

# **Spiritual Communion Service for Widford Parish**

This service booklet will be used on alternate Sundays, alternating with a Morning Prayer, dates will be sent out to you.

This booklet of Spiritual Communion is to be used when we cannot receive Holy Communion due to unusual circumstances.

Jesus is present in our hearts, and we pray that we will be joined together with Christ and his Church.

You may like to set the scene by lighting a candle and placing it on a small table along with a cross, or something that reminds you of church.

It will be lovely to join all together using these services. You will be able to find a spoken version on the website, we are hoping to livestream on a Sunday, or provide you with a CD if that is preferable.

Otherwise, just sit back, relax and enjoy reading this service as we read it on your behalf in our churches.

We have not included any hymns or songs, but you may like to include some in your worship today.

God bless, Stephanie & Andy

## Sunday Service

### *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*

Let us call to mind and confess our sins.  
**Most merciful God,  
Father of our Lord Jesus Christ,  
We confess that we have sinned  
In thought and word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy  
Forgive what we have been,  
Help us to amend what we are,  
And direct what we shall be;  
That we may do justly,  
Love mercy,  
And walk humbly with you, our God. Amen.**

### *A Prayer*

Lord Jesus Christ,  
Grant, that as the hem of your garment,  
Touched in faith, healed the woman who could not touch your body,  
So the soul of your servant may be healed by faith in you,  
Whom I cannot now sacramentally receive; through your tender mercy, who lives  
and reigns with the Father in the unity of the Holy Spirit ever one God, world without  
end. Amen.

### *We are forgiven*

Heavenly Father, we thank you for your love and mercy shown to each one of us. May we  
know your peace.

### ***Collect***

Heavenly Father,

You anointed your Son Jesus Christ with the Holy Spirit and with power to bring to us the blessings of your kingdom.

Anoint your Church with the same Holy Spirit, that we who share in his suffering and victory may bear witness to the gospel of salvation;

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 forever. Amen.

***The Bible readings for today*** – please see the website.

This Sunday service will be livestreamed, and the sermon will be loaded on after the Sunday service has taken place.

***Prayers of Intercession*** (Here are some suggestions, please add your own)

Keep us, good Lord, when we feel worried or uncertain. Support anyone who is anxious or fearful, and lift up all who are brought low; that we might rejoice in your comfort, knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

### ***For those who are ill***

Merciful God,

We bring before you anyone who is ill or struggling with pain today. We know that your everlasting arms are there to uphold and support us, and keep us safe.

Comfort and heal anyone who is unwell and restore them to health and strength; through Jesus Christ our Lord. Amen.

### ***For hospital staff and medical researchers***

Gracious God,

Give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure.

Strengthen them with your Spirit,

That through their work many will be restored to health; through Jesus Christ our Lord. Amen.

### ***For one who is ill or isolated***

O God help me to trust you,

Help me to know that you are with me,

Help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord. Amen

### *Prayers for when we cannot get to church*

Lord Jesus Christ, you said to your disciples, 'I am with you always.'  
Be with our church family, and all those who live in Widford, Chelmsford, for our neighbours and friends.  
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.

### ***The Peace***

Peace to this house from God our Heavenly Father.  
Peace to this house from his Son who is our peace.  
Peace to this house from the Holy Spirit, the life giver.

### ***Spiritual Communion***

**Almighty God,  
In union with the faithful at every altar of your Church,  
Where your blessed body and blood are being offered to the Father,  
I desire to offer you praise and thanksgiving.  
I present to you my soul and body,  
With the earnest wish that I may ever be united to you.  
And since I cannot now receive you sacramentally,  
I ask you to come spiritually into my heart.  
I unite myself to you,  
And embrace you with all the affections of my soul.  
Let nothing ever separate me from you.  
Let me live and die in your love. Amen**

### **The Blessing**

May God the holy and undivided Trinity preserve us in body, mind and spirit,  
And bring us safe to that heavenly country where peace and harmony reign;  
And may the blessing of God Almighty,  
The Father, the Son and the Holy Spirit, be among us and remain with us always.  
**Amen.**