

The Parish Church of
St Mary the Virgin, Great Shelford



Charity No: 245456

Sunday 9th August 2020 - The Ninth Sunday after Trinity
10.00 Parish Communion

Hymn: At the name of Jesus

1. At the name of Jesus
Every knee shall bow,
Every tongue confess him
King of glory now;
'Tis the Father's pleasure
We should call him Lord,
Who from the beginning
Was the mighty Word.
2. At his voice creation
Sprang at once to sight,
All the angel faces,
All the hosts of light,
Thrones and dominations,
Stars upon their way,
All the heavenly orders,
In their great array.
3. Humbled for a season,
To receive a name
From the lips of sinners
Unto whom he came,
Faithfully he bore it
Spotless to the last,
Brought it back victorious
When from death he passed:
4. Bore it up triumphant
With its human light,
Through all ranks of creatures,
To the central height,
To the throne of Godhead,
To the Father's breast;
Filled it with the glory
Of that perfect rest.
5. In your hearts enthrone him;
There let him subdue
All that is not holy,
All that is not true:
He is God the Saviour,
He is Christ the Lord,
Ever to be worshipped,
Trusted, and adored.
6. Brothers, this Lord Jesus
Shall return again,
With the Father's glory,

With his angel train;
For all wreaths of empire
Meet upon his brow,
And our hearts confess him
King of glory now.

<https://www.youtube.com/watch?v=gYcwIWp5R-E>

Hymn: Eternal Father, strong to save

1. Eternal Father, strong to save,
Whose arm doth bind the restless wave,
Who bidd'st the mighty ocean deep
Its own appointed limits keep;
O hear us when we cry to thee
For those in peril on the sea.
2. O Saviour, whose almighty word
The winds and waves submissive heard,
Who walkedst on the foaming deep,
And calm amid its rage didst sleep:
O hear us when we cry to thee
For those in peril on the sea.
3. O sacred Spirit, who didst brood
Upon the chaos dark and rude,
Who bad'st its angry tumult cease,
And gavest light and life and peace:
O hear us when we cry to thee
For those in peril on the sea.
4. O Trinity of love and power,
Our brethren shield in danger's hour;
From rock and tempest, fire and foe,
Protect them whereso'er they go:
And ever let there rise to thee
Glad hymns of praise from land and sea.

<https://www.youtube.com/watch?v=JAxv3BAZhtl>

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

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: 1 Kings 19. 9 - 18

When Elijah reached Horeb, the mountain of God, he came to a cave, and spent the night there. Then the

word of the LORD came to him, saying, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' He said, 'Go out and stand on the mountain before the LORD, for the LORD is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' Then the LORD said to him, 'Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.'

Second Reading: Romans 10. 5 - 15

Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?"' (that is, to bring Christ down) 'or "Who will descend into the abyss?"' (that is, to bring Christ up from the dead). But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.' But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

Gospel: Matthew 14. 22 - 33

Immediately after feeding the crowd with the five loaves and two fish, Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.' Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

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:

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



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.

Sincere apologies that we were not able to make a recording of last Sundays Parish Communion nor will this be possible on this Sunday either. This service will resume on 16th Aug.

A few things you need to know ahead of our Sunday services:-

- **Face coverings must now 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 recently updated full Risk Assessment and Mitigation Measures, of which the above is a précis, are available at the back of church.

We are settling into a pattern for Sundays now, but we would welcome your feedback and suggestions as we move forward



ST. MARY'S GREAT SHELFORD - WEEKLY NEWSLETTER

A very warm welcome to The Rev'd. Dr. Julie Norris who will be presiding at the morning services today. Julie is making a welcome return visit and I am very grateful for her kind support.

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

Evening Prayer: We are starting to offer Evensong according to the Book of Common prayer in church again as an experiment. This will start this Sun. at 6.30 pm and will alternate with an Evening Prayer offering by Zoom on alternate weeks. This will next be on Sun. 16th Aug. and the Zoom link will be circulated by email as usual.

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/> This service will resume on Sun. 16th Aug. due to technical problems.

We will continue to offer Evening Prayer on alternate Sundays at 6.30pm by Zoom. The link is circulated each week by email. The next service will be on Sun. 16th August.

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: The organizers were very pleased to receive the contributions from our collection last week and ask for their sincere thanks to be passed to everyone. Our next collection will be on Sunday 6th September.

