

# PARISH NEWSLETTER

## IMPORTANT - PLEASE NOTE

St Arvan's Church is open during the day both for worship and private prayer, Again, we stress there is no obligation while Covid-19 infection rates remain high to attend in person, and that your own safety and health & those of others must remain paramount. There is now no legal obligation to wear masks in church, but please do so if you wish. If you feel unwell with Covid-like symptoms, or have tested positive, please take part in our church services online rather than attend in person.

Our live-streamed services will continue as follows: Sunday Eucharist at 10. a.m., and a reflection & celebration of Night Prayer on Wednesdays at 8 p.m. are live-streamed on the St Arvans Parish Group page on Facebook

<https://www.facebook.com/vicaragecello1/> and are available to watch at any time

Please help to keep us informed of anyone who is in need or is isolated over the next weeks and months, and anyone in need of our prayer and support  
Parish Priest (Vicar / Rector):  
Fr Michael Gollop,  
The Vicarage, St Arvans  
01291 622064;  
E-mail: frmichael1@aol.com

**19<sup>th</sup> June 2022**

*kept as*

**Corpus Christi**

## The Collect

Lord Jesus Christ, we thank you that in this wonderful Sacrament you have given us the memorial of your passion: grant us so to reverence the sacred mysteries of your Body and Blood that we may know within ourselves and show forth in our lives the fruits of your redemption; for you are alive and reign with the Father in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

## A reading from the book of Genesis.

King Melchizedek of Salem brought out bread and wine; he was priest of God Most High. He blessed him and said, 'Blessed be Abram by God Most High, maker of heaven and earth; and blessed be God Most High, who has delivered your enemies into your hand!' And Abram gave him one-tenth of everything.

[14, 18 - 20]

*Reader/ This is the Word of the Lord*  
*Response / Thanks be to God*

## Psalm 116 10-17

**R/ I will walk in the presence of the Lord in the land of the living.**

How shall I repay the Lord for all the good things he has done for me?  
I will lift up the cup of salvation and call upon the name of the Lord.  
I will fulfil my vows to the Lord in the presence of all his people.

**R/ I will walk in the presence of the Lord in the land of the living.**

Precious in the sight of the Lord is the death of his servants.  
O Lord, I am your servant;  
I am your servant  
and the child of your handmaid;  
you have freed me from my bonds.

**R/ I will walk in the presence of the Lord in the land of the living.**

I will offer you the sacrifice of thanksgiving and call upon the name of the Lord.  
I will fulfil my vows to the Lord in the presence of all his people.  
In the courts of the Lord's house, in the midst of you, O Jerusalem.  
Alleluia!

**R/ I will walk in the presence of the Lord in the land of the living.**

## A reading from the first letter of St Paul to the Corinthians [11. 23 - 26]

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

*Reader/ This is the Word of the Lord*  
*Response / Thanks be to God*

## [Gradual Hymn]

Alleluia, Alleluia!  
I am the living bread which has come down from heaven, says the Lord.  
He who eats this bread will live for ever  
**Alleluia!**

The Lord be with you:  
**And also with you**

## Listen to the Gospel of Christ according to St John.

**R/ Glory to you, O Lord.**

**J**esus said: 'I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.' The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me.

This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

[6, 51 - 58]

This is the Gospel of the Lord  
**R/ Praise to you, O Christ.**

### A Prayer of Spiritual Communion

My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.  
*(The Confraternity of the Blessed Sacrament)*

### For Your Prayers

That we may recognise the Lord Jesus in the breaking of the bread.  
An increase in devotion to the Lord in the Blessed Sacrament  
The well-being of the earth and everything which lives on it.  
The people of Ukraine.  
The peace of the world  
Those killed and injured in Ukraine  
Those without adequate food and shelter  
For all migrants, refugees, and all forced to flee from their homelands  
Those here and throughout the world who continue to suffer from the Coronavirus pandemic - for doctors, nurses, all medical staff, carers, medical researchers.  
For those in government throughout the world, that they may make informed, wise and compassionate decisions

### For the Church:

For the bishops of the Church:  
Cherry, Bishop of Monmouth, Philip, Episcopal Visitor of the Society of the Holy Cross in Wales, Justin, Archbishop of Canterbury. & for all who hold and teach the Catholic faith that comes to us from the Apostles.  
All bishops, priests and deacons and all baptised Christians  
For the reunion of all Christians: for Pope Francis, for Orthodox Patriarch Bartholomew, & for the leaders of the Reformed traditions

### For the Sick & those in need:

Roy Staples, Ralph Hamilton, Patricia Hamilton; Sylvia; The Revd Helen Rodwell; Kim; Elisabeth; Marion Webster; Lorna; Michael; Lisa; Anne-Louise; Abigail; John Metivier, priest; David Nicholson, priest.

