

The Gathering

Notices are given followed by a period of silence for personal reflection.



A Spiritual Holy Communion in Lent

(Common Worship Order 1)

Greeting and Preparation

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

All Amen

Let us pray together as we prepare to worship God....

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.

A hymn may be sung

Grace, mercy and peace from God our Father
and the Lord Jesus Christ be with you

All and also with you

The Commandments

I am the Lord your God: you shall have no other gods but me.

All Amen. Lord, have mercy.

You shall not make for yourself any idol.

All Amen. Lord, have mercy.

You shall not dishonour the name of the Lord your God.

All Amen. Lord, have mercy.

Remember the Sabbath and keep it holy.

All Amen. Lord, have mercy.

Honour your father and your mother.

All Amen. Lord, have mercy.

You shall not commit murder.

All Amen. Lord, have mercy.

You shall not commit adultery.
All Amen. Lord, have mercy.

You shall not steal.
All Amen. Lord, have mercy.

You shall not bear false witness against your neighbour.
All Amen. Lord, have mercy.

You shall not covet anything which belongs to your neighbour.
**All Amen. Lord, have mercy upon us
and write all these your laws in our hearts.**

Prayers of Penitence

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

Wash me thoroughly from my wickedness
and cleanse me from my sin:
Lord, have mercy.
Lord, have mercy.

Make me a clean heart, O God,
and renew a right spirit within me:
Christ, have mercy.
Christ, have mercy.

Cast me not away from your presence
and take not your holy spirit from me:
Lord, have mercy.
All Lord, have mercy.

A priest pronounces 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.
All Amen

Collect Prayer

The president introduces a period of silent prayer with the words 'Let us pray'. The Collect is said and all respond: 'Amen'

The Liturgy of the Word

Readings

At the end of each reading from scripture this response may be said:

This is the word of the Lord.
All Thanks be to God.

Gospel Reading

The Gospel reading may be announced in the following way:

Praise to you, O Christ, King of eternal glory.
Blessed are those who have endured temptation;
they have stood the test and will receive the crown of life.
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:

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

Sermon or Address

The Creed (On Sundays & Principal Holy Days we stand to say)

**All We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is,
seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,**

true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.
For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.

We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come.
Amen.

Prayers of Intercession *which may include the following bidding:*

Lord, in your mercy
All hear our prayer.

(or)

Lord, hear us.
All Lord, graciously hear us.

and may conclude with:

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

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.

[Let us offer one another with a sign of peace.]

A hymn may be sung

Prayer at the Preparation of the Table

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

Eucharistic Prayer (C)

The Lord be with you
All And with thy spirit.

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 him thanks and praise.

It is indeed right,
it is our duty and our joy,
at all times and in all places
to give you thanks and praise,
holy Father, heavenly King,
almighty and eternal God,
through Jesus Christ our Lord.

And now we give you thanks
because you give us the spirit of discipline,
that we may triumph over evil and grow in grace,
as we prepare to celebrate the paschal mystery
with mind and heart renewed.

Therefore with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
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.**

All glory be to you, our heavenly Father,
who, in your tender mercy,
gave your only Son our Saviour Jesus Christ
to suffer death upon the cross for our redemption;
who made there by his one oblation of himself once offered
a full, perfect and sufficient sacrifice, oblation and satisfaction for
the sins of the whole world;
he instituted, and in his holy gospel commanded us to continue,
a perpetual memory of his precious death until he comes again.

Hear us, merciful Father, we humbly pray,
and grant that, by the power of your Holy Spirit,
we receiving these gifts of your creation, this bread and this
wine, according to your Son our Saviour Jesus Christ's holy
institution, in remembrance of his death and passion,
may be partakers of his most blessed body and blood;

who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:
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.

Christ is the bread of life:

**All When we eat this bread and drink this cup,
we proclaim your death, Lord Jesus,
until you come in glory.**

Therefore, Lord and heavenly Father,
in remembrance of the precious death and passion,
the mighty resurrection and glorious ascension
of your dear Son Jesus Christ,
we offer you through him this our sacrifice of praise and
thanksgiving.

Grant that by his merits and death,
and through faith in his blood,
we and all your Church may receive forgiveness of our sins
and all other benefits of his passion.

Although we are unworthy, through our manifold sins,
to offer you any sacrifice,
yet we pray that you will accept this
the duty and service that we owe.

Do not weigh our merits, but pardon our offences,
and fill us all who share in this holy communion
with your grace and heavenly blessing;
through Jesus Christ our Lord,
by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever.

All Amen.

The Lord's Prayer

Let us pray with confidence as our Saviour taught us

**All Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation
but deliver us from evil.
For thine is the kingdom, the power and the glory
forever and 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.

The Agnus Dei may be said or sung as the bread is broken

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 through this Spiritual Communion
our Lord Jesus Christ,
to nourish and strengthen us.
We remember that he died for us,
and we feed on him in our 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, and each communicant replies 'Amen'.
A post communion prayer may be said, after which we all 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 you Spirit
to live and work
to your praise and glory.
Amen.

The Dismissal

A priest proclaims God's Blessing...

The peace of God,
which passes all understanding,
keep your hearts and minds
in the knowledge and love of God
and of his Son Jesus Christ our Lord;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

All Amen.

...and we are sent into His world.

Go in peace to love and serve the Lord.

All In the name of Christ. Amen.

A hymn may be sung.





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