

# St John's, Pevensey Road

Sunday 5th  
July:  
The Fourth  
Sunday  
after Trinity



## Pews News & Service Sheet

NB: this contains more pages than usual. You may wish to select which pages you require, on your printer settings, before printing! *Ed.*

### **People for whom our prayers are asked:**

Arlene, Ian, Amber, Mike, Pauline, Sally, Tracy, Agatha, Jude, Diane, Clare & Luke & family, Shane, Paul, Clive & Pauline, Henry, Simon, Marylyn, and Fr Ken.

### **Please pray also for...**

...the repose of the souls of the departed,

... those whose Years Minds fall around this time, especially Madeline Gray, Regina-Grace Quarty-Cofie, Ronald Fibbens, Dorrie and Sydney Roberts, Ena Mitchener, Bridget Cooper, Sybil Warner, Wendy Lewis, and Scott MacGregor,

...and all who mourn.

## **As from Sunday we are permitted to join together in St John's for worship.**

This is good news. However, there is absolutely no pressure for people to attend, or indeed for churches to be open at all. Indeed it is still official advice that those over seventy and those who are shielding should stay at home. The decision however if you fall into one of those categories is yours.

Of course, if you have any of the symptoms associated with Covid-19 please stay at home.

Nevertheless, I believe that it is right for us to offer public worship at this stage and we are able to do it safely.

What follows is how Mass will be conducted under the present guidelines.

1) We enter by the North Porch (normal entrance). Please use the hand-sanitiser provided. Gloves are available if you would like them. Please place in the marked bin as you leave. We have a safe system for receiving cash collections. Please use the box on the table this Sunday. A super new collection box made by David Spice will be with us soon.

2) We must be careful to maintain social distancing of 2 metres (6'7") at all times except when receiving the sacrament. (When you'll need to be closer to me than two metres)

3) The order of service will be available from a table near the entrance. Please pick one up and find a seat. Please take the sheet home with you.

4) Please do not move furniture to sit closer to family members and generally we will need to have a contactless peace.

5) There are various precautions that I must take when at the altar. I won't bore you with these, but suffice to say I shall be following the advice to the letter.

6) If you choose to receive the sacrament it will only be in the one kind.

7) I will administer this from the chancel step having extensively sanitised my hands. The host will be placed in your hand. I will be wearing a visor and will not say the usual words.

8) Instead of coming up in the usual way we will come up by column rather than row. This will help to enable social distancing in the queue and allow us to have a one-way route back to our seats.

9) At the end of the service we will remain seated to listen to the voluntary and then exit immediately via the organ door row by row.

10) There will be no singing and responses should be said quietly. Richard will play the organ at the start, during the preparation of the altar and the receiving of communion and a voluntary at the end.

11) I will make audio and video recordings of the service which will be available for those who cannot come to church via the usual channels by lunchtime.

The toilets will be open but please use them only when absolutely necessary. If you do use the toilet please clean all surfaces with which you have come into contact yourself with the wipes provided.

At the back of this service sheet you will find Bishop Martin's *ad clerum* of 1.7.20 which should answer any further questions you might have. Below is a photo of what to expect when you enter St John's.

I do look forward to being with you either in the flesh or by virtual means on Sunday.

God be with you,

Fr D



# Mass for the Fourth Sunday after Trinity

## The Greeting

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.

**All Amen.**

The Lord be with you

**All and also with you.**

## Prayer of Confession

God so loved the world  
that he gave his only Son Jesus Christ  
to save us from our sins,  
to be our advocate in heaven,  
and to bring us to eternal life.

Let us confess our sins in  
penitence and faith,  
firmly resolved to keep God's  
commandments  
and to live in love and peace with all.

**All Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence,  
through weakness,  
through our own deliberate fault.  
We are truly sorry  
and repent of all our sins.  
For the sake of your Son  
Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you  
in newness of life  
to the glory of your name.  
Amen.**

## The priest says the Absolution

Almighty God,  
who forgives all who truly repent,  
have mercy upon you,  
pardon and deliver you from all  
your sins,  
confirm and strengthen you in all  
goodness,  
and keep you in life eternal;  
through Jesus Christ our Lord.

**All Amen.**

## The Gloria in Excelsis is said:

**All 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**

## Prayer for the Day - The Collect

Let us pray:

Gracious Father,  
by the obedience of Jesus  
you brought salvation  
to our wayward world:  
draw us into harmony with your will,  
that we may find all things  
restored in him,  
our Saviour Jesus Christ.

