



Holy Trinity Geneva

Eucharist with Spiritual Communion
Wednesday 15th October 2025
Saint Teresa of Avila
Common Worship, modern English

Let nothing disturb you;
Let nothing frighten you.
All things are passing.
God never changes.
Patience obtains all things.
Nothing is wanting to those who
possess God.
God alone suffices.

St. Teresa's Bookmark

PREPARATION

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

Welcome and Introduction

The Lord be with you

And also with you.

Today we are celebrating the life of Saint Teresa of Avila. The words of her "bookmark", given above to head our order of service, are said to have been found in her breviary after her death, and have helped many people in their struggles with faith and with life.

We thank God for the gift of grace displayed abundantly in Teresa, and for the spirit of reform and renewal that she brought to the Carmelite community and which has inspired many Christians of all traditions.

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.

CONFESSION AND ABSOLUTION

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.

Confession

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.

Absolution

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.
Amen.

COLLECT

Let us pray...

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. **Amen.**

LITURGY OF THE WORD

The First Reading : Wisdom 7. 7 – 15

⁷I prayed, and understanding was given me;
I called on God, and the spirit of wisdom came to me.
⁸ I preferred her to sceptres and thrones,
and I accounted wealth as nothing in comparison with her.
⁹ 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.
¹⁰ I loved her more than health and beauty,
and I chose to have her rather than light,
because her radiance never ceases.
¹¹ All good things came to me along with her,
and in her hands uncounted wealth.
¹² I rejoiced in them all, because wisdom leads them;
but I did not know that she was their mother.
¹³ I learned without guile and I impart without grudging;
I do not hide her wealth,
¹⁴ for it is an unfailing treasure for mortals;
those who get it obtain friendship with God,
commended for the gifts that come from instruction.
¹⁵ 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.

Let us bless the Lord. **Thanks be to God.**

The Psalm : 138.1- 3; 6-8

- 1 I will give thanks to you, O Lord, with my whole heart; ♦
before the gods will I sing praise to you.
- 2 I will bow down towards your holy temple and praise your name,
because of your love and faithfulness ♦ for you have glorified
your name and your word above all things.
- 3 In the day that I called to you, you answered me; ♦
you put new strength in my soul.
- 6 Though the Lord be high, he watches over the lowly; ♦
as for the proud, he regards them from afar.
- 7 Though I walk in the midst of trouble,
you will preserve me; ♦
you will stretch forth your hand against the fury of my enemies;
your right hand will save me.
- 8 The Lord shall make good his purpose for me; ♦
your loving-kindness, O Lord, endures for ever.

Alleluia, Alleluia, Blessed are the pure in heart : for they shall see
God Alleluia

Gospel Reading : John 14.1-7

The Lord be with you.

And also with you.

Hear the Gospel of our Lord Jesus Christ according to John

Glory to you, O Lord.

14Jesus said to his disciples, 'Do not let your hearts be troubled. Believe in God, believe also in me. ²In 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?³And 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. ⁴And you know the way to the place where I am going.'⁵Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' ⁶Jesus said to

him, 'I am the way, and the truth, and the life. No one comes to the Father except through me. ⁷If you know me, you will know my Father also. From now on you do know him and have seen him.'

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

Homily : Canon Alan Amos

Summary : St. Teresa of Avila, 1582

Teresa was born into an aristocratic Spanish family in 1515. Following her mother's death, she was educated by Augustinian nuns and then ran away from home to enter a Carmelite convent when she was twenty. After initial difficulties in prayer, her intense mystical experiences attracted many disciples. She was inspired to reform the Carmelite rule and, assisted by St John of the Cross, she travelled throughout Spain founding many new religious houses for men as well as women. Her writings about her own spiritual life and progress in prayer towards union with God include *The Way of Perfection* and *The Interior Castle*, which are still acclaimed. She knew great physical suffering and died of exhaustion on 4 October 1582. Her feast is on 15 October because the very day after her death the reformed calendar was adopted in Spain and elsewhere and ten days were omitted from October that year.

[from "Exciting Holiness"]

Prayers of Intercession

We give thanks for the progress towards peace in the Middle East, for the exchange of hostages and prisoners in Israel, Gaza and the West Bank. We pray for all those who are working to ensure that peace endures, and that hope is born where for many their lives have been full of pain and suffering.

Lord in your mercy, **hear our prayer**

We continue to pray for the people of Ukraine and of Russia, for an end to war.

Lord in your mercy, **hear our prayer**

We pray for the people of France, and for all those who are working to provide stable government.

Lord in your mercy, **hear our prayer**

We pray for people everywhere who are daily facing armed conflict and danger, remembering especially the people of Sudan, North and South, and the people of Myanmar.

Lord in your mercy, **hear our prayer**

We continue to pray for the new Archbishop of Canterbury, Sarah Mullally, that she may be blessed with the strength and wisdom that she needs for the tasks ahead.

