

DIOCESE IN EUROPE

THE CHURCH
OF ENGLAND



SS PETER AND PAUL, TORREVIEJA

The Church of England worshipping in Word and Sacrament at Lago Jardín, Los Balcones and La Siesta and ministering through the southern Costa Blanca and eastern Murcia.

A truly Eucharistic community of faith and love.

Chaplain (equivalent of Parish Priest):

Father Richard A. Seabrook SSC

+ 34 966 840 136

+ 34 693 932 438 – Chaplaincy Mobile

frras@c-of-e-torrevieja.com

www.c-of-e-torrevieja.com



Chaplaincy Facebook page: <https://www.facebook.com/anglicantorrevieja>

Chaplain's Facebook page: <https://www.facebook.com/chaplaintorrevieja>

Chaplain's Facebook Group (to be used at the moment for livestreaming of liturgies):

<https://www.facebook.com/groups/chaplaintorrevieja/>

THE CHAPLAIN'S WEEKLY NEWSLETTER

Sunday 30th August 2020

TWENTY-SECOND SUNDAY IN ORDINARY TIME



**WELCOME TO THE CHAPLAINCY OF SS PETER AND PAUL, TORREVIEJA.
ALL ARE WELCOME TO SHARE IN THE LIFE OF THE CHURCH OF ENGLAND IN THIS
CHAPLAINCY.**

This Chaplaincy needs an income of 2100 euros EACH WEEK to break even over the course of a year. Please give as generously as you can.

There are various ways of giving financially to the Chaplaincy for the work of the Church:

You can give in the plate each week.

You can join our envelope scheme to give a regular amount on a weekly basis – and set aside money for those weeks when you cannot be here.

You are encouraged to set up a standing order to the Chaplaincy – this helps us budget more effectively.

If you are a UK tax payer you can gift aid your giving.

If you are a Spanish tax payer you can have a tax offset by signing a form each year, making a claim and then donating this money back to the Chaplaincy.

For more information contact Father Richard, the Churchwardens, the Treasurer or your Congregational Warden.

The Chaplaincy relies on generous and sacrificial giving in response to a generous God who sacrificed his Son for us all on the cross.

THE PANDEMIC AND THE MONTHS AHEAD

Church services have resumed in accordance with Spanish Law, the advice of the Bishops of the Diocese, the advice of the Spanish Episcopal Conference and FEREDE.

1. Lago Jardín Church will remain closed until further notice. This is because of the difficulty of social distancing in the church and its already limited capacity.
2. There is to be a building project to renovate the church but **Los Balcones church is now closed until April 2021. All services for the Chaplaincy will be held at La Siesta.**
3. La Siesta - these services will be for the whole Chaplaincy so please make every effort to be there and support the liturgical life of the Chaplaincy as we begin again in limited circumstances.

Future celebrations of the Holy Eucharist are:

Saturday 29 th August	1700
Sunday 6 th September	1130
Saturday 12 th September	1700
Sunday 20 th September	1130
Saturday 26 th September	1700
Sunday 4 th October	1130
Saturday 10 th October	1700
Sunday 18 th October	1130
Saturday 24 th October	1700
Sunday 1 st November	1130
Monday 2 nd November	1130 – ALL SOULS DAY

The live-streamed liturgies continue:

1. Go to <https://www.facebook.com/groups/chaplaintorrevieja> and ask to join the group.
2. You will be asked three questions. Please complete them and agree to the rules of the group.
3. When the livestream starts it will appear on your device in the Facebook stream. The stream will start a few minutes before the broadcast so you can get settled in. You can only see this when I start the livestream. You can see and hear me but I cannot see you.

We will very much be adopting a hybrid approach for the foreseeable future.

On the Sundays where there is a Mass at La Siesta, there will be a live-streamed Mass on Saturdays at 1700 so that those unable to come to church will still be able to see Mass celebrated.