**All Amen.**

## A reading from the Book of the Prophet Zechariah

*Zechariah 9:9-12*

Rejoice greatly, O daughter Zion!  
Shout aloud, O daughter Jerusalem!  
Lo, your king comes to you;  
triumphant and victorious is he,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.  
He will cut off the chariot from Ephraim  
and the warhorse from Jerusalem;  
and the battle-bow shall be cut off,  
and he shall command peace to the  
nations;  
his dominion shall be from sea to sea,  
and from the River to the ends of the  
earth.

As for you also, because of the blood  
of my covenant with you,  
I will set your prisoners free from the  
waterless pit.  
Return to your stronghold,  
O prisoners of hope;  
today I declare  
that I will restore to you double.

For the Word of the Lord  
**All Thanks be to God**

## A reading from the Letter of St Paul to the Romans

*Romans 7.15-25a*

I do not understand my own actions.  
For I do not do what I want, but I do  
the very thing I hate. Now if I do what  
I do not want, I agree that the law is  
good. But in fact it is no longer I that  
do it, but sin that dwells within me. For  
I know that nothing good dwells within  
me, that is, in my flesh. I can will what  
is right, but I cannot do it. For I do not  
do the good I want, but the evil I do  
not want is what I do. Now if I do what  
I do not want, it is no longer I that do  
it, but sin that dwells within me.

So I find it to be a law that when I  
want to do what is good, evil lies close  
at hand. For I delight in the law of God  
in my inmost self, but I see in my  
members another law at war with the  
law of my mind, making me captive to  
the law of sin that dwells in my  
members. Wretched man that I am!  
Who will rescue me from this body of  
death? Thanks be to God through  
Jesus Christ our Lord!

For the Word of the Lord  
**All Thanks be to God**

## Gospel Reading

Alleluia, alleluia.

I am the way, the truth, and the life,  
says the Lord.

No one comes to the Father  
except through me.

**All Alleluia**

The Lord be with you

**All And also with you**

Hear the Gospel of our Lord Jesus  
Christ according to Matthew

**All Glory to you, O Lord.**

*Matthew 11.16-19, 25-end*

‘But to what will I compare this  
generation? It is like children sitting in  
the market-places and calling to one  
another,

“We played the flute for you, and you  
did not dance;

we wailed, and you did not mourn.”

For John came neither eating nor  
drinking, and they say, “He has a  
demon”; the Son of Man came eating  
and drinking, and they say, “Look, a  
glutton and a drunkard, a friend of  
tax-collectors and sinners!” Yet  
wisdom is vindicated by her deeds.’

At that time Jesus said, ‘I thank you,  
Father, Lord of heaven and earth,  
because you have hidden these things  
from the wise and the intelligent and  
have revealed them to infants; yes,  
Father, for such was your gracious  
will. All things have been handed over  
to me by my Father; and no one  
knows the Son except the Father, and  
no one knows the Father except the  
Son and anyone to whom the Son  
chooses to reveal him.

‘Come to me, all you that are weary  
and are carrying heavy burdens, and  
I will give you rest. Take my yoke  
upon you, and learn from me; for I  
am gentle and humble in heart, and  
you will find rest for your souls. For  
my yoke is easy, and my burden is  
light.’

This is the Gospel of the Lord.

**All Praise to you, O Christ.**

## Sermon

### The Creed

Let us declare our faith in God,  
Father, Son and Holy Spirit.

**All 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,  
was incarnate from the Holy Spirit  
and 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,  
who with the Father and the Son is  
worshipped and glorified,  
who 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 Intercession**

In the power of the Spirit and in union  
with Christ, let us pray to the Father.

Gracious God, fountain of all wisdom,  
we pray for all Christian people;  
for Bishop Martin, for all Christian  
leaders,  
and for those who teach and guard the  
faith ...

May the word of Christ dwell richly in  
our hearts, and knit us together in the  
bond of your love.

Hear us.

**All Hear us, good Lord.**

We pray for the leaders of the nations,  
and for those in authority under them...  
Give them the gift of your wisdom,  
and a right discernment in all things.  
Hear us.

**All Hear us, good Lord.**

We pray for our community;  
for those who live and work here,  
and for those who visit this place . . .  
Speak your word of peace in our midst,  
and help us to serve one another as  
Christ has served us.

Hear us.

**All Hear us, good Lord.**

We pray for those who do not believe,  
and yet who long to know you, the very  
Word of life ...

