



Holy Communion in the season of Lent



FOR REFLECTION

LENT

is a time to learn to travel
light, to clear the clutter
from our crowded lives, and
find a space, a
desert.

Deserts are bleak: no creature
comforts, only a vast expanse of
stillness, sharpening awareness of
ourselves and
God.

Uncomfortable places, deserts.
Most of the time we're tempted to
avoid them, find good reason to
live lives of ease, cushioned by
noise from self-discovery.
Clutching at world's success to
stave off fear,
but if we dare to trust the silence
to strip away our false security,
God can begin to grow His
wholeness in us
fill up our emptiness,
destroy our fears,
give us new vision,
courage for the journey
and make our desert blossom like a rose

Ann Lewin

'So it was that I learned that love was
our Lord's meaning. And I saw for
certain that before ever he made us,
God loved us; and that his love has
never slackened, nor ever shall.'

Julian of Norwich

Please stand if you are able for the introit hymn.

Hymn

The Greeting

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 president welcomes the congregation.

We sit.

**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.**

A Deacon says:

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.'

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.

Invitation to confession

A Deacon says:

Compassion and forgiveness belong to the Lord our God,
though we have rebelled against him.

Let us then renounce our wilfulness and ask his mercy
by confessing our sins in penitence and faith.

We keep a moment of silence before continuing.

Lord, have mercy.

All Lord, have mercy.

Christ, have mercy.

All Christ, have mercy.

Lord, have mercy.

All Lord, have mercy.

Absolution

May the Father forgive you
by the death of his Son
and strengthen you
to live in the power of the Spirit
all your days

All Amen.

The Collect

A special prayer for the day is said. This is printed on the News sheet.

THE LITURGY OF THE WORD

First Reading

At the end the reader says

This is the word of the Lord.

All Thanks be to God.

We stand as we are able.

Hymn

Gospel Reading

We remain standing and face the Reader:

Praise to you, O Christ, King of eternal glory.
Your word is a lamp to my feet and a light to my path.
(Psalm 119.105)

All Praise to you, O Christ, King of eternal glory.

Hear the Gospel of our Lord Jesus Christ according to *N.*

All Glory to you, O Lord.

At the end the Reader says:

This is the Gospel of the Lord.

All Praise to you, O Christ, King of eternal glory.

We sit.

Sermon

Please stand as you are able.

Affirmation of faith

Do you believe and trust in God the Father,
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.**

We sit.

Prayers of Intercession

To the bidding: Lord of compassion,

We respond: **In your mercy hear us.**

At the end, we may say:

Merciful Father

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

THE LITURGY OF THE SACRAMENT

Please stand as you are able.

The Peace

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

The peace of the Lord be always with you
All and also with you.

A Deacon says:

Let us offer one another a sign of peace.

All may exchange a sign of peace and saying "Peace be with you"

Offertory Hymn

Preparation of the Table

The gifts of the people may be gathered and presented.

The table is prepared and bread and wine are placed upon it.

God of our journey,
as we walk with you on your path of obedience,
sustain us on our way and lead us to your glory;
through Jesus Christ our Lord.

All Amen.

We remain standing if able.

The Eucharistic Prayer

The Lord is here.

All His Spirit is with us.

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.

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.

And now we give you thanks

because each year you give us this joyful season
when we prepare to celebrate the paschal mystery
with mind and heart renewed.

You give us a spirit of loving reverence for you
and of willing service to our neighbour.

As we recall the saving acts that give new life in Christ,
you bring the image of your Son to perfection within our
hearts.

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:

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.**

OR

**Holy, holy, holy Lord,
Lord God of hosts.
Heaven and earth are full of your glory,
hosanna in the highest.
Blessed is he who comes in the name,
who comes in the name of the Lord.
Hosanna in the highest,
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;
do this in remembrance of me.

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.

A Deacon says:

Praise to you, Lord Jesus:
**All Dying you destroyed our death,
rising you restored our life:
Lord Jesus, come in glory.**

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 in the likeness of Christ,
and build us into a living temple to your glory.
Bring us at the last with all the saints
to the vision of that eternal splendour
for which you have created us;
through Jesus Christ, our Lord,
by whom, with whom, and in whom,
with all who stand before you in earth and heaven,
we worship you, Father almighty, in songs of everlasting
praise:

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

We sit.

The Lord's Prayer

Lord Jesus, remember us in your kingdom and teach us to
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

The president breaks the consecrated bread.

Every time we eat this bread and drink this cup,
All we proclaim the Lord's death until he comes.

Agnus Dei

We sing **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.**

OR

**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.**

Giving of Communion

The president says the invitation to communion.

Jesus is the lamb of God
Who takes away the sin of the world.
Blessed are those who are called to his supper.
**All Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

We may pray:

**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.**

We keep an Open Table - All are invited and All are welcome to receive the bread that has been taken, blest and broken. If you would prefer to receive a blessing, then please bring this service sheet with you to indicate this. A Welcomer will show you where to go. Please ask if you need communion brought to you; or if you need to receive gluten-free bread.

During Communion the choir may sing an anthem and then we sing. We remain seated for this hymn.

Hymn

Prayer after Communion

The President may pray.

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.**

Notices

THE DISMISSAL

Blessing

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing...

All **Amen**

A Deacon says:

This is love, not that we loved God,
All **but that he loved us and sent his Son.**

He is the sacrifice for our sins,
All **that we might live through him.**

If God loves us so much
All **we ought to love one another.**

If we love one another
All **God lives in us.**

We stand as we are able.

Hymn

A Deacon says:

Go in the peace of Christ.

All Thanks be to God.

Please stay for refreshments after the Service

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