

Holy Communion

Lent

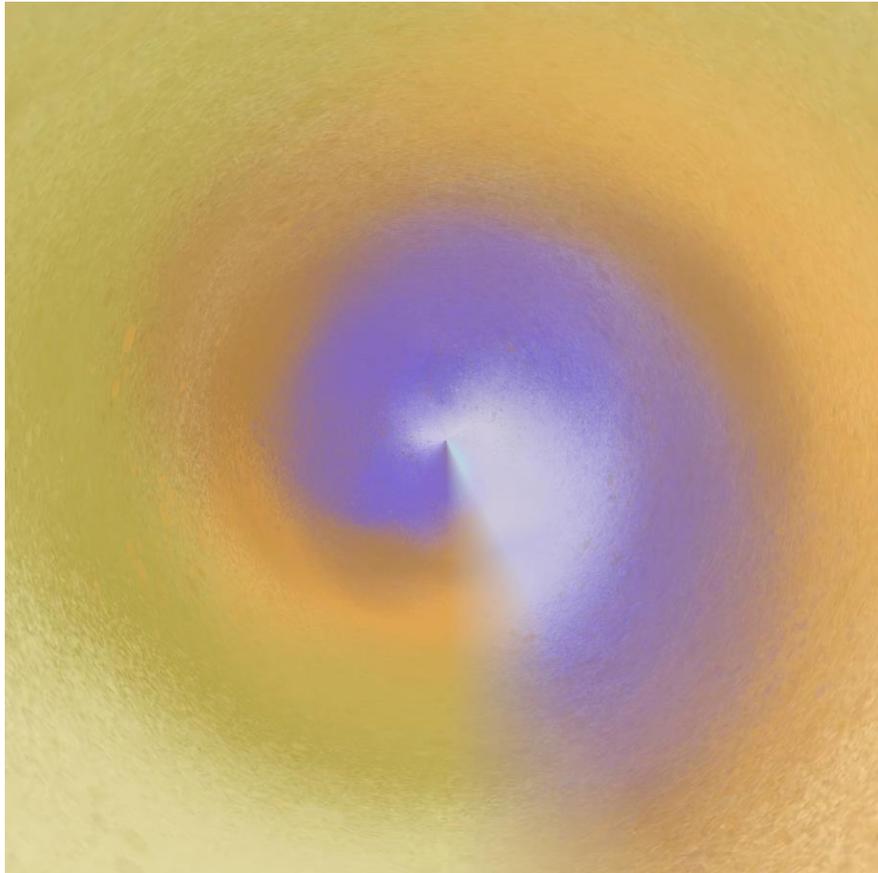


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***Open to God, open to one
another, open to the
community***

Why is lent so important?

Every year we celebrate Christ's death and resurrection at Easter. Lent is a time to prepare for this celebration, and most of all to remember that God loves us, always, for ever and without any conditions.

Lent is a time to focus on forgiveness. It is good to become free of those things which are weighing us down, or playing on our mind, to know that we are forgiven, to have that real sense of freedom from the burden of those times when we are not our best selves.

Jesus spent 40 days in the wilderness at the beginning of his ministry, learning to come close to God, learning to listen and become all that he could be.

It can be difficult to be in the wilderness, but it can also be a time when we recognise the burdens we are carrying, the things which hold us back from the fullness of life. It can also be a good time to discover what really matters, what brings us joy and helps us to find hope in the future.

Through lent this year, each Sunday we are taking a different focus to help us understand our place in the world and how we may work together to bring about God's kingdom.

Week 1 – Climate Sunday

Week 2 – Faith and Suffering

Week 3 – Church Action on Poverty

Week 4 – Those we love and who love us

Week 5 – We remember a year of lockdown

Scripture verses to take us through lent:

For thus says the Lord, the Holy One of Israel; In returning and rest you shall be saved; In quietness and in trust shall be your strength.