Open their ears to hear your voice,  
and open their hearts to the knowledge  
of your love in Christ.

Hear us.

**All Hear us, good Lord.**

We pray for those bowed down with  
grief, fear or sickness,  
especially ...

May your living Word bring comfort and  
healing to all those in need.

Hear us.

**All Hear us, good Lord.**

We give thanks for all those who have  
died in the faith of Christ...  
and we rejoice with all your saints,  
trusting in the promise of your word  
fulfilled.

Merciful Father,

**All Accept these prayers,  
for the sake of your Son,  
our Saviour, Jesus Christ.  
Amen.**

## **The Peace** *is introduced*

We are the body of Christ.  
In the one Spirit we were all  
baptized into one body.  
Let us then pursue  
all that makes for peace  
and builds up our common life.

The peace of the Lord be always  
with you.

**All and also with you.**

Let us offer one another a sign of  
peace.

*We may exchange a sign of peace*

## **Preparation of the Table**

*The table is prepared and bread  
and wine are placed upon it.*

Blessed are you, Lord God of all  
creation:  
through your goodness we have  
this bread to set before you,  
which earth has given  
and human hands have made.  
It will become for us the bread of life.

**All Blessed be God for ever.**

Blessed are you, Lord God of all  
creation:  
through your goodness we have  
this wine to set before you,  
fruit of the vine and work of human  
hands.  
It will become for us the cup of  
salvation.

**All Blessed be God for ever.**

*The president takes the bread and wine.*

## **The Eucharistic Prayer**

The Lord is here

**All His Spirit is with us.**

Lift up your hearts.

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

Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**

Father, we give you thanks and praise  
through your beloved Son Jesus Christ,  
your living Word,  
through whom you have created all things;  
who was sent by you in your great  
goodness to be our Saviour.

By the power of the Holy Spirit he took  
flesh;  
as your Son, born of the blessed Virgin,  
he lived on earth and went about among us;  
he opened wide his arms for us on the  
cross;  
he put an end to death by dying for us;  
and revealed the resurrection by rising to  
new life;  
so he fulfilled your will and won for you a  
holy people.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and saying:

**All 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.**

Lord, you are holy indeed,  
the source of all holiness;  
grant that by the power of your  
Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood  
of our Lord Jesus Christ;

who, in the same night that he was  
betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples,  
saying:  
Take, eat; this is my body which is  
given for you;  
do this in remembrance of me.

In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many  
for the forgiveness of sins.  
Do this, as often as you drink it,  
in remembrance of me.

Great is the mystery of faith:  
**All Christ has died:**  
**Christ is risen:**  
**Christ will come again.**

And so, Father, calling to mind his  
death on the cross,  
his perfect sacrifice made once  
for the sins of the whole world;  
rejoicing in his mighty resurrection  
and glorious ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our  
redemption.

As we offer you this our sacrifice of praise  
and thanksgiving,  
we bring before you this bread and this  
cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.

Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of Saint John  
the Evangelist, Saint Peter, Mary the  
Mother of God, and all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;

by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours,  
almighty Father, for ever and ever.  
**All Amen.**

### **The Lord's Prayer**

Let us pray with confidence as our  
Saviour has taught us:

**All 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,  
the power and the glory,  
for ever and ever.  
Amen.**

## Breaking of the Bread

We break this bread  
to share in the body of Christ.

**All** Though we are many,  
we are one body,  
because we all share  
in one bread.

**Agnus Dei** is said:

**All** Jesus, Lamb of God,  
Have mercy on us  
Jesus, bearer of our sins,  
Have mercy on us  
Jesus, redeemer of the world,  
Grant us peace

## Giving of Communion

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed are those who are called to  
his supper.

**All** Lord, I am not worthy  
to receive you,  
but only say the word,  
and I shall be healed.

*Communion is received*

## Organ music during Communion:

*Chorale Prelude: Wachet auf, ruft  
uns die Stimme  
(Wake, awake for night is flying) -  
J.S. Bach*

## Prayer after Communion

*The priest prays the Post  
Communion for the day:*

Eternal God,  
comfort of the afflicted  
and healer of the broken,  
you have fed us at the table of  
life and hope:  
teach us the ways of gentleness  
and peace,  
that all the world may acknowledge  
the kingdom of your Son,  
Jesus Christ our Lord.