On the Saturdays where there is a Mass at La Siesta, there will be a live-streamed Mass on Sundays at 1100 so that those unable to come to church will still be able to see Mass celebrated.

The weekday live-streams will continue. The general pattern is:

Monday	1100	EP	1800
Tuesday	0930	EP	1800
Wednesday	1100	EP and Rosary	1800
Thursday	0930	EP	1800
Friday	no live stream (Father Richard's rest day)		
Saturday	no live stream in the morning, Mass when indicated.		

There will also be a liturgy still included in the weekly sheet for those unable to access the internet. This means there will be "physical" worship, live-streamed worship and "printed" worship.

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Church of England Chaplaincy of SS Peter and Paul, Torreveija

In conjunction with the Diocesan guidelines and the local laws, the following instructions have been agreed by the Chaplaincy Council as the most workable in order to provide an environment that is as safe as possible for those wishing to attend a church service. You are required to comply with these instructions to ensure the safety and protection of everyone.

INSTRUCTIONS FOR ATTENDING CHURCH AT LA SIESTA

1. Only the main entrance will be used (disabled access) and the door will be secured in an open position from before the time when people gather for the service until after the last worshipper has left. The windows will be open for ventilation and fans will be operating to cool the Church.
2. You will be required to give your name and contact details on arrival as a register has to be kept of attendees. This will be done outside before you enter the church. This measure is only needed to facilitate any contact tracing.
3. Hand sanitizing facilities will be provided at the church entrance for your use prior to, and after, the service.
4. The Churchwardens who will have used the hand sanitizer beforehand will be at the entrance and will direct you to a seat as each area will be specifically marked out in compliance with distance seating regulations. Only family members may sit together
5. The use of face masks is compulsory to reduce transfer of respiratory droplets into the environment. You are requested to provide your own mask (a few spare ones will be kept at church) Entrance to the church will not be permitted without a mask.
6. It is your choice if you wear plastic gloves or not. It is our intention that the need to touch anything will be reduced to the bare minimum.
7. Door handles and hand railings will be disinfected on a regular basis.
8. There must be no physical contact with another person i.e handshakes, kissing, hugging. You must ensure physical distancing is observed at all times.
9. Members of the congregation are advised to carry tissues and use them to catch coughs and sneezes. All tissues must be taken home for disposal.
11. Congregational singing will not take place as it appears to increase significantly the transmission of potentially infected droplets.
12. As it is not permitted to use any service books, a shortened version of the Order of Service will be emailed to worshippers each week. You are requested to print this off at home and bring it with you and keep it for your own use.
13. Father Richard will be the celebrant of the Eucharist and will proclaim the Liturgy of the Word.
14. There will be no sharing of The Peace
15. Holy Communion will be distributed in one kind with the Host only. Both elements will be consecrated, but the Precious Blood will not be distributed and will be partaken of by the Priest alone. It is a clear principle of Anglican theology that the sacrament of the Eucharist is present and complete in either of the consecrated elements.
16. For the time being, it is preferable that only the presiding minister handles the vessels and administers Holy Communion so no one will be required to act as altar server. Given that it will be in one kind for now, and in most places for not more than 50 persons, it is much easier to control hygiene if this is one person's responsibility.
17. Father Richard, presiding at the Eucharist, will cleanse his hands with an alcohol-based sanitizer, just prior to commencing the liturgy of the Eucharist and will do so again just before the distribution of the Host. Extra measures in terms of hygiene, just prior to the administration of communion to the people will be adhered to, by using alcohol-based sanitiser. At all times, the priest in administering the sacrament must avoid contact with the hands of the communicants.
18. The priest will say 'The Body of Christ' to which everyone will reply **Amen** collectively before approaching the altar. The Churchwardens will direct you to the altar at the appropriate time. *Standing in front of the Priest, place your hands in front of you to receive the Host, using the lower hand remove your mask at the side, consume the Host, and then replace your mask. Only when you have replaced your mask should you go to your place.*
19. At this point return to your seat.
20. The collection baskets will not be passed among the congregation. All collections are to be placed in a basket at the exit. *Please do not leave coins as this adds to the complexity of hygiene.*

