

**HOLY  
COMMUNION**

**LENT**

# Welcome in the name of Jesus Christ!

Please join in with all the words in **bold** in this service book.

## Introduction to the season

Since early days Christians have observed with great devotion the time of our Lord's passion and resurrection, preparing for this by a season of penitence and fasting.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gives to the Fifth Sunday its name of Passion Sunday.

As together we remember our Lord's forty days and nights in the wilderness, so we reflect on the wilderness experiences we all know, both in the world's suffering and our own. The wilderness is the place of desolation, of temptation, with stumbling blocks along the way. Yet the wilderness can also be a time of growth – as we learn through our difficulties, have time to reflect, and seek to find God's presence in that place. So may our walk through Lent with Jesus, lead us to know God's loving presence in all the trials of life.

## **A Prayer for Lent**

God of all seasons,  
in your pattern of things  
there is a time for keeping  
and a time for losing,  
a time for building up and a time for pulling down.  
In this holy season of Lent  
as we journey with our Lord to the Cross,  
help us to discern in our lives what we must lay down,  
and what we must take up,  
what we must end,  
and what we must begin,  
through Jesus Christ our Lord.  
Amen.

## **WE GATHER TOGETHER**

### **The Greeting**

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

**And also with you**

We meet in the presence of God  
**who knows our needs**  
**hears our cries**  
**feels our pain**  
**and heals our wounds**

*Silence is kept*

### **The 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.**

*Please stand*

### **Hymn**

*Please sit*

## **Prayer of Confession**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil.

Let us confess our sins, remembering before God the times when we have fallen from temptation into sin.

**Lord God**

**we have sinned against you;  
we have done evil in your sight,  
we are sorry and repent.**

**Have mercy on us according to your love.**

**Wash away our wrongdoing  
and cleanse us from our sin.**

**Renew a right spirit within us  
and restore us to the joy of your salvation  
through Jesus Christ our Lord.**

**Amen.**

May the Father of all mercies  
cleanse *you* from *your* sins  
and restore *you* in his image  
to the praise and glory of his name,  
through Jesus Christ our Lord.

**Amen.**

## **Kyrie Eleison – Lord, have mercy**

In the wilderness we find your grace  
You love us with an everlasting love  
**Lord, have mercy**

There is none but you to uphold our cause  
Our sin cries out and our guilt is great  
**Christ, have mercy**

Heal us, O Lord, and we shall be healed  
Restore us and we shall know your joy  
**Lord, have mercy**

**The Collect** (*the special prayer for this week*)

## **WE LISTEN AND RESPOND TO THE WORD OF GOD**

*After the first Bible Reading*

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

*Please stand*

## **Hymn**

*Please remain standing*

## **Gospel Reading**

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

**Glory to you O Lord**

*At the end of the Gospel*

This is the Gospel of the Lord

**Praise to you O Christ**

*Please sit*

## **Sermon**

## **Prayers of Intercession**

Lord in your mercy

**Hear our prayer**

*At the end*

Merciful Father,

**accept these prayers**

**for the sake of your Son**

**our Saviour Jesus Christ**

**Amen**

*Please stand*

## **The Apostles' Creed**

**I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.  
Amen**

## **HOLY COMMUNION**

*Please remain standing*

### **The Peace**

Let love be genuine  
Never pay back evil for evil  
As far as it lies with you  
live at peace with everyone

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



*Please greet those around you and offer a sign of peace*

## **Hymn**

*After the hymn please remain standing for*

## **The Prayer at the Preparation of the Table**

Lord, look upon us in mercy not in judgement;  
draw us from hatred to love;  
make the frailty of our praise  
a dwelling place for your glory.

**Amen**

*Please sit*

## **The Eucharistic Prayer – the Prayer of thanksgiving**

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, 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.

And now we give you thanks  
because you give us the spirit of discipline,  
that we may triumph over evil and grow in grace,  
as we prepare to celebrate the paschal mystery  
with mind and heart renewed.

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

**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.

Christ is the bread of life:

**When we eat this bread and drink this cup,  
we proclaim your death, Lord Jesus,  
until you come in glory.**

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**

Let us pray with confidence as our Saviour has taught us:

**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**

We break this bread  
to share in the body of Christ

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

## **Invitation to Communion**

Be with us, Lord, in the breaking:  
In the breaking of bread,  
In the breaking of our lives,  
In the breaking of our hearts,  
In the breaking of our hopes.  
Be with us Lord in the breaking  
For you alone can make us whole.

Be with us, Lord, in the outpouring:  
In the outpouring of wine,  
In the outpouring of our lives,  
In the outpouring of our troubles,  
In the outpouring of our hopes.  
Be with us, Lord, in the outpouring  
For you alone can make us whole.

## **Giving of Communion**

*Whether you are a regular member at St John's or a visitor, a child or an adult, EVERYONE is invited to come to the Lord's Table to receive the bread and the wine, or a blessing.*

*If you are coming for a blessing, please keep your hands by your side.*

*Our welcomers will indicate when it is time for you to come forward.*

*Gluten free wafers and non-alcoholic wine are available. Please let us know when you come to Communion if you would like to receive either of these.*

*If you would like us to bring Communion to you in your seat, please let one of our welcomers know.*

## **Prayer after Communion**

**God of our pilgrimage,  
you have fed us with the bread of heaven  
and the Word of life.  
Refresh and sustain us  
as we go forward on our journey,  
in the name of Jesus Christ our Lord.  
Amen.**

*Please stand*

**Hymn**

## WE LEAVE WITH GOD'S BLESSING

### **The Blessing**

To a troubled world  
**peace from Christ**

To a searching world  
**love from Christ**

To a waiting world  
**hope from Christ**

Christ give you grace to grow in holiness,  
to deny yourselves,  
take up your cross and follow him:  
And the blessing of God almighty,  
the Father, the Son and the Holy Spirit,  
be among you, and remain with you always.  
**Amen.**

Go in the peace of Christ.  
**Thanks be to God.**

*Church notices will be given and you are invited to stay  
for coffee and fellowship after the service.*

### Acknowledgements

Common Worship material from which is included in this service, is copyright © The Archbishops' Council

The invitation to Communion is by David Adam, Vicar of Holy Island, from his book *Prayers for Anglicans*

The Prayer for Lent is from *the Book of Common Order for the Church of Scotland*.