

The Parish Church of
St Mary the Virgin, Great Shelford



Charity No: 245456

Sunday 2nd August - The Eighth Sunday after Trinity
10.00 Parish Communion

Hymn: Guide me, O thou great Redeemer

- 1 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, bread of heaven,
Feed me till I want no more,
Feed me till I want no more.
- 2 Open now the crystal fountain
Whence the healing stream doth flow;
Let the fire and cloudy pillar
Lead me all my journey through:
Strong deliverer, strong deliverer,
Be thou still my strength and shield,
Be thou still my strength and shield.
- 3 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 of praises, songs of praises
I will ever give to thee,
I will ever give to thee.

<https://www.youtube.com/watch?v=ZAN4EojeF0Y>

Hymn: I, the Lord of sea and sky

- 1 I, the Lord of sea and sky, I have heard my people cry.
All who dwell in dark and sin my hand will save.
I who made the stars of night, I will make their darkness bright.
Who will bear my light to them? Whom shall I send?

Refrain

***Here I am Lord. Is it I, Lord?
I have heard you calling in the night.
I will go, Lord, if you lead me,
I will hold your people in my heart.***

- 2 I, the Lord of snow and rain, I have borne my peoples pain.
I have wept for love of them. They turn away.
I will break their hearts of stone, give them hearts for love alone.
I will speak my word to them. Whom shall I send?

Refrain

- 3 I, the Lord of wind and flame, I will tend the poor and lame.
I will set a feast for them. My hand will save.
Finest bread I will provide till their hearts be satisfied.
I will give my life to them. Whom shall I send?

Refrain

https://www.youtube.com/watch?v=eZOZbztI_7w

Collect:

Almighty Lord and everlasting God, we beseech you to direct, sanctify and govern both our hearts and bodies in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

8:00 Holy Communion 10:00 Parish Communion

Gloria:

**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.**

First Reading: Isaiah 55. 1 - 5

The Lord says this: Everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live.

I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the LORD your God, the Holy One of Israel, for he has glorified you.

Second Reading: Romans 9. 1 - 5

I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

Gospel: Matthew 14. 13 - 21

When Jesus heard that Herod had beheaded John the Baptist, he withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' Jesus said to them, 'They need not go away; you give them something to eat.' They replied, 'We have nothing here but five loaves and two fish.' And he said, 'Bring them here to me.' Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

Sanctus/Benedictus:

**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.**

Agnus Dei:

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.

Post Communion Prayer:

Strengthen for service, Lord, the hands that have taken holy things; may the ears which have heard your word be deaf to clamour and dispute; may the tongues which have sung your praise be free from deceit; may the eyes which have seen the tokens of your love shine with the light of hope; and may the bodies which have been fed with your body be refreshed with the fullness of your life; glory to you for ever. **Amen**



Hello Children Mary Mouse is very happy to see you all back in church again! She is social distancing, so cannot be picked up or touched, but she will be in church every Sunday, see if you can spot her.

Sunday Club will not meet until further notice. We will be offering a regular Mary Mouse letter. For details contact Gillian, gillian.pett29@gmail.com

INTERCESSIONS

Please refer any pastoral concerns for members of the congregation or members of the local community to any member of the Ministry team including our Co-ordinator for Pastoral Services, Mrs Frances Simms. Please pray for the sick, frail, housebound and those in care. Please let the Vicar know about all cases of sickness and others for whom we should pray.

SUPPORTING OUR CHURCH

Before the pandemic we were already concerned about the increasing financial deficit we have been facing for several years. Some of our regular expenses, eg utilities, have been reduced during lockdown, but ongoing expenses have continued. Additionally the provision of sanitiser products, signage and other purchases connected with providing online services has added costs. Our greatest expense by far is the Ministry Share paid to the Diocese (currently £52,189 pa), which has to be found every month, under all circumstances. We still very much need the support of all our Church members and visitors.

Donations can be made by:

- Parish Giving Scheme (PCC's preferred option)
- Standing Order or Bank transfer
- Donating via the Giving Page on website <https://www.stmarysgreatshelford.org/>
- Traditional envelope donations (posted through the vicarage letterbox, or left in the collection box at the back of church). Please write your PIN on the envelope, if you have one.

To help further, at no cost to yourself, please Gift Aid your donations if you are able. Our Treasurer Pat Brown is happy to assist with any of the above. Contact details: phone 07811 563597 or email: patbrown2591@yahoo.co.uk . Thank you very much for all your support.

From Simon....

It has been good to see many of you on recent Sundays and many thanks for your kind appreciation of the work on our 're-launch of public services'. Please continue to let us have your feedback.

To reiterate, it is for you to decide if you wish to attend public worship again and we shall still make recordings of services available on the website for those who choose not to come at present. This will be in sound only because of the technical issues about video recording or live-streaming at public events. A few things you need to know ahead of our Sunday services:-

- It is strongly advised that **face coverings should be worn by all those attending a place of worship**, including ministers, worshippers, staff, volunteers, contractors and visitors, where there may

be other people present; remembering that they are mainly intended to protect other people, not the wearer, from coronavirus and that they are **not** a replacement for physical distancing and regular hand washing.

