

# Holy Communion during Ordinary Time

## *The Gathering*

### The Greeting

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

Welcome in the name of Christ. God's grace, mercy and peace be with you

*All: and also with you*

### Prayer of Preparation

*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.**

### Prayers of Penitence

God so loved the world that he gave his only Son Jesus Christ to save us from our sins, to be our advocate in heaven, and to bring us to eternal life. We come to God as one from whom no secrets are hidden, to ask for his forgiveness and peace.

*All: Most merciful God, Father of our Lord Jesus Christ, we confess that we have sinned in thought, word and deed.*

**We have not loved you with our whole heart. We have not loved our neighbours as ourselves.**

**In your mercy, forgive what we have been, help us to amend what we are, and direct what we shall be;**

**that we may do justly, love mercy and walk humbly with you, our God. Amen.**

May the God of all healing and forgiveness draw you to himself, and cleanse you for all your sins that we may behold the glory of his Son, The Word made flesh, Jesus Christ our Lord.

**Amen.**

### Gloria in Excelsis

**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.**

### The Collect

*The Collect is said and all respond Amen.*

## *The Liturgy of the Word*

Old or New Testament reading is followed by the Gospel reading.

This the word of the Lord. **Thanks be to God**

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

### Sermon

## **The Apostles' Creed**

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

## **Prayers of Intercession**

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

*And at the end:* Merciful Father, **accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.**

## ***The Liturgy of the Sacrament***

### **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 **and also with you.**

### **Eucharistic Prayer E**

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.

**All: It is right to give thanks and praise.**

Father, you made the world and love your creation. You gave your Son Jesus Christ to be our Saviour. His dying and rising have set us free from sin and death. And so we gladly thank you, with saints and angels, 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.**

We praise and bless you loving Father, through Jesus Christ, our Lord; and as we obey his command, send your Holy Spirit, that broken bread and wine outpoured may be for us the body and blood of your dear Son. On the night before he died he had supper with his friends and taking bread, he praised you. He broke the bread, gave it to them and said: Take, eat; this is my body which is given for you; do this in remembrance of me.

When supper was ended he took the cup of wine. Again he praised you, gave it to them 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. So, Father, we remember all that Jesus did, in him we plead with confidence his sacrifice made once for all upon the cross. Bringing before you the bread of life and cup of salvation, we proclaim his death and resurrection until he comes in glory.

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

Lord of all life, help us to work together for that day when your kingdom comes and justice and mercy will be seen in all the earth. Look with favour on your people, gather us in your loving arms and bring us with [N and] all the saints to feast at your table in heaven. Through Christ, and with Christ, and in Christ in the unity of the Holy Spirit, all honour and glory are yours, O loving Father, forever and ever. **Amen.**

## **The Lord's Prayer**

*As our Saviour has taught us:*

**All: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us this day 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 forever. Amen.**

## **Breaking of the Bread**

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

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

God's holy gifts for God's holy people: **Jesus Christ is holy, Jesus Christ is Lord, to the glory of God the Father.**

## **The Act of Spiritual Communion**

Give thanks for the saving death and resurrection of Jesus and ask him to be with you now.

Thanks be to you Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly and follow you more nearly, day by day. Amen. (Prayer of St Richard of Chichester)

The term 'Spiritual Communion' has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in the celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ.

## **Prayer after Communion**

**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.**

## **The Blessing**

All our problems **We send to the cross of Christ.**  
All our difficulties **We send to the cross of Christ**  
All our hopes **We set on the risen Christ;**  
And the blessing of God Almighty.....  
God in the peace of Christ. **Thanks be to God.**

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