

# St Munchin

*Abbot, Limerick Diocese, 7th Century  
2nd January*

## The Gathering of God's People

### THE GREETING

The Lord be with you.  
**And also with you.**

### SENTENCE

You are my strength, Lord, I will love you;  
Under the shadow of your wings protect me

*The Prayers of Moucan, Welsh, eighth century.*

### INTRODUCTION

Munchin, affectionately known as 'the wise', is honoured in Limerick and is called that city's patron.

### OPENING PRAYER

Let us pray to God the Father, God the Son,  
and to God the Holy Spirit  
whose infinite greatness  
enfolds the whole world,  
in persons three and one  
in essence simple and triune,  
suspending the earth above the waters,  
hanging the upper air with stars,  
that he may be favourable to sinners  
who righteously justifies all who err,  
who ever-living lives.  
May God be blessed for ages. **Amen.**

*Moucan, Welsh, eighth century.*

O taste and see that the Lord is good;  
happy are those who trust in him.

Lord, have mercy.

**Lord, have mercy.**

The Lord ransoms the lives of his servants  
and none who trust in him will be destroyed.

Christ, have mercy.

**Christ, have mercy.**

Come my children, listen to me:  
I will teach you the fear of the Lord.

Lord, have mercy.

**Lord, have mercy.**

Almighty God,  
you have knit together your elect  
in one communion and fellowship  
in the mystical body of your Son Christ our Lord:  
Grant us grace so to follow your blessed saints  
in all virtuous and godly living  
that we may come to those inexpressible joys  
that you have prepared for those who truly love you;  
through Jesus Christ our Lord. **Amen.**

## Proclaiming and Receiving the Word

### THE FIRST READING

*Proverbs 10: 27-32*

The fear of the Lord prolongs life, but the years of the wicked will be short. The hope of the righteous ends in darkness, but the expectation of the wicked comes to naught. The Lord is a stronghold to him whose way is upright, but destruction to evildoers. The righteous will never be removed, but the wicked will not dwell in the land. The mouth of the righteous brings forth wisdom, but the perverse tongue will be cut off. The lips of the righteous know what is acceptable, but the mouth of the wicked, what is perverse.

This is the Word of the Lord.

**Thanks be to God.**

**Incline your ear to me;  
make haste to deliver me.**

In you, O Lord, have I taken refuge;  
let me never be put to shame;  
deliver me in your righteousness. Incline your ear to me;  
make haste to deliver me. *℟*

Be my strong rock. a fortress to save me,  
for you are my rock and my stronghold;  
guide me, and lead me for your name's sake *℟*

Take me out of the net that they have laid secretly for me,  
for you are my strength.  
Into your hands I commend my spirit,  
for you have redeemed me, O Lord God of truth.  
I hate those who cling to worthless idols;  
I put my trust in the Lord. *℟*

THE SECOND READING  
*1 John 2: 12-17*

I am writing to you, little children, because your sins are forgiven for his sake. I am writing to you, fathers, because you know him who is from the beginning. I am writing to you, young men, because you have overcome the evil one. I write to you, children, because you know the Father. I write to you, fathers, because you know him who is from the beginning. I write to you, young men, because you are strong, and the word of God abides in you, and you have overcome the evil one. Do not love the world or the things in the world. If anyone loves the world, love for the Father is not in him, for all that is in the world, the lust of the flesh and the lust of the eyes and the pride of life, is not of the Father but is of the world. And the world passes away, and the lust of it; but he who does the will of God abides forever.

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

THE GRADUAL

Alleluia! **Alleluia!**

Blessed are the pure in heart: they shall see God. Alleluia!

Hear the Gospel of our Saviour Christ,  
according to St. Luke, chapter 12, beginning at verse 32

**Glory to you, Lord Jesus Christ.**

Fear not, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give alms; provide yourselves with purses that do not grow old, with the treasure in the heavens that does not fail, where no thief approaches and no moth destroys. For where your treasure is, there will your heart be also. Let your loins be girded and your lamps burning, and be like men who are waiting for their master to come home from the marriage feast, so that they may open to him at once when he comes and knocks. Blessed are those servants whom the master finds awake when he comes; truly I say to you, he will gird himself and have them sit at table, and he will come and serve them.

This is the Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

## The Prayers of the People

We pray for the bishop, dean, clergy and people of the diocese of Limerick, giving thanks for the tradition of prayer and study begun by Munchin, the 'little monk', in a golden period of Irish Christianity and Celtic monastic life.

Source of all wisdom,  
you so inspired your servant Munchin  
that he became affectionately known as 'The Wise':  
Renew in your church the tradition of prayer and study,  
that we may for ever honour you with heart, soul, and mind;  
through Jesus Christ our Lord. **Amen.**

## INTRODUCTION TO THE PEACE

Peace be to you, and peace to your house,  
and peace to all who are yours. *1 Samuel 25: 6*

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

Let us offer one another a sign of peace.

