

St Edmundsbury  
Cathedral



A thousand years of God's love in Suffolk

# Holy Communion

## in Christmas and Epiphany

### on weekdays

Common Worship Order One



Photo: Lucy Kayne

## Welcome to St Edmundsbury Cathedral for this celebration of Holy Communion

The service is taken from *The Order for the Celebration of the Holy Communion also called The Eucharist and The Lord's Supper* from *Common Worship: Services and Prayers for the Church of England*.

The celebration of Christ's incarnation at Christmas is, along with Easter, one of the two benchmarks of the Christian year. The wonderful mystery of God's dwelling among us in the fullness of humanity, as Emmanuel ('God with us'), foretold by the prophets and born of Mary, provides the material of the feast. Christmas is much more than simply the celebration of Jesus's birth. The task of the Christmas liturgy is to recall us, amid all the joyful customs and celebrations of Christmas, to this central truth of the Word made flesh for our salvation. The Epiphany ('manifestation') developed as an occasion to celebrate one element of the story of Christ's birth, the visit of the far-travelled magi, understood as the manifestation of Christ to the Gentiles. Thus, Epiphany (6 January) is an apt season to pray for the worldwide mission of the Church. The season of joyful celebration that begins at Christmas now continues through the successive Sundays of Epiphany and the festal cycle ends only with the Feast of the Presentation (Candlemas — 2 February).

The service has four main sections:

**The Gathering**, when we come together in worship. This concludes with the Collect which 'collects' or gathers together the prayers of the congregation.

**The Liturgy of the Word**, when we listen to readings from the Bible and offer our prayers of intercession.

**The Liturgy of the Sacrament**, when we follow the example and command of Jesus at the Last Supper. The President (a priest or bishop) takes the bread and the wine to be consecrated, offers thanks in the words of the Eucharistic (thanksgiving) Prayer, breaks the bread to be shared, and then distributes these gifts to the congregation.

**The Dismissal**, in which the President blesses the congregation and we are sent out to love and serve the Lord.

## ¶ The Gathering

President In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
**Amen.**

## The Greeting

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

**All And also with you.**

## Prayer of Preparation

**All 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

President The grace of God has dawned upon the world  
through our Saviour Jesus Christ,  
who sacrificed himself for us  
to purify a people as his own.

Let us confess our sins.

*Silence is kept*

**All 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,  
that we may do justly,  
love mercy,  
and walk humbly with you, our God.  
Amen.**

President 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.

**All Amen.**

**Gloria in excelsis** *may be said on suitable occasions*

**All**            **Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.**

## **The Collect**

*The President leads the Collect of the day to which all respond*

**Amen.**

# ¶ The Liturgy of the Word

## Reading

*A reading from the Old or New Testament precedes the Gospel reading*

*At the end, the reader says*

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

*Stand*

## Gospel Reading

President    Hear the Gospel of our Lord Jesus Christ  
                  according to *Name*.

**All**            **Glory to you, O Lord.**

*At the end*

President    This is the Gospel of the Lord.

**All**            **Praise to you, O Christ.**

*Sit or kneel*

## Prayers of Intercession

President Let us pray for the Church and for the world  
and let us thank God for his goodness.

*After each bidding:*

President Lord, in your mercy  
**All hear our prayer.**

*or*

President Lord, hear us.  
**All Lord, graciously hear us.**

*or other responses may be used*

*and at the end:*

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

*Stand and gather round the altar*

## ¶ The Liturgy of the Sacrament

### The Peace

President Our Saviour Christ is the Prince of Peace.  
Of the increase of his government and of peace  
there shall be no end.

President The peace of the Lord be always with you.

**All And also with you.**

President Let us offer one another a sign of peace.

*All may exchange a sign of peace and return to their seats*

### Preparation of the Table

### Taking of the Bread and Wine

President Lord, accept your people's gifts,  
not gold, frankincense or myrrh,  
but hearts and voices raised in praise of Jesus Christ,  
our light and our salvation.

**All Amen.**

### Eucharistic Prayer A

President The Lord be with you.

**All And also with you.**

President Lift up your hearts.

**All We lift them to the Lord.**

President Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**

*from the First Sunday of Christmas until the Eve of the Epiphany:*

President All glory and honour be yours always and everywhere,  
mighty creator, ever-living God.  
We give you thanks and praise for your Son,  
our Saviour Jesus Christ,  
who for love of our fallen race humbled himself,  
was born of the Virgin Mary by the power of your Spirit,  
and lived as one of us.  
In this mystery of the Word made flesh  
you have caused his light to shine in our hearts,  
to give knowledge of your glory  
in the face of Jesus Christ.  
In him we see our God made visible  
and so are caught up in the love  
of the God we cannot see.  
Therefore with all the angels of heaven  
we lift our voices to proclaim the glory of your name  
and sing our joyful hymn of praise:

*from the First Sunday of Epiphany until the Eve of the Presentation:*

President All honour and praise be yours always and everywhere,  
mighty creator, ever-living God,  
through Jesus Christ your only Son our Lord:  
for at this time we celebrate your glory  
made present in our midst.  
In the coming of the Magi  
the King of all the world was revealed to the nations.  
In the waters of baptism  
Jesus was revealed as the Christ,  
the Saviour sent to redeem us.  
In the water made wine  
the new creation was revealed at the wedding feast.  
Poverty was turned to riches, sorrow into joy.  
  
Therefore with all the angels of heaven  
we lift our voices to proclaim the glory of your name  
and sing our joyful hymn of praise:

**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.**

President    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.

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

President 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:  
**All Blessing and honour and glory and power  
be yours for ever and ever. Amen.**

*The consecrated bread and wine are raised in the sight of the people and  
the Sanctus bell is rung*

## **The Lord's Prayer**

President 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.**

## Breaking of the Bread

President We break the bread of life,  
and that life is the light of the world.

**All God here among us,  
light in the midst of us,  
bring us to light and life.**

## Agnus Dei

**All Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world,  
grant us peace.**

## Spiritual Communion

*'Spiritual Communion' is a historic practice in the church for anyone who cannot receive the bread and wine physically. It is possible because Communion is always a spiritual practice and not simply physical. Through God's grace, whilst we cannot receive the bread and wine, we can still receive the sacrament in our hearts, and share in communion with Jesus. In making our communion spiritually, we are joining with Christians everywhere who cannot receive the bread and wine at this time. The following prayer is one form of words to use for Spiritual Communion.*

Thanks be to you, Lord Jesus Christ,  
for all the benefits you have given me,  
for all the pains and insults you have borne for me.  
Since I cannot now receive you sacramentally,  
I ask you to come spiritually into my heart.  
O most merciful redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day. Amen.

*after the Prayer of St Richard of Chichester*

## Prayer after Communion

President Let us pray.

*Silence is kept*

*The Post Communion Prayer is led by the President after which all may say*

**We praise and thank you, creator God,  
for you have not left us alone.  
Every year we celebrate your coming as Emmanuel.  
Every Eucharist celebrates his death,  
in the bread we break and the cup we share,  
until that day when we shall see you face to face,  
in Jesus Christ our Lord.  
Amen.**

## ¶ The Dismissal

President Christ our Lord,  
to whom kings bowed down in worship and offered gifts,  
reveal to you his glory  
and pour upon you the riches of his grace;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**All Amen.**

President Go in peace. Proclaim the Word made flesh.

**All Glory, thanks and praise to God.**