21. The Churchwardens will be responsible for the counting and banking of the collection. They will wear plastic gloves and sanitize their hands afterwards. Better still, we would encourage you to consider changing to on-line giving or direct debit.
22. The Churchwardens will be responsible for maintaining the ordered entry, seating, movement for communion, and exit. Please wait until a Churchwarden instructs you to leave the Church. If the church is filled to permitted capacity, no further entry is possible.
23. Father Richard, wearing a face mask, will stand at the exit after the Eucharist to greet you keeping a two metre distance, but will not shake hands.
24. There will not be any refreshments provided after the service and you should avoid gathering outside the exit. It will be at your own risk if you go to a local bar for coffee afterwards. We are only responsible for maintaining safety within the church building itself.
25. An appointed team will be responsible for the cleaning of the church after the service in compliance with the Government and Diocesan guidelines
26. Father Richard is taking responsibility for the cleaning of the altar area, the vessels and the altar linen.
27. The toilet will be available. Paper towels and hand sanitizer will be provided.

Please bear in mind your own self-care, your level of vulnerability and your age according to the risks involved.

If you have COVID-19 symptoms please stay at home.

If you are intending to participate in the Eucharist each week you are invited to contact **Sue Maude** on wardenlasiesta@gmail.com so we have an idea of the numbers coming. Please do this by 1800 on Saturday evening for a Sunday Mass, 1800 on a Friday for a Saturday Mass. You will need to do this each week please or liaise with Sue about this.

Worship for the week ahead:

Saturday 29 th August	1700	Holy Eucharist	<i>La Siesta</i>
Sunday 30 th August	1100	Holy Eucharist	<i>Live-streamed</i>
	1800	Evening Prayer	<i>Live-streamed</i>
Monday 31 st August	1100	Holy Eucharist	<i>Live-streamed</i>
	1800	Evening Prayer	<i>Live-streamed</i>
Tuesday 1 st Sept	0930	Holy Eucharist	<i>Live-streamed</i>
	1800	Evening Prayer	<i>Live-streamed</i>
Wednesday 2 nd Sept	1100	Holy Eucharist	<i>Live-streamed</i>
	1800	Evening Prayer and Holy Rosary	<i>Live-streamed</i>
Thursday 3 rd Sept	0930	Holy Eucharist	<i>Live-streamed</i>
	1800	Evening Prayer	<i>Live-streamed</i>
Saturday 5 th Sept	1700	Holy Eucharist	<i>Live-streamed</i>
Sunday 6 th Sept	1130	Holy Eucharist	<i>La Siesta</i>
	1800	Evening Prayer	<i>Live-streamed</i>

"Participants in a streamed service of Holy Communion should not be encouraged to place bread and wine before their screens. Joining together to share in the one bread and the one cup as those physically present to one another is integral to the service of Holy Communion; ... and it is not helpful to suggest otherwise. Any idea of the 'remote consecration' of the bread and wine should be avoided."

The words above are an extract from a letter from Bishop Robert and Bishop David from 2nd April. Under Church of England formularies the Priest himself must set the bread and wine upon the Altar which is going to be consecrated during the Eucharist.

This post underlines The Church of England position.



The Blessed Sacrament Lamp at Lago Jardín

Because Lago Jardín is not going to be used for the foreseeable future (until social distancing rules change) the Blessed Sacrament has been removed from Lago Jardín to be kept safely at the Chaplaincy House.

If you would like a Mass intention, please contact Father Richard.

The Chaplain's Prayer List for August 2020:

Please pray for the sick and those in particular need at this time:

Linda Heard, Dorothy Hanson, Eileen Catlin, Father Helge, Solveig Pettersson, Gwen Simmons, Gerry Hopkins, Benjamin Saville, Colin, for all those suffering in mind, body and spirit as a result of the coronavirus.

