

# HOLY COMMUNION FOR LENT

## WELCOME & INTRODUCTION

### GREETING

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

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

**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.**

## THE COMMANDMENTS

### *A 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.  
**Amen. Lord, have mercy.**

### CONFESSON

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.

*Silence*

**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.**

**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.**

## THE KYRIE ELEISON

Lord, have mercy.

**Lord, have mercy.**

Christ, have mercy.

**Christ, have mercy.**

Lord, have mercy.

**Lord, have mercy.**

## THE COLLECT

*The prayer for the day is said and at the end: Amen*

## THE OLD TESTAMENT READING

*At the end of the reading*

This is the word of the Lord

**Thanks be to God**

## THE GOSPEL READING

Praise to you, O Christ, King of eternal glory.  
I am the light of the world, says the Lord,  
whoever follows me will have the light of life.  
**Praise to you, O Christ, King of eternal  
glory.**

Hear the Gospel of our Lord Jesus Christ  
according to N :

**Glory to you, O Lord.**

*At the end of the reading*

This is the Gospel of the Lord:

**Praise to you, O Christ**

## REFLECTION

## THE CREED

**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.**

## THE PRAYERS

*These or other prayers are said*

With confidence and trust  
let us pray to the Father.

For the one holy catholic and apostolic  
Church ...  
let us pray to the Father.  
Lord of compassion,  
**in your mercy hear us.**

For the mission of the Church,  
that in faithful witness  
it may preach the gospel  
to the ends of the earth,  
let us pray to the Father.  
Lord of compassion,  
**in your mercy hear us.**

For those preparing for baptism and  
confirmation ...  
and for their teachers and sponsors,  
let us pray to the Father.  
Lord of compassion,  
**in your mercy hear us.**

For peace in the world ...  
that a spirit of respect  
and reconciliation may grow  
among nations and peoples,  
let us pray to the Father.  
Lord of compassion,  
**in your mercy hear us.**

For the poor, the persecuted, the sick,  
and all who suffer...  
for refugees, prisoners, and all in danger;  
that they may be relieved and protected,  
let us pray to the Father.  
Lord of compassion,  
**in your mercy hear us.**

For those whom we have injured or offended,  
let us pray to the Father.  
Lord of compassion,  
**in your mercy hear us.**

For grace to amend our lives and to further  
the reign of God,  
let us pray to the Father.  
Lord of compassion,  
**in your mercy hear us.**

In communion with all those who have walked  
in the way of holiness ...  
let us pray to the Father.  
Lord of compassion,  
**in your mercy hear us.**

God our Father,  
in your love and goodness  
You have taught us  
to come close to you in penitence  
with prayer, fasting and generosity;  
accept our Lenten discipline,  
and when we fall by our weakness,  
raise us up by your unfailing mercy;  
through Jesus Christ our Lord. **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  
**And also with you**

Let us offer one another a sign of peace.

#### THE PREPARATION OF THE TABLE

Yours, Lord, is the greatness, the power,  
the glory, the splendour, and the majesty;  
for everything in heaven and on earth is  
yours.

**All things come from you,  
And of your own do we give you.**

#### THE EUCHARISTIC PRAYER

The Lord is here.  
**His Spirit is with us.**

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.**

It is indeed right and good  
to give you thanks and praise,  
almighty God and everlasting Father,  
through Jesus Christ your Son.

For in these forty days  
you lead us into the desert of repentance

that through a pilgrimage  
of prayer and discipline  
we may grow in grace  
and learn to be your people once again.

Through fasting, prayer and acts of service  
you bring us back to your generous heart.

Through study of your holy word  
you open our eyes  
to your presence in the world  
and free our hands to welcome others  
into the radiant splendour of your love.

As we prepare to celebrate the Easter feast  
with joyful hearts and minds  
we bless you for your mercy  
and join with saints and angels  
for ever praising you and saying:

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

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 The Holy Mother,  
St Francis 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, for ever and ever.  
**Amen.**

**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**

#### THE 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.**

#### THE AGNUS DEI

**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.**

#### THE COMMUNION

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

**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.**

## PRAYER AFTER COMMUNION

*The prayer for the day is said*

**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

Christ give you grace  
to grow in holiness,  
to deny yourselves,  
take up your cross, and follow him;  
and the blessing of God almighty,  
the Father, the Son,  
and the Holy Spirit,  
be among you  
and remain with you always. **Amen**

## THE DISMISSAL

Go in peace to love and serve the Lord.  
**In the name of Christ. Amen**