## Celebrating at the Lord's Table

### THE PREPARATION OF THE TABLE

Praise to you, O Christ,  
King of eternal glory!  
We do not live by bread alone,  
but on every word that comes from the mouth of God.  
Praise to you, O Christ, King of eternal glory!

### THE TAKING OF THE BREAD AND WINE

*The priest takes the bread and cup*

Christ our Passover has been sacrificed for us  
**therefore let us celebrate the feast.**

### THE GREAT THANKSGIVING

*Eucharistic Prayer 1 with Extended Preface from Stowe (9th C)*

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 our thanks and praise.**

Father, all powerful and everliving God,  
We do well always and everywhere to give you thanks  
through Jesus Christ our Lord.

You, O Father, with your only begotten Son  
and the Holy Spirit are God.

You are God, one immortal;  
incorruptible and unmoving;  
invisible and faithful;  
wonderful and worthy of praise;  
strong and worthy of honour;

You are God, most high and magnificent;  
living and true; wise and powerful;  
holy and splendid; great and good;

You are God, awesome and peace-loving;  
beautiful and righteous; pure and kind;  
blessed and just; tender and holy;

You are God, not in the singularity of one person,  
but in the Trinity of substance.

We believe you, we bless you;

We adore you and praise your name for evermore.

We praise you

through Christ who is the salvation of the universe;

through Christ who is the life of human beings;

through Christ who is the resurrection of the dead.

Through him the angels praise your majesty;

the dominations adore;

the powers of the heaven of heavens tremble,

the virtues and the blessed seraphim

concelebrate in exultation;

so grant, we pray you,

that our voices may be admitted to that of the chorus,

in humble declarations of your glory, as we say

**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.**

Blessed are you, Father,

the creator and sustainer of all things;

you made us in your own image,

male and female you created us;

even when we turned away from you,

you never ceased to care for us,

but in your love and mercy you freed us from the slavery of sin,

giving your only begotten Son to become man

and suffer death on the cross to redeem us;

he made there the one complete and all-sufficient sacrifice

for the sins of the whole world:

he instituted,

and in his holy Gospel commanded us to continue,

a perpetual memory of his precious death

until he comes again.

On the night that he was betrayed he took bread;  
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.**

As our Saviour Christ has taught us, so we pray

**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.

*or*

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 BREAKING OF THE BREAD

They recognized the Lord, Alleluia;

in the breaking of the loaf, Alleluia;

For the loaf that we break is the body

of our Lord Jesus Christ, Alleluia;

The cup which we bless is the blood

of our Lord Jesus Christ, Alleluia

for the remission of our sins. Alleluia;



O Lord, let your mercy come upon us, Alleluia;  
**in you O Lord have I put my trust. Alleluia.**

They recognized the Lord, Alleluia;  
**in the breaking of the loaf, Alleluia.**

*Lk 24:35 1 Cor 10:16-17; Mt 26:28 Ps 31:1 Stowe (9th c)*

## AGNUS DEI

Jesus, Lamb of God, have mercy on us  
Jesus, bearer of our sins, have mercy on us.  
Jesus, redeemer of the world, grant us peace.

*or*

Lamb of God,  
you take away the sin of the world, have mercy on us.

Lamb of God,  
you take away the sin of the world, have mercy on us.

Lamb of God,  
you take away the sin of the world, grant us peace.

## INVITATION TO COMMUNION

Jesus Christ is the Lamb of God,  
who has taken away the sins of the world.  
Happy 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 COMMUNION

The body of Christ, given for you. **Amen.**  
The blood of Christ, shed for you. **Amen.**

## THE GREAT SILENCE

## Going out as God's People

### PRAYERS AFTER COMMUNION

God of truth,  
whose Wisdom set her table  
and invited us to eat the bread  
and drink the wine of the kingdom.  
Help us to lay aside all foolishness  
and to live and walk in the way of insight,  
that in fellowship with all your saints  
we may come to the eternal feast of heaven;  
through Jesus Christ our Lord. **Amen.**

**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.  
Send us out in the power of your Spirit  
to live and work to your praise and glory. Amen.**

**DISMISSAL**  
*The Blessing*

God who in days of old gave to this land  
the benediction of his holy Church,  
fill you with his grace  
to walk faithfully in the steps of the saints  
and to bring forth fruit to his glory:  
And the blessing of God almighty  
the Father, the Son, and the Holy Spirit,  
be with you and remain with you always. **Amen.**

Go in peace to love and serve the Lord.  
**In the name of Christ. Amen.**