Please pray for the recently departed:

Pat Asker RIP, Peter Loaring RIP

For all those who have died as a result of the coronavirus.

+ Rest eternal grant unto them, O Lord, and let light perpetual shine upon them.

Please advise Father Richard if there are any corrections to the above list.

If you wish a name to be added to the list of the sick you need to email Father Richard or write to him giving permission for yourself or ensure permission has been granted by someone else for their name to appear on this list. (GDPR regulations).

Please pray for the Anglican Church in Perú, for Bishop Jorge Aguilar, and the Bishops, Priests, Deacons and Laity there.

Father Richard's Study Group... will resume when we can.

From the Churchwardens: Church offerings

With the change in the public worship life of the Chaplaincy this has had a serious impact on our already severe financial situation. However, we still have commitments in the finances within the Chaplaincy. If you are able to, could you please set aside each week the amount that you would normally give on the plate and save it for when you next come to church if you are not ready to return yet? Or, if you wish, you could make direct bank transfers. If you want to do the latter you can set up a direct debit. The bank details to do this are as follows:

Please see churchwardens.

Thank you so very much for your help, *Peter and Jennifer*

Update from the Churchwardens:

Dear Chaplaincy member

As you know Father Richard has been providing live streaming services and we have now entered a new phase where we slowly return to our Church worship. At this time, this will only be at La Siesta Church. We hope you have been putting away your weekly collection during the lockdown ready to bring with you at one of the services provided. If you have been putting your collection away each week and you are not going to attend Church yet, we can arrange to collect the money from you. As you will be aware the Chaplaincy can only provide worship and all other aspects of Church life with your giving. As you will be aware we had no input of money during the lockdown and we really need to start building up our finances. We hope you can help by providing any money you have put by or if you feel you would like to give a one off donation for the time we have been away from Church we can arrange that with you. If you could please help we would be most grateful. Thank you.

Peter and Jennifer

Elizabeth Kaldor's lemon curd and marmalade is still available. Please contact her on 966721947 or elizabethkaldor@gmail.com.

Making a Spiritual Communion. Something recommended for us all each day when we cannot participate in the Holy Eucharist.

Even if we are watching a livestreamed Mass (and the times of our Chaplaincy livestreamed celebrations of the Eucharist are listed in the newsletter) we are invited to pause when the Priest receives Holy Communion and make our own spiritual communion. We can say it silently to ourselves or speak it out loud. In this way we are joined with Our Lord in his suffering and death for the world and we are united to His Most Sacred Heart. In these most worrying of days we know Our Lord is there and we can join ourselves to him just as he joins himself with us. This is a great blessing, comfort and strength.

Choose one of these prayers:

My Jesus,

I believe that You are present in the Most Holy Sacrament.

I love You above all things,

and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally,

come at least spiritually into my heart.

As though you have already come, I embrace You as if You were already there

and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

or,

Lord Jesus Christ, you are the bread of life and the one true vine. I believe that you are truly present in the Most Holy Sacrament of the Eucharist. I seek you. I worship and adore you. Since I cannot receive you in the eucharistic bread and wine, I pray that you will come into my heart and soul, that I may be united to you, by your all-powerful and ever-present Holy Spirit. Let me receive you, and be nourished by you. Become for me the manna in my wilderness, the bread of angels for my very human journey through time, a foretaste of the heavenly banquet, and solace in the hour of my death. I pray all this, trusting that you yourself are our Life, our Peace, and our everlasting Joy. Amen.

