

# **St Nicholas of Myra, Brighton**



## **An Act of Spiritual Communion for use at Home or in Church before the Blessed Sacrament**

**Sunday, 22 November 2020**

**Christ the King**

*As you prepare to pray, place yourself in the presence of God. If you are at home, light a candle. If you are in church, let your eyes come to rest on the Blessed Sacrament, placed on the altar. Jesus Christ is with us.*

*To prepare yourself for worship, pray the Collect for Purity.*

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

*Sign yourself with the cross as you pray.*

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

*Call to mind your sins and make your confession.*

**Almighty God, our heavenly Father,  
we have sinned against you,  
through our own fault,  
in thought, and word, and deed,  
and in what we have left undone.  
We are heartily sorry,  
and repent of all our sins.  
For your Son our Lord Jesus Christ's sake,  
forgive us all that is past;  
and grant that we may serve you in newness of life  
to the glory of your name. Amen.**

*Sign yourself with the cross as you pray.*

May Almighty God have mercy on us, forgive us our sins and bring us to everlasting life. **Amen.**

*As a child of God who has been set free from sin, praise God for his love.*

**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.**

*Pray the Collect:*

Eternal Father,  
whose Son Jesus Christ ascended to the throne of heaven  
that he might rule over all things as Lord and King:  
keep the Church in the unity of the Spirit  
and in the bond of peace,  
and bring the whole created order to worship at his feet;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen**

*Read the Scripture readings for this week.*

First Reading: Ezekiel 34.11-16, 20-24

For thus says the Lord God: I myself will search for my sheep, and will seek them out. As shepherds seek out their flocks when they are among their scattered sheep, so I will seek out my sheep. I will rescue them from all the places to which they have been scattered on a day of clouds and thick darkness. I will bring them out from the peoples and gather them from the countries, and will bring them into their own land; and I will feed them on the mountains of Israel, by the watercourses, and in all the inhabited parts of the land. I will feed them with good pasture, and the mountain heights of Israel shall be their pasture; there they shall lie down in good grazing land, and they shall feed on rich pasture on the mountains of Israel. I myself will be the shepherd of my sheep, and I will make them lie down, says the Lord God. I will seek the lost, and I will bring back the strayed, and I will bind up the injured, and I will strengthen the weak, but the fat and the strong I will destroy. I will feed them with justice.

Therefore, thus says the Lord God to them: I myself will judge between the fat sheep and the lean sheep. Because you pushed with flank and shoulder, and butted at all the weak animals with your horns until you scattered them far and wide, I will save my flock, and they shall no longer be ravaged; and I will judge between sheep and sheep. I will set up over them one shepherd, my servant David, and he shall feed them: he shall feed them and be their shepherd. And I, the Lord, will be their God, and my servant David shall be prince among them; I, the Lord, have spoken.

Psalm 95.1-7

O come, let us sing to the Lord;  
let us heartily rejoice in the rock of our salvation.  
Let us come into his presence with thanksgiving  
and be glad in him with psalms.

For the Lord is a great God  
and a great king above all gods.  
In his hand are the depths of the earth  
and the heights of the mountains are his also.  
The sea is his, for he made it,  
and his hands have moulded the dry land.  
Come, let us worship and bow down  
and kneel before the Lord our Maker.  
For he is our God;  
we are the people of his pasture and the sheep of his hand.

The Second Reading: Ephesians 1.15-23

I have heard of your faith in the Lord Jesus and your love towards all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

The Gospel: Matthew 25.31-46

'When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered

before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left.

Then the king will say to those at his right hand, "Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me."

Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?" And the king will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

Then he will say to those at his left hand, "You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me." Then they also will answer, "Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?" Then he will answer them, "Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me." And these will go away into eternal punishment, but the righteous into eternal life.

*Reflect on the readings. How do they speak to you of God's purpose for the world, your community, and your own life? How might you act on them in the week to come?*

*Affirm your faith by praying the Apostles' Creed:*

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.**

**On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

*Intercede for the Church, the World, and all people according to their needs. Use your own words to pray for:*

- *Christians throughout the world; for unity in faith and a shared response of love to the current crisis;*
- *The needs of our world – for peace, wise leadership, cooperation between nations, the protection of the vulnerable;*
- *An end to the pandemic, all who are suffering with Covid19, and those treating them;*
- *The people you know and love;*
- *The sick and dying;*
- *Our dear departed – that they may rest in peace.*

*You may also wish to use some of the following prayers before making the Act of Spiritual Communion on page 13.*

*The Litany*

God the Father,

**have mercy upon us.**

God the Son,

**have mercy upon us.**

God the Holy Spirit,

**have mercy upon us.**

Holy, blessed and glorious Trinity,

**have mercy upon us.**

From all evil and mischief; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil intent,

**good Lord, deliver us.**

From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws,

**good Lord, deliver us.**

From sins of body and mind; from the deceits of the world, the flesh and the devil,

**good Lord, deliver us.**

From famine and disaster; from violence, murder and dying unprepared,

**good Lord, deliver us.**

In all times of sorrow; in all times of joy; in the hour of death, and at the day of judgement,

**good Lord, deliver us.**

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation,

**good Lord, deliver us.**

By your ministry in word and work; by your mighty acts of power; and by your preaching of the kingdom,

**good Lord, deliver us.**

By your agony and trial; by your cross and passion; and by your precious death and burial,

**good Lord, deliver us.**

By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,

**good Lord, deliver us.**

Hear our prayers, O Lord our God.

**Hear us, good Lord.**

Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.

**Hear us, good Lord.**

Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.

**Hear us, good Lord.**

Enlighten Martin our Bishop and all who minister with knowledge and understanding, that by their teaching and their lives they may proclaim your word.

**Hear us, good Lord.**

Give your people grace to hear and receive your word, and to bring forth the fruit of the Spirit.

**Hear us, good Lord.**

Bring into the way of truth all who have erred and are deceived.

**Hear us, good Lord.**

Strengthen those who stand; comfort and help the faint-hearted; raise up the fallen; and finally beat down Satan under our feet.

**Hear us, good Lord.**

Guide the leaders of the nations into the ways of peace and justice.

**Hear us, good Lord.**

Guard and strengthen your servant Elizabeth our Queen, that she may put her trust in you, and seek your honour and glory.

**Hear us, good Lord.**

Endue the High Court of Parliament and all the Ministers of the Crown with wisdom and understanding.

**Hear us, good Lord.**

Bless those who administer the law, that they may uphold justice, honesty and truth.

**Hear us, good Lord.**

Give us the will to use the resources of the earth to your glory, and for the good of all creation.

**Hear us, good Lord.**

Bless and keep all your people.

**Hear us, good Lord.**

Bring your joy into all families; strengthen and deliver those in childbirth, watch over children and guide the young, bring reconciliation to those in discord and peace to those in stress.

**Hear us, good Lord.**

Help and comfort the lonely, the bereaved and the oppressed.

**Lord, have mercy.**

Keep in safety those who travel, and all who are in danger.

**Lord, have mercy.**

Heal the sick in body and mind, and provide for the homeless, the hungry and the destitute.

**Lord, have mercy.**

Show your pity on prisoners and refugees, and all who are in trouble.

**Lord, have mercy.**

Forgive our enemies, persecutors and slanderers, and turn their hearts.

**Lord, have mercy.**

Hear us as we remember those who have died in the peace of Christ, both those who have confessed the faith and those whose faith is known to you alone, and grant us with them a share in your eternal kingdom.

**Lord, have mercy.**

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your holy word.

**Holy God, holy and strong, holy and immortal, have mercy upon us.**

### *The General Intercession*

O GOD, the Creator and Preserver of all mankind, we humbly beseech thee for all sorts and conditions of men; that thou wouldest be pleased to make thy ways known unto them, thy saving health unto all nations. More especially we pray for the good estate of the Catholick Church; that it may be so guided and governed by thy good Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace, and in righteousness of life. Finally we commend to thy fatherly goodness all those, who are any ways afflicted or distressed in mind, body, or estate; that it may please thee to comfort and relieve them, according to their several necessities, giving them patience under their sufferings, and a happy issue out of all their afflictions. And this we beg for Jesus Christ his sake. Amen.

