in white raiment; and they had on their heads crowns of gold: and out of the throne proceeded lightnings and thunderings and voices. And there were seven lamps of fire burning before the throne, which are the seven spirits of God. And before the throne there was a sea of glass like unto crystal: and in the midst of the throne, and round about the throne, were four beasts full of eyes before and behind. And the first beast was like a lion, and the second beast like a calf, and the third beast had a face as a man, and the fourth beast was like a flying eagle. And the four beasts had each of them six wings about him; and they were full of eyes within: and they rest not day and night, saying, Holy, holy, holy, Lord God Almighty, which was, and is, and is to come. And when those beasts give glory and honour and thanks to him that sat on the throne, who liveth for ever and ever, the four and twenty elders fall down before him that sat on the throne, and worship him that liveth for ever and ever, and cast their crowns before the throne, saying, Thou art worthy, O Lord, to receive glory and honour and power; for thou hast created all things, and for thy pleasure they are, and were created.

Revelation 4: 1-end

At the end

Here endeth the Epistle.

Gradual Hymn – Alleluia! Sing to Jesus

Alleluia! Sing to Jesus;
His the sceptre, His the throne;
Alleluia! His the triumph,
His the victory alone.
Hark! The songs of peaceful Zion
Thunder like a mighty flood:
“Jesus out of every nation
Hath redeemed us by His blood.”

Alleluia! Not as orphans
Are we left in sorrow now;
Alleluia! He is near us:
Faith believes, nor questions how.
Though the cloud from sight received Him
When the forty days were o’er,
Shall our hearts forget His promise:
“I am with you evermore”?

Alleluia! Bread of angels,
Here on earth our food, our stay;
Alleluia! Here the sinful
Flee to Thee from day to day.
Intercessor, Friend of sinners,
Earth’s Redeemer, plead for me,
Where the songs of all the sinless
Sweep across the crystal sea.

Alleluia! King eternal,
Thee the Lord of lords we own;
Alleluia! Born of Mary,
Earth Thy footstool, heaven Thy throne.
Thou within the veil hast entered,
Robed in flesh, our great High Priest,
Thou on earth both priest and victim
In the Eucharistic Feast.

William Chatterton Dix (1837 – 1898).

GOSPEL READING

The holy Gospel is written in the 3rd chapter of the Gospel according to Saint John, beginning at the 1st verse. (✠)

We may respond

Glory be to thee, O Lord.

There was a man of the Pharisees, named Nicodemus, a ruler of the Jews: the same came to Jesus by night, and said unto him, Rabbi, we know that thou art a teacher come from God: for no man can do these miracles that thou doest, except God be with him. Jesus answered and said unto him, Verily, verily I say unto thee, Except a man be born again, he cannot see the kingdom of God. Nicodemus saith unto him, How can a man be born when he is old? can he enter the second time into his mother's womb, and be born? Jesus answered, Verily, verily I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again. The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth; so is every one that is born of the Spirit.

Nicodemus answered and said unto him, How can these things be? Jesus answered and said unto him, Art thou a master of Israel, and knowest not these things? Verily, verily I say unto thee, We speak that we do know, and testify that we have seen; and ye receive not our witness. If I have told you earthly things, and ye believe not; how shall ye believe, if I tell you of heavenly things? And no man hath ascended up to heaven, but he that came down from heaven, even the Son of man, who is in heaven. And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: that whosoever believeth in him should not perish, but have eternal life.

John 3.1-15

At the end the reader may say

This is the Gospel of the Lord.

All may respond

Praise be to thee, O Christ.

SHORT ADDRESS

Holy and glorious Trinity, whose mystery is revealed through grace and gives power to thy Church, pardon my doubts and my failures in faith, let me not trust in my unaided wisdom but sanctify my life and bring me into the kingdom of the newly born, and so I may truly seek thee and speak in thy holy Name: Father, and the Son and the Holy Spirit. Amen.

In the gospel set on Trinity Sunday in the Book of Common Prayer, we meet Nicodemus, a Pharisee. He is clearly not an openly committed follower of Jesus, but he is at least intrigued by him and visits under the cover of darkness. Perhaps he had seen Jesus hold a great crowd in the *palm of his hand* or had heard things about him from others, either way, he wanted to meet him for himself.

Although some Pharisees seem at times to have been sympathetic towards Jesus, even warning him of danger, they were by and large in dispute with Jesus and beginning to work against this new teacher. So, it is of little surprise that Nicodemus feels the need to visit in secret.

Nicodemus begins his discourse with Jesus a hopeful enquiry: 'Rabbi, we know that thou art a teacher come from God for no man can do these miracles that thou doest, except God be with him'. But, I am sure that he did not know that his meeting with Jesus would end with the revelation of new wonder: the 'Son of man be lifted up: that whosoever believeth in him should not perish, but have eternal life'.

Jesus perplexed Nicodemus by speaking of the need to be reborn even as an old man. Jesus had given him the message of spiritual rebirth, through the water of baptism and the indwelling of the Holy Spirit.

In time Nicodemus was to return with Joseph of Arimathea to lay Jesus' body to rest. Clearly this conversation with Jesus had had a profound effect on him. He, like Joseph of Arimathea, a member of the Council, had accepted these truths; the truths that would, in time, be shown to the new Church.

The original text of the gospel was written in Greek and the word for 'wind' and 'spirit' are the same. So, the Greek speaker is blessed with a real sense that the work of the Holy Spirit is free ranging and unseen, filling the whole world. And now we are beginning to see why this passage was selected for Trinity Sunday.

