

Parish Church of St. Paul, Ipswich
Parish Church of St. Thomas, North Ipswich



Resources for use in the home during the
COVID-19 pandemic
24 May - 7 Jun 2020

Sung Matins (BCP) for the Ascension

When the wicked man turneth away from his wickedness that he hath committed, and doeth that which is lawful and right, he shall save his soul alive.
Ezekiel 18.27

If we say that we have no sin, we deceive ourselves, and the truth is not in us: but if we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.
1 St. John 1.8-9

Dearly beloved, the Scripture moveth us in sundry places to acknowledge and confess our manifold sins and wickedness; and that we should not dissemble nor cloke them before the face of Almighty God our heavenly Father; but confess them with an humble, lowly, penitent, and obedient heart; to the end that we may obtain forgiveness of the same, by his infinite goodness and mercy. And although we ought at all times humbly to acknowledge our sins before God; yet ought we most chiefly so to do, when we assemble and meet together to render thanks for the great benefits that we have received at his hands, to set forth his most worthy praise, to hear his most holy Word, and to ask those things which are requisite and necessary, as well for the body as the soul. Wherefore I pray and beseech you, as many as are here present, to accompany me with a pure heart and humble voice unto the throne of the heavenly grace, saying with me:

Almighty and most merciful Father, We have erred, and strayed from thy ways like lost sheep, We have followed too much the devices and desires of our own hearts, We have offended against thy holy laws, We have left undone those things which we ought to have done, And we have done those things which we ought not to have done, And there is no health in us: But thou, O Lord, have mercy upon us miserable offenders; Spare thou them, O God, which confess

their faults, Restore thou them that are penitent, According to thy promises declared unto mankind in Christ Jesu our Lord: And grant, O most merciful Father, for his sake, That we may hereafter live a godly, righteous, and sober life, To the glory of thy holy Name. Amen.

Almighty God, the Father of our Lord Jesus Christ, who desireth not the death of a sinner, but rather that he may turn from his wickedness, and live; and hath given power, and commandment, to his Ministers, to declare and pronounce to his people, being penitent, the Absolution and Remission of their sins: He pardoneth and absolveth all them that truly repent, and unfeignedly believe his holy Gospel. Wherefore let us beseech him to grant us true repentance, and his Holy Spirit, that those things may please him, which we do at this present; and that the rest of our life hereafter may be pure, and holy; so that at the last we may come to his eternal joy; through Jesus Christ our Lord. **Amen.**

O Lord, open thou our lips.

And our mouth shall shew forth thy praise.

O God, make speed to save us.

O Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be, world without end. Amen.

Praise ye the Lord.

The Lord's Name be praised.

VENITE, EXULTEMUS DOMINO

Psalm 95

O COME, let us sing unto the Lord :
let us heartily rejoice in the strength of our salvation.
Let us come before his presence with thanksgiving :
and show ourselves glad in him with psalms.

For the Lord is a great God :
and a great King above all gods.
In his hand are all the corners of the earth :
and the strength of the hills is his also.
The sea is his, and he made it :
and his hands prepared the dry land.
O come, let us worship and fall down :
and kneel before the Lord our Maker.
For he is the Lord our God :
and we are the people of his pasture, and the sheep of his hand.
To day if ye will hear his voice, harden not your hearts :
as in the provocation, and as in the day of temptation in the
wilderness;
When your fathers tempted me :
proved me, and saw my works.
Forty years long was I grieved with this generation, and said :
It is a people that do err in their hearts, for they have not known
my ways.
Unto whom I swear in my wrath :
that they should not enter into my rest.
Glory be to the Father, and to the Son :
and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be:
world without end. Amen.

THE PSALM

Psalm 110

THE FIRST LESSON

Daniel 7:9-14

TE DEUM LAUDAMUS

WE praise thee, O God : we acknowledge thee to be the Lord.
All the earth doth worship thee : the Father everlasting.
To thee all Angels cry aloud : the heavens, and all the powers
therein.

