

Benefice of Marston and Elsfield

Holy Communion



FOR THE SEASON OF LENT

**An order of service to use with our online
worship on Sundays**

The Welcome

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

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.

Prayers of Penitence

The Commandments

Hear the commandments which God has given to his people, and
examine your hearts.

I am the Lord your God: you shall have no other gods but me.

Amen. Lord, have mercy.

You shall not make for yourself any idol.

Amen. Lord, have mercy.

You shall not dishonour the name of the Lord your God.

Amen. Lord, have mercy.

Remember the Sabbath and keep it holy.

Amen. Lord, have mercy.

Honour your father and your mother.

Amen. Lord, have mercy.

You shall not commit murder.

Amen. Lord, have mercy.

You shall not commit adultery.

Amen. Lord, have mercy.

You shall not steal.

Amen. Lord, have mercy.

You shall not bear false witness against your neighbour.

Amen. Lord, have mercy.

You shall not covet anything which belongs to your neighbour.

Amen. Lord, have mercy upon us and write all these your laws in our hearts.

A short period of silence followed by these words:

The sacrifice of God is a broken spirit;
a broken and contrite heart God will not despise.
Let us come to the Lord, who is full of compassion,
and acknowledge our transgressions in penitence and faith.

**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.**

Hear God's forgiveness

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.
Amen.

The Collect

First Bible Reading

At the end of each the reader may say

This is the word of the Lord.

Thanks be to God.

Gospel Reading

When the Gospel is announced the reader says

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

Glory to you, O Lord.

At the end

This is the Gospel of the Lord.

Praise to you, O Christ.

Reflection for today

The Creed

**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

These responses may be used

Lord, in your mercy
hear our prayer.

(or)

Lord, hear us.
Lord, graciously hear us.

And at the end

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

The Peace

*From Ash Wednesday until the Saturday after the Fourth Sunday in
Lent*

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

From the Fifth Sunday in Lent until the Wednesday of Holy Week

Once we were far off,
but now in union with Christ Jesus we have been
brought near through the shedding of Christ's blood,
for he is our peace.

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

The Eucharistic Prayer

Eucharistic Prayer E

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.

From Ash Wednesday until the Saturday after the Fourth Sunday in Lent

It is indeed right and good
to give you thanks and praise,
almighty God and everlasting Father,
through Jesus Christ your Son.
For in these forty days
you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline
we may grow in grace
and learn to be your people once again.
Through fasting, prayer and acts of service
you bring us back to your generous heart.
Through study of your holy word
you open our eyes to your presence in the world
and free our hands to welcome others
into the radiant splendour of your love.
As we prepare to celebrate the Easter feast
with joyful hearts and minds

we bless you for your mercy
and join with saints and angels
for ever praising you and saying:

From the Fifth Sunday in Lent until the Wednesday of Holy Week

It is indeed right and just,
our duty and our salvation,
always and everywhere to give you thanks,
holy Father, almighty and eternal God,
through Jesus Christ our Lord.
For as the time of his passion and resurrection draws near
the whole world is called to acknowledge his hidden majesty.
The power of the life-giving cross
reveals the judgement that has come upon the world
and the triumph of Christ crucified.
He is the victim who dies no more,
the Lamb once slain, who lives for ever,
our advocate in heaven to plead our cause,
exalting us there to join with angels and archangels,
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.**

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 cup of salvation,
we proclaim his death and resurrection
until he comes in glory.

One of these four acclamations is used

[Great is the mystery of
faith:]
**Christ has died:
Christ is risen:
Christ will come again.**

[Praise to you, Lord
Jesus:]
**Dying you destroyed our
death,
rising you restored our
life:
Lord Jesus, come in
glory.**

[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.**

[Jesus Christ is Lord:]
**Lord, by your cross and
resurrection
you have set us free.
You are the Saviour of
the world.**

Lord of all life,
help us to work together 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 [N and] all the saints
to feast at 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 service continues with the Lord's Prayer on page 10.

Eucharistic Prayer H

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 right to praise you, Father, Lord of all creation;
in your 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 you 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 you 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.**

The Lord's Prayer

As our Saviour taught us, so we pray
**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

The president breaks the consecrated 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.**

Giving of Communion

God's holy gifts, for God's holy people.
**Jesus Christ is holy,
Jesus Christ is Lord,
to the glory of God the Father.**

*Those participating with worship at home are invited to make their
spiritual communion:*

*“Dear Jesus, I believe that you are truly present in the Holy Sacrament.
I love you above all things, and I desire to possess you within my soul.
And since I cannot now receive you sacramentally, I beseech you to
come spiritually into my heart. I unite myself to you, together with all
your faithful people, and I embrace you with all the affections of my
soul. Never permit me to be separated from you. Amen.”*

Or you are welcome to eat bread and wine as an agape meal.

Prayer after Communion

Silence is kept.

**Father of all,
we give you thanks and praise,
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace, and opened the gate of glory.
May we who share Christ's body live his risen life;**

**we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord.
Amen.**

From Ash Wednesday until the Fourth Sunday in Lent

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.

From the Fifth Sunday in Lent until the Wednesday of Holy Week

Christ crucified draw you to himself,
to find in him a sure ground for faith,
a firm support for hope,
and the assurance of sins forgiven;
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 peace to love and serve the Lord.
In the name of Christ. Amen.

*Common Worship: Services and Prayers for the Church of England,
material from which is included in this service, is copyright © The
Archbishops' Council*



Quiet Day in Holy Week

Tues 30th March 9:30-3:30pm

A Celtic Lent - A time of Contemplation and Preparation

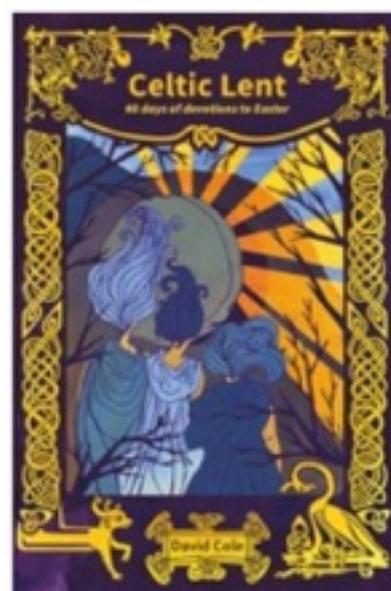
Quiet day lead by **David Cole** (Brother Cassian)

- www.waymarkministries.com

Contact Skye to reserve a place - vicar@stnicholasmarston.org.uk

Draft outline of the day
(only short parts will be online via Zoom)

- 9.30am - Introductions
- Followed by Teaching session
- 10.45am - Break
- 11am - Activity
- 12noon - Midday prayer
- 12.20pm - Lunch
- 1.15pm - Teaching session
- 2pm - Break
- 2.15pm - Contemplative activity
- 3pm - Questions and reflections
- 3.30pm - Finish



David suggests that everyone who is coming to the day reads *Celtic Lent over Lent*
“The book takes the reader through the 40 days of Lent to the celebration of Easter through the eyes and beliefs of Celtic Christianity. Drawing on primary sources of pastoral letters, monastic rules and the theological teaching of the Celtic church, David presents a different perspective on the cross of Christ and draws us to see our own life journeys with a new and transforming vision.”

