



## Service of Spiritual Communion

**Sunday, 1<sup>st</sup> August, 2021**

via Brookdean Benefice Facebook page  
or link on [www.forestchurch.org.uk](http://www.forestchurch.org.uk)

### *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.**

### **Hymn 1**

Father, Lord of all creation,  
ground of being, life and love;  
height and depth beyond description  
only life in you can prove:  
you are mortal life's dependence:  
thought, speech, sight are ours by grace;  
yours is every hour's existence,  
sovereign Lord of time and space.

Jesus Christ, the Man for others,  
we, your people, make our prayer:  
help us love - as sisters, brothers -  
all whose burdens we can share.  
Where your name binds us together  
you, Lord Christ, will surely be;  
where no selfishness can sever  
there your love the world may see.

Holy Spirit, rushing, burning  
 wind and flame of Pentecost,  
 fire our hearts afresh with yearning  
 to regain what we have lost.  
 May your love unite our action,  
 never more to speak alone:  
 God, in us abolish faction,  
 God, through us your love make known.

STEWART CROSS (1928-1989)      T: ABBOT'S LEIGH

### ***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***

God so loved the world that he gave his only Son Jesus Christ  
 to save us from our sins, to be our advocate in heaven,  
 and to bring us to eternal life.  
 Let us confess our sins in penitence and faith, firmly resolved  
 to keep God's commandments and to live in love and peace  
 with all.

**Almighty God, our heavenly Father, we have sinned  
 against you and against our neighbour in thought and  
 word and deed, through negligence, through weakness,  
 through our own deliberate fault.  
 We are truly sorry and repent of all our sins.  
 For the sake of your Son Jesus Christ, who died for us,  
 forgive us all that is past and grant that we may serve  
 you in newness of life to the glory of your name.  
 Amen.**

### ***Prayer of Absolution***

Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord.

**Amen.**

### ***Gloria in Excelsis***

**Glory to God, glory to God,  
glory to God in the highest.**

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.

**Glory to God, glory to God,  
glory to God in the highest.**

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.

**Glory to God, glory to God,  
glory to God in the highest.**

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.

**Glory to God, glory to God,  
glory to God in the highest.**

### ***The Collect***

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; 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.**

## *The Liturgy of the Word*

A reading from the letter of Paul to the Ephesians (4:1-16)

I, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

This is the word of the Lord.

**Thanks be to God**

**Hymn 2**

Take this moment, sign and space;  
 take my friends around;  
 here among us make the place  
 where your love is found.

Take the time to call my name,  
 take the time to mend  
 who I am and what I've been,  
 all I've failed to tend.

Take the tiredness of my days,  
 take my past regret,  
 letting your forgiveness touch  
 all I can't forget.

Take the little child in me  
 scared of growing old;  
 help me here to find my worth  
 made in Christ's own mould.

Take my talents, take my skills,  
 take what's yet to be;  
 let my life be yours, and yet  
 let it still be me.

JOHN L. BELL (b1949) & GRAHAM MAULE (b1952) T: TAKE THIS MOMENT

Alleluia, alleluia.

I am the light of the world says the Lord.  
 Whoever follows me will never walk in darkness  
 but will have the light of life.

**Alleluia!**

Hear the Gospel of our Lord Jesus Christ according to John  
 (6:24-35)

**Glory to you, O Lord.**

When the crowd saw that neither Jesus nor his disciples were  
 at the place where Jesus had given the bread, they themselves  
 got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## ***Address***

### ***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***

The response to,    Lord, in your mercy  
                                  **hear our prayer.**

*and at the end,*    Merciful Father,  
                                  **accept these prayers  
                                  for the sake of your Son,  
                                  our Saviour Jesus Christ. Amen.**

### ***The Liturgy of the Sacrament***

#### ***The Peace***

We are the body of Christ. In the one Spirit we were all baptized into one body. Let us then pursue all that makes for peace and builds up our common life.

The peace of the Lord be always with you  
**and also with you.**

**Hymn 3**

Lord Jesus Christ,  
you have come to us,  
you are one with us,  
Mary's Son;  
cleansing our souls from all their sin,  
pouring your love and goodness in;  
Jesus, our love for you we sing,  
living Lord.

Lord Jesus Christ,  
now and every day,  
teach us how to pray,  
Son of God.  
You have commanded us to do  
this in remembrance, Lord, of you:  
into our lives your power breaks through  
living Lord

Lord Jesus Christ,  
you have come to us,  
born as one of us,  
Mary's Son.  
Led out to die on Calvary,  
risen from death to set us free,  
living Lord Jesus, help us see,  
you are Lord.

Lord Jesus Christ,  
I would come to you,  
live my life for you,  
Son of God.  
All your commands I know are true,  
your many gifts will make me new,  
into my life your power breaks through,  
living Lord.

PATRICK APPLEFORD (b. 1925)      T: LIVING LORD



Yours Lord is the greatness, the power, the glory,  
the splendour and the majesty; for everything in heaven  
and on earth is yours.

**All things come from you,  
and of your own do we give you.**

### ***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.**

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 recall the Last Supper,  
and acclaim the mystery of our faith.*

Great is the mystery of faith,  
**Christ has died:**  
**Christ is risen:**  
**Christ will come again:**

*The prayer continues and leads into the doxology,  
 to which we respond, **Amen***

### ***The Lord's Prayer***

Let us pray with confidence as our Saviour has taught us,

**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.**

### **Breaking of the Bread**

We break the bread of life,  
 and that life is the light of the world.

**God here among us, light in the midst of us,  
 bring us to light and life.**

**Thanks be to you, Lord Jesus Christ, for all the benefits  
 you have given me, for all the pains and insults you have  
 borne for me.**

**Since I cannot now receive you sacramentally, I ask you  
 to come spiritually into my heart.**

**O most merciful redeemer, friend and brother, may I  
 know you more clearly, love you more dearly, and follow  
 you more nearly, day by day.**

**Amen.**



*Open to God's loving presence around us and within us we keep silence for our own act of spiritual communion.*

**Lord Jesus Christ, you said to your disciples,  
'I am with you always'.  
Be with me today, as I offer myself to you.  
Hear my prayers for others and for myself,  
and keep me in your care. Amen.**

### ***Prayer after Communion***

Holy Father, who gathered us here around the table of your Son to share this meal with the whole household of God: in that new world where you reveal the fullness of your peace, gather people of every race and language to share in the eternal banquet of Jesus Christ our Lord. **Amen.**

**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.  
Amen.**

**Hymn 4**

Guide me, O thou great Redeemer,  
 pilgrim through this barren land;  
 I am weak, but thou art mighty;  
 hold me with thy powerful hand:  
 Bread of heaven,  
 feed me now and evermore.

Open now the crystal fountain  
 whence the healing stream doth flow;  
 let the fiery cloudy pillar  
 lead me all my journey through:  
 strong deliverer,  
 be thou still my strength and shield.

When I tread the verge of Jordan,  
 bid my anxious fears subside;  
 death of death, and hell's destruction,  
 land me safe on Canaan's side:  
 songs and praises  
 I will ever give to thee.

**Arglwydd, arwain rrwy'r anialwch**

WILLIAM WILLIAMS (1717-1791)

Translated by

PETER WILLIAMS (1727—1796)

T: CWM RHONDDA

*The Dismissal***Blessing**

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**