

St Edmundsbury Cathedral
Following in the footsteps of Edmund, King and Martyr



Holy Communion in Lent

on week days

Common Worship Order One

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*.

Lent may originally have followed Epiphany, just as Jesus's sojourn in the wilderness followed immediately on his baptism, but it soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy (denial of the faith) or for serious faults. This history explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally been added. As the candidates for baptism were instructed in the Christian faith, and as penitents prepared themselves, through fasting and penance, to be readmitted to communion, the whole Christian community was invited to join them in the process of study and repentance, the extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness, being tested by Satan. As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday.

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 The sacrifice of God is a broken spirit;
a broken and contrite heart God will not despise.
Let us come to the Lord, who is full of compassion,
and acknowledge our transgressions
in penitence and faith.

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.

President Kyrie eleison Lord, have mercy upon us.
All **Christe eleison Christ, have mercy upon us.**
President Kyrie eleison 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

At the end, the reader says

This is the word of the Lord.

All **Thanks be to God.**

Gradual Psalm *announced by the President and found towards the back of the black Common Worship book*

At the end

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning, is now,
and shall be for ever. Amen.**

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

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

Sit or kneel

President For the one holy catholic and apostolic Church.....
let us pray to the Father.

Lord of compassion,
All in your mercy hear us.

President For the mission of the Church,
that in faithful witness it may preach the gospel
to the ends of the earth,
let us pray to the Father.

Lord of compassion,
All in your mercy hear us.

President For peace in the world.....
that a spirit of respect and reconciliation may grow
among nations and peoples,
let us pray to the Father.

Lord of compassion,
All in your mercy hear us.

President For the poor, the persecuted, the sick,
and all who suffer;
for refugees, prisoners, and all in danger;
that they may be relieved and protected;
for members of our own community who are sick.....
let us pray to the Father.

Lord of compassion,
All in your mercy hear us.

President For those whom we have injured or offended,
let us pray to the Father.

Lord of compassion,
All in your mercy hear us.

President For grace to amend our lives
and to further the reign of God,
let us pray to the Father.

Lord of compassion,
All in your mercy hear us.

President In communion with all those
who have walked in the way of holiness,
remembering especially.....
let us pray to the Father.

Lord of compassion,
All in your mercy hear us.

President God our Father,
in your love and goodness
you have taught us to come close to you in penitence
with prayer, fasting and generosity;
accept our Lenten discipline,
and when we fall by our weakness,
raise us up by your unfailing mercy;
through Jesus Christ our Lord.

All Amen.

Stand and gather round the altar

The Liturgy of the Sacrament

The Peace

President Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

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

Preparation of the Table

Taking of the Bread and Wine

President God of mercy and compassion,
your Word calls us home to faith and love.
Accept all we offer you this day;
in the name of Jesus Christ the Lord.

All Amen.

Eucharistic Prayer C

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.

President It is indeed right,
it is our duty and our joy,
at all times and in all places
to give you thanks and praise,
holy Father, heavenly King,
almighty and eternal God,
through Jesus Christ our Lord.

from the First Sunday of Lent until the Fourth Sunday of Lent:

And now we give you thanks
because you give us the spirit of discipline,
that we may triumph over evil and grow in grace,
as we prepare to celebrate the paschal mystery with mind
and heart renewed.

from the Fifth Sunday of Lent until Palm Sunday:

And now we give you thanks
because, for our salvation,
he was obedient even to death on the cross.
The tree of shame was made the tree of glory;
and where life was lost, there life has been restored.

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 All glory be to you, our heavenly Father,
 who, in your tender mercy,
 gave your only Son our Saviour Jesus Christ
 to suffer death upon the cross for our redemption;
 who made there by his one oblation
 of himself once offered
 a full, perfect and sufficient sacrifice, oblation
 and satisfaction for the sins of the whole world;

he instituted, and in his holy gospel
commanded us to continue,
a perpetual memory of his precious death
until he comes again.

Hear us, merciful Father, we humbly pray,
and grant that, by the power of your Holy Spirit,
we receiving these gifts of your creation,
this bread and this wine,
according to your Son our Saviour Jesus Christ's
holy institution,
in remembrