

The Holy Eucharist  
with spiritual communion  
for remote worship

The Ninth Sunday after Pentecost  
August 2, 2020



**Trinity**  
Episcopal Church

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## THE TEN COMMANDMENTS OF LOVING WORSHIP

*to reduce the risk of COVID-19 transmission*

Thou shalt register thine attendance and check in with the ushers/greeters to enable contact tracing.

Thou shalt use only designated entrances and exits, and follow all directions of ushers and worship leaders to enter, exit, and receive communion.

Thou shalt maintain a distance of at least six feet from other worshippers.

Thou shalt wear thy mask at all times while in church buildings or outdoor worship space.

Thou shalt use hand sanitizer upon entering and exiting the church, and immediately before receiving communion.

Thou shalt refrain from physical contact with other worshippers.

Thou shalt depart immediately at the end of the service, and refrain from social gathering on church grounds.

Thou shalt stay in thine home, or depart immediately, if thou hast a fever or symptoms of illness.

Thou shalt notify the Rector or Parish Administrator immediately if thou dost fall ill or test positive for COVID-19.

Thou shalt be kind, considerate, and understanding for the Lord hath commanded us to love one another.



THE LITURGY OF THE WORD

*Book of Common Prayer, page 355*

*Celebrant* Blessed be God: Father, Son, and Holy Spirit.  
*People* **And blessed be his kingdom, now and for ever. Amen.**

*All say together:*

*BCP page 356*

**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.**

*Celebrant* The Lord be with you.  
*People* **And also with you.**

Let us pray.

*(BCP page 232)*

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Jacob got up that night and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had.

Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Peniel, limping because of his hip.

The Word of the Lord.

**Thanks be to God.**

**Psalm 17: 1-16**

*Book of Common Prayer, page 600*

- 1 Hear my plea of innocence, O LORD, give heed to my cry; \*  
listen to my prayer, which does not come from lying lips.
- 2 **Let my vindication come forth from your presence; \*  
let your eyes be fixed on justice.**
- 3 Weigh my heart, summon me by night, \*  
melt me down; you will find no impurity in me.
- 4 **I give no offense with my mouth as others do; \*  
I have heeded the words of your lips.**
- 5 My footsteps hold fast to the ways of your law; \*  
in your paths my feet shall not stumble.
- 6 **I call upon you, O God, for you will answer me; \*  
incline your ear to me and hear my words.**
- 7 Show me your marvelous loving-kindness, \*  
O Savior of those who take refuge at your right hand  
from those who rise up against them.
- 8 **Keep me as the apple of your eye; \*  
hide me under the shadow of your wings,**
- 9 From the wicked who assault me, \*  
from my deadly enemies who surround me.
- 10 **They have closed their heart to pity, \*  
and their mouth speaks proud things.**
- 11 They press me hard, now they surround me, \*  
watching how they may cast me to the ground,

- 12 **Like a lion, greedy for its prey, \***  
**and like a young lion lurking in secret places.**
- 13 Arise, O LORD; confront them and bring them down; \*  
 deliver me from the wicked by your sword.
- 14 **Deliver me, O LORD, by your hand \***  
**from those whose portion in life is this world;**
- 15 Whose bellies you fill with your treasure, \*  
 who are well supplied with children and leave their wealth to their little ones.
- 16 **But at my vindication I shall see your face; \***  
**when I awake, I shall be satisfied, beholding your likeness.**

**A reading from the Letter of Paul to the 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 forever. Amen.

The Word of the Lord.

**Thanks be to God**

*Deacon* The Holy Gospel of our Lord Jesus Christ according to Matthew.

*People* **Glory to you, Lord Christ.**

*Matthew 14:13-21*

Jesus 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.

*Deacon* The Gospel of the Lord.

*People* **Praise to you, Lord Christ.**

The Nicene Creed

*Book of Common Prayer, page 358*

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:  
by the power of the Holy Spirit  
he became incarnate from 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.  
With the Father and the Son he is worshiped and glorified.  
He 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 the People

Form I, *Book of Common Prayer*, page 383

With all our heart and with all our mind, let us pray to the Lord, saying "Lord, have mercy."