Prayer resources

1. Follow the Chaplain's Facebook page which will be used as an extension of my priestly ministry to you, the people of God. It can be found at: <https://www.facebook.com/chaplaintorrevieja>.
2. Join the new Chaplain's Facebook Group (different from the Facebook page). This will be used for livestreaming of liturgies. Join at: <https://www.facebook.com/groups/chaplaintorrevieja>. There is further information on page 2 of this newsletter.
3. Download *Praying at Home A resource for those praying at home as a result of the Coronavirus pandemic*. I especially draw your attention to page 8 and "An Act of Spiritual Communion." I will also for this booklet to be attached to the email in which you receive this newsletter. https://www.churchunion.co.uk/jscripits/tiny_mce/plugins/imagemanager/files/Resources_FIN_AL.pdf.
4. I recommend you to watch this video from the Bishop of Fulham: <https://www.youtube.com/watch?v=R6AmaVaY8-I>. Bishop Jonathan is the Bishop of Fulham in the Diocese of London.
5. Pray the Holy Rosary: <https://bishopoffulham.org.uk/wp-content/uploads/How-to-pray-the-Holy-Rosary-Final.pdf> and <https://bishopoffulham.org.uk/wp-content/uploads/printer-friendly-rosary-guide-draft-v3.pdf>
6. Follow the Anglican Shrine of Our Lady of Walsingham. Open Facebook and put @shrineolw in the Facebook search bar. Every night at 1900 (Spanish time) the Rosary is offered.
7. Follow the Society of Saint Wilfrid and Saint Hilda on Facebook @thesocietyofsaintwilfridandsainthilda as there will be valuable teaching material during Holy Week.
8. Look at the pages of the Church Union, a well-established organisation in the Church of England: <https://www.churchunion.co.uk/news.php>
9. You are invited to say the *Angelus* at 0600 (!), or better still 1200 and 1800. The services of livestreamed Evening Prayer will begin with this.

10. Lastly, and most importantly, make a Spiritual Communion. I have written about this in the newsletter and there is more information in the booklet.
11. *Praying at home with the Blessed Virgin Mary*
The Society of Mary has produced a booklet of readings, reflections and prayers that focus on some of the themes that are important at these times; and how Mary is an example for us, as well as someone who prays with us and for us.
https://www.churchunion.co.uk/uploads/SoM_May_2020_Marian_Devotional_Booklet.pdf
12. Devotions and Prayers to the Sacred Heart of Jesus.
https://www.sswsh.com/uploads/Sacred_Heart_of_Jesus_Devotions_and_Prayers.pdf
13. A video about Corpus Christi: <https://www.youtube.com/watch?v=kXCRO5cQ4sE>
14. Praying in Church.
https://www.churchunion.co.uk/uploads/Praying_in_Church_FINAL.pdf
15. Praying with Jesus in the Blessed Sacrament.
https://www.churchunion.co.uk/uploads/Blessed_Sacrament_Resource_FINAL.pdf
16. *Saints of the month - AUGUST*
Although we are praying and worshipping in our homes, we never pray alone. We pray with the Church around the world and our prayers are joined with those of the company of heaven. In this booklet there are a selection of biographies of saints and holy people whose feast days occur this month, as well as prayers you might find helpful.
https://www.churchunion.co.uk/uploads/Saints_of_the_Month_-_August_.pdf

Father Richard writes:

I hope the above information and links will help you at this difficult time.

One change: Please would you make your own arrangements with Sue Maude regarding informing her (wardenlasiesta@gmail.com) when you are coming to church. You need no longer do it each week so, for example, if you are intending to come to all services then tell her that.

Let's all continue to pray for each other in love and charity. Let us ask the Lord for his guidance. Be assured that your prayers are joined with the saints, especially Our Lady, the Holy Mother of God and our patrons, Ss Peter and Paul. Sacred Heart of Jesus, have mercy on us.

Your priest and friend, Father Richard

DATE AHEAD

Our postponed Election of Churchwardens and Annual Chaplaincy Meeting will now take place at La Siesta on Saturday 12th September beginning with the 1700 celebration of the Holy Eucharist. Because we cannot distribute papers these will be emailed to you in advance of the meeting. The requisite notices for this meeting will be affixed at La Siesta from this Saturday, 29th August. The meeting is open to anyone on the Electoral Roll.

