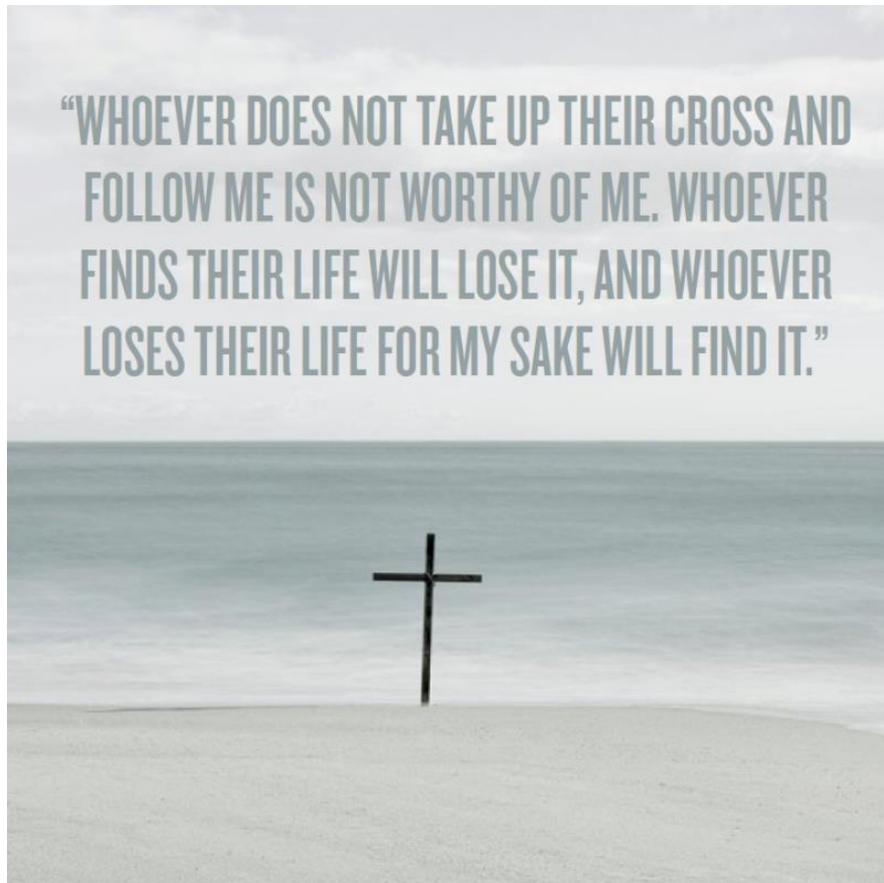


Trinity 2



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 [You are my strength when I am weak](#)

Welcome

**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:

Lord, you have taught us that all our doings without love are nothing worth:
send your Holy Spirit and pour into our hearts that most excellent gift of love,
the true bond of peace and of all virtues,
without which whoever lives is counted dead before you.
Grant this for your only Son Jesus Christ's sake,
who is alive and reigns with you, in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

First reading [here](#)

Romans 6:1b–11 | A reading from the letter of Paul to the Romans.

Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Now read The Gospel

Matthew 10:24-39 Hear the gospel of our Lord Jesus Christ according to Matthew.

Jesus summoned the twelve and sent them out with the following instruction: "A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household! So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows. Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven. Do not think that I have come to bring

peace to the earth; I have not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and one's foes will be members of one's own household. Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it."

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

Homily [here](#)

Hymn [It is well with my soul](#)

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 the light of your revelation brought the Disciples the gift of faith in Jesus your Son. Through their proclamations from the housetops many came to faith and so we give thanks for that faith we have inherited in Christ Jesus, and for having been enriched by him in knowledge and love.

Lord in your Mercy: **Hear our Prayer**

The Lord Jesus built his Church on the apostles. United with them, in faithfulness to the Gospel's teaching and way of life, we pray for our individual and communal roles in this Church. We pray for our bishops, that they grow in union with all the saints, share the zeal of the first Disciples, and lead us by the grace of the Holy Spirit,

Lord in your Mercy: **Hear our Prayer**

Heavenly Father we pray for all who, like the apostles, are persecuted for their faith, and for each of us, that we might be faithful when we are ridiculed or insulted for practising our religion. We pray for the poor and the oppressed, for those whose faith in Christ has made them vulnerable, and those who live in war-torn parts of the world.

Lord in your Mercy: **Hear our Prayer**

Heavenly Father we pray for the sick and the suffering. For those undergoing treatments and surgery and those who have contracted the Coronavirus.

For those convalescing and those who are recovered, that through the intercession of the apostles, that they may all experience the light of the Gospel,

Lord in your Mercy: **Hear our Prayer**

Heavenly Father we remember those who have been united to Christ in a death like his and those whose faith is known to you alone, and we pray that they will be united with Christ in his resurrection

Lord in your Mercy: **Hear our Prayer**

Heavenly Father we rejoice in the call to belong to the Church, to believe in the Gospel, to proclaim it by word and action, and to be united with the successors of your Apostles.

Merciful Father:

Accept these prayers for the sake of your Son our Saviour Jesus Christ. Amen

The Eucharistic Prayer: [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.**

Hymn [In Christ alone](#)

Post Communion Prayer

Loving Father,
we thank you for feeding us at the supper
of your Son:
sustain us with your Spirit,
that we may serve you here on earth
until our joy is complete in heaven,
and we share in the eternal banquet
with Jesus Christ our Lord. **Amen.**

The Blessing: [here](#)

The peace of God,
which passes 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 Spirit,
be among you and remain with you always.
Amen.

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

Recessional

*A Tribute to Vera Lynn – a song which, although not religious, does hint at the
Christian hope: [We'll meet again](#)*