### *The General Thanksgiving*

ALMIGHTY God, Father of all mercies, we thine unworthy servants do give thee most humble and hearty thanks for all thy goodness and loving-kindness to us and to all men; We bless thee for our creation, preservation, and all the blessings of this life; but above all for thine inestimable love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and for the hope of glory. And we beseech thee, give us that due sense of all thy mercies, that our hearts may be unfeignedly thankful, and that we shew forth thy praise, not only with our lips, but in our lives; by giving up ourselves to thy service, and by walking before thee in holiness and righteousness all our days; through Jesus Christ our Lord, to whom with thee and the Holy Ghost be all honour and glory, world without end. Amen.

*A Prayer of S. Ignatius of Loyola*

O Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of your presence, your love, and your strength. Help us to have perfect trust in your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to you, we shall see your hand, your purpose, your will through all things. In your most blessed name we pray. **Amen.**

*A Prayer of S. Chrysostom*

Almighty God, who hast given us grace at this time with one accord to make our common supplication unto thee, and hast promised through thy well-beloved Son that when two or three are gathered together in his Name thou wilt be in the midst of them: Fulfill now, O Lord, the desires and petitions of thy servants as may be best for us; granting us in this world knowledge of thy truth, and in the world to come life everlasting. **Amen.**

*An Act of Spiritual Communion*

*Pray in the words our Saviour has taught us.*

**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.**

*Pray for a deeper union with the Risen Lord:*

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

*Anima Christi – a prayer by S. Thomas Aquinas*

**Soul of my Saviour, sanctify my breast,  
body of Christ, be thou my saving guest,  
blood of my Saviour, bathe me in thy tide,  
wash me with water flowing from thy side.**

**Strength and protection may thy Passion be,  
O blessèd Jesu, hear and answer me;  
deep in thy wounds, Lord, hide and shelter me,  
so shall I never, never part from thee.**

**Guard and defend me from the foe malign,  
in death's dread moments make me only thine;  
call me and bid me come to thee on high  
where I may praise thee with thy saints for ay.**

*Pray the post-Communion prayer:*

Gracious Lord,  
in this holy sacrament  
you give substance to our hope:  
bring us at the last  
to that fullness of life for which we long;  
through Jesus Christ our Saviour. **Amen**

*Pray for God's blessing, making the sign of the cross.*

May the angels of God watch over us.  
May Our Lady, St Nicholas, *here name any saint(s) for whom you have special devotion* and all the saints pray for us.  
And may Almighty God bless us, the Father, the Son and the Holy Spirit.  
**Amen.**

**Please take this booklet home with you when you leave.**



## **Open Church**

St Nicholas' will be open for private prayer this week on Sunday from 10.00am-12.00pm; and on Wednesday from 11.00am-12.00pm.

## **Pastoral Care**

Please contact Fr Dominic Keech on 01273 770324; Lesley Anne DiMarco on 01273 325940; or Dominic Desouza-Campbell on 01444 247388.  
*Mthr Jessica is on leave this week.*

## **Safeguarding**

Safeguarding Officer, Nigel Nash: 01273 689765 nigelnash@me.com

## **Weekday Lectionary and Daily Prayers for use at Home**

To aid your reading and meditation at home, the Scripture lessons at Eucharist can be found at <http://universalis.com/mass> every day.

The daily office of the Church of England, including Morning, Evening and Night Prayer, can be found here:

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

'More options' allows you to use the Book of Common Prayer for Morning and Evening Prayer, instead of Common Worship.

The daily office of the Roman Catholic Church, including Readings, Morning Prayer (Lauds), Evening Prayer (Vespers) and Compline can be found here:

<https://universalis.com/readings.htm>

<https://universalis.com/lauds.htm>

<https://universalis.com/vespers.htm>

<https://universalis.com/compline.htm>