



A Spiritual Holy Communion

for Ordinary Time

(Common Worship Order 1)

The Gathering

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

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

Summary of the Law

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

Prayers of Penitence

My brothers and sisters, as we prepare to celebrate the presence
of Christ in word and sacrament, let us call to mind and confess
our sins:

We pray

All 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.

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

The Gloria *(We stand to say or sing)*

All Glory to God in the highest,
and peace to his people on earth.

Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.

Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father.
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

A Reading

At the end of the 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:

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 Reflection

The Creed

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,

The Liturgy of the Sacrament

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:

All Lord, in your mercy
hear our prayer.

(or)

All Lord, hear us.
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

Christ is our peace. He has reconciled us to God in one body by
the cross. We meet in his name and share his peace.

The peace of the Lord be always with you.

All And also with you.

A hymn may be sung and an offering may be taken.

Prayer at the Preparation of the Table

This or another suitable prayer may be used:

As the grain once scattered in the fields
and the grapes once dispersed on the hillside
are now reunited on this table in bread and wine,
so, Lord, may your whole church soon be gathered together
from the corners of the earth,
into your kingdom.

All Amen.

Eucharistic Prayer (B)

The Lord be with you
All and also with you.

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.

Father, we give you thanks and praise
through your beloved Son Jesus Christ, your living Word,
through whom you have created all things;
who was sent by you in your great goodness to be our Saviour.

By the power of the Holy Spirit he took flesh;
as your son, born of the blessed Virgin,
he lived on earth and went about among us;
he opened wide his arms for us on the cross;
he put an end to death by dying for us;
and revealed the resurrection by rising to new life;
so he fulfilled your will and won for you a holy people.

A Short Proper Preface, when appropriate, may be added here.

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.**

Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;

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.

Great is the mystery of faith.
**All Christ has died:
Christ is risen:
Christ will come again.**

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.
As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup

and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of (*N and*) all the saints,
may praise and glorify you for ever,
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.

We continue on page 10 with the Lords Prayer

Eucharistic Prayer (F)

The Lord be with you.

All And also with you.

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.

You are worthy of our thanks and praise
Lord God of truth,
for by the breath of your mouth
you have spoken your Word,
and all things have come into being.
You fashioned us in your image
and placed us in the garden of your delight.
Though we chose the path of rebellion
you would not abandon your own.
Again and again you drew us into your covenant of grace.
You gave your people the law and taught us by your prophets
to look for your reign of justice, mercy and peace.
As we watch for the signs of your kingdom on earth,
we echo the song of the angels in heaven,
evermore 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.**

Lord, you are the most holy one,
enthroned in splendour and light,
yet in the coming of your Son Jesus Christ
you reveal the power of your love
made perfect in our human weakness.

Embracing our humanity,
Jesus showed us the way of salvation;
loving us to the end,
he gave himself to death for us;
dying for his own,
he set us free from the bonds of sin,
that we might rise and reign with him in glory.

On the night he gave up himself for us all
he 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.

Therefore we proclaim the death that he suffered on the cross,
we celebrate his resurrection, his bursting from the tomb,
and we long for his coming in glory.

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.**

As we recall the one, perfect sacrifice of our redemption,
Father, by your Holy Spirit let these gifts of your creation
be to us the body and blood of our Lord Jesus Christ;
form us into the likeness of Christ
and make us a perfect offering in your sight.

Look with favour on your people
and in your mercy hear the cry of our hearts.
Bless the earth,
heal the sick,
let the oppressed go free
and fill your Church with power from on high.

Gather your people from the ends of the earth
to feast with *(N and)* all your saints
at the table in your kingdom,
where the new creation is brought to perfection
in 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 service continues:

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.
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 Most merciful Lord,
your love compels us to come in.
Our hands were unclean,
our hearts were unprepared;
we were not fit
even to eat the crumbs from under your table.
But you, Lord, are the God of our salvation,
and share your bread with sinners.
So cleanse and feed us
with the precious body and blood of your Son,
that he may live in us and we in him;
and that we, with the whole company of Christ,
may sit and eat in your kingdom.
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 your Spirit
to live and work
to your praise and glory.
Amen.

A hymn may be sung.

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.



Common Worship: Services and Prayers for the Church of England, material from which is included in this service is copyright © The Archbishops' Council

Common Worship: Times and Seasons, material from which is included in this service, is copyright © The Archbishops' Council 2006.

The Dismissal