

# St Edmundsbury Cathedral

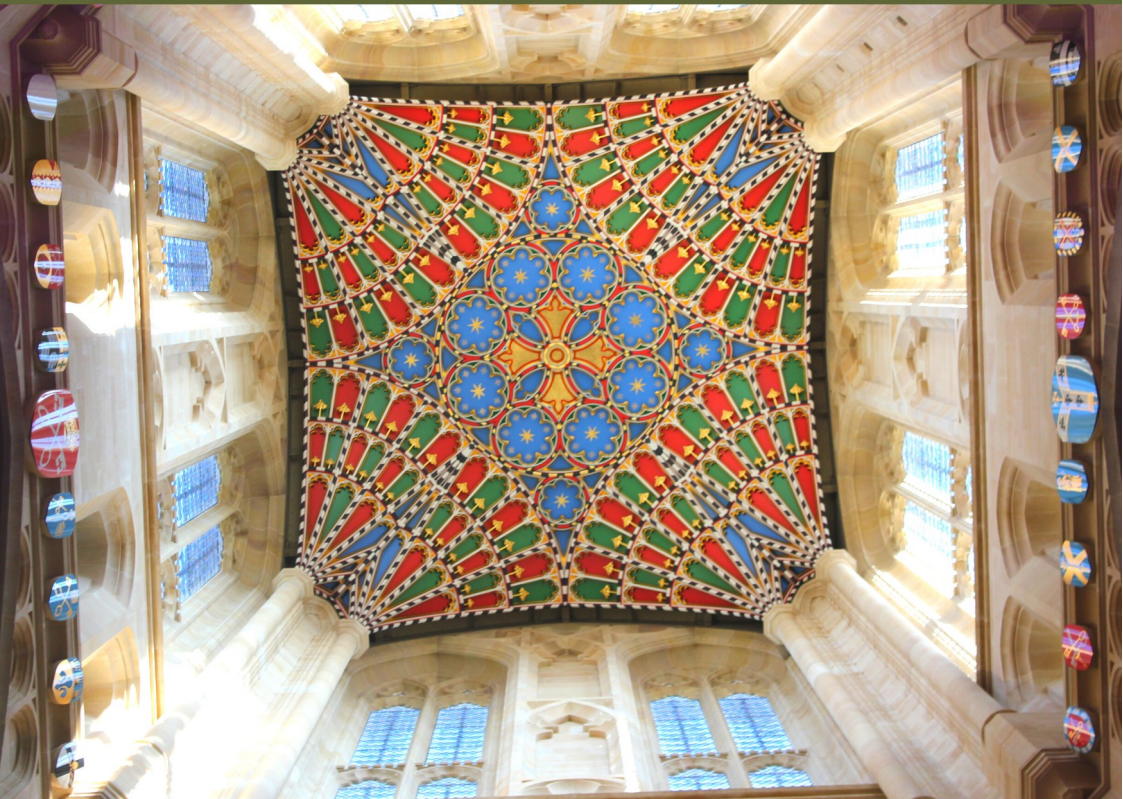


A thousand years of God's love in Suffolk

# Holy Communion

in Ordinary Time

*Common Worship Order One*



## Welcome to St Edmundsbury Cathedral

**The Eucharist** is the service which Jesus Christ instituted on the night before he was crucified, when he said “do this in remembrance of me”. Since then, the church all over the world has celebrated using bread and wine; and the altar where the table is laid for communion is the heart of any church.

So it is that we participate in Christ’s life, joining with all other Christians, by sharing in God’s Word through the bible, sermon and prayers and by sharing symbolically in his body and blood through the bread and wine.

The text of this service booklet is from the Church of England’s Common Worship, and covers all ordinary days throughout the year, when the liturgical colour is green. Special seasons of the Church calendar, such as Easter and Christmas, have their own special service booklet.

Some people find it helpful to make the ‘sign of the cross’ at various points in the service, as a reminder of God’s presence as Father, Son and Holy Spirit, and his great love for us shown in Jesus Christ who opened wide his arms for all peoples on the cross. Those suggested points in the service are marked with a ✠ sign. The sign of the cross is traditionally made using your right hand: touch your forehead at ‘Father’; the lower middle of your chest at ‘Son’; the left shoulder at ‘Holy’, and the right shoulder at ‘Spirit’.