### For the Departed:

The recently departed:; Frederick John Davenport; our own departed relatives & friends, & those whose anniversaries of death fall at this time: Angela Palmer

### The Jereboam Interview

*We continue our series of extracts from the Jerusalem and Galilee Gazette, an imaginary first-century newspaper. Week by week the correspondent Jereboam interviews various people whose lives have been affected in some way by Jesus Christ and his teaching.*

*Our thanks to the Parish of St Catharine's Chipping Campden & to the author for permission to reproduce 'Jereboam'*

### Daniel

**Jereboam:** To be honest, I didn't recognise you, Daniel.

**Daniel:** It was thirty years ago that we met. I was about twelve or thirteen at the time.

**Jereboam:** I do remember our conversation though, now you mention it. You were the lad who offered loaves and fish to feed all those people gathered to hear Jesus.

**Daniel:** That's right. It was an extraordinary day: the spiritual and the material in perfect combination. That happened all the time with Jesus, of course.

**Jereboam:** Would you still count yourself as one of his followers?

**Daniel:** Certainly: once I had experienced his love and authority, I could never turn away from it. The life we lead can be difficult at times, but, as I say, I could never reject the source of such goodness, such wholeness. Once you encounter something like that, you can't dismiss it and leave it in your past: it's too valuable to lose. I've just had to allow myself constantly to be replenished by Jesus.

**Jereboam:** Through prayer, presumably...

**Daniel:** Yes, but also by receiving his Body and Blood. That's bound up with prayer too, of course. It's also bound up with that old story of the loaves and fish – "my " story, if you like.

**Jereboam:** What's the particular connection?

**Daniel:** Well, that day Jesus was able to transcend normal reality, to share my food with everyone. He saw to it that we all had what we needed. In the same sort of way he offers himself to his followers whenever we revisit his sacrifice through the Eucharist. Again he gives to any number of people what they most need and desire: somehow the usual material laws are suspended to make this possible. It's a wonderful process. Just don't ask me to explain it. I don't understand it any more than I understood what went on with the loaves and the fish. I just know it happens, that's all, and that it's very, very beautiful.

**Jereboam:** Thank you, Daniel. Maybe you'll give us another update in another thirty years' time?

**Daniel:** Maybe...

### Thought for the Week

"This Sacrament is not a special part of our religion, it is just our religion, sacramentally enacted."

*from 'The Crown of the Year'*  
by Austin Farrer, (1904 – 68)  
Anglican priest, theologian

### This Week

Today we celebrate in our parishes the feast of Corpus Christi, the thanksgiving for Holy Communion. In the great Sacrament of the Eucharist, the central Christian act of worship, the Lord makes himself known to us in the breaking of the bread as he feeds us with his life. On Tuesday we remember the Italian saint Aloysius Gonzaga. Thursday is the Nativity of Saint John the Baptist, and. Friday the Sacred Heart of Jesus. The first readings at the Eucharist this week are from the Second Book of the Kings. It is the story of the invasion by Assyria and then the invasion by Babylon,

resulting in captivity that left a remnant of the people behind. The week closes with a reading from the Book of Lamentations. This week we continue reading from St Matthew's Gospel. Jesus continues his challenge to follow him more completely. "Stop judging, that you may not be judged." "Do to others whatever you would have them do to you." "Beware of false prophets, who come to you in sheep's clothing." "Not everyone who says to me, 'Lord, Lord,' will enter the Kingdom of heaven, but only the one who does the will of my Father in heaven." "Who do you say that I am?" When a leper asks if Jesus will cure him, Jesus replies, "I will do it. Be made clean." Jesus cures the Centurion's servant: "Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed." Next Sunday is the Second Sunday after Trinity. In St Luke's Gospel we hear of Jesus "resolutely determined to journey to Jerusalem" but not being welcomed by everyone. When Jesus invites people to "Follow me" he is put off with excuses. "No one who sets a hand to the plough and looks to what was left behind is fit for the kingdom of God."

### **A Homily for Corpus Christi**

+ It's very easy for us to take the Eucharist for granted; after all it's very often what the Church does when we come together to worship. It's just there; it's what we do when we come to church. But, of course, if we think about it that won't do at all because the Eucharist should above all fill us with a sense of mystery. By that I don't mean a sense of bewilderment – anyone approaching the Christian faith for the first time might well be confused by the words we use and the symbolism involved – all this talk of Body and Blood, of sacrifice and offering, of a real presence of Christ in bread and wine, the Lord who comes to us here and feeds us with his life. But we're not talking about mystery in the sense of a lack of understanding or something incomprehensible, rather of something hidden beneath the ordinary, physical material things of life, the bread and wine of a meal - part of the common experience of human life which were taken and given by the Lord at the Last Supper, and which

ever since, the Church has continued to do *in remembrance* of him. But this isn't just a mental activity, not just memory, but a grace-filled reality by which the Lord is present and feeds us with his life. Someone once said at a dinner party to the American novelist Flannery O'Connor that it's more open-minded to think that the Eucharist is a great, wonderful, powerful symbol. Her response to that was, "If it's *only* a symbol, to hell with it." And what she meant, I think, was this: to think of the Eucharist as *just* symbolic, *merely* symbolic - as a lot of people tend to - won't do at all, because the Church has always believed that something real happens here – we are given something real – it is a sharing in Christ's gift of the life of Resurrection – spiritual food for the journey of discipleship, sustenance for the pilgrimage of faith towards the vision of God. We believe that what happens here in a profoundly mysterious way helps us become more like Christ. We can try to define it – and down the centuries people have almost to the point of fixation and worse – in the sense that what should unite us all in Christ has become yet another source of unholy division - yet ultimately all our attempts at definition run into the silence of the undefinable mystery of the life of God. It's absolutely central to what we believe, that God, through the life, death and resurrection of Jesus Christ, reveals himself in ways that we can understand and relate to. He reveals the mystery of his life in ways that can make sense to us, in the physical realities of the world. Christ empties himself to become a human being so we can see God more clearly and be drawn into his life and experience his love for us. Because what we have here at the altar is no less than the entire mystery of the Lord's dying and rising given to us in a sacramental form which, like Christ himself, unites the physical and the spiritual. So, Jesus at the Last Supper acts out in advance his offering of himself for the sins of a flawed humanity – for the life of the world - and under the simple forms of bread and wine gives himself to us in Holy Communion so that we can share his Easter life. [The presence of Christ is with us always; but here at the altar - and in the Tabernacle where the Blessed

Sacrament is reserved - he is really and substantially present as he is at no other time.]

The Eucharist is the sacrificial meal of God's people; and by it we are given the grace to increase in faith, in hope, in love, and become more like the Lord who lives within us and around us and beyond us. Here the link between faith and life, between what we believe and the way we live is made explicit. Here, the link between those two great commandments to love God and love our neighbour – because they are essentially the same and can't be separated - is spelled out and becomes possible for us because of the grace we receive.

The God who becomes one of us in Christ, who made holy our human nature by sharing it, leads us also to share in his own divine life. We believe that redemption – salvation – the healing of the wounds of humanity - whatever we want to call it - comes to us through the flesh of Jesus Christ who became one of us. And in this sense, the Christian faith is as much material as it is spiritual. Our shared humanity is bound together in the overflowing love of the Trinity. We are committed to believe that human beings are worthy of respect, and just and equal treatment. These feasts and doctrines of the Church's year which might seem so precious, so ecclesiastical and 'churchy,' have profound implications for the way we live as individuals in society and community. We are celebrating a living and active presence among us – a presence who makes demands of us, who constantly offers us grace to become the people God wants us to be – the very best people we are meant to be. In this mysterious sacramental meal Christ is here, giving us his life as food for our journey from the people we once were to the people we are called to become. His presence with us in the Blessed Sacrament is both the promise and partial fulfilment – a step on the way – towards the future hope of our perfect unity and communion with God. Here is the life of the Resurrection, here we can and will again truly meet him and recognise him as our Lord and God. +

**Services in the Group:  
Corpus Christi Sunday**

9 a.m. Holy Eucharist with hymns  
at St James, Devauden  
10 a.m. Sung Eucharist at St Arvans  
Hymns (*New English Hymnal*)  
295; 281; 268; 307  
11.30 a.m. Holy Eucharist with hymns  
at Holy Cross, Kilgwrrwg

**A Prayer for Ukraine**

*written by Ukrainain Christians*

O Lord our God, look down with mercy on the Ukrainian people. Protect and save them from the unjust aggressors who seek to subdue them. Grant them steadfast trust in your mercy and protection.

O Mother of God, who gave us your miraculous icon at Zarvanytsia, intercede for the Ukrainian people, who run to the shelter of your mercy in their times of need.

O Lord Jesus Christ, have mercy on us. Grant peace and protection to the people of Ukraine. Give them strength and courage to defend what is good, right, and holy. Keep them safe from harm and provide for all their needs, both temporal and spiritual.

Hear our prayers, O Lord, and deliver us from distress, for You are merciful and compassionate and love mankind. To you we give glory: the Father, the Son, and the Holy Spirit, now and for ever. **Amen.**

**Ministry Area Prayer**

Dear Lord, we thank you for the opportunity to work together as a Ministry Area.  
May we engage with each other with faith and encouragement.  
May we manage each situation with wisdom and mutual respect.  
May we serve with integrity, creativity and purpose.  
May we speak with openness and gentleness.  
May we offer our gifts, time and finances with generosity.  
May we face each challenge with courage and the desire to grow through it.  
May we all be drawn deeper into our relationship with you and be known as your disciples.  
Help us to show your love, proclaim your Good News and grow your Kingdom in this place.  
We ask this in the name of Jesus Christ, our Lord and Saviour. **AMEN**

**SEVERN WYE  
MINISTRY AREA**

**PRAISING TOGETHER**

*"The earnest prayer of a righteous person has great power and produces wonderful results." JAMES 5:16*

Praying together for our ministry area and our local communities

**THE 2<sup>nd</sup> AND 4<sup>th</sup> MONDAY  
OF EVERY MONTH  
7.30 TO 8.30 PM  
St Christopher's Church,  
Bulwark, Chepstow**