

# Holy Communion between Epiphany and Lent



*St Cuthbert's Church, Allendale*

*St Mark's Church, Ninebanks*

*Holy Trinity Church, Whitfield*

In the name of the Father, the Son and the Holy Spirit.

**All Amen.**

*We stand, if able, to sing **the opening hymn.***

The Lord be with you.

**All And also with you.**

*We sit or kneel to pray.*

**All 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.**

God so loved the world that he gave his only Son Jesus Christ to save us from our sins, to be our advocate in heaven, and to bring us to eternal life. Let us confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all.

**All 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.**

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

**All Amen.**

*Gloria in Excelsis*

*We stand, if able and sing*

**All Glory to God, to God in the highest and peace to his people on earth.  
Lord God, heavenly King, almighty God and Father,  
we worship you, we give you thanks, we praise you for your glory,  
we worship you, we give you thanks, we praise you for your glory.  
Glory to God, to God in the highest and peace to his people on earth.  
Glory to God, to God in the highest and peace to his people on earth.**

**Lord Jesus Christ, only Son of the Father.  
Lord God, Lamb of God, you take away the sin of the world: have mercy on us;  
you are seated at the right hand of the Father: receive our prayer, receive our prayer.  
For you alone are the Holy One, you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit, in the glory of God, of God the Father, Amen, Amen.**

*The Collect*

*We pray together in silence, which is 'collected' by the prayer for the day.*

*We sit for the first and second readings. At the end the reader says*

This is the word of the Lord.

**All Thanks be to God.**

*We stand, if able, to sing the **gradual hymn** and remain standing to hear the Gospel.*

Gospel Reading

*When the Gospel is announced the reader says*

Hear the Gospel of our Lord Jesus Christ according to N.

**All Glory to you, O Lord.**

*At the end*

This is the Gospel of the Lord.

**All Praise to you, O Christ.**

Sermon

*We sit while a sermon is preached; and then stand to re-affirm our faith.*

The Nicene Creed

**All 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*

*We sit or kneel to pray. The bidding and response, if any, will be announced by the person leading the prayers. These responses may be used*

Lord, in your mercy,

**All** hear our prayer.

*At the end*

Merciful Father,

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

*The Liturgy of the Sacrament*

*The Peace*

*We stand, if able, to exchange the Peace.*

We are all one in Christ Jesus. We belong to him through faith, heirs of the promise of the Spirit of peace. The peace of the Lord be always with you.

**All** And also with you.

Let us offer one another a sign of peace.

We sing the **offertory hymn**, and then sit or kneel to pray.

**All God of life, Saviour of the poor, receive with these gifts gratitude for your goodness, penitence for our pride and dedication to your service in Jesus Christ our Lord. Amen.**

*The Eucharistic Prayer*

The Lord is here.

**All His Spirit is with us.**

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 thanks and praise.**

It is indeed right, it is our duty and our joy, at all times and in all places to give you thanks and praise, holy Father, heavenly King, almighty and eternal God, through Jesus Christ your Son our Lord.

For he is your living Word; through him you have created all things from the beginning and formed us in your own image.

Through him you have freed us from the slavery of sin, giving him to be born of a woman and to die upon the cross; you raised him from the dead and exalted him to your right hand on high.

Through him you have sent upon us your holy and life-giving Spirit, and made us a people for your own possession.

*Short proper preface, when appropriate.*

Therefore, with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and *singing*:

**All Holy, holy, holy Lord, Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna, in the highest.  
Blessed is he who comes in the name, who comes in the  
name of the Lord.  
Hosanna, in the highest. 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.

Great is the mystery of faith:

**All Christ has died: Christ is risen: Christ will come again.**

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 St Cuthbert, St Mark and all who stand before you in earth and heaven, we worship you, Father almighty, in songs of everlasting praise:

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

*The Lord's Prayer*

Let us pray for the coming of God's kingdom, in the words that Christ has taught us:

**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.**

*Breaking of the Bread*

We break this bread to share in the body of Christ.

**All Though we are many, we are one body, because we all share in one bread.**

*Agnus Dei*

**All Jesus Lamb of God, have mercy on us.  
Jesus bearer of our sins, have mercy on us.  
Jesus Redeemer of the world give us your peace.**

*Giving of Communion*

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.



**All** 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.

*We come forward, if able, to receive Communion; or, if unconfirmed, a prayer of blessing. We reply ‘Amen’ when given communion.*

Prayers after Communion

*A post communion prayer is followed by*

**All** Almighty God, we thank you for feeding us with 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.

*We stand, if able, to sing the **final hymn**.*

*A seasonal blessing, or*

God the Holy Trinity make you strong in faith and love, defend you on every side, and guide you in truth and peace; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

*All* **Amen.**

Go in peace to love and serve the Lord.

*All* **In the name of Christ. Amen.**