

HOLY COMMUNION IN LENT

an order for those joining our worship online

Please join in the words in bold type.

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.

OPENING PRAYER

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.**

PRAYER OF PREPARATION

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

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.

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.

Silence is kept as we reflect on our need of God's grace.

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 Father forgive you by the death of his Son and strengthen you to live in the power of the Spirit all your days. **Amen.**

THE COLLECT is said

THE LITURGY OF THE WORD

At the end of the first reading:

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

A Psalm or Hymn may be sung.

The Gospel reading is announced:

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

At the end of the Gospel reading:

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

SERMON

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 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; 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 after each prayer is:

Lord, in your mercy **hear our prayer.** or Lord, hear us; **Lord, graciously hear us.**

At the end of the prayers:

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

THE LITURGY OF THE SACRAMENT

THE PEACE

We are the body of Christ. In the one Spirit we were all baptized into one body. Let us then pursue all that makes for peace and builds up our common life. The peace of the Lord be always with you. **And also with you.**

OFFERTORY

The altar is prepared for Communion. You are invited to make an online donation towards our ministry by clicking “Online Giving” on our website after the service.

All things come from you, O Lord, and of your own do we give you.

THE EUCHARISTIC PRAYER

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

We recall the saving work of God in the world.

Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, 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 Holy Spirit is called down upon the gifts of bread and wine as we recall the words of Jesus at the Last Supper.

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

We celebrate as we remember the saving death of Christ on the cross and look forward in hope, inviting the Holy Spirit to work within us.

THE LORD'S PRAYER

**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.**

BREAKING OF THE BREAD

Every time we eat this bread and drink this cup,
we proclaim the Lord's death until he comes.

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.

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

The body of Christ, keep you in eternal life. The blood of Christ, keep you in eternal life.

Those present in church consume the bread and wine.

You are invited to use this time to reflect on Christ's presence with you wherever you are.

PRAYERS AFTER COMMUNION

The priest leads those joining the service online in a prayer of Spiritual Communion:

My Jesus, I believe that you are present in this most Holy Sacrament.

I love you above all things, and I desire to receive you into my soul.

Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

The priest says the Post Communion Prayer for the day. Then:

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 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. **Amen.**

THE SENDING

Our worship has ended: now our service begins. Go in the peace of Christ.

Thanks be to God.