To thee Cherubin and Seraphin : continually do cry,
Holy, Holy, Holy : Lord God of Sabaoth;
Heaven and earth are full of the Majesty : of thy glory.
The glorious company of the Apostles : praise thee.
The goodly fellowship of the Prophets : praise thee.
The noble army of Martyrs : praise thee.
The holy Church throughout all the world : doth acknowledge thee;
The Father : of an infinite Majesty;
Thine honourable, true : and only Son;
Also the Holy Ghost : the Comforter.
Thou art the King of Glory : O Christ.
Thou art the everlasting Son : of the Father.
When thou tookest upon thee to deliver man : thou didst not
abhor the Virgin's womb.
When thou hadst overcome the sharpness of death : thou didst
open the kingdom of heaven to all believers.
Thou sittest at the right hand of God : in the glory of the Father.
We believe that thou shalt come : to be our Judge.
We therefore pray thee, help thy servants : whom thou hast
redeemed with thy precious blood.
Make them to be numbered with thy Saints : in glory everlasting.
O Lord, save thy people : and bless thine heritage.
Govern them : and lift them up for ever.
Day by day : we magnify thee;
And we worship thy Name : ever world without end.
Vouchsafe, O Lord : to keep us this day without sin.
O Lord, have mercy upon us : have mercy upon us.
O Lord, let thy mercy lighten upon us : as our trust is in thee.
O Lord, in thee have I trusted : let me never be confounded.

THE SECOND LESSON

Acts 1:1-11

BENEDICTUS

BLESSED be the Lord God of Israel :
for he hath visited and redeemed his people;
And hath raised up a mighty salvation for us :
in the house of his servant David;
As he spake by the mouth of his holy Prophets :
which have been since the world began;
That we should be saved from our enemies :
and from the hand of all that hate us.
To perform the mercy promised to our forefathers :
and to remember his holy Covenant;
To perform the oath which he sware to our forefather Abraham :
that he would give us;
That we being delivered out of the hand of our enemies : might
serve him without fear;
In holiness and righteousness before him :
all the days of our life.
And thou, Child, shalt be called the Prophet of the Highest : for
thou shalt go before the face of the Lord to prepare his ways;
To give knowledge of salvation unto his people :
for the remission of their sins,
Through the tender mercy of our God :
whereby the day-spring from on high hath visited us;
To give light to them that sit in darkness, and in the shadow of
death : and to guide our feet into the way of peace.
Glory be to the Father, and to the Son :
and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be :
world without end. Amen.

THE APOSTLES' CREED

I believe in God the Father Almighty, Maker of heaven and earth:
And in Jesus Christ his only Son our Lord, Who was conceived by
the Holy Ghost, Born of the Virgin Mary, Suffered under Pontius
Pilate, Was crucified, dead, and buried: He descended into hell;
The third day he rose again from the dead; He ascended into
heaven, And sitteth
on the right hand of God the Father Almighty; From thence he
shall come to judge the quick and the dead.

I believe in the Holy Ghost; The holy Catholick Church; The
Communion of Saints; The Forgiveness of sins; The Resurrection
of the body, And the Life everlasting. Amen.

The Lord be with you.

And with thy spirit.

Let us pray.

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Our Father, which art in heaven, Hallowed be thy Name, Thy
kingdom come, Thy will be done, in earth as it is in heaven. Give
us this day our daily bread; And forgive us our trespasses, As we
forgive them that trespass against us; And lead us not into
temptation, But deliver us from evil. Amen.

O Lord, shew thy mercy upon us.

And grant us thy salvation.

O Lord, save the Queen.

And mercifully hear us when we call upon thee.

Endue thy Ministers with righteousness.

And make thy chosen people joyful.

O Lord, save thy people.

And bless thine inheritance.

Give peace in our time, O Lord.

Because there is none other that fighteth for us, but only thou, O God.

O God, make clean our hearts within us.

And take not thy Holy Spirit from us.

GRANT, we beseech thee, Almighty God, that like as we do believe thy only-begotten Son our Lord Jesus Christ to have ascended into the heavens; so we may also in heart and mind thither ascend, and with him continually dwell, who liveth and reigneth with thee and the Holy Ghost, one God, world without end. **Amen.**

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom: Defend us thy humble servants in all assaults of our enemies; that we, surely trusting in thy defence, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

O Lord, our heavenly Father, Almighty and everlasting God, who hast safely brought us to the beginning of this day: Defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that all our doings may be ordered by thy governance, to do always that is righteous in thy sight; through Jesus Christ our Lord. **Amen.**

THE PRAYERS

Almighty and everlasting God, who alone workest great marvels: Send down upon our Bishops, and Curates, and all Congregations committed to their charge, the healthful Spirit of thy grace; and that they may truly please thee, pour upon them the continual dew of thy blessing. Grant this, O Lord, for the honour of our Advocate and Mediator, Jesus Christ. **Amen.**

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. **Amen.**

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. **Amen.**

SERMON

Here endeth the Order of Morning Prayer for the Ascension

Morning Prayer from Ascension to Pentecost

O Lord, open our lips
and our mouth shall proclaim your praise.
Send your Holy Spirit upon us,
and clothe us with power from on high. Alleluia.