- If you, or any member of your household or bubble, are showing any symptom of Covid-19, do not come to church.
- If you are at heightened risk from infection by Covid-19 you are advised not to come to church.
- **Use hand sanitiser on entry and exit, and at need.**
- Keep 2m distance between yourself and anyone not of your own household or bubble; when 2m is not possible, additional protection (eg, facemasks) should be used.
- Register your name and contact phone number with the sidespersons at every service.
- The sidespersons will be on hand to direct you to your seat, to invite you to come up to receive communion, and to ensure that 2m social distance is maintained on leaving the church. Worshippers should remain in their seats until otherwise directed by the sidespersons.
- You are asked to catch coughs and sneezes in the crook of your arm, and to leave the church if the coughing or sneezing fit persists. Used tissues should be taken home for safe disposal, to minimise the risk to those cleaning the church.
- The service books provided at each place should not be shared, and should be left on the seat at the end of the service.
- The weekly pew sheet provided at each place, once touched, should be taken home at the end of the service.
- Singing is not permitted at the moment.
- The Peace should be exchanged by gesture only, maintaining 2m distance.
- Communicants should come up to the communion screen via the central aisle, and return to their seats via the side aisles. Those not taking communion are asked to sit in the south aisle pews, so as not to disrupt the through-flow of communicants returning to their seats.
- Regretfully, there will be no Sunday Club or children's activities in church or in the Community Room until further notice.
- Details of how to make your (much appreciated!) donations by contactless means are published in the pew sheet.
- The Community Room will remain closed until further notice; however, the toilets may be used at request during church services. Hand sanitiser must be used on entry, and hands thoroughly washed after using the toilets.
- If you become ill after attending church, please let the vicar or churchwardens know immediately, as well as informing NHS Test and Trace.

Copies of our current full Risk Assessment and Mitigation Measures, of which the above is a precis, are available at the back of church.

As you will appreciate this is far from returning to what was 'normal' back in Feb., but it is the best that we can achieve at present given the guidance from government. We may well make minor adjustments in the coming weeks, but I anticipate that this will be our 'new normal' for several months to come.

We would welcome your feedback and suggestions as we find a way forward

A handwritten signature in cursive script that reads "Simon". The signature is written in black ink and is positioned at the bottom left of the page.

ST. MARY'S GREAT SHELFORD - WEEKLY NEWSLETTER

Marriage Banns: Please pray for James Dennis & Hannah Gilchrist, whose Banns are being read for the first time today, as they prepare for their marriage at St Mary's in October.

Wed. Holy Communion celebration: We shall not be restarting the midweek Holy Communion services until the autumn.

Praying together as a community

At a time when we are all missing meeting to worship together perhaps there are things that we can do to help us feel that we are still a worshipping community, and that we are all thinking of one another. Here are three simple things that we could all do to pray together for each other and our community.

1. At noon each day we could say the Lord's Prayer. You might like to go to the front door and stand in the doorway because we are praying not just for ourselves but for the whole community.
2. If you have a candle, light it at 7pm on Sunday evenings and put it in your front window. Pray for all those who are ill, all those who are alone, and all those who are caring for others. This looks beautiful and is a sign to other people that we are keeping the light of hope for them.
3. In the evenings before bed we could pray for each other, perhaps by saying the wonderful collect for aid against all perils from the Book of Common Prayer.

Lighten our darkness, we beseech thee, O Lord, and by thy great mercy defend us from all perils and dangers of this night, for the love of thy only Son, Jesus Christ our Lord. Amen.

Services on audio and by Zoom:

Now that we can offer public services, we still want to extend our online offering to those who for very good reason will not yet feel comfortable in attending church. The audio recordings of our Sunday service will be on our web site. <http://www.stmarysgreatshelford.org/>

We will continue to offer Evening Prayer on Sundays at 6.30pm by Zoom. The link is circulated each week by email.

As you listen you can make a Spiritual Communion. The term 'Spiritual Communion' has been used historically 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. The form of prayer below offers Christians an opportunity to give thanks for their communion with him, particularly at times when they would ordinarily be present at the Eucharist.

The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves. Making a Spiritual Communion is particularly fitting for those who cannot receive the sacrament at the great feasts of the Church, and it fulfils the duty of receiving Holy Communion 'regularly, and especially at the festivals of Christmas, Easter and Whitsun or Pentecost' (Canon B 15).

The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.



A free phone line of hymns, reflections and prayers



CONNECTIONS

provides a hymn and reflection.

Daily HOPE: This is an excellent new national Church of England initiative for those who are especially isolated and do not have access to the internet. **Daily HOPE** is a freephone line, available 24 hours a day on **0800 804 8044**. Callers will hear a special greeting from the Archbishop of Canterbury before being able to choose from a range of options, including Prayer During the Day and Night Prayer updated daily, from Common Worship, and a recording of the Church of England's weekly national online service. A section called Hymn Line will also offer callers a small selection of hymns, updated daily. An option entitled 'Hymns We Love',

Cambridge City Foodbank: Thank you to everyone who has continued to support the Foodbank in the last few months. Now that our church has re-opened, we are again making our monthly collection on the first Sunday of each month. Our collection **is being made today, Sunday 2nd August**. All donations are appreciated. A list of the foods most urgently needed can be found at the back of church or on the Foodbank

