

## Thursday 15 October 2020



Teresa was born into an aristocratic Spanish family in 1515. She was educated by nuns after her mother died. After a brief return to the family home, she ran away to enter a Carmelite convent when she was twenty.

Teresa initially found prayer was very difficult but, later, her intense mystical experiences attracted a great many disciples. She was inspired to reform the Carmelite rule and was assisted by St John of the Cross. They travelled throughout Spain together, founding many new religious houses for men as well as women.

Teresa's wrote widely, particularly about her own spiritual life and progress in prayer towards spiritual union with God. They include *The Way of Perfection* and *The Interior Castle*, which are still acclaimed. She knew great physical suffering and died of exhaustion in 1582.

- All the Bible readings come from the New Revised Standard Version.
  - The liturgy assumes the service is Eucharistic. The prayers of consecration have been included at the end rather than in situ because many following the service will be in isolation and unable to celebrate the sacrament.
- The hymns are YouTube links. To hear the hymns please hover the mouse over each link, press Ctrl and then return.

## Introduction and welcome

**HYMN 1 Christ triumphant ever reigning** ([click on this link to hear the hymn](#))

### The Welcome

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.**

### The Preparation

**All 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.**

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.’

And the second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**All Amen. Lord, have mercy.**

Christ calls us to share the heavenly banquet of his love with all the saints in earth and heaven. Therefore, knowing our unworthiness and sin, 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.**

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**

This Gloria is sung to the tune of 'Cwm Rhondda'. Click [here](#) for the tune.

**All** Glory be to God in Heaven,  
Songs of joy and peace we bring,  
Thankful hearts and voices raising,  
To creation's Lord we sing.  
Lord we thank you, Lord we praise you,  
Glory be to God our King:  
Glory be to God our King.  
  
Lamb of God, who on our shoulders,  
Bore the load of this world's sin;  
Only Son of God the Father,  
You have brought us peace within.

**Lord, have mercy, Christ have mercy,  
Now your glorious reign begin:  
Now your glorious reign begin.**

**You O Son of God are Holy,  
You we praise with one accord.  
None in heav'n or earth is like you,  
Only you are Christ the Lord.  
With the Father and the Spirit,  
Ever worshipped and adored:  
Ever worshipped and adored.**

### **The Collect for St Teresa**

Merciful God,  
who by your Spirit raised up your servant Teresa of Avila  
to reveal to your Church the way of perfection:  
grant that her teaching  
may awaken in us a longing for holiness,  
until we attain to the perfect union of love  
in 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.

**All Amen.**

### **First reading**

A reading from the book of Ecclesiasticus

I prayed, and understanding was given me; I called on God, and the spirit of wisdom came to me. I preferred her to sceptres and thrones, and I accounted wealth as nothing in comparison with her. Neither did I liken to her any priceless gem, because all gold is but a little sand in her sight, and silver will be accounted as clay before her. I loved her more than health and beauty, and I chose to have her rather than light, because her radiance never ceases. All good things came to me along with her, and in her hands uncounted wealth. I rejoiced in them all, because wisdom leads them; but I did not know that she was their mother.

I learned without guile and I impart without grudging; I do not hide her wealth, for it is an unfailing treasure for mortals; those who get it obtain friendship with God, commended for the gifts that come from instruction. May God grant me to

speak with judgement, and to have thoughts worthy of what I have received; for he is the guide even of wisdom and the corrector of the wise. *Wisdom 7:7-15*

This is the Word of the Lord

**All Thanks be to God.**

## Second reading

A reading from the St Paul to the Romans

We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience. Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. *Romans 8:22-27*

This is the Word of the Lord

**All Thanks be to God.**

**HYMN 2 I am the way, the truth and the life** ([click on this link to hear the hymn](#))

## Gospel reading

Hear the Gospel of our Lord Jesus Christ according to John

**All Glory to you O Lord.**

Jesus said to his disciples, 'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.' *John 14:1-7*

This is the Gospel of the Lord

**All Praise to you O Christ.**

## Sermon

I get lost fairly often. In fact, it's a family joke that I can get lost in my own bedroom. That's why I think one of the greatest inventions of our modern age is the SatNav. The idea is simple: if you know where you need to go, simply type the address into the SatNav device and follow the instructions: turn left; at the next junction turn right; turn around where possible; and the words you hear with a sigh of relief, 'You have reached your destination'.

In the spiritual sense, all of us know where we need to travel—a spiritual address, the desire of every faith-centred life. It's eternal life with God which we often call 'Heaven'. On the principle of getting very lost easily, we need a SatNav of faith to find Heaven. The idea is simple enough: we need something, *someone* high above the earth, like a satellite or an omniscient God to whom we can appeal each time we want to reach a spiritual destination. I want guidance on this; I need spiritual help on that; how can I find Heaven?' Just as Thomas the disciple asks the question of how to go where Jesus is going, so we now ask Jesus, 'How can I reach Heaven?'

Today's gospel contains all the clues we could ever need as we overhear sound bites from Jesus, our SatNav, talking with his disciples. What's he saying?

**First**, he says, 'do not let your hearts be troubled'. This is wise advice because if we panic, we're likely to look at ourselves rather than look at Jesus, our SavNav whom we are to follow. After all, who can follow a guide when they look in the opposite direction? With cool deliberation, we are to look *from self to* Jesus (which is what the second reading is trying to say). We learn where Jesus is leading us in direct proportion as we learn the ability to transfer our gaze to him. That's why Jesus says, 'I am the way'.