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to the Lord. **Lord, have mercy.**

For our Bishop, and for all the clergy and people, let us pray to the Lord. **Lord, have mercy.**

For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord. **Lord, have mercy.**

For this town, for every city and community, and for those who live in them, let us pray to the Lord. **Lord, have mercy.**

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord. **Lord, have mercy.**

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord. **Lord, have mercy.**

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord. **Lord, have mercy.**

For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord. **Lord, have mercy.**

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord. **Lord, have mercy.**

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord. **Lord, have mercy.**

In the communion of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

**To thee, O Lord our God.**

*The people offer their own prayers.*

*The Celebrant adds a concluding prayer:*

Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord. **Amen.**

## Confession of Sin

*Book of Common Prayer, page 360*

*The Deacon or Celebrant says to the people*

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

**Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. Amen.**

*The Priest says*

Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

## Exchange of Peace

*The Celebrant says to the people*

The peace of Christ be always with you.

*People* **And also with you.**

*The Ministers and People greet one another in the name of the Lord, maintaining their physical distance from one another.*

Whether you are worshiping remotely or in person, let the exchange of peace here be a reminder to reach out in the spirit of Christ's peace today to someone you are not seeing in worship right now and share greetings and care by telephone, internet, text message, or any other means.

*Announcements may be made about matters of interest to the congregation.*



*At this point in the service, we often receive a collection of money for the support of the church.*

For those worshipping remotely this week, please mail your regular pledge check to the office, use your bank's online payment system, or visit [www.trinitymoorestown.org/donate](http://www.trinitymoorestown.org/donate) to make your weekly gift or regular pledge offering.

There is a collection basket/plate near the entrance for those worshipping in person to make your weekly gift or regular pledge offering. If you prefer, you may also mail your regular pledge check to the office, use your bank's online payment system, or visit [www.trinitymoorestown.org/donate](http://www.trinitymoorestown.org/donate) to make a gift online.

If you are worshipping remotely today, please skip ahead to the Lord's Prayer on page 10 of this booklet or page 364 of The Book of Common Prayer

## Eucharistic Prayer 1

from *Enriching Our Worship*

*Celebrant* The Lord be with you.

*People* **And also with you.**

*Celebrant* Lift up your hearts.

*People* **We lift them to the Lord.**

*Celebrant* Let us give thanks to the Lord our God.

*People* **It is right to give our thanks and praise.**

*The Celebrant continues*

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we say:

**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.**

*The Celebrant continues:*

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine, and when he had given thanks, he gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

*The Celebrant continues*

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

And now, as our Savior Christ has taught us, we are bold to say,  
**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,**  
    **and the power, and the glory,**  
    **for ever and ever. Amen.**

*The Celebrant breaks the consecrated Bread, then says*  
Alleluia. Christ our Passover is sacrificed for us;  
**Therefore let us keep the feast. Alleluia.**

*Those present in person will be invited to receive the Body of Christ in bread only.*

*Please come forward as directed to receive communion, being careful to maintain a six-foot distance between you and anyone who does not live with you.*

*Use the provided hand sanitizer thoroughly, then hold out one hand above the other to receive the bread from the priest*

*As you step away, briefly remove your mask (with the hand not holding the bread), to place the wafer in your mouth, then replace your mask and return to your seat.*

*NB, the path for communion is one-way only. Continue along the cleared pathway to the brick walkway, then return to your seat from there.*

*Those worshipping remotely, or those who are physically present but not comfortable physically receiving communion, are invited to offer a prayer for "spiritual communion", which is printed on the next page.*

*During this pandemic, when transmission risks make it unusually challenging to gather and receive communion, we depend on the long established teaching of the Church that if a person is prevented from physically receiving the Sacrament for reasons of extreme illness, danger, or disability, the desire for Christ's presence alone is enough for all the benefits of the Sacrament to be received. This prayer helps us create the space in heart and spirit to receive this gift when we cannot physically receive the bread.*

## A prayer for Spiritual Communion

Jesus, I believe that you are truly present in the Holy Sacrament and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life, until by your grace, I come to your glorious kingdom and unending peace. Amen.

*(From Saint Augustine's Prayer Book, rev 2014.,  
based on a prayer by St. Alphonsus de Liguori)*

## Post communion prayer

*Book of Common Prayer, page 365*

**Eternal God, heavenly Father,  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.**

## Blessing

*The priest offers a blessing, and the people respond. Amen.*

## The Dismissal

*The Deacon dismisses us to go forth into the world.*

*People*      **Thanks be to God. [Alleluia, alleluia!]**

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Julie Bathke, *Online lector*  
Lorraine Ryan, *Telephone lector*  
Nancy Matthews, *In person lector*  
Steve Yocum, Liz Louie, Nancy Matthews, *Usher and Greeters*  
Helen Anderson, Joan Willet, *Altar Guild*  
The Rev. Emily A. Mellott, *Celebrant and Preacher*  
Ms. Carol Rodgers, *Assisting*