

An Order for Holy Communion in Lent

Welcome, candle is lit.

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

All: And also with you.

Hymn: Father, hear the prayer we offer

A Collect for 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 forever. **Amen**

Confession.

All: 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 God of mercy who forgives you all your sins through Jesus Christ strengthen you in all goodness by the power of the Holy Spirit and keep you in eternal life.

All: Amen.

Recorded prayer: Kyrie Eleison

Readings: 1 Peter 3. 18-22, Mark 1. 9-15

Song: Change my heart, O God x2

Talk

Let us affirm our faith

We believe in Jesus Christ, Son of the one God, Maker and Sustainer of earth, sea and sky, born of Mary's womb, faithful to the God of Abraham and Sarah. Jesus healed the sick, served the poor and proclaimed Heaven on Earth. condemned by the religious, crucified by the state- He died. He transformed even death and rose to life everlasting. He blessed the disciples and sent them forth to East and West, South and North. We commit ourselves to Jesus to one another as brothers and sisters and to his mission in the world in the grace of the Holy Spirit. Amen

Our Intercessions, ending with the Lord's Prayer

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.

The Peace .

May the Peace of Christ always be with you!

We hold out our hands to each other with the greeting "Peace be with you!"

Hymn: Just as I am

Dedication of collection

Lord God, we bring you the ordinary things of life -food and drink and money -and with them we bring ourselves. Take us, and our gifts of money, to do your work in the world. Take this food and drink from our tables and feed us from your table with your love. Accept the praise we offer; through Jesus Christ our Lord. **Amen**

Celebration of Communion

As we gather at this table,
we remember that Jesus was born of Mary;
he lived our common life on earth;
he suffered and died for us;
on the third day God raised him from the dead;
and he is always present with us through the Holy Spirit.
In his presence, and in the company of all the people of God,
past, present, and to come,
we celebrate the Supper of the Lord.

We hear the narrative of the Institution of the Lord's Supper
as it is recorded by St Paul in I Corinthians Chapter 11

For I received from the Lord what I also handed on to you,
that the Lord Jesus on the night when he was betrayed took
a loaf of bread, and when he had given thanks, he broke it
and said, 'This is my body which is broken for you. Do this
in remembrance of me'. In the same way he took the cup
also, after supper, saying, 'This cup is the new covenant in
my blood. Do this, as often as you drink it, in remembrance
of me'. For as often as you eat this bread and drink the cup,
you proclaim the Lord's death until he comes.

Blessing the bread and wine

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 our thanks and praise.

We offer you thanks, Creator, Saviour, Giver of Life. From the beginning you have made yourself known: the heavens proclaim your glory and the earth sings your praise. In wisdom you made all that is and you bless us with earth's fruitfulness. You are merciful and gracious, and abounding in love. Yet from our first days we have disobeyed your will. Long ago you called to yourself a people to shine as light to guide all nations to your presence. You led them to freedom; you revealed to them your Law and taught them through your prophets. Finally you sent your promised Son, Jesus Christ, who shared our human nature and understood our weakness. Born of Mary, he showed forth your love by word and sign. Therefore with all your people in heaven and on earth we sing the triumphant hymn of your glory:

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.

He sought the unloved and the lost and welcomed all who came to him; he taught us lessons of forgiveness he brought us healing for our sickness, and showed us how to live according to your will. For this he was rejected, for this he endured grief and sorrow, for this he gave himself up to death upon the Cross. But you broke the power of sin and death and raised him to the heights, that through the blood of his Cross and by the gift of the Holy Spirit everything in earth and heaven might be reconciled to you. The Lord Jesus on the night he was betrayed took bread, and when he had given thanks, he broke it and said: 'This is my body which is broken for you. Do this in remembrance of me.' In the same way he took the cup also after supper, saying: 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.]

Let us proclaim the mystery of faith: Dying, you destroyed our death. Rising, you restored our life. Lord Jesus, come in glory. Come, Creator God: renew the face of the earth; come, eternal Saviour: remake us in your likeness; come, Holy Spirit, transform these gifts: that Christ may be known to us in the breaking of the bread and that we may be strengthened to serve him in the world. May we on earth be one with all Christ's people, and, when all things are complete, be raised up to be with him, and with all your faithful servants in the heavenly places, the homeland which we seek by faith, and where he reigns in glory, with you, Father, and the Holy Spirit, one God for ever.

Amen

The bread which we break is the communion of the body of Christ.

The cup of blessing which we bless is the communion of the blood of Christ.

We share the bread and wine

Hymn during Communion: O let the Son of God enfold you.

Thanksgiving Prayer

All: Gracious God, may the love which bids us welcome at this table gather all your children into one, in your eternal presence, whole and free at last. Amen.

Notices

HYMN: Guide me, O thou great Jehovah

Blessing

God be your comfort and your strength; God be your hope and support; God be your light and your way; And the Blessing of God, Creator, Redeemer and giver of life Remain with you now and forever. Amen

Go in peace to love and serve the Lord.

All: In the name of Christ, Amen.