



St. Luke's Church  
Maidenhead

# Holy Communion during Lent



## Introduction to the Season of Lent

In the early church Lent soon became firmly attached to Easter, as the principal occasion for baptism and for return to faith. This explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter, to which charitable giving has traditionally been added.

*Now is the healing time decreed  
for sins of heart and word and deed,  
when we in humble fear record  
the wrong that we have done the Lord.  
(Latin, before 12th century)*

As the candidates for baptism were instructed in Christian faith, and as lapsed Christians prepared themselves, through fasting and penance, to be readmitted to communion, the whole Christian community was invited to join them in the process of study and repentance, the extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness, being tested by Satan.

The calculation of the forty days has varied considerably in Christian history. It is now usual in the West to count them continuously to the end of Holy Week (not including Sundays), so beginning Lent on the sixth Wednesday before Easter, Ash Wednesday.

Liturgical dress is the simplest possible. Churches are kept bare of flowers and decoration. *Gloria in excelsis* is not used.

The Fourth Sunday of Lent (Refreshment Sunday) was allowed as a day of relief from the rigour of Lent. This break from austerity is the background to the modern observance of Mothering Sunday on the Fourth Sunday of Lent.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday. There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy.

## ¶ **The Gathering**

### **Hymn**

*We stand and sing a hymn as the choir and ministers enter.*

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

*All* **Amen.**

### **The Greeting**

Grace, mercy and peace  
from God our Father  
and the Lord Jesus Christ  
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**

*We remain standing.*

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.

*OR*

God shows his love for us in that, while we were still sinners,  
Christ died for us. Let us then show our love for him  
by confessing our sins in penitence and faith.

*All*    **Lord God,  
we have sinned against you;  
we have done evil in your sight.  
We are sorry and repent.  
Have mercy on us according to your love.  
Wash away our wrongdoing  
and cleanse us from our sin.  
Renew a right spirit within us  
and restore to us the joy of your salvation,  
through Jesus Christ our Lord. Amen.**

*We say or sing the Kyrie eleison  
Lord, have mercy.*

*All*    **Lord, have mercy.**

*Christ, have mercy.*

*All*    **Christ, have mercy.**

*Lord, have mercy*

*All*    **Lord, have mercy.**

*May the Father of all mercies  
cleanse you from your sins,  
and restore you in his image  
to the praise and glory of his name,  
through Jesus Christ our Lord.*

*All*    **Amen.**

### **The Collect**

*The president introduces a period of silent prayer with the words  
'Let us pray'. The prayer for the day is then said.*

*All*    **Amen.**

## ¶ *The Liturgy of the Word*

### Readings

*At the end of each the reader says*

This is the word of the Lord.

*All*    **Thanks be to God.**

### Hymn

*There may be a hymn*

### Gospel Reading

*When the Gospel is announced the reader says*

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

### The Creed

*All 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

*The response to each section is*

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

*And at the end*

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

#### ¶ *The Liturgy of the Sacrament*

#### 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.

OR

Once we were far off,  
but now in union with Christ Jesus we have  
been brought near through the shedding of  
Christ's blood, for he is our peace.

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

Let us offer one another a sign of peace.

*All may exchange a sign of peace.*

#### Preparation of the Table

#### Hymn

*A hymn may be sung as the table is prepared.*

God of mercy and compassion.  
your Word calls us home to faith and love;  
accept all we offer you this day;  
in the name of Jesus Christ the Lord.

*All* **Amen.**

*We remain standing*

#### The Eucharistic Prayer

The Lord is here.                      OR    The Lord be with you  
*All* **His Spirit is with us.**                      **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.

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 *singing*:

*Or, in Passiontide*

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 *singing*:



*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.

Jesus Christ is Lord:  
*All*    **Lord, by your cross and resurrection  
you have set us free.  
You are the Saviour of the world.**

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 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**

### **The Lord's Prayer**

Lord Jesus, remember us in your kingdom and teach us to pray.