100 Club draw

May €50 No. 54 Joan Berry

€30 No. 17 Peter Jackson

€20 No. 77 Ian Sharpe

July €50 No. 05 Tony Howarth

€30 No.96 Joan Berry

€20 No.02 Terence Sampson

We thank all those people, who over recent 100 Club draws, have generously donated the money back to the chaplaincy.

Sunday 30th August 2020

Entrance Antiphon

Cf. Ps 85: 3, 5

Have mercy on me, O Lord, for I cry to you all the day long.
O Lord, you are good and forgiving,
full of mercy to all who call to you.

Collect

God of might, giver of every good gift,
put into our hearts the love of your name,
so that, by deepening our sense of reverence,
you may nurture in us what is good
and, by your watchful care,
keep safe what you have nurtured.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

First reading

Jeremiah 20:7-9

The word of the Lord has meant insult for me

You have seduced me, Lord, and I have let myself be seduced;
you have overpowered me: you were the stronger.
I am a daily laughing-stock,
everybody's butt.

Each time I speak the word, I have to howl
and proclaim: 'Violence and ruin!'
The word of the Lord has meant for me
insult, derision, all day long.
I used to say, 'I will not think about him,
I will not speak in his name any more.'
Then there seemed to be a fire burning in my heart,
imprisoned in my bones.
The effort to restrain it wearied me,
I could not bear it.

Responsorial Psalm

Psalm 62(63):2-6,8-9

For you my soul is thirsting, O Lord my God.

O God, you are my God, for you I long;
for you my soul is thirsting.

My body pines for you
like a dry, weary land without water.

For you my soul is thirsting, O Lord my God.

So I gaze on you in the sanctuary
to see your strength and your glory.

For your love is better than life,
my lips will speak your praise.

For you my soul is thirsting, O Lord my God.

So I will bless you all my life,
in your name I will lift up my hands.

My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

For you my soul is thirsting, O Lord my God.

For you have been my help;
in the shadow of your wings I rejoice.

My soul clings to you;
your right hand holds me fast.

For you my soul is thirsting, O Lord my God.

Second reading

Romans 12:1-2

Offer your bodies as a living sacrifice

Think of God's mercy, my brothers, and worship him, I beg you, in a way that is worthy of thinking beings, by offering your living bodies as a holy sacrifice, truly pleasing to God. Do not model yourselves on the behaviour of the world around you, but let your behaviour change,

modelled by your new mind. This is the only way to discover the will of God and know what is good, what it is that God wants, what is the perfect thing to do.

Gospel Acclamation

cf.Ep1:17,18

Alleluia, alleluia!
May the Father of our Lord Jesus Christ
enlighten the eyes of our mind,
so that we can see what hope his call holds for us.
Alleluia!

Gospel

Matthew 16:21-27

'Get behind me, Satan!'

Jesus began to make it clear to his disciples that he was destined to go to Jerusalem and suffer grievously at the hands of the elders and chief priests and scribes, to be put to death and to be raised up on the third day. Then, taking him aside, Peter started to remonstrate with him. 'Heaven preserve you, Lord;' he said 'this must not happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are an obstacle in my path, because the way you think is not God's way but man's.'

Then Jesus said to his disciples, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake will find it. What, then, will a man gain if he wins the whole world and ruins his life? Or what has a man to offer in exchange for his life?

'For the Son of Man is going to come in the glory of his Father with his angels, and, when he does, he will reward each one according to his behaviour.'

Homily

If invited to pick and choose within the Gospels, and form our religion only with what appeals to us, what a cosy, comfortable church we would have! We might keep the stories about Christ's birth and infancy, his temptation in the desert and his healing miracles. We would include our favourite parables, like the Prodigal son, the Pharisee and the Publican, and of course, the Good Samaritan. But would we leave out that Gospel for today, that hard teaching about renouncing self, taking up the cross, losing our lives for the sake of Jesus? And even if we have not removed those words from our Gospels, do we remain deaf to them in practise, in our lives?

