

Trinity Sunday



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.

As we continue to pray for the Holy Spirit to equip us, an uplifting message from the Pope: [here](#)

Hymn [here](#)

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:

Almighty and everlasting God,
you have given us your 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:
keep us steadfast in this faith,
that we may evermore be defended from all adversities;
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

Genesis 18:1-8 [click here](#)

A reading from the book of Genesis.

The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, "My lord, if I find favor with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree. Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant." So they said, "Do as you have said." And Abraham hastened into the tent to Sarah, and said, "Make ready quickly three measures of choice flour, knead it, and make cakes." Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.

Now read the Gospel

Matthew 28. 16-20

Hear the gospel of our Lord Jesus Christ according to Matthew.

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

This is the Gospel of the Lord.

Praise to you O Christ.

Homily [click 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: [join Melissa here](#)

We come boldly to the throne of grace,
praying to the almighty God, Father, Son, and Holy Spirit
for mercy and grace.

We plead before your throne in heaven.

Father of heaven, whose love profound
a ransom for our souls has found:

We pray for the world, created by your love,
for its nations and governments especially for wise judgment at this critical time.
Extend to them your peace, pardoning love, mercy and grace.

We plead before your throne in heaven.

Almighty Son, incarnate Word,
our Prophet, Priest, Redeemer, Lord:

We pray for the Church, created for your glory,
for its ministry to reflect those works of yours – we pray for our growth in love, faith
and hope. Extend to us your salvation, growth, mercy and grace.

We plead before your throne in heaven.

Eternal Spirit, by whose breath
the soul is raised from sin and death:

We pray for families and individuals, created in your image,
for the lonely, the bereaved, the sick and the dying – all those affected by Covid, and
those unjustly treated. We pray for healing and justice for all.

Breathe on them the breath of life
and bring them to your mercy and grace.

We plead before your throne in heaven.

Thrice holy! Father, Spirit, Son,
Mysterious Godhead, Three in One:

We pray for ourselves,
for your Church, and for all whom we remember before you (*a few moments of silence for
personal prayer*)...

Bring us all to bow before your throne in heaven,
to receive life and pardon, mercy and grace for all eternity,
as we worship you, saying,

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest. Amen.**

Offertory Hymn [click here](#)

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

It is indeed right, our duty and our joy,
always and everywhere to give you thanks,
holy Father, almighty and eternal God.

For with your only-begotten Son and the Holy Spirit
you are one God, one Lord.

All that you reveal of your glory,
the same we believe of the Son
and of the Holy Spirit, without any difference or inequality.

We, your holy Church, acclaim you,
Father of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.

Three Persons we adore,
one in being and equal in majesty.
And so with angels and archangels,
with cherubim and seraphim,
we sing for ever of your glory:

**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. 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

Almighty and eternal God,
you have revealed yourself as Father, Son and Holy Spirit,
and live and reign in the perfect unity of love:
hold us firm in this faith,
that we may know you in all your ways
and evermore rejoice in your eternal glory,
who are three Persons yet one God,
now and for ever.
Amen.

The Blessing: [here](#)

The Lord God almighty, Father, Son, and Holy Spirit,
the holy and undivided Trinity,
guard you, save you,
and bring you to that heavenly city,
where he lives and reigns for ever and ever.
Amen.

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

Recessional

Jules Holland plays "Abide with me" [here](#)