

HOLY COMMUNION

(Excerpts from the Book of Common Prayer, for those who wish to join in the Church's fellowship in their home etc.)

The Presiding Minister:

The Peace of the Lord be always with you

And also with you

**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

COLLECT OF THE DAY

READINGS (TO INCLUDE THE GOSPEL)

PENITENCE

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, God is faithful and just, and will forgive our sins and cleanse us from all unrighteousness.

Let us confess our sins

Almighty God, our heavenly Father,

we have sinned in thought and word and deed,

and in what we have left undone.

We are truly sorry and we humbly repent.

For the sake of your Son Jesus Christ,

Have mercy on us and forgive us,

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that we may walk in newness of life
to the glory of your name. Amen.

ABSOLUTION

Almighty God,
who forgives all who truly repent,
have mercy on you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in eternal life;
through Jesus Christ our Lord. Amen.

PRAYER

Lord, in your mercy
hear our prayer

THE GREAT THANKSGIVING

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 our thanks and praise.

We give you thanks, our God and Father,
for you have created us and you sustain us.
Through your only Son Jesus Christ
you have revealed your love and your care for all your people;
you are ready to forgive and to save in time of need;
so we proclaim your glory, saying

**Holy, holy, holy Lord,
God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest.**

Our Lord Jesus Christ,
On the night that he was betrayed, took bread;

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and when he had given thanks to you, 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 when he had given thanks to you,

he gave it to them, saying:

Drink this, all of you, for 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.

Therefore, Father, with this bread and this cup
we do as Christ your Son commanded

**we remember his passion and death
we celebrate his resurrection and ascension,
and we look for the coming of his kingdom.**

Accept through him our great high priest
this our sacrifice of praise and thanksgiving;
and as we eat and drink these holy gifts,
grant by the power of the life-giving Spirit,
that we may be made one in your holy Church
and partakers of the body and blood of your Son
that he may dwell in us and we in him:

through the same Jesus Christ our Lord,

by whom, and with whom, and in whom,

in the unity of the Holy Spirit,

**all honour and glory are yours, Almighty Father
for ever and ever. Amen.**

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THE LORD'S PRAYER

As our Saviour Christ has taught us, we are bold to say
**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 priest breaks the bread, saying

The bread which we break
is a sharing in the body of Christ.
**We, being many, are one body
for we all share in the one bread.**

please remain seated to receive the bread and wine

SILENCE

CLOSING PRAYERS

Let us pray
**Almighty God,
we thank you for feeding us with the spiritual food
of the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Strengthen us by the power of your Spirit
to live and work to your praise and glory. Amen.**

THE BLESSING