

Holy Communion Order One

Lent

† The Gathering

The president may say

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

All **Amen.**

The Greeting

The president greets the people

The Lord be with you

All **and also with you.**

Words of welcome or introduction may be said

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.

cf Romans 5.1

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.

Hymn

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

The Commandments

I am the Lord your God;
you shall have no other gods but me.

All **Lord, have mercy upon us,**
and incline our hearts to keep this law.

You shall not make for yourself any idol,
whether in the form of anything that is in heaven above,
or that is on the earth beneath, or that is in the water under
the earth. You shall not bow down to them or worship them.

All **Lord, have mercy upon us,**
and incline our hearts to keep this law.

You shall not take the name of Lord your God in vain.

All **Lord, have mercy upon us,**
and incline our hearts to keep this law.

Remember the Sabbath day, and keep it holy.
For six days you shall labour and do all your work.
But the seventh day is a Sabbath to the Lord your God.

All **Lord, have mercy upon us,**
and incline our hearts to keep this law.

Honour your father and your mother.

**All Lord, have mercy upon us,
and incline our hearts to keep this law.**

You shall not murder.

**All Lord, have mercy upon us,
and incline our hearts to keep this law.**

You shall not commit adultery.

**All Lord, have mercy upon us,
and incline our hearts to keep this law.**

You shall not steal.

**All Lord, have mercy upon us,
and incline our hearts to keep this law.**

You shall not bear false witness.

**All Lord, have mercy upon us,
and incline our hearts to keep this law.**

You shall not covet.

**All Lord, have mercy upon us,
and write all these your laws in our hearts.**

Invitation to confession

The sacrifice of God is a broken spirit; a broken and contrite heart God will not despise.

Let us come to the Lord, who is full of compassion, and acknowledge our transgressions in penitence and faith.

Psalm 51.17

**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.**

The president says

The almighty and merciful Lord grant you pardon and forgiveness of all *your* sins, time for amendment of life, and the grace and strength of the Holy Spirit.

All **Amen.**

The Collect

The president introduces a period of silent prayer with the words 'Let us pray' or a more specific bidding.

The Collect for Ash Wednesday &/or other Lenten Collects are said/sung

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.

All **Amen.**

† The Liturgy of the Word

The Readings

First Reading

At the end the reader may say

This is the word of the Lord.

All Thanks be to God.

A Psalm may be said or sung

Second Reading

At the end the reader may say

This is the word of the Lord.

All Thanks be to God.

Hymn or song

Gospel Reading

Praise to you, O Christ, King of eternal glory.

The Lord is a great God, O that today you would listen to his voice. Harden not your hearts.

All Praise to you, O Christ, King of eternal glory.

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 the reader says

This is the Gospel of the Lord.

All Praise to you, O Christ.

Sermon

The president says

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

The Creed

Do you believe and trust in God the Father?

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

Do you believe and trust in his Son Jesus Christ?

**All 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.**

Do you believe and trust in the Holy Spirit?

**All 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

We pray to the Lord for the courage to give ourselves to him this Lent.

Lord, meet us in the silence.

All Give us strength and hear our prayer.

Give us the courage to look beyond ourselves to mission in your world.

We pray for N our bishop and ...

May the blood and water flowing from the side of Jesus bring forgiveness to your people and help us to face the cost of proclaiming salvation.

Lord, meet us in the silence.

All Give us strength and hear our prayer.

Give us the courage to give up war, bitterness and hatred, and to seek peace.

We pray for

May the shoulders of the risen Jesus, once scourged by soldiers, bear the burden of political and military conflict in our world.

Lord, meet us in the silence.

All Give us strength and hear our prayer.

Give us the courage to give up quarrels, strife and jealousy in our families, neighbourhoods and communities.

We pray for

May the presence of the risen Jesus, his body once broken and now made whole, bring peace and direction as we live with one another.

Lord, meet us in the silence.

All Give us strength and hear our prayer.

Give us the courage to live for others, giving time,
care and comfort to the sick and those in need.

We pray for ...

May the wounded hands of Jesus bring his healing,
and the light of his presence fill their lives.

Lord, meet us in the silence.

All Give us strength and hear our prayer.

Give us the courage to give up our fear of death
and to rejoice with those who have died in faith.

Especially we hold in our minds

May the risen Lord Jesus, whose feet were once nailed to the
cross, walk alongside the dying and bereaved, and lead them
and all your Church, through death to the gate of glory.

Lord, meet us in the silence.

**All Give us strength and hear our prayer,
here and in eternity.**

Amen.

¶ The Liturgy of the Sacrament

Preparation of the Table Taking of the Bread and Wine

Hymn

The gifts of the people may be gathered and presented.

The table is prepared and bread and wine are placed upon it.

The president takes the bread and wine.

The Eucharistic Prayer

The President says

The Lord is here.

All His Spirit is with us.

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.

The president praises God for his mighty acts and all respond

All (this may be said or sung)

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 president recalls the Lost Supper,
& this acclamation is used*

Praise to you, Lord Jesus:

All Dying you destroyed our death,

rising you restored our life:

Lord Jesus, come in glory.

The Prayer continues and leads into the doxology, to which all respond boldly

All Amen.

The Lord's Prayer

As our Saviour taught us, so we pray:

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.

**And lead us not into temptation
but deliver us from evil.
For thine is the kingdom,
the power, and the glory
for ever and ever.
Amen.**

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

The president says the invitation to communion

Draw near with faith
Receive the body of our Lord Jesus Christ
which he gave for you,
and his blood which he shed for you.
Eat and drink
in remembrance that he died for you,
and feed on him in your hearts
by faith with thanksgiving.

**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.
Authorized words of distribution are used and the communicant replies*
Amen.

During the distribution hymns and anthems may be sung.

Hymn

Any consecrated bread and wine which is not required for purposes of communion is consumed at the end of the distribution or after the service.

Prayer after Communion

Silence is kept

Almighty God,
you have given your only Son to be for us
both a sacrifice for sin
and also an example of godly life:
give us grace
that we may always most thankfully receive
these his inestimable gifts,
and also daily endeavour
to follow the blessed steps of his most holy life;
through Jesus Christ our Lord.

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.**

The Dismissal

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.

All Amen.

A minister says

Go in peace to love and serve the Lord.

All In the name of Christ. Amen.

The ministers and people depart

Hymn

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