**All** Amen.

**All** Father of all,  
we give you thanks and praise,  
that when we were still far off,  
you met us in your Son  
and brought us home.  
Dying and living,  
he declared your love,  
gave us grace,  
and opened the gate of glory.  
May we who share Christ's body  
live his risen life;  
we who drink his cup  
bring life to others;  
we whom the Spirit lights  
give light to the world.  
Keep us firm in the hope you have  
set before us, so we and all your  
children shall be free,  
and the whole earth live to praise  
your name;  
through Christ our Lord.  
Amen.

## Notices

### The Dismissal

*Priest* The Lord be with you  
*All* **And also with you**

The peace of God,  
which passes all understanding,  
keep your hearts and minds  
in the knowledge and love of God,  
and of his Son Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

*All* **Amen.**

Go in peace to love and serve the Lord.

*All* **In the name of Christ. Amen.**

**Concluding voluntary: *Toccata in D minor* - L. Boellmann**

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**The Bishop of Chichester**

*The Rt Revd Dr Martin Warner*

**To all Licenced Clergy and Clergy with PTO  
Churchwardens**

1 July 2020

Dear brothers and sisters in Christ

**The restoration of public worship**

*O worship the Lord in the beauty of holiness. (Psalm 96.9)*

A few general points and then the more practical stuff about public worship.

**First**, and most important, thank you for your forbearance, faithfulness and generosity. Stories come in through Lisa Williamson and the Comms team, and are readily available on social media, of the remarkable ministry that continues in the communities that we serve through our parishes and other Church organisations. I also wish to thank Lisa, Amber and their supporters for keeping us informed and keeping us encouraged.

**Second**, I wish to emphasise the complexity and seriousness of the challenges we face in sustaining the Church's mission right now. Information is rarely available as swiftly as we would like, we do not always get the simple and definitive answers we hoped for, and advice can change. I fear that this is an aspect of the "new normal".

**Third**, it is evident in the language of Government Guidance and the Church of England's advice that is derived from it, that the application of guidance and advice has to depend on an informed and responsible understanding of the local context.

**TO KNOW · LOVE · FOLLOW JESUS**

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However, key things that must be still be observed are:

- Regular hand washing and/or use of hand sanitiser
- Social distancing (2 metres is still the norm; 1 metre would require face masks)
- Reporting symptoms and self-isolating in response
- No use of communal items – books, towels, plates, cups, etc
- No communal singing
- Cleaning of buildings after use

**Fourth**, and very importantly, I urge you to trust your judgement in consulting with your wardens and PCC and in the decisions you make. In seeking to support you as best we can, the archdeacons and I will provide what information we have and will gladly respond to your questions.

**Fifth**, there is no “one size fits all” application of the advice. You should be confident about doing what you can and doing it well. If others do things differently, that is not an implied criticism of you. We cannot all stream or record our services. High achieving YouTube figures might be encouraging; they can also be beguiling.

**Sixth**, when the lockdown began, we might have thought that it would offer lots of time for reading and prayer. If that has been so, you have been blessed. But if you’ve found yourself just as distracted as normal, or even more so, you are not alone. That has quite often been my experience in recent months. Nonetheless, I wish to encourage two things. One is that you remain as diligent as you can in your life of prayer and the other is that you attend with equal care to regular days off and to holiday time.

### **Resumption of Public Worship.<sup>1</sup>**

The link to Government guidance is given below; Church of England advice has now also been published<sup>2</sup>. You ought to read the documents from the Government and the Church of England referenced in the footnotes below.

1. You are not *required* to open your church building for public worship where it is not reasonably possible to comply with Government Guidance. The legal advice is that the requirement of the Canons can be dispensed with for a limited period of “no more than a few weeks” (I would expect that to go no further than the start of the new school

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<sup>1</sup> Government guidance is available here: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-places-of-worship-from-4-july>

<sup>2</sup> Church of England guidance is available here: <https://www.churchofengland.org/sites/default/files/2020-06/COVID%2019%20advice%20on%20conducting%20public%20worship%20v1.1.pdf>

year) by agreement of the local minister (priest in charge or incumbent) and the PCC. You do not have to ask the permission of the Bishop. If that situation is likely to continue far beyond a few weeks (and not even one church in the benefice can open for public worship) you should get in touch with me to ask for a dispensation for an extended period. (I would expect that dispensation for an extended period could last for up to 6 months.) This legal advice is in the Church of England document, referenced below.