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 hear the sermon, say together the Nicene Creed, 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

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.**

## The 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.**

## The Prayers of Penitence

President Let us confess our sins in penitence and faith,  
firmly resolved to keep God's commandments  
and to live in love and peace with all.

*Silence is kept. One of the following, or some other, words of penitence are said:*

We confess to you  
our lack of care for the world you have given us.  
Lord, have mercy.

**All Lord, have mercy.**

We confess to you  
our selfishness in not sharing the earth's bounty fairly.  
Christ, have mercy.

**All Christ, have mercy.**

We confess to you  
our failure to protect resources for others.  
Lord, have mercy.

**All Lord, have mercy.**

*or*

We are often slow to follow the example of Christ.  
Lord, have mercy.

**All Lord, have mercy.**

We often fail to be known as Christ's disciples.  
Christ, have mercy.

**All Christ, have mercy.**

We often fail to walk the way of the cross.  
Lord, have mercy.

**All Lord, have mercy.**

*or*

**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,  
and direct what we shall be;  
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.**

## **The Gloria in Excelsis**

*The Gloria may be said.*

**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*

### **The Reading**

*At the end, the reader says*

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

### **The Gospel Reading**

Hear the Gospel of our Lord Jesus Christ  
according to *Name*:  
**All** **Glory to you, O Lord.**

*At the end*

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

### **The Prayers of Intercession**

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

*Prayers of intercession are offered, ending with:*

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

## ¶ The Liturgy of the Sacrament

### The Peace

*The following or another suitable introduction may be used.*

God is love  
and those who live in love live in God  
and God lives in them.

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

Let us offer one another a sign of peace.

*If you have other members of your household with you, you may wish to share the peace with them now. If are alone, know Christ's Peace to be with you now.*

### The Preparation of the Table

#### The Taking of the Bread and Wine

President Blessed are you, Lord God of all creation.  
In your loving care you spread before us the table of life  
and give us the cup of salvation to drink.  
Keep us always in the fold  
of our Saviour and our Shepherd,  
your Son, Jesus Christ our Lord.

**All** **Blessed be God for ever.**

### The Eucharistic Prayer

**All** The Lord be with you  
**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.**

President Father, we give you thanks and praise  
through your beloved Son Jesus Christ, your living Word,  
through whom you have created all things;  
who was sent by you in your great goodness  
to be our Saviour.

By the power of the Holy Spirit he took flesh;  
as your Son, born of the blessed Virgin,  
he lived on earth and went about among us;  
he opened wide his arms for us on the cross;  
he put an end to death by dying for us;  
and revealed the resurrection by rising to new life;  
so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and saying:

**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 Lord, you are holy indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood of our Lord Jesus Christ;  
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.

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

President And so, Father, calling to mind his death on the cross,  
his perfect sacrifice made once  
for the sins of the whole world;  
rejoicing in his mighty resurrection and glorious ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,  
we bring before you this bread and this cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.

Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of [N and] all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;

by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever. **Amen.**

*The consecrated bread and wine are raised in the sight of the people.*

## The Lord's Prayer

President As Jesus taught us, so we pray,

**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 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.'

## 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

President Jesus is the Lamb of God,  
who takes away the sin of the world.  
Blessed are those who are called to his supper.

**All Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

*‘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 us,  
for all the pains and insults you have borne for us.  
Since I cannot now receive you sacramentally,  
I ask you to come spiritually into my heart.  
O most merciful redeemer, friend and brother,  
may we 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*

## The Prayer after Communion

*Silence is kept.*

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

**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.**

*or*

**We thank you, Lord  
that you have fed us in this sacrament,  
united us with Christ,  
and given us a foretaste of the heavenly banquet  
prepared for all peoples. Amen.**

## The Dismissal

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. **Amen.**

**All**            Be in the peace of Christ.  
**Thanks be to God.**