



# A Service of Holy Communion in Lent

We join in the words in **bold type** together.

## The Welcome

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

*Either*

Holy God, holy and strong,  
holy and immortal: have mercy on us.

**Holy God, holy and strong,  
holy and immortal: have mercy on us.** *Silence*

Eternal God, source of all blessing,  
help us to worship you  
with all our heart and mind and strength;  
for you alone are God,  
Father, Son and Holy Spirit,  
for ever and ever. **Amen.**

*Or*

**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.**

## We make a new start with God

We may listen to the 'Beatitudes' or the Ten Commandments.  
If the Commandments are used then this response is used after each one:

**Amen. Lord, have mercy.**

*And after the last Commandment:*

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

*Either*

**Almighty God, long-suffering and of great goodness:  
I confess to you, I confess with my whole heart  
my neglect and forgetfulness of your commandments,  
my wrong doing, thinking, and speaking;  
the hurts I have done to others, and the good I have left undone.  
O God, forgive me, for I have sinned against you;  
and raise me to newness of life; through Jesus Christ our Lord. Amen.**

*Or the 'Kyrie eleison' (which means 'Lord, have mercy' in Greek) responses may be used between other short prayers:*

Lord, have mercy. **Lord, have mercy.**

Christ, have mercy. **Christ, have mercy.**

Lord, have mercy. **Lord, have mercy.**

***We hear God's Word***

*At the end the reader says:*

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

*We stand for the Gospel Reading. When this reading is announced the reader says:*

Hear the Gospel of our Lord Jesus Christ according to N. **Glory to you, O Lord.**

*At the end*

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

## **The Sermon**

*Either*

***We affirm our faith***

### **The Nicene Creed**

Let us declare our faith in God, Father, Son and Holy Spirit.

**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.**

Or

Let us affirm our faith in Jesus Christ the Son of God.  
**Though he was divine,  
he did not cling to equality with God,  
but made himself nothing.  
Taking the form of a slave,  
he was born in human likeness.  
He humbled himself  
and was obedient to death,  
even the death of the cross.  
Therefore God has raised him on high,  
and given him the name above every name:  
that at the name of Jesus  
every knee should bow,  
and every voice proclaim that Jesus Christ is Lord,  
to the glory of God the Father. Amen.** *cf Philippians 2.6-11*

***We pray for others and ourselves***

*And at the end*

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

***We share Christ's Peace***

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

Let us offer one another a sign of peace.

***We thank God for his gifts to us***

With this bread that we bring **we shall remember Jesus.**  
With this wine that we bring **we shall remember Jesus.**  
Bread for his body, wine for his blood, gifts from God to his table we bring.  
**we shall remember Jesus**

**Thanksgiving Prayer** *from Ash Wednesday until 4<sup>th</sup> Sunday in Lent*

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.**

*The service continues on page 5 with the words halfway down the page:  
"We praise and bless you, loving Father..."*

### **Thanksgiving Prayer** from 4<sup>th</sup> Sunday in Lent until Holy Week

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 just, our duty and our salvation,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God,  
through Jesus Christ our Lord.

For as the time of his passion and resurrection draws near the whole world is called to  
acknowledge his hidden majesty.  
The power of the life-giving cross  
reveals the judgement that has come upon the world  
and the triumph of Christ crucified.

He is the victim who dies no more, the Lamb once slain, who lives for ever,  
our advocate in heaven to plead our cause,  
exalting us there to join with angels and archangels,  
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.

**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 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.**

## **The Lord's Prayer**

As our Saviour taught us, so we pray:

**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**

Every time we eat this bread and drink this cup,

**we proclaim the Lord's death until he comes.**

**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.**

## **Invitation to communion**

**Prayer after Communion** *Silence is kept.*

*Either*

**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.**

*Or this prayer may be used, the 'Collect Prayer' for Ash Wednesday:*

Almighty and everlasting God,  
you hate nothing that you have made  
and forgive the sins of all those who are penitent:  
create and make in us new and contrite hearts  
that we, worthily lamenting our sins  
and acknowledging our wretchedness,  
may receive from you, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen

***Blessed by God, we go into the world***

## **Blessing**

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

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

*Thank you for sharing in the worship today*