In a way, isn't following Christ like accepting a friend whom we must accept in full or not at all; welcoming the demands as well as the benefits of friendship? Just as we need to take people as they are, without trying to change them to suit ourselves, so with the Gospel: we accept the whole of Christ's recorded words, because we trust him and know that his ways are truth.

So what does the Lord want from us? What does he mean by “renounce yourself,” “lose your life for my sake,” “carry your cross,” or (in the second reading) “present your bodies as a holy sacrifice?” Surely these words don’t refer to anything akin to devaluing of this present life, its joys and its achievements? And yet, are these not something more than a pious way of saying: Put up with what cannot be changed? These are questions to revolve in the mind, without expecting any quick or simple solution. If we will allow, God’s Word challenges us out of any complacency with a comfortable, conforming religion. It unmasks our many evasions, our double standards, our desire for “cheap grace” — wanting salvation at cut price, unwilling to involve ourselves in sacrifice.

Perhaps a clue to this demand is in the first reading, in Jeremiah’s extraordinary accusation that he was *seduced* by God. Letting his prophetic vocation overpower him, Jeremiah was involved in many a thankless task. He had *fallen in love with God*, so that nothing held him back from doing God’s will, no matter where this might lead. Have we fallen in love with Christ? Are we seduced by him, so as to give to his service all that is ours to give? Wouldn’t that be *becoming a living sacrifice*?

We might overly focus on the “renunciation” in today’s Gospel so as to miss its positive aspect. All growth, all lasting achievement demands effort and sacrifice. Yet the sacrifice can be a satisfying part of experience, when orientated towards a high and valued goal. (Examples: athletic training; mountain-climbing; studying a language; practising any skill.) So, the self discipline involved in Christian life, and accepting the circumstances in which God places us, contribute to our personal destiny. And we look forward in hope to the great reward of loyal service — when the Son of man, coming in glory, will reward all according to their behaviour.

The Nicene ("Niceno-Constantinopolitan") Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God,
Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation he came down from heaven,
At the words that follow, up to and including 'and became man', all bow.
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
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.

I 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 adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

THE GENERAL INTERCESSIONS

Brothers and sisters, let us bring our prayers to God, who has always been our help.

1. For Christians who suffer — that they may not give up (*short pause for silent prayer*).
Lord, hear us.
2. For people criticised for doing the right thing — that they may hold firm (*short pause for silent prayer*). Lord, hear us.
3. For the grace to support each other in the hardships of life (*short pause for silent prayer*). Lord, hear us.
4. For people suffering because of the pandemic (*short pause for silent prayer*). Lord, hear us.
5. For all who struggle with illness, of mind or body (*short pause for silent prayer*). Lord, hear us.
6. For all who are suffering financially because of the pandemic (*short pause for silent prayer*). Lord, hear us.
7. For the faithful departed (especially N and N), that sharing the cross of Christ they may also share his victory over death (*short pause for silent prayer*). Lord, hear us.

O Lord our God, your love is better than life: come to our help, we pray, through Jesus Christ our Lord. Amen.

Hymn: https://www.youtube.com/watch?v=KjdcZ0LGu_Y

The Angelus



The Angel of the Lord brought tidings to Mary,
And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee,
Blessed art thou among women and blessed is the fruit of thy
womb, Jesus. Holy Mary, Mother of God, pray for us sinners
now
and at the hour of our death.

Behold the handmaid of the Lord.
Be it unto me according to Thy Word.

Hail Mary, (as above)

And the Word was made flesh,
And dwelt among us.

Hail Mary, (as above)

Pray for us, O holy Mother of God.
That we may be made worthy of the promises of Christ.

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that as we have known the incarnation
of thy son Jesus Christ by the message of an angel, so by His + cross and passion we may be brought
to the glory of His Resurrection. Through the same Christ, our Lord. **Amen.**