

St Edmundsbury Cathedral



A thousand years of God's love in Suffolk

Order of Service for Silent Meditation and Eucharist



¶ The Gathering

Everyone remains seated as the meditation leader gives

The Greeting

In the name of the ✠ Father,
and of the Son,
and of the Holy Spirit.

Amen.

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

All **and also with you.**

The service may be introduced with a short reading and then silence is kept for meditation.

When the St Mary's Church clock strikes 1.00 pm the silence concludes with

The Gospel

Jesus said "Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened."

Matthew 7.7-8

Let us pray

All **Saviour,**
teach me the silence of humility,
the silence of wisdom,
the silence of love,
the silence of perfection,
the silence that speaks without words,
the silence of faith.

**Lord, teach me to silence my own mind,
that I may listen to the gentle movement
of the Holy Spirit within me
and sense the depths which are of God.
Amen.**

All Let us bless the Lord
Thanks be to God.

Members of the congregation may choose to leave at this point, after which the Service continues with

The Prayers of Penitence

The following or some other words are used.

God the Father forgives us in Christ
and heals us by the Holy Spirit.
So let us put away all anger and bitterness,
all slander and malice,
as we confess our sins to God.

All Lord, have mercy.
Lord, have mercy.

All Christ, have mercy.
Christ, have mercy.

All Lord, have mercy.
Lord, have mercy.

All May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.
Amen.

The Collect

The President prays the Collect of the day.

¶ *The Liturgy of the Sacrament*

All stand for

The Peace

The following words may be used

Jesus says “Peace I leave with you, my peace I give to you.
Do not let your hearts be troubled, neither let them be
afraid.”

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

Let us offer one another a sign of peace.

All may exchange a sign of peace.

The Preparation of the Table

The Taking of the Bread and Wine

Blessed be God,
by whose grace creation is renewed,
by whose love heaven is opened,
by whose mercy we offer our sacrifice of praise.

All **Blessed be God for ever.**

The Eucharistic Prayer

The Lord be with you.
All And also with you.

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 thanks and praise.

It is always right to give you thanks,
God our Creator,
loving and faithful,
holy and strong.

You made us
and the whole universe,
and filled your world with life.

You sent your Son to live among us,
Jesus our Saviour.
He suffered on the cross;
he died to save us from our sins;
he rose in glory from the dead.

And so we join the angels to say:

**All 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.**

Father, on the night before he died,
Jesus shared a meal with his friends.
He took the bread and thanked you.

He broke it, and gave it to them, saying:
Take and eat; this is my body, given for you.
Do this to remember me.

After the meal, Jesus took the cup of wine.
He thanked you, and gave it to them, saying:
Drink this, all of you.
This is my blood,
the new promise of God's unfailing love.
Do this to remember me.

Father, as we bring this bread and wine,
and remember his death and resurrection,
send your Holy Spirit,
that we who share these gifts
may be fed by Christ's body and his blood.
Pour your Spirit on us
that we may be signs of love,
work for the healing of the earth,
and share the good news of Jesus,
as we wait for his coming in glory.

For honour and praise belong to you, O God,
with Jesus your Son, and the Holy Spirit:
one God, for ever and ever.

All **Amen.**

All sit or kneel as the consecrated bread and wine are raised in the sight of the people and the Sanctus bell is rung.

The Lord's Prayer

Let us pray with confidence as our Saviour has taught us

All **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

President 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.**

The Giving of Communion

President Jesus said, 'I am the bread of life.
Whoever comes to me will never be hungry,
and whoever believes in me will never be thirsty.'

Please follow the directions of the vergers to receive communion.

The Prayer after Communion

President Let us pray.

All sit or kneel. Silence is kept.

All **Holy God,
we have broken your bread
and received your life.
By the power of your Spirit
keep us always in your love;
through Jesus Christ our Lord.
Amen.**

¶ *The Dismissal*

All stand.

President The Lord be with you
All **and also with you.**

This prayer of blessing, or some other, is used.

President The peace of God,
 which passes all understanding,
 keep your hearts and minds
 in the knowledge and love of God,
 and of his Son Jesus Christ our Lord;
 and the blessing of God almighty,
 the ✠ Father, the Son, and the Holy Spirit,
 be among you and remain with you always.

All **Amen.**

All Let us go in peace to love and serve the Lord.
In the name of Christ. Amen.