Isaiah 30 v 15

But let justice roll down like waters, and righteousness like an ever-flowing stream

Amos 5 v 24

And what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

Micah 6 v 8

The Gathering

Hymn

In the name of God; Creator, Redeemer and Sustainer.

Welcome

Words of welcome and introduction

Renewing our fellowship with God

We come to God as one from whom no secrets are hidden to seek forgiveness and peace

God be gracious to us and bless us,
and make your face shine upon us

Lord have mercy

Lord, have mercy.

May your ways be known on the earth,
your saving power among the nations

Christ, have mercy.

Christ, have mercy.

You Lord have made known your salvation,
and reveal your justice to all nations

Lord, have mercy.

Lord, have mercy.

May the God of love and power
forgive you and free you from your sin,
heal and strengthen you by his Spirit,
and raise you to new life in Christ our Lord.

Amen.

The Collect

The Liturgy of the Word

One or more readings from the Bible, followed by:

For the word of the Lord.
Thanks be to God.

Hymn

Gospel Reading:

Hear the Gospel of our Lord Jesus Christ according to.
Glory to you, O Lord.

This is the Gospel of the Lord.
Praise to you, O Christ.

Sermon

The 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.**

Prayers of Intercession

This response may be used:
Lord in your mercy
Hear our Prayer

At the end:

Merciful Father

**We join our prayers with those written and placed on our prayer wall;
Hear these prayers of thanks, of confession, of love and of concern;
accept all these our prayers for the sake of your Son,
our Saviour Jesus Christ. Amen.**

The Liturgy of the Sacrament

The Peace

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, who has given us access to all grace.

The peace of the Lord be always with you
And also with you

Hymn

The Preparation of the Table

God of mercy and compassion, your Word calls us home to faith and love.
Accept all we have to offer you this day;
In the name of Jesus Christ our Lord. **Amen**

The Eucharistic Prayer

The Lord be with you
and also with you.

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 thanks and praise,
for in these days of lent
you lead us through the desert of repentance
through pilgrimage of prayer and discipline
that we may grow in grace and learn to be your people.
you open our eyes to your presence in the world
and free our hands to serve and welcome others
into the radiant splendour of your love
And so we join with saints and angels 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.**

We praise and bless you loving Father,
Through Jesus Christ our Lord; And as we obey his command,
Send your Holy Spirit that broken bread and wine outpoured
May be for us the body and blood of your dear Son

On the night before he died he had supper with his friends
And, taking bread, he praised you
he broke the bread, gave it to them, and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.
When supper was ended he took the cup of wine,
Again he praised you, gave it to them and said
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.

So, Father we remember all that Jesus did
In him we plead with confidence his sacrifice
Made once for all upon the cross
Bringing before you the bread of life and the cup of salvation,
We proclaim his death and resurrection
Until he comes in glory

Great is the mystery of faith
Christ has died
Christ is risen
Christ will come again

Lord of all life,
Help us to work for that day
When your kingdom comes
And justice and mercy will be seen in all the earth

Look with favour on your people
Gather us in your loving arms
And bring us with St Nicolas and all the saints
To feast on your table in heaven

Through Christ and with Christ and in Christ
In the unity of the Holy Spirit
All honour and glory are yours O loving Father
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.**

Breaking of the Bread

We break the bread of life, and that life is the light of the world
**God is here among us, light in the midst of us,
Bring us to light and life**

The invitation to Communion is extended to all those worshipping with us today, whether in the physical bread we can touch with our bodies or the spiritual communion with God who comes to us wherever we are. Come to God honestly, in the way you know how. In silence, in music or in words. This prayer, or one like it has been helpful for some people.

Dear Christ, I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. May I never be separated from you. Amen

silence is kept

Prayer after Communion

Loving God from whom comes every good and perfect gift: keep us in the light of Christ to shine in your world. Amen

Notices

The Dismissal

Christ give you grace to grow in holiness, to deny yourself, take up your cross and follow him. And the blessing ...

Go in peace to love and serve the Lord.
In the name of Christ . Amen

Final hymn

Some material:

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