2. If you are shielding and unable to minister in public, please inform the archdeacon. Provision for you to be safe is a priority and we will work with you to ensure it is in place.
3. Although public worship might now be possible, some people will not be able to attend. If you have been recording or streaming services, it is important that this ministry should continue, if possible. The missional benefits of online prayer and worship indicate that the future will expand to offer a mixed economy of participation.
4. Government guidance addresses all faith groups as a single constituency. It is therefore sometimes not clear how it applies to the specific context of the Christian Church in general and a CofE parish in particular. The use of church halls seems to fit in this category. If any activity is to take place in a church hall it must fulfil all the standard safety and hygiene regulations stated above, in addition to the health and safety and safeguarding regulations that were required prior to the lockdown.
5. Work with children and young people is not defined in the latest guidance. However, the criteria for any gathering, as in schools, will apply to that work, irrespective of whether it is in a church or a church hall. See additional advice here:  
<https://youthworksupport.co.uk/>

## **The Celebration of the Eucharist**

1. This is the defining activity of the Christian Church and it should be a cause of rejoicing that we can, again, gather to offer the sacrifice of praise and thanksgiving, for ourselves, those among whom we live, and for the whole creation.

2. The Church of England is working to update advice on the celebration of the Eucharist. It will then be issued in each diocese by the Bishop.
3. Some have pressed for that advice already. The following advice builds on what has already been circulated, these are the major considerations.
  - a) All the advice already issued for opening church buildings for individual prayer must remain in place.
  - b) The attached advice from the Church of England, gives information about
    - attendance
    - recording who attends,
    - people over 70, children
    - cleaning
    - orders of service, etc
    - music and singing
    - taking a collection, handling cash
    - cleansing communion vessels
    - reservation of the Sacrament
    - processing
  - c) A priest with PTO may celebrate the Eucharist if in good health and with no underlying condition that would constitute a clear risk.
  - d) Government guidance indicates that congregational participation should be in a quiet voice, in order to minimise risk of infection. This might need some explanation, and even rehearsal! But it could also contribute very significantly to creating a more prayerful way of worshipping together.
  - e) The celebrant, similarly, is advised to avoid voice projection: the use of a sound reinforcement system is therefore important. A lapel microphone is safe to use; others are not because they risk spreading infection.
  - f) There is no requirement to wear a mask. It has also been observed that people with hearing difficulties often need to read the lips of a speaker.
  - g) The peace is not exchanged.
  - h) Communion can only be given in one kind, under the form of bread, though the celebrant does consecrate

both bread and wine (a very small quantity) and must receive from the chalice on behalf of the whole congregation. The celebrant must prepare the chalice and the large wafer bread with sanitised hands before the Eucharist begins.

- i) There should be no offertory procession; all vessels needed for the Eucharist must be placed on the altar before the liturgy begins.
- j) The wafer breads to be consecrated and administered to the congregation must be carefully prepared, hands sanitised before doing so. They must be placed in a covered ciborium or with a pall covering an open dish. The ciborium or dish must remain covered during the Eucharistic Prayer, and not uncovered until the administration of holy communion.
- k) If the celebrant is elderly or clinically vulnerable and is not confident about administering holy communion, this should be done by an authorised Eucharistic minister.
- l) Before the administration of holy communion, whoever is administering must use a hand gel to sanitise hands.
- m) Communicants must receive standing, one at a time in a single file, and respect social distancing as they come forward.
- n) The host must be placed in the hand, avoiding physical contact and no words (e.g. “The body of Christ”) are to be spoken.

NB It has been suggested that when the celebrant receives communion, he or she might say aloud, “The body of Christ” (or whatever authorised form is used) and the congregation reply, “Amen”, and then “The blood of Christ” (or whichever form), and again the congregation reply, “Amen”. This provides an opportunity for the whole congregation to make a statement of identification with the communion they are about to make but will do so in silence.

- o) The dismissal after the blessing does need to be just that; people should be encouraged not to congregate as they might have done previously.
- p) The Eucharist can be celebrated outdoors in a garden, provided all the above advice is followed, including the prohibition on singing.

I hope and pray that the demands made of us now in the conduct of public worship will intensify the care with which we prepare to celebrate the Eucharist and to worship God.

May we grow in delight, in awe and reverence as God's pilgrim people who, in this vale of tears, are fed at the sacred feast in which we partake of Christ: his sufferings are remembered, our minds are filled with grace and we receive a pledge of the glory that is to be ours. Alleluia. Amen.

*+Martin*