**Secondly**, like a SatNav, Jesus not only knows the way: he knows the best route. My SatNav often says 'turn around where possible' which is an electronic way of saying 'Repent', start again, use a tried and trusted route, not our own choice. So the journey to Heaven is best followed with a trusted guide. A sure journey is pre-planned; a quicker journey uses a vehicle that was checked before we left. He also knows how to recognise the destination. In other words, we're not a group of the blind following the blind. That's why Jesus our direction tells us to live in him, when he says, 'I am the truth'.

**Thirdly**, Jesus says he is preparing a place in Heaven. A SatNav knows the place from whence we start, and in the same way Jesus knows we are each different and travel a different journey to Heaven. That's why Jesus describes heaven saying, 'In my Father's house there are many mansions,' which means Heaven is not homo-

geneous: it has different bits for different people of different backgrounds, different spiritualities. He's saying heaven is to some extent customised according to how we lived the life of holiness which God demands. But that life needs to have been a life lived for God. That's why Jesus, the SatNav of faith, says, 'I am the life' — the life what leads to Heaven.

Jesus invites us to spend eternity with Him. He knows that we might get lost *en route*. Therefore, like a SatNav, he helps us how to get there without getting lost.

## The Creed

Do you believe and trust in God the Father,  
the source of all being and life,  
the one for whom we exist?

**All We believe and trust in him.**

Do you believe and trust in God the Son,  
who took our human nature,  
died for us and rose again?

**All We believe and trust in him.**

Do you believe and trust in God the Holy Spirit,  
who gives life to the people of God  
and makes Christ known in the world?

**All We believe and trust in him.**

This is the faith of the Church.

**All This is our faith.**

**We believe and trust in one God,  
Father, Son and Holy Spirit.  
Amen.**

## Prayers of intercession

Dear loving Lord, thank you for calling us to eternal life. Please help us to follow Jesus as the way to heaven, the truth about heaven and the life in heaven.

Lord in your mercy

**All Hear our prayer**

Lord, we pray for your Church. We ask you to inspire your Church to work for heaven, instruct its members how to reach heaven, and work to remove all the

obstacles that lie between us and heaven.

Lord in your mercy

**All Hear our prayer**

Lord, we pray for your world. We ask that you to inspire and empower all those with power and influence in the world, to help change the world, and to help it become closer to heaven on earth.

Lord in your mercy

**All Hear our prayer**

Lord, we pray for your people here on earth. We ask your help on those suffering in body, mind or spirit. We name them in our hearts. We particularly ask your help on medics everywhere as they work with those suffering from Covid.

Lord in your mercy

**All Hear our prayer**

Lord, we pray for your people who have passed from this life. And we ask your help on those suffering from bereavement and loss, and any aspect of coming to terms with the loss of a loved one.

Lord in your mercy

**All Hear our prayer**

Merciful Father,

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

## **The peace**

Unto us a child is born, unto us a son is given, and his name shall be called the Prince of Peace.

The peace of the Lord be always with you,

**All And also with you.**

**HYMN 3 As the deer pants**

**(please click on this link to hear the hymn)**

**The liturgy of the Communion Service appears below**



# The Dismissal

Christ the Son of God, born of Mary,  
fill you with his grace to trust his promises and obey his will;  
and the blessing of God the Almighty:  
Father, Son, and Holy Spirit,  
be with you now and remain with you always.

**All Amen.**

**HYMN 4 How deep the Father's love for us** ([click on this link to hear the hymn](#))

Go in peace to love and serve the Lord.

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

# The Liturgy of the Sacrament

## Eucharistic Prayer (prayer E)

The Lord be with you

**All and also with you.**

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.**

It is indeed right, our duty and our joy,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God, through Jesus Christ our Lord.  
And now we give thanks, most gracious God,  
surrounded by a great cloud of witnesses  
and glorified in the assembly of your saints.  
The glorious company of apostles praise you.  
The noble fellowship of prophets praise you.  
The white-robed army of martyrs praise you.  
We, your holy Church, acclaim you.  
In communion with angels and archangels,  
and with all who served you on earth and worship you now in heaven,  
we raise our voice to proclaim your glory,  
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.**

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.

He broke the bread, gave it to them and said:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:  
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.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

Great is the mystery of faith:

**All Christ has died.**  
**Christ is risen.**  
**Christ will come again.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.

Look with favour on your people,  
gather us in your loving arms  
and bring us with Teresa and all the saints  
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.

**All Amen.**

## The Lord's Prayer

As our Saviour taught us, so we pray

**All Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
  
For the kingdom, the power,  
and the glory are yours  
now and for 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.**

**All Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
grant us peace.**

Draw near with faith.

Receive the body of our Lord Jesus Christ  
which he gave for you,  
and his blood which he shed for you.

Eat and drink in remembrance that he died for you,  
and feed on him in your hearts  
by faith with thanksgiving.

**All** We do not presume  
to come to this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy  
so much as to gather up the crumbs under your table.  
But you are the same Lord  
whose nature is always to have mercy.  
Grant us therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus Christ  
and to drink his blood,  
that our sinful bodies may be made clean by his body  
and our souls washed through his most precious blood,  
and that we may evermore dwell in him,  
and he in us. Amen.

Communion is distributed.

### **Prayer after Communion**

God of truth,  
whose Wisdom set her table  
and invited us to eat the bread and drink the wine  
of the kingdom:  
help us to lay aside all foolishness  
and to live and walk in the way of insight,  
that we may come with your servant Teresa  
to the eternal feast of heaven;  
through Jesus Christ our Lord.

**All** Amen

**All** Almighty God,  
we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out in the power of your Spirit  
to live and work  
to your praise and glory. Amen.