



Parish Communion

Lent

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.

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

Hear these commandments which God has given to his people, and examine your hearts.

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

You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.

Amen. Lord have mercy.

You shall not make for yourself any idol.

God is spirit, and those who worship him must worship in spirit and in truth.

Amen. Lord have mercy.

You shall not dishonour the name of the Lord your God.

You shall worship him with awe and reverence.

Amen. Lord have mercy.

Remember the Sabbath day and keep it holy.

Christ is risen from the dead: set your minds on things that are above, not on things that are on the earth.

Amen. Lord have mercy.

Honour your father and mother.

Live as servants of God; let us work for the good of all, especially members of the household of faith.

Amen. Lord have mercy.

You shall not commit murder.

Live peaceably with all; overcome evil with good.

Amen. Lord have mercy.

You shall not commit adultery.

Know that your body is a temple of the Holy Spirit.

Amen. Lord have mercy.

You shall not steal.

Be honest in all that you do, and care for those in need.

Amen. Lord have mercy.

You shall not be a false witness.

Let everyone speak the truth

Amen. Lord have mercy.

You shall not covet anything which belongs to your neighbour.

Remember the words of the Lord Jesus: 'It is more blessed to give than to receive' and 'Love your neighbour as yourself, for love is the fulfilling of the Law.'

Amen. Lord have mercy.

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.

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.**

Kyrie eleison

Kyrie eleison.

Christe eleison

Christe eleison

Kyrie eleison.

Kyrie eleison.

THE ABSOLUTION

Almighty God, our heavenly Father,

who in his great mercy has promised forgiveness of sins

to all those who with heartfelt repentance and true faith turn to him:
have mercy upon 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.

THE COLLECTS

Amen

READINGS

At the end

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

GOSPEL

ALLELUIA, ALLELUIA! Prepare the way of the Lord.
Make his paths straight and all flesh shall see the salvation of God.
ALLELUIA!
Hear the Gospel of our Lord Jesus Christ according to...
Glory to Christ our Saviour.

At the end

This is the living word of God.
Praise to Christ our Lord.

SERMON

THE AFFIRMATION OF FAITH

**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 of God,
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;
through him all things were made.
For us and for our salvation he came down from heaven,
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

In the power of the Spirit and in union with Christ, let us pray to the Father.

Lord, in your mercy
hear our prayer.

Or

Lord, hear us
Lord, graciously hear us.

At the end

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

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

Let us share Christ's peace with one another

God of our journey as we walk with you on your path of obedience sustain us on our way and lead us to
your glory; through Jesus Christ our Lord. **Amen.**

THE EUCHARISTIC PRAYER

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 thanks and praise.

It is indeed right and good to give you thanks and praise,
almighty God and everlasting Father, through Jesus Christ your Son.
For in these forty days you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline

we may grow in grace and learn to be your people once again.

Through fasting, prayer and acts of service you bring us back to your generous heart.
Through study of your holy word you open our eyes to your presence in the world
and free our hands to welcome others into the radiant splendour of your love.
As we prepare to celebrate the Easter feast with joyful hearts and minds
we bless you for your mercy join with saints and angels
for ever praising you and singing:

**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.**

Accept our praises, heavenly Father,
through your Son our Saviour Jesus Christ,
and as we follow his example and obey his command,
grant that by the power of your Holy Spirit
these gifts of bread and wine
may be to us his body and his blood;

who, in the same night that he was betrayed,
took bread and gave you thanks;
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 gave you thanks;
he gave it to them saying:
Drink this, all of you; 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, heavenly Father,
we remember his offering of himself made once for all upon the cross;
we proclaim his mighty resurrection and glorious ascension;
we look for the coming of your kingdom,
and with this bread and this cup,
we make the memorial of Christ your son our Lord.

Jesus Christ is Lord:

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

Accept through him, our great high priest, this our sacrifice of thanks and praise,
and as we eat and drink these holy gifts in the presence of your divine majesty,
renew us by your Spirit, inspire us with your love and unite us in the body of your Son,

Jesus Christ our Lord.

Through him, and with him, and in him, in the unity of the Holy Spirit,
with all who stand before you in earth and heaven, we worship you, Father almighty,
in songs of everlasting praise:

Blessing and honour and glory and power be yours for ever and ever. Amen.

THE LORD'S PRAYER

As our Saviour 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.

BREAKING OF THE BREAD

Every time we eat this bread and drink this cup,

we proclaim the Lord's death until he comes.

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

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

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

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.

**Most merciful Lord,
your love compels us to come in.**

**Our hands were unclean,
our hearts were unprepared;
we were not fit even to eat the crumbs from under your table.**

**But you, Lord, are the God of our salvation,
and share your bread with sinners.**

**So cleanse and feed us
with the precious body and blood of your Son,
that he may live in us and we in him;
and that we, with the whole company of Christ,
may sit and eat in your kingdom. Amen.**

COMMUNION

PRAYER AFTER COMMUNION

**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 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,
Father, Son and 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.