Blessed are you, creator God,
to you be praise and glory for ever.
As your Spirit moved over the face of the waters
bringing light and life to your creation,
pour out your Spirit on us today
that we may walk as children of light
and by your grace reveal your presence.
Blessed be God, Father, Son and Holy Spirit.
Blessed be God for ever.

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now and for ever. **Amen.**

The psalm of the day is read

Mon 25th	62
Tue 26th	65
Wed 27th	68: 1-20
Thu 28th	71
Fri 29th	69: 1-16
Sat 30th	72
PENTECOST	87

A Song of Ezekiel

- 1 I will take you from the nations, ♦
and gather you from all the countries.
- 2 I will sprinkle clean water upon you, ♦
and you shall be clean from all your uncleannesses.
- 3 A new heart I will give you, ♦
and put a new spirit within you,
- 4 And I will remove from your body the heart of stone ♦
and give you a heart of flesh.
- 5 You shall be my people, ♦
and I will be your God. *Ezekiel 36.24-26,28b*

The Bible reading appointed for the day is read.

Mon 25th	Jn 16: 12-24
Tue 26th	Jn 16: 25-17: 5
Wed 27th	Jn 17: 6-19
Thu 28th	Jn 17: 20-26

Fri 29th	Acts 1: 1-14
Sat 30th	Acts 1: 15-26
PENTECOST	Acts 2: 1-21

The Benedictus (The Song of Zechariah)

- 1 Blessed be the Lord the God of Israel, ♦
who has come to his people and set them free. ♦
- 2 He has raised up for us a mighty Saviour, ♦
born of the house of his servant David.
- 3 Through his holy prophets God promised of old ♦
to save us from our enemies,
from the hands of all that hate us,
- 4 To show mercy to our ancestors, ♦
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: ♦
to set us free from the hands of our enemies,
- 6 Free to worship him without fear, ♦
holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most
High, ♦
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation ♦
by the forgiveness of all their sins.
- 9 In the tender compassion of our God ♦
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the
shadow of death, ♦
and to guide our feet into the way of peace.
Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

The Collect

O God the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

or, On the feast of Pentecost

God, who as at this time taught the hearts of your faithful people by sending to them the light of your Holy Spirit: grant us by the same Spirit to have a right judgement in all things and evermore to rejoice in his holy comfort; through the merits of Christ Jesus our Saviour. Amen.

The Lord's Prayer

Our Father in heaven ...

May the Spirit kindle in us the fire of God's love. Amen.
Let us bless the Lord. Alleluia, alleluia.
Thanks be to God. Alleluia, alleluia.

Evening Prayer from Ascension to Pentecost

O God, make speed to save us.
O Lord, make haste to help us.
Send your Holy Spirit upon us,
and clothe your people with power from on high. Alleluia.

Blessed are you, Lord God of all creation,
to you be glory and praise for ever.
Raised to your right hand on high

the ascended Christ shows the prints of love
and bestows on us the gifts of grace.
As your Spirit renews the face of the earth,
may we bring forth the fruit of the Spirit
and reveal your glory in all the world.
Blessed be God, Father, Son and Holy Spirit.
Blessed be God for ever.

Hymn

Creator Spirit, Lord of grace,
come, make in us your dwelling place;
O purest Light, in darkness shine;
fill loveless hearts, O Love Divine.

Consoler, hear your people's cry;
come down, O Gift of God, Most High.
Descend in peace, O heav'nly Dove;
come Fount of Life; come Flame of Love.

As once on Christ the Servant's head
the oil of sevenfold grace you shed,
so now anoint from love's deep springs
your chosen prophets, priests and kings.

Of ev'ry gift the living source,
of mighty deeds the unseen force,
the Father sends his promised One
to speak for all who serve his Son.

Keep far all those who wish us ill,
O Dove of Peace, be with us still,
in ev'ry danger at our side
O Friend, befriend us; be our guide.

