

Trinity I



An Act of Spiritual Communion

The following act of spiritual communion is made available while we cannot worship in church. The church has from earliest times used the term 'Spiritual Communion' 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.

Remember always, that we are never truly alone.

Not only is God present with us, and in the prayer and worship we offer, even when physically alone, the saints and angels are present spiritually with us.

The Eucharist will be celebrated at 10am on Sunday.

Joining in this short service will also unite us all spiritually within this celebration.

First settle yourself quietly without distractions. Turn the phone and TV off. You might want to play quiet, reflective music in the background. You may want to light a candle as a focus. You could even set up a 'prayer corner' with religious images, statues, or candles. Be still and know that God is with you.

Hymn [How great Thou art](#)

Welcome [here](#)

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

Now call to mind your sins and make this act of contrition:

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

Ask God for his forgiveness:

**May the Lord in all his mercy,
grant me forgiveness of my sins,
deliver me from evil,
and bring me to the joy of eternal life. Amen.**

At this point read the Opening Prayer (Collect) for the day:

O God,
the strength of all those who put their trust in you,
mercifully accept our prayers
and, because through the weakness of our mortal nature
we can do no good thing without you,
grant us the help of your grace,
that in the keeping of your commandments
we may please you both in will and deed;
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.**

First reading

Romans 5:1–8 A reading from the letter of Paul to the Romans.

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person – though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

Now read The Gospel

Matthew 9:35 – 10:8, (9–23) Hear the gospel of our Lord Jesus Christ according to Matthew. Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest." Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; Philip and Bartholomew; Thomas and Matthew the tax-collector; James son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, the one who betrayed him. These twelve Jesus sent out with the following instructions: "Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, 'The kingdom of heaven has come near.' Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment. Take no gold, or silver, or copper in your belts, no bag for your journey, or two tunics, or sandals, or a staff; for labourers deserve their food.

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

Homily [here](#)

The 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:

Heavenly Father as your son sent his apostles into the world announcing the nearness of the kingdom, help us to announce the same message by word and deed. Help us, although outside our buildings, to be the church in our neighbourhoods. Help us to show you compassion to the world and to show others your way.

Heavenly Father, your first apostles went out with little to sustain them. We pray for our nation and for all those struggling under lockdown. For those who feel unsafe at home, for those who are fearful for what the future holds, and for those who have little money to sustain them. We pray for our leaders – that all their decisions might be for the good of all.

Heavenly Father you sent your son to save our world. We pray for this world, rocked by the arrival of Coronavirus, and in turmoil due to injustice and prejudice. We pray for all medical and welfare agencies, for the care and healing of the sick, for those who have little and from whom what little they have is taken. We pray for a fairer distribution of the world's resources and for all to see that every life matters.

We pray for the sick, the lonely, the depressed and the bereaved. We pray for all medical workers and those working in essential services. Lord, you sent your apostles out to heal the sick we pray that you would strengthen and empower all continuing this vocation of love.

Heavenly Father, your son came to announce the kingdom. We pray for those we love and miss who have departed this life, that they might live in your kingdom for ever. **Amen.**

The Eucharistic Prayer: [watch here](#)

The Lord be with you

And also with you

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

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*:

**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.**

We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command, send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.
On the night before he died he had supper with his friends
and, taking bread, he praised you.
He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them and said:
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.
So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice
made once for all upon the cross.
Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection
until he comes in glory.
Jesus Christ is Lord:
**Lord, by your cross and resurrection
you have set us free.
You are the Saviour of the world.**
Lord of all life,
help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.
Look with favour on your people,
gather us in your loving arms
and bring us with Mary, Peter, Paul and all the saints
to feast at your table in heaven.
Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, O loving Father,
for ever and ever.
Amen.

The Lord's Prayer

**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**

Now make your spiritual communion.

Imagine that you are receiving the Host:

**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

**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.**

Post Communion Prayer

Eternal Father,
we thank you for nourishing us
with these heavenly gifts:
may our communion strengthen us in faith,
build us up in hope,
and make us grow in love;
for the sake of Jesus Christ our Lord.

The Blessing: [here](#)

Go forth into the world in peace;
be of good courage;
hold fast that which is good;
render to no one evil for evil;
strengthen the fainthearted; support the weak;
help the afflicted; honour everyone;
love and serve the Lord,
rejoicing in the power of the Holy Spirit;
and the blessing ...
Amen.

Go in peace to love and serve the Lord.
In the name of Christ, Amen.

Recessional [Thine be the glory](#)