

An Order for Holy Communion in Lent

Welcome

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you

All: and also with you

Hymn: And Can it be

A Collect for the first Sunday of Lent

Almighty and everlasting God
you hate nothing you have made
and forgive all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting of our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect forgiveness ,
Through Jesus Christ our Lord.

Confession.

**All: Most merciful God,
Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy
forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly,
love mercy,
and walk humbly with you, our God.
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.

Hymn: God forgave my sin

Readings: Genesis 9. 8-17 and Mark1. 9-15

Talk

Let us declare our faith in God

Do you believe and trust in God the Father
Source of all being and life, the one for whom we exist?
I believe and trust in him.

Do you believe and trust in God the Son,
Who took our human nature, died for us and rose again?
I believe and trust in him.

Do you believe and trust in God the Holy Spirit, who gives life to the people of God
and makes Christ known in the world?
I believe and trust in him.

This is the faith of the Church.

This is our faith. We believe and trust in one God, Father, Son and Holy Spirit.

“What has inspired you?” A conversation between Audrey and Shirley telling us how their faith has held them and encouraged them in these last months.

Our Intercessions, ending with the Lord’s Prayer

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.

The Peace . We hold out our hands to each other with the greeting
“Peace be with you!”

Song: Change my heart, O God x2

Eucharistic Prayer- The bread and wine is blessed

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 Him thanks and praise.

It is right to praise you, Father, Lord of all creation;
In love you made us for yourself

When we turned away you did not reject us,

But came to meet us in your Son.
**You embraced us as your children,
And welcomed us to sit and eat with you.**

In Christ you shared our life
That we might live in Him and He in us.
**He opened his arms of love upon the cross,
And made for all the perfect sacrifice for sin.**

On the night He was betrayed, at supper with his friends,
He took bread, and gave thanks;
He broke it and gave it to them, saying :
Take, eat; this is my body, which is given for you;
Do this in remembrance of me.
**Father, we do this in remembrance of him,
His body is the bread of life.**

At the end of supper, taking the cup of wine,
He gave you thanks and said:
Drink this, all of you.
This is my blood, of the New Covenant
Which is shed for you for the forgiveness of sins;
Do this in remembrance of me.
**Father, we do this in remembrance of Him;
His blood is shed for all.**

As we proclaim his death, and celebrate his rising in glory,
Send your Holy Spirit that this bread and this wine
May be to us the body and blood of your dear Son,
**As we eat and drink these holy gifts,
Make us one in Christ, our risen Lord.**

With your whole church throughout the world,
We offer this sacrifice of praise
And lift our voice to join the eternal song of heaven:

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

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.

We share the bread and wine and say:
The body of Christ, broken for you
And The blood of Christ, shed for you.

Thanksgiving Prayer

Gracious God,
may the love which bids us welcome at this table
gather all your children into one,
in your eternal presence,
whole and free at last. Amen.

HYMN: Father, hear the prayer we offer

Blessing

A blessing for weary people, who travel a long way,
wondering when the feast will be ready:
A blessing for us, when we are weary.

A blessing for lonely people, who stand and sit alone,
wondering when the invitation to the party will come:
A blessing for us, when we are lonely.

A blessing for all: weary, lonely, encouraged and held,
wondering how God holds eternity:

A blessing for us, for we are held by God.

The blessing of God Almighty, Father, Son and Holy Spirit be upon you and remain with you always.

Amen

Go in peace to love and serve the Lord.

All: In the name of Christ, Amen.