

# Holy Communion in the season of 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. **Amen.**

*We stand to sing the **opening hymn***

The Lord's Prayer

*We sit or kneel to pray*

**All Our Father, which 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 them that 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.**

Prayer of Preparation

**All Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy name; through Christ our Lord. Amen.**

*We continue in prayer as either the **Commandments** or the **Summary of the Law** are read.*

The Commandments

God spake these words and said: I am the Lord thy God; thou shalt have none other gods but me.

**All Lord, have mercy upon us, and incline our hearts to keep this law.**

Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth

beneath, or in the water under the earth. Thou shalt not bow down to them, nor worship them.

**All Lord, have mercy upon us, ...**

Thou shalt not take the name of the Lord thy God in vain: for the Lord will not hold him guiltless that taketh his name in vain.

**All Lord, have mercy upon us, ...**

Remember that thou keep holy the Sabbath day.

**All Lord, have mercy upon us, ...**

Honour thy father and thy mother; that thy days may be long in the land which the Lord thy God giveth thee.

**All Lord, have mercy upon us, ...**

Thou shalt do no murder.

**All Lord, have mercy upon us, ...**

Thou shalt not commit adultery.

**All Lord, have mercy upon us, ...**

Thou shalt not steal.

**All Lord, have mercy upon us, ...**

Thou shalt not bear false witness against thy neighbour.

**All Lord, have mercy upon us, ...**

Thou shalt not covet.

**All Lord, have mercy upon us, and write all these thy laws in our hearts, we beseech thee.**

## The Summary of the Law

Our Lord Jesus Christ said: Hear, O Israel, the Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first commandment. And the second is like, namely this: Thou shalt love thy neighbour as thyself. There is none other commandment greater than these. On these two commandments hang all the law and the prophets.

**All Lord, have mercy upon us, and write all these thy laws in our hearts, we beseech thee.**

## The Collect for the King

Almighty God, whose kingdom is everlasting, and power infinite: have mercy upon the whole Church; and so rule the heart of thy chosen servant Charles, our King and Governor, that he (knowing whose minister he is) may above all things seek thy honour and glory: and that we and all his subjects (duly considering whose authority he hath) may faithfully serve, honour and humbly obey him, in thee, and for thee, according to thy blessed word and ordinance; through Jesus Christ our Lord, who with thee and the Holy Ghost liveth and reigneth, ever one God, world without end. **Amen.**

## The Collect of the Day

*We pray together in silence, which is drawn together by the **collect of the day.***

*We sit for the first reading, the reader says*

The Lesson is written in the ... chapter of ... beginning at the ... verse.

*At the end* Here endeth the Lesson.

*The second reading, the reader says*

The Epistle is written in the ... chapter of ... beginning at the ... verse.

*At the end* Here endeth the Epistle.

*We stand to sing the **gradual hymn**; and remain standing to hear the Gospel.*

Gospel

*The reader says*

The holy Gospel is written in the ... chapter of the Gospel according to Saint ... , beginning at the ... verse.

*All* **Glory be to thee, O Lord.**

*At the end* This is the Gospel of the Lord.

*All* **Praise be to thee, O Christ.**

Sermon

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

The Creed

*All* **I believe in one God the Father almighty, maker of heaven and earth, and of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten Son of God, begotten of his Father**

**before all worlds, God of God, Light of Light, very God of very God, begotten, not made, being of one substance with the Father, by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate by the Holy Ghost of the Virgin Mary, and was made man, and was crucified also for us under Pontius Pilate. He suffered and was buried, and the third day he rose again according to the Scriptures, and ascended into heaven, and sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: whose kingdom shall have no end. And I believe in the Holy Ghost, the Lord and giver of life, who proceedeth from the Father and the Son, who with the Father and the Son together is worshipped and glorified, who spake by the prophets. And I believe one catholic and apostolic Church. I acknowledge one baptism for the remission of sins. And I 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 thy mercy,

**All** hear our prayer.

*And at the end:*

Merciful Father,

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

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

*We stand to sing the **offertory hymn***

Invitation to Confession

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways: draw near with faith, and take this holy sacrament to your comfort; and make your humble confession to almighty God, meekly kneeling upon your knees.

Confession

*All* **Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all men: we acknowledge and bewail our manifold sins and wickedness, which we, from time to time, most grievously have committed, by thought, word and deed, against thy divine majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us; the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honour and glory of thy name; through Jesus Christ our Lord. Amen.**

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord.

**All Amen.**

The Comfortable Words

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him: Come unto me, all that travail and are heavy laden, and I will refresh you. *Matthew 11.28*

So God loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *John 3.16*

Hear also what Saint Paul saith: This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners. *1 Timothy 1.15*

Hear also what Saint John saith: If any man sin, we have an advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins. *1 John 2.1,2*

Preface

The Lord be with you

**All and with thy spirit.**

Lift up your hearts.

**All We lift them up unto the Lord.**

Let us give thanks unto our Lord God.

**All It is meet and right so to do.**



It is very meet, right and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Therefore with angels and archangels, and with all the company of heaven, we laud and magnify thy glorious name, evermore praising thee, and saying:

**All Holy, holy, holy, Lord God of hosts, heaven and earth are full of thy glory. Glory be to thee, O Lord most high. Amen.**

Prayer of Humble Access

**All We do not presume to come to this thy table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy table. But thou art the same Lord, whose property is always to have mercy: grant us therefore, gracious Lord, so to eat the flesh of thy 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.**

The Prayer of Consecration

Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect and sufficient sacrifice, oblation and satisfaction for the sins of the whole world; and did institute, and in his holy gospel command us to continue, a perpetual memory of that his precious death, until his coming again:

Hear us, O merciful Father, we most humbly beseech thee; and grant that we, receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood:

Who, in the same night that he was betrayed, took bread; and, when he had given thanks, he brake 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."

Likewise after supper he took the cup; and, when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my blood of the new testament, which is shed for you and for many, for the remission of sins: do this, as oft as ye shall drink it, in remembrance of me."

**All Amen.**

Giving of Communion

*We come forward to receive communion, or, if unconfirmed, a prayer of blessing. We reply 'Amen' when given communion. When the Lord's Prayer is announced, we sit or kneel to pray.*

The Lord's Prayer

**All Our Father, which 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 them that 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.**

## Prayer after Communion

O Lord and heavenly Father, we thy humble servants entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy and living sacrifice unto thee; humbly beseeching thee, that all we, who are partakers of this holy communion, may be fulfilled with thy grace and heavenly benediction. And although we be unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service; not weighing our merits, but pardoning our offences, through Jesus Christ our Lord; by whom, and with whom, in the unity of the Holy Ghost, all honour and glory be unto thee, O Father almighty, world without end.

**All Amen.**

*We stand to sing **the final hymn.***

## The Blessing

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: and the blessing of God almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always. **Amen.**

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