Reveal to us the Father's love,
reveal his Son, who reigns above.
To truth, O Truth, make us all true;
in love, O Love, make all things new.

James Quinn SJ, based on Veni, Creator Spiritus

That this evening may be holy, good and peaceful, let us pray with one heart and mind.

As our evening prayer rises before you, O God, so may your mercy come down upon us to cleanse our hearts and set us free to sing your praise now and for ever. **Amen.**

The psalm of the day is read

Sun 24th	68: 11-20
Mon 25th	64
Tue 26th	66
Wed 27th	68: 21-35
Thu 28th	145
Fri 29th	69: 17-38
Sat 30th	48
PENTECOST	103: 13-22

A Song of God's Children

- 1 The law of the Spirit of life in Christ Jesus ♦
has set us free from the law of sin and death.
- 2 All who are led by the Spirit of God are children of
God; ♦
for we have received the Spirit that enables us to cry,
'Abba, Father'.
- 3 The Spirit himself bears witness that we are children of
God ♦
and if God's children, then heirs of God;

- 4 If heirs of God, then fellow-heirs with Christ; ♦
since we suffer with him now, that we may be glorified
with him.
- 5 These sufferings that we now endure ♦
are not worth comparing to the glory that shall be
revealed.
- 6 For the creation waits with eager longing ♦
for the revealing of the children of God.

Romans 8.2,14,15b-19

The Bible reading appointed for the day is read.

Sun 24th	Rev 14: 1-7; 15: 2-4
Mon 25th	1 Cor 11: 17-34
Tue 26th	1 Cor 12: 1-13
Wed 27th	1 Cor 12: 14-31
Thu 28th	1 Cor 13
Fri 29th	1 Cor 14: 1-12
Sat 30th	1 Cor 14: 13-25
PENTECOST	Gal 5: 13-26

The Magnificat (The Song of Mary)

- 1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour; ♦
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed; ♦
the Almighty has done great things for me and holy is his
name.
- 3 He has mercy on those who fear him, ♦
from generation to generation.
- 4 He has shown strength with his arm ♦
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their thrones ♦

and lifting up the lowly.
6 He has filled the hungry with good things ♦
and sent the rich away empty.
7 He has come to the aid of his servant Israel, ♦
to remember his promise of mercy,
8 The promise made to our ancestors, ♦
to Abraham and his children for ever. *Luke 1.46–55*
Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

The Collect

O God the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

or, On the feast of Pentecost

God, who as at this time taught the hearts of your faithful people by sending to them the light of your Holy Spirit: grant us by the same Spirit to have a right judgement in all things and evermore to rejoice in his holy comfort; through the merits of Christ Jesus our Saviour. Amen.

The Lord's Prayer

Our Father in heaven ...

May the Spirit kindle in us the fire of God's love. Amen.
Let us bless the Lord. Alleluia, alleluia.
Thanks be to God. Alleluia, alleluia.

Morning Prayer from Pentecost to Trinity

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

One thing I have asked of the Lord,
this is what I seek:
that I may dwell in the house of the Lord
all the days of my life;
to behold the beauty of the Lord
and to seek Him in His temple.

Who is it that we seek?
We seek the Lord our God.
Do we seek God with all our heart?
Amen. Lord have mercy.
Do we seek God with all our soul?
Amen. Lord have mercy.
Do we seek God with all our mind?
Amen. Lord have mercy.
Do we seek God with all our strength?
Amen. Christ have mercy.

Declaration of Faith

To whom shall we go?
You have the words of eternal life,
and we have believed and have come to knowledge that You are
the Holy One of God.
Praise to you, Lord Jesus Christ,
King of endless glory.

The psalm of the day is read

Mon 1st	74
Tue 2nd	77
Wed 3rd	78: 16-38
Thu 4th	80
Fri 5th	82
Sat 6th	86
TRINITY	8

The Bible reading appointed for the day is read

Mon 1st	Acts 6: 8- 7: 8
Tue 2nd	Acts 7: 9-22
Wed 3rd	Acts 7: 23-34
Thu 4th	Acts 7: 35-43
Fri 5th	Acts 7: 44-53
Sat 6th	Acts 7: 54 - 8: 3
TRINITY	Matthew 6: 7-15

Canticle

Christ, as a light
illumine and guide me.
Christ, as a shield
overshadow me.
Christ under me;
Christ over me;
Christ beside me
on my left and my right.
This day be within and without me,

lowly and meek, yet all-powerful.
Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me,
lowly and meek, yet all-powerful.
Christ as a light;
Christ as a shield;
Christ beside me

The Collect

O Lord, from whom all good things come:
grant to us your humble servants, that by your holy inspiration we
may think those things that are good,
and by your merciful guiding may perform the same;
through our Lord Jesus Christ, who is alive and reigns with you, in
the unity of the Holy Spirit, one God, now and for ever. Amen.

