

# A simple Holy Communion for Trinity Season

Welcome and Introduction

A time for saying sorry, and bringing to God the things of the day  
*Candles are lit and a bible and cross are brought to the table*

Son of Mary

**Have mercy on us**

Carpenter of Nazareth

**Have mercy on us**

Healer of the sick

**Have mercy on us**

Bringer of good news

**Have mercy on us**

Saviour of the poor

**Have mercy on us**

Disturber of the mighty

**Have mercy on us**

You, who move towards Jerusalem,

Facing our darkness, our death,

**Have mercy on us**

You, who call us sister, brother, mother, friend:

Your body, here

**Have mercy on us**

Holy God, we bring our ourselves, all that we are, all that we long  
to be, our weakness, our failures, our sinfulness, our brokenness.

*We hear God's words of forgiveness*

May the God of love and power

forgive and free you from your sins,

heal and strengthen you by the Holy Spirit,

and raise you to new life in Christ our Lord. **Amen**

**Song: "God welcomes all"**

## **The Collect** *(a special prayer for the day)*

Holy God, faithful and unchanging:  
enlarge our minds with the knowledge of your truth,  
and draw us more deeply into the mystery of your love,  
that we may truly worship you.

Father, Son and Holy Spirit,  
one God, now and for ever.

**Amen**

**First Reading**

**Gospel Reading**

**Time for Reflection**

**Creative Activity**

**Time for Prayer**

- for the needs of the world, our community and the church.

Prayers conclude with a video of BSL Lords Prayer, do join in.

**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.**

## **We share the peace**

Peace to you from God our heavenly Father.  
Peace from his Son Jesus Christ who is our peace.  
Peace from the Holy Spirit, the life-giver.  
The peace of the triune God be always with you  
and also with you.

## **The Communion**

The table of bread and wine is now to be made ready.  
It is the table of company with Jesus  
And with all those who love him.  
It is the table of sharing with the poor of the world,  
with whom Jesus identified himself.  
It is the table of communion with the earth  
in which Christ became incarnate.  
So, come to this table, you who have much faith  
And you who would like to have more;  
You who have been to this sacrament often,  
And you who have not been for a long time;  
You who have tried to follow Jesus, and you who have failed.  
Come. It is Christ himself who invites us to meet him here in our  
homes.

Blessed are you, O God  
For you have brought forth bread from the earth.  
(*bread is placed on the table*)

Blessed are you, O God,  
For you have created the fruit of the vine  
(*wine is placed on the table*)

**In the beginning you watered the earth  
That all might have food and drink.**

You gave to your servant Sarah  
Bread to strengthen her family on their journey,  
And wine to make them glad.  
**You called Moses and his people out of bondage  
And refreshed them with food in the wilderness.**  
You gave Mary and Joseph their daily bread to share.  
**And here at your table  
You offer us bread and wine for the journey  
To nourish us as sons and daughters.**

And so with all our sisters and brothers,  
Before us and beside us, near and far.  
We join in the song of your unending greatness:  
**Holy, holy holy, God of power and might,  
Heaven and earth are full of your glory  
Glory be to you, O God most high.**

Among friends, gathered round a table  
Jesus took bread, and, having blessed it,  
He broke the bread and gave it to his disciples saying,  
Take, eat, this is my body which is given for you.

In the same way after supper, he took the cup of wine  
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.

So, now, following Jesus' example,  
We take this bread and this wine;  
the ordinary things of the world through which God will bless  
us.  
And as Jesus offered thanks for the gifts of the earth,  
let us also celebrate God's goodness

**Song: Agnus Dei**

Lord Jesus Christ, present with us now,  
As we do in this place what you did in an upstairs room,  
Breathe your Spirit upon us and upon this bread and this wine,  
That they may be heaven's food for us.  
Renewing, sustaining and making us whole,  
That we may be your body on earth,  
Loving and caring in the world.

Look, the bread of heaven is broken for the life of the world.  
Here is Christ, coming to us in bread and wine  
**The gifts of God for the people of God.**  
*(We give and receive bread and wine)*

### **Prayer after Communion**

Holy God, we have seen with our eyes  
And touched with our hands the bread of life:  
Strengthen our faith that we may grow in love for you and for  
each other,  
Through Jesus Christ.  
Amen

### **Blessing**

God the Holy Trinity make you strong in faith and love,  
defend you on every side, and guide you in truth and peace;  
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 God.  
In the name of Christ. Amen.