The mystery of the Holy Trinity is featured here: the Son is sent by the Father to take our human nature, with the Spirit making his work of redemption effective in each individual believer.

Nicodemus is told of the great sacrifice, which brings our redemption, when Jesus was lifted up on the cross; and he is told of the promise of eternal life that becomes possible because of his redemption of us.

On Trinity Sunday, we focus our attention and indeed our devotions on the Holy Trinity. The

Trinity is evident in Scripture, but never named as such; it is the mystery beyond our mortal minds and, at one and the same time, it is a fundamental to our Christian belief. Week by week we declare our faith in God, Father, Son, and Holy Spirit, Three in One and One in Three, week by week and blessing and absolution, and baptisms and in the renewal of our baptismal vows at Easter, and often in graces, private prayers and at the beginning of sermons.

I believe that our faith challenges us to seek greater understanding and with greater understanding comes a richer faith, but we should always be prepared for surprises and be wary of our capacity to rationalise what is ineffable. Intellectual curiosity is a good thing, but it is not our intellect rather it is our praise and wonder that marks our worship.

Let us be like Nicodemus in our approach to God in two ways; let us never be afraid to ask questions and to ponder the mysteries even when they are beyond our understanding as they were for Nicodemus in this encounter with Jesus; and let us remember that it is never too late to offer the humble service of love, as he did when he attended to the body of the crucified Jesus. Amen.

NICENE CREED

We proclaim our faith

**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 Catholick and Apostolick 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.

HYMN

Hymn – Praise my Soul, the King of Heaven

Praise, my soul, the King of Heaven;
To His feet Thy tribute bring!
Ransomed, healed, restored, forgiven,
Who like me His praise should sing?
Praise Him! praise Him!
Praise the everlasting King!

Praise Him for His grace and favour,
To our fathers in distress!
Praise Him still the same for ever,
Slow to chide, and swift to bless!
Praise Him! praise Him!
Glorious in His faithfulness!

Father-like, He tends and spares us;
Well our feeble frame He knows.
In His hands He gently bears us,
Rescues us from all our foes,
Praise Him! praise Him!
Widely as His mercy flows!

Angels, help us to adore Him;
Ye behold Him face to face:
Sun and moon, bow down before Him;
Dwellers all in time and space,
Praise Him! praise Him!
Praise with us the God of grace!

Henry Francis Lyte (1793 – 1847)

PRAYERS OF INTERCESSION

We 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 God for his mercy.

Ask Jesus for the spiritual gifts you most need.

Ask Him for any other needs for yourself, you community, and your friends.

O blessed Lord Jesus Christ, who hast promised to be with thy church even to the end; grant to thy children the sense of thy abiding presence. **Amen.**

We make our Intercessions

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

ALMIGHTY and everliving 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 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 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, 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.**

We pause and spend some time in recollection

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.

CONFESSION

Almighty God, Father of our Lord Jesus Christ,
Maker of all things,
Judge of all men:
We acknowledge and bewail our manifold sins and wickedness,
Which we from time to time most grievously have committed,
By thought, word, and deed, Against thy Divine Majesty,
Provoking most justly thy wrath and indignation against us.

We do earnestly repent,
And are heartily sorry for these our misdoings;
The remembrance of them is grievous unto us;
The burden of them is intolerable.

Have mercy upon us,
Have mercy upon us, most merciful Father;
For thy Son our Lord Jesus Christ's sake,
Forgive us all that is past;
And grant that we may ever hereafter
Serve and please thee
In newness of life,
To the honour and glory of thy Name;
Through Jesus Christ our Lord. **Amen.**

ABSOLUTION

We pause to receive God's forgiveness

Grant, we beseech thee, merciful Lord,
to us, thy faithful people, pardon and peace;
that we may be (✠) cleansed from all our sins,

and serve thee with a quiet mind;
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

MINISTRY OF THE SPIRITUAL SACRAMENT

**We lift our hearts up unto the Lord.
Let us give thanks unto our Lord God.**

THANKSGIVING

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying:

**Holy, holy, holy, Lord God of hosts,
heaven and earth are full of thy glory:
Glory be to thee, O Lord most High. Amen**

SPIRITUAL COMMUNION

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.

ACT OF SPIRITUAL RECEPTION

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.

As our Saviour taught us, so we pray:

**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.**

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.
Amen.

And then

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.**

Hymn - Bright the vision that delighted

Ye watchers and ye holy ones,
Bright seraphs, cherubim, and thrones,
Raise the glad strain, Alleluia!
Cry out, dominions, principedoms, powers,
Virtues, archangels, angels' choirs,
Alleluia! Alleluia!

O higher than the cherubim,
More glorious than the seraphim,
Lead their praises, Alleluia!
Thou Bearer of the eternal Word,
Most gracious, magnify the Lord,
Alleluia! Alleluia!

Respond, ye souls in endless rest,
Ye patriarchs and prophets blest,
Alleluia! Alleluia!
Ye holy Twelve, ye martyrs strong,
All saints triumphant, raise the song,

Alleluia! Alleluia!

O friend, in gladness let us sing,
Supernal anthems echoing,
Alleluia! Alleluia!
To God the Father, God the Son,
And God the Spirit, Three in One,
Alleluia! Alleluia!

John Athelstan Laurie Riley (1858 - 1945)

Spend a few moments in meditation upon the fact that God so loved you that He sent His only begotten Son into the world for you.

GLORIA IN EXCELSIS

GLORY be to God on high,
and in earth peace, good will 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.

ENDING

May the grace of our Lord Jesus Christ, and the love of God (✠),
and the fellowship of the Holy Ghost, be with us all evermore. **Amen.**

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