*All* **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

*The president breaks the consecrated 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.**

### Giving of Communion

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed are those who are called to his supper.

*All* **Lord, I am not worthy to receive you,  
but only say the word,  
and I shall be healed.**

*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**

*The president and people receive communion.*

The body of Christ, broken for you.

The blood of Christ, shed for you.

*and the communicant replies* **Amen**

#### **Prayer after Communion**

*Silence is kept.*

*The Post Communion prayer is said.*

*All* **Amen.**

*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.**

*Notices may be given.*

#### **¶ The Dismissal**

*We stand, as the president gives the blessing*

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

OR

Christ crucified draw you to himself,  
to find in him a sure ground for faith,  
a firm support for hope, and the assurance of sins forgiven;

and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

*All* **Amen.**

Go in the peace of Christ.

*All* **Thanks be to God.**

### **Hymn**

*We remain standing to sing the hymn.  
During this the choir and ministers leave.*

## **The collects for Lent**

### **The First Sunday of Lent**

Almighty God,  
whose Son Jesus Christ fasted forty days in the wilderness,  
and was tempted as we are, yet without sin:  
give us grace to discipline ourselves in obedience to your Spirit;  
and, as you know our weakness,  
so may we know your power to save;  
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.

### **The Second Sunday of Lent**

Almighty God,  
you show to those who are in error the light of your truth,  
that they may return to the way of righteousness:  
grant to all those who are admitted  
into the fellowship of Christ's religion,  
that they may reject those things  
that are contrary to their profession,  
and follow all such things as are agreeable to the same;  
through our Lord Jesus Christ...

(or)

Almighty God,  
by the prayer and discipline of Lent  
may we enter into the mystery of Christ's sufferings,  
and by following in his Way  
come to share in his glory;  
through Jesus Christ our Lord. Amen.

### **The Third Sunday of Lent**

Almighty God,  
whose most dear Son went not up to joy but first he suffered pain,  
and entered not into glory before he was crucified:  
mercifully grant that we, walking in the way of the cross,  
may find it none other than the way of life and peace;  
through Jesus Christ your Son our Lord...

(or)

Eternal God,  
give us insight  
to discern your will for us,  
to give up what harms us,  
and to seek the perfection we are promised  
in Jesus Christ our Lord. Amen.

### **The Fourth Sunday of Lent**

Merciful Lord,  
absolve your people from their offences,  
that through your bountiful goodness  
we may all be delivered from the chains of those sins  
which by our frailty we have committed;  
grant this, heavenly Father,  
for Jesus Christ's sake, our blessed Lord and Saviour...

(or)

Merciful Lord,  
you know our struggle to serve you:  
when sin spoils our lives  
and overshadows our hearts,  
come to our aid and turn us back to you again;  
through Jesus Christ our Lord. Amen.

### **The Fifth Sunday of Lent**

Most merciful God,  
who by the death and resurrection of your Son Jesus Christ  
delivered and saved the world:  
grant that by faith in him who suffered on the cross  
we may triumph in the power of his victory;  
through Jesus Christ your Son our Lord...

(or)

Gracious Father,  
you gave up your Son  
out of love for the world:  
lead us to ponder the mysteries of his passion,  
that we may know eternal peace  
through the shedding of our Saviour's blood,  
Jesus Christ our Lord. Amen.

### **Palm Sunday**

Almighty and everlasting God,  
who in your tender love towards the human race  
sent your Son our Saviour Jesus Christ  
to take upon him our flesh  
and to suffer death upon the cross:  
grant that we may follow the example of his patience and humility,  
and also be made partakers of his resurrection;  
through Jesus Christ your Son our Lord,...

(or)

True and humble king,  
hailed by the crowd as Messiah:  
grant us the faith to know you and love you,  
that we may be found beside you  
on the way of the cross,  
which is the path of glory. Amen.

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