

St Edmundsbury  
Cathedral



A thousand years of God's love in Suffolk

# Holy Communion in Advent 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*.

Advent is a season of expectation and preparation, as the Church prepares to celebrate the coming (*adventus*) of Christ in his incarnation, and also looks ahead to his final advent as judge at the end of time. The readings and liturgies not only direct us towards Christ's birth, they also challenge the modern reluctance to confront the theme of divine judgement. The Four Last Things — Death, Judgement, Heaven and Hell — have been traditional themes for Advent meditation. The characteristic note of Advent is therefore expectation, rather than penitence, although the character of the season is easily coloured by an analogy with Lent. The anticipation of Christmas under commercial pressure has also made it harder to sustain the appropriate sense of alert watchfulness, but the fundamental Advent prayer remains 'Maranatha' — 'Our Lord, come' (1 Corinthians 16: 22). Church decorations are simple and spare, and purple is the traditional liturgical colour.

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

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 When the Lord comes,  
he will bring to light things now hidden in darkness,  
and will disclose the purposes of the heart.  
Therefore in the light of Christ let us confess our sins.

*Silence is kept*

**All Father eternal, giver of light and grace,  
we have sinned against you and against our  
neighbour,  
in what we have thought,  
in what we have said and done,  
through ignorance, through weakness,  
through our own deliberate fault.  
We have wounded your love,  
and marred your image in us.  
We are sorry and ashamed,  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past;  
and lead us out from darkness  
to walk as children of light.  
Amen.**

**Kyrie**

**Lord, have mercy upon us.  
Christ, have mercy upon us.  
Lord, have mercy upon us.**

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 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.**

## Prayers of Intercession

*In the prayers which follow, the word 'Maranatha' means 'Our Lord, come' [1 Corinthians 16: 22].*

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

*Sit or kneel*

President In joyful expectation of his coming  
we pray to Jesus, saying,  
Maranatha.

**All Amen. Come, Lord Jesus.**

President Come to your Church as Lord and Judge.  
We pray for .....  
Help us to live in the light of your coming  
and give us a longing for your kingdom.  
Maranatha.

**All Amen. Come, Lord Jesus.**

President Come to your world as King of the nations.  
We pray for .....  
Before you rulers will stand in silence.  
Maranatha.

**All Amen. Come, Lord Jesus.**

President Come to your people with a message of victory  
and peace.  
We pray for [those who have died, including.....].  
Give us the victory over death, temptation and evil.  
Maranatha.

**All Amen. Come, Lord Jesus.**

President    Come to us as Saviour and Comforter.  
              We pray for [the sick, including.....].  
              Break into our lives,  
              where we struggle with sickness and distress,  
              and set us free to serve you for ever.  
              Maranatha.

**All            Amen. Come, Lord Jesus.**

President    Come to us from heaven, Lord Jesus,  
              with power and great glory.  
              Lift us up to meet you,  
              with James and Edmund and all your saints and angels,  
              to live with you for ever.  
              Maranatha.

**All            Amen. Come, Lord Jesus.**

*Silence is kept*

President    Come, Lord Jesus, do not delay;  
              give new courage to your people,  
              who trust in your love.  
              By your coming, raise us to share  
              in the joy of your kingdom  
              on earth as in heaven,  
              where you live and reign with the Father and the Spirit,  
              one God for ever and ever.

**All            Amen.**

*Stand and gather round the altar*

# ¶ The Liturgy of the Sacrament

## The Peace

President In the tender mercy of our God,  
the dayspring from on high shall break upon us,  
to give light to those who dwell in darkness  
and in the shadow of death,  
and to guide our feet into the way of peace.

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 As the grain once scattered in the fields  
and the grapes once dispersed on the hillside  
are now reunited on this table in bread and wine,  
so, Lord, may your whole Church  
soon be gathered together  
from the corners of the earth  
into your kingdom.

**All Amen.**

## Eucharistic Prayer E

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 Advent until 16 December:*

President It is indeed right and good to give you thanks and praise,  
almighty God and everlasting Father,  
through Jesus Christ your Son.  
For when he humbled himself  
to come among us in human flesh,  
he fulfilled the plan you formed  
before the foundation of the world  
to open for us the way of salvation.  
Confident that your promise will be fulfilled,  
we now watch for the day  
when Christ our Lord will come again in glory.  
And so we join our voices with angels and archangels  
and with all the company of heaven  
to proclaim your glory,  
for ever praising you and saying:

*from 17 December until Christmas Eve:*

President It is indeed right and good to give you thanks and praise,  
almighty God and everlasting Father,  
through Jesus Christ your Son.  
He is the one foretold by all the prophets,  
whom the Virgin Mother bore  
with love beyond all telling.  
John the Baptist was his herald  
and made him known when at last he came.  
In his love Christ fills us with joy  
as we prepare to celebrate his birth,  
so that when he comes again  
he may find us watching in prayer,  
our hearts filled with wonder and praise.  
And so, with angels and archangels,  
and with all the company of heaven,  
we proclaim your glory,  
and join in their unending 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 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.

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

President 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 the Blessed Virgin Mary,  
James, Edmund 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.

**All 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 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.**

## 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*

**You have opened to us the Scriptures, O Christ,  
and you have made yourself known  
in the breaking of the bread.  
Abide with us, we pray,  
that, blessed by your royal presence,  
we may walk with you  
all the days of our life,  
and, at its end, behold you  
in the glory of the eternal Trinity,  
one God for ever and ever.  
Amen.**

## ¶ The Dismissal

President Christ the Sun of Righteousness shine upon you,  
scatter the darkness from before your path,  
and make you ready to meet him when he comes in glory;  
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 Our Lord says, 'I am coming soon.'

**All Amen. Come, Lord Jesus.**

President May the Lord, when he comes,  
find us watching and waiting.

**All Amen.**