On Trinity Sunday

Almighty and everlasting God, you have given us your servants
grace, by the confession of a true faith, to acknowledge the glory
of the eternal Trinity and in the power of the divine majesty to
worship the Unity: keep us steadfast in this faith, that we may
evermore be defended from all adversities; 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

The Lord's Prayer

Our Father in heaven ...

Blessing

May the peace of the Lord Christ go with us,
wherever He may send us.
May He guide us through the wilderness,

protect us through the storm.
May He bring us home rejoicing
at the wonders He has shown us.
May He bring us home rejoicing
once again into our doors.

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

Evening Prayer from Pentecost to Trinity

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

My soul waits for the Lord
more than those
who watch for the morning,
more than those
who watch for the morning.

Out of the depths I have cried to You.
O Lord hear my voice.
With my whole heart I want to praise You.
O Lord hear my voice.
If you, Lord, should mark iniquities:
Who could stand? who could stand?

I will wait for the Lord.
My soul waits,
and in His word
do I hope.

Expression of Faith

Lord, You have always given
bread for the coming day;
and though I am poor, today I believe.

Lord, You have always given
strength for the coming day;
and though I am weak, today I believe.

Lord, You have always given
peace for the coming day;
and though of anxious heart, today I believe.

Lord, You have always kept me
safe in trials;
and now, tried as I am, today I believe.

Lord, You have always marked
the road for the coming day;
and though it may be hidden, today I believe.

Lord, You have always lightened
this darkness of mine;
and though the night is here, today I believe.

Lord, You have always spoken
when time was ripe;
and though you be silent now, today I believe.

The psalm of the day is read

Mon 1st	75
Tue 2nd	78: 1-15
Wed 3rd	78: 39-70

Thu 4th	81
Fri 5th	85
Sat 6th	150
TRINITY	20

The Bible reading appointed for the day is read

Mon 1st	2 Cor 3: 7-18
Tue 2nd	2 Cor 4: 1-12
Wed 3rd	2 Cor 4: 13-5: 10
Thu 4th	2 Cor 5: 11-21
Fri 5th	2 Cor 6: 1-13
Sat 6th	Exodus 3: 1-15
TRINITY	Genesis 1: 1-2: 4a

Canticle

In the shadow of Your wings
I will sing Your praises, O Lord.

The Lord is my light, my salvation;
whom shall I fear?
The Lord is the refuge of my life;
of whom shall I be afraid?

In the shadow of Your wings
I will sing Your praises, O Lord.

One thing I ask of the Lord,
one thing I seek;
to dwell in the presence of my God,
to gaze on Your holy place.

In the shadow of Your wings
I will sing Your praises, O Lord.

I believe I shall see the goodness
of the Lord in the land of the living.
O wait for the Lord!
Have courage and wait,
wait for the Lord.

In the shadow of Your wings
I will sing Your praises, O Lord.

The Collect

O Lord, from whom all good things come:
grant to us your humble servants, that by your holy inspiration we
may think those things that are good,
and by your merciful guiding may perform the same;
through our Lord Jesus Christ, who is alive and reigns with you, in
the unity of the Holy Spirit, one God, now and for ever. Amen.

On Trinity Sunday

Almighty and everlasting God, you have given us your servants
grace, by the confession of a true faith, to acknowledge the glory
of the eternal Trinity and in the power of the divine majesty to
worship the Unity: keep us steadfast in this faith, that we may
evermore be defended from all adversities; 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

The Lord's Prayer

Our Father in heaven ...

Blessing

See that ye be at peace among yourselves, my children,
and love one another.

Follow the example of good men of old
and God will comfort you and help you,
both in this world
and in the world which is to come.

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

*Matins for the Ascension uses the rite from the Book of
Common Prayer*

*Morning and Evening Prayer from Ascension to Pentecost
uses the rite from Common Worship*

*Morning and Evening Prayer from Pentecost to Trinity uses
the rite from the Northumbria Community*