Lord in your mercy, **hear our prayer**

We bring before you those who are sick, we pray for them and for those caring for them, and especially for Professor Thomas Adeyanju, Revd Keith & Claire Kimber, Mark Faber, Christopher Creffield, Canon Ken David, Chris Jayesingha, Lynda Ammann, Beat Ammann, Ann Elter, Diane D'Arcis, Jean Mayer, Beverley Vasiljevic, Mary Brice, Jann Coppen, Jonathan Bezzola, Sybil Sheppard, Chris Talbot, Joan Tye, Annemarie Hester, André Vivas, Timothy Creffield, Edith Tanner, Livia Varju, Brenda Hand, Valerie Offord, Phil Thomas, Diana Mason, Robin Bailey, Judi Cianci, Ruth Wyler, Germain, Joyce McNulty, Trevor Thomas, Diana Dickinson, Denise Muhlethaler, Silvio Morson, Anna Porraccin, Valerie Slessor, Frances Boo, Jenny Syrathev, Lorensz Ranasinghe.

Lord in your mercy, **hear our prayer**

And we remember in our prayers those departed this life.

Rest eternal grant unto them O Lord, **and may light perpetual shine upon them.**

We pray for all those experiencing bereavement at this time.

Lord, in your mercy, **hear our prayer**

And so we commend all those for whom we pray, and ourselves, all that we are, and all we are called to be, to the mercy and protection of God.

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

The Peace

The peace of the Lord be always with you.
And with your spirit

The table is prepared.

THE EUCHARISTIC PRAYER

The Lord be with you
And also with you.
Lift up your hearts
We lift them to the Lord
Let us give thanks to the Lord our God
It is right to give thanks and praise.

Blessed are you, Lord God,
our light and our salvation;
to you be glory and praise for ever!

From the beginning you have created all things
and all your works echo the silent music of your praise.
In the fullness of time you made us in your image,
the crown of all creation.

You give us breath and speech that with angels and archangels
and all the powers of heaven
we may find a voice to sing your praise:

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.

How wonderful the work of your hands, O Lord!
As a mother tenderly gathers her children
you embraced a people as your own.
When they turned away and rebelled
your love remained steadfast.

From them you raised up Jesus our Saviour, born of Mary,
to be the living bread,
in whom all our hungers are satisfied.

He offered his life for sinners
and with a love stronger than death
he opened wide his arms on the cross.

On the night before he died,
he came to supper with his friends,
and taking bread, he gave you thanks.
He broke it and gave it to them, saying:
Take eat: this is my body which is given for you

At the end of supper, taking the cup of wine,
he gave you thanks, 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.

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

Father, we plead with confidence
his sacrifice made once for all upon the cross;
we remember his dying and rising in glory,
and we rejoice that he intercedes for us at your right hand.

Pour out your Holy Spirit as we bring before you
these gifts of your creation;
may they be for us the body and blood of your dear Son.

As we eat and drink these holy things in your presence,
form us into the likeness of Christ,
and build us into a living temple to your glory.

Remember Lord your Church in every land.
Reveal her unity, guard her faith,
and preserve her in peace

Bring us at the last with Teresa and all your saints
to the vision of that eternal splendour
for which you have created us;

through Jesus Christ, our Lord,
by him, with him, and in him,
with all who stand before you in earth and heaven,
we worship you, Father almighty, in songs of everlasting praise:

**Blessing and honour and glory and power
be yours for ever and ever. Amen.**

The Lord's Prayer

**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.**

We break this bread to share in the body of Christ:
**Though we are many, we are one body because we all share in the
one bread.**

Agnus Dei

**Jesus, Lamb of God, have mercy on us.
Jesus, bearer of our sins, have mercy on us.
Jesus, redeemer of the world, give us your peace.**

Let us prepare ourselves to make our spiritual communion.

We offer and present to you, Lord our heavenly Father, ourselves, our souls and bodies, to be a holy and living sacrifice; grant that being present together in heart and mind at this holy communion we may now be filled with your heavenly blessing through the redeeming grace of your Son our Saviour Jesus Christ... [short pause]

Lord Jesus Christ, in outward signs of bread and wine you have made known your presence among us; as we unite with one another from the places where we are, may your communion be fulfilled in us now through the work of the life-giving Holy Spirit. Amen

Post Communion Prayers

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 Teresa to the eternal feast of heaven;
through Jesus Christ our Lord. **Amen.**

Father of all,
we give you thanks and praise,
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace, and opened the gate of glory.
May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord. **Amen.**

Blessing

May Almighty God give us grace
to follow the saints with faith, hope and love,
And may the blessing of the Father, the Son, and the Holy Spirit, be
with you and remain with you always. **Amen.**