

## News and Notices for this week

### Distribution of Holy Communion

We have restored the chalice at the distribution of holy communion, as has happened in many churches, so that all worshippers can receive both the body and blood of Christ if they wish to do so. It is voluntary, and will be a personal decision for each person to make. Please remember the doctrine of concomitance assures us that we make a full communion if we receive in only one kind. However, many have felt a real sense of deprivation while the chalice was withheld for good reason during the pandemic – not only because reception in both kinds is Our Lord's ordinance but because the Common Cup demonstrates our common life, our life together in Christ. Current advice is that you must drink from the chalice and not intinct (dip) the host into the chalice.

### Admission of Churchwardens

On Monday evening Helen and Charles will be admitted and sworn into office by the Archdeacon of West Ham and the Diocesan Registrar, at St Gabriel, Aldersbrook, along with Churchwardens from other parishes in Redbridge. Please remember Helen and Charles in your prayers as they continue to serve St Margaret's as Churchwardens.

### Solar Panels

The Church Council has started to discuss whether it would be right financially and ecologically, to consider the possibility of putting solar panels on the church or church hall roof. We will continue the discussion at the next meeting in July, but the Church Council is interested in the views of the wider congregation. If this is something of interest to you, you might find this useful to watch:

<https://www.youtube.com/watch?v=1NoswkTtFA4>

If you have any comments or views please let the Churchwardens or a member of the PCC know.

### Tea's Company

The next of our monthly tea/coffee and cake afternoons will be Thursday 30 June, and then Thursday 21 July, from 2.00pm to 3.30pm. Do come along, and invite your friends. It's a chance to chat, and to make new friends.

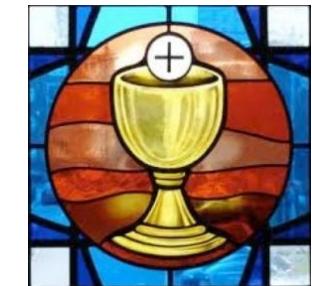
### Church Decoration and Flower Arranging

After many years of flower arranging and decorating the church at festival, Rosalie Field is shortly to step down from this role. We thank her for her dedication over a long period of time, and for helping make our church attractive for worship. We hope it will be possible to form a small team to take over flower arranging and church decoration. If this is something you would like to be involved in, please speak to Fr Stephen or one of the Churchwardens. The Church Council is looking at the possibility of some sort of training to help people with church decoration, so you don't need to be an expert already!

## St Margaret of Antioch, Ilford

### Weekly News Sheet

Sunday 19 June 2022  
Corpus Christi Sunday



### Welcome to St Margaret's Church

We hope you enjoy worshipping with us or visiting us. If you are here for the first time please or visiting from another church, please introduce yourself.

**Keep in touch with us** by visiting our web site: [stmargaretilford.org.uk](http://stmargaretilford.org.uk)

Twitter: @StMargaretIG1

Facebook: [facebook.com/StMargaretIG1/](https://facebook.com/StMargaretIG1/)

Instagram : @stmargaret\_ilford\_ig1.

**Parish Priest:** Fr Stephen Pugh [stmargaretig1@gmail.com](mailto:stmargaretig1@gmail.com) 020 8554 7542

**Churchwardens:** Charles Acolatse 07946 221813 Helen Cansick 07903 813131

### Worship & Intercessions

#### THIS MORNING

**Welcome Team:** Jannis Abley

**Mass setting:**

Gathering Mass - Paul Inwood

**Cantor:** Andrea Kiso

**Readers:**

Jannis Abley and Jenny Bowen

**Intercessions** led by Vijn Paulraj

**Eucharistic minister:** Jenny Bowen

#### THIS WEEK

**Tuesday**

10.30am Eucharist

#### NEXT SUNDAY

THIRTEENTH SUNDAY

IN ORDINARY TIME

10.30am Parish Eucharist

#### WE PRAY THIS WEEK FOR:

#### The sick and those in need:

Lorraine Arnold, Delrose Berry, Tina Bird and her family, Peter Cansick, Francis Chitolie, Fizza and her family, Anne Fox, Lenore Hinds, Gill King, Karen Lahiff, Jennifer Mottley and her family, Joergen Nielsen, Janet Potter, Chun Wah Chan, Chung Yau Tai, Rosa Suspiro, Wagner Tavares, Christobel Trumpet

#### The recently departed:

including, Christiana Kenny,

#### Those whose anniversaries of death fall this week:

19<sup>th</sup>: Pauline Bowden, Marion Whitten

20<sup>th</sup>: Harry Farrant

21<sup>st</sup>: Clive Okposuogu

22<sup>nd</sup>: Henry Smith, Violet Archer

23<sup>rd</sup>: Rudolph Archer

24<sup>th</sup>: Harold Henderson, Anthony Ellingford, Brian Pellowe, Joyce Wood

25<sup>th</sup>: Joseph White, Susan Barrington

## 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.**

## First Reading: Genesis 14: 18-20

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.

## Psalm 110

### R: You are a priest for ever, like Melchizedek of old.

The Lord's revelation to my Master:  
'Sit on my right:  
I will put your foes beneath your feet. **R**

The Lord will send from Zion  
your sceptre of power:  
rule in the midst of all your foes. **R**

A prince from the day of your birth  
on the holy mountains;  
from the womb before the daybreak I begot you. **R**

The Lord has sworn an oath he will not change.  
'You are a priest for ever,  
a priest like Melchizedek of old.' **R**

## Second Reading: 1 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.

## Gospel acclamation

### Alleluia!

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

## Gospel Reading: St Luke 9: 11-17

## Prayer over the Gifts

God our sustainer,  
receive the gifts we bring before you,  
and feed us continually with  
the bread which satisfies all hunger,  
your Son our Saviour Jesus Christ.  
**Amen.**

## Communion Song: Panis angelicus

'*Panis Angelicus*' (which translates as 'Bread of Angels') is a verse from the hymn '*Sacris solemnii*', which was written by Saint Thomas Aquinas for the Feast of Corpus Christi in the 13th century.

The music is by César Franck, who composed a Mass (*Messe à trois voix*) dating from 1861 that incorporates '*Panis Angelicus*'.

*Panis angelicus*  
*Fit panis hominum*  
*Dat panis coelicus*  
*Figuris terminum*  
*O res mirabilis*  
*Manducat dominum*  
*Pauper, pauper*  
*Servus et humilis*

May the Bread of Angels  
Become bread for mankind;  
The Bread of Heaven puts  
All foreshadowings to an end;  
Oh, thing miraculous!  
The body of the Lord will nourish  
the poor, the poor,  
the servile, and the humble.

## Post Communion Prayer

All praise to you, our God and Father,  
for you have fed us with the bread of heaven  
and quenched our thirst from the true vine:  
hear our prayer that, being grafted into Christ,  
we may grow together in unity  
and feast with him in his kingdom;  
through Jesus Christ our Lord.  
**Amen.**

## Exit music:

Marche religieuse - Mozart