St Benedict’s Bennetts End and St Mary’s Apsley End

**The Eucharist  
Trinity Sunday**

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**Sunday 30th May 2021**

**10.00am**

**Led by Revd. Richard Howlett**

**Technical support from Harry Graham-Brown and Dan Shirley**

**Musician David Heath**

**A short introduction will be played before all musical aspects of the service**

**WELCOME via ‘Zoom’!**

Link to [weekly bulletins](http://beneficeoflangelei.org.uk/stmarys/st-marys-bulletin-newsletters/) for St M’s & St B’s

The Gathering

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

**Amen.**

### The Greeting

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

**and also with you.**

Alleluia. Christ is risen.

**He is risen indeed. Alleluia!**

### Hymn No. 314 Immortal, invisible

|  |  |
| --- | --- |
| 1. Immortal, invisible,  God only wise,  in light inaccessible,  hid from our eyes,  most blessèd, most glorious,  the Ancient of Days,  almighty, victorious,  thy great name we praise. | 2. Unresting, unhasting,  and silent as light,  nor wanting, nor wasting,  thou rulest in might;  thy justice like mountains  high soaring above  thy clouds, which are fountains  of goodness and love. |
| 3. To all life thou givest,  to both great and small;  in all life thou livest,  the true life of all;  we blossom and flourish  as leaves on the tree,  and wither and perish;  but naught changeth thee. | 4. Great Father of glory,  pure Father of light,  thine angels adore thee,  all veiling their sight;  all laud we would render,  O help us to see  ‘tis only the splendour  of light hideth thee. |

### Prayer of Preparation

**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

Seeing we have a great high priest

who has passed into the heavens,

Jesus the Son of God,

let us draw near with a true heart,

in full assurance of faith,

and make our confession to our heavenly Father.

**O King enthroned on high,**

**filling the earth with your glory:**

**holy is your name,**

**Lord God Almighty.**

**In our sinfulness we cry to you to take our guilt away,**

**and to cleanse our lips to speak your word,**

**through Jesus Christ our Lord.**

**Amen.**

May the Father forgive us

by the death of his Son

and strengthen us

to live in the power of the Spirit

all our days.

**Amen.**

The Gloria

(Musical accompaniment will be played for those joining on Zoom to sing the words, but spoken words only please if in church.)

**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

Let us pray that we may walk in the risen life of Christ.

*A short time of silent prayer.*

Holy God,

faithful and unchanging:

enlarge our minds with the knowledge of your truth,

and draw us more deeply into the mystery of your love,

that we may truly worship you,

Father, Son and Holy Spirit, one God, now and for ever.

**Amen.**

## **The Liturgy of the Word**

### First Reading: read by Bob Day

A reading from the letter of Paul to the Romans 8:12-17

Brothers and sisters, we are debtors, not to the flesh, to live according to the flesh – for 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. For all who are led by the Spirit of God are children of God. For 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!’ it is that very Spirit bearing witness with our spirit that we are children of God, and 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 Acclamation

Alleluia, alleluia.

Come, Holy Spirit, fill the hearts of your faithful people

and kindle in them the fire of your love.

**Alleluia.**

The Gospel: read by Sue Jakeman on Zoom

Hear the gospel of our Lord Jesus Christ according to John 3:1-17 **GLORY TO YOU, O LORD!**

There was a Pharisee named Nicodemus, a leader of the Jews. He 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.’ Jesus answered him, ‘Very truly, I tell you, no one can see the kingdom of God without being born from above.’ Nicodemus 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?’ Jesus answered, ‘Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, “You must be born from above.” The 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.’ Nicodemus said to him, ‘How can these things be?’ Jesus answered him, ‘Are you a teacher of Israel, and yet you do not understand these things? 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. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. 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. 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!**

### The Sermon

*A short period of silence may follow.*

### The Creed

**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: led by Katharine Harper on Zoom

**The Liturgy of the Sacrament**

### The Peace

God has made us one in Christ.

He has set his seal upon us and, as a pledge of what is  
to come, has given the Spirit to dwell in our hearts.

Alleluia.

The peace of the Lord be always with you

**and also with you.**

Let us offer one another a sign of peace.

### Hymn No. 286 Holy, holy, holy! Lord God almighty

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| --- | --- |
| 1. 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! | 2. 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. |
| 3. Holy, holy, holy! Though the darkness hide thee,  though the sinful mortal eye  thy glory may not see,  only thou art holy;  there is none beside thee,  perfect in pow’r, in love, and purity. | 4. 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, blessèd trinity! |

### The Preparation of the Table

As the grain once scattered in the fields

and the grapes once dispersed on the hillside

are now reunited on this table in bread and wine,

so, Lord, may your whole Church

soon be gathered together

from the corners of the earth

into your kingdom.

**Amen.**

### 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.**

It is indeed right, our duty and our joy,

always and everywhere to give you thanks,

holy Father, almighty and eternal God,

through Jesus Christ our Lord.

For he is our great high priest

who has entered once for all

into the heavenly sanctuary,

evermore to pour upon your Church

the grace and comfort of your Holy Spirit.

He is the one who has gone before us,

who calls us to be united in prayer

as were his disciples in the upper room

while they awaited his promised gift,

the life-giving Spirit of Pentecost.

Therefore all creation yearns with eager longing

as angels and archangels sing the endless hymn of praise:

(Musical accompaniment will be played for those joining on Zoom to sing the words, but spoken words only please if in church.)

**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.

Jesus Christ is Lord:

**Lord, by your cross and resurrection**

**you have set us free.**

**You are the Saviour of the world.**

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 [*N and*] 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.

**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 for ever.**

**Amen.**

### The Breaking of the Bread

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.**

### Agnus Dei

(Musical accompaniment will be played for those joining on Zoom to sing the words, but spoken words only please if in church.)

**Lamb of God,**

**you take away the sin of the world,**

**have mercy on us.**

**Lamb of God,**

**you take away the sin of the world,**

**have mercy on us.**

**Lamb of God,**

**you take away the sin of the world,**

**grant us peace.**

### The Invitation to Communion

Alleluia. Christ our Passover is sacrificed for us.

**Therefore, let us keep the feast. Alleluia.**

*You may like to use the following words, ‘An act of spiritual communion’ to reflect at this point:*

My Jesus, I believe that you are present in the Most Holy Sacrament.

I love you above all things, and I desire to receive you into my soul.

Since I cannot at this moment receive you sacramentally,

come at least spiritually into my heart.

I embrace you as if you were already there and unite myself wholly to you.

Never permit me to be separated from you.

Amen.

### The Prayer after Communion

**You have opened to us the Scriptures, O Christ,**

**and you have made yourself known**

**in the breaking of the bread.**

**Abide with us, we pray,**

**that, blessed by your royal presence,**

**we may walk with you**

**all the days of our life,**

**and at its end behold you**

**in the glory of the eternal Trinity,**

**one God for ever and ever.**

**Amen.**

Hymn No. 359 Jesus shall reign

|  |  |
| --- | --- |
| 1. Jesus shall reign where'er the sun  does his successive journeys run,  his kingdom stretch from shore to shore,  till moons shall wax and wane no more. | 2. People and realms of every tongue  dwell on his love with sweetest song,  and infant voices shall proclaim  their early blessings on his name. |
| 3. Blessings abound where'er he reigns:  the pris’ners leap to lose their chains;  the weary find eternal rest,  and all the humble poor are blest. | 4. To him shall endless prayer be made,  and praises throng to crown his head;  his name like incense shall arise  with ev’ry morning sacrifice. |
| 5. Let ev’ry creature rise and bring  peculiar honours to our King;  angels descend with songs again,  and earth repeat the loud amen. |  |

### The Blessing

The Spirit of truth lead you into all truth,

give you grace to confess that Jesus Christ is Lord,

and strengthen you to proclaim the word

and works of God;

and the blessing of God almighty,

the Father, the Son, and the Holy Spirit,

be among you and remain with you always.

Amen

### The Dismissal

Go in the peace of Christ, alleluia, alleluia.

**Thanks be to God, alleluia, alleluia.**

### Notices: Link to [weekly bulletins](http://beneficeoflangelei.org.uk/stmarys/st-marys-bulletin-newsletters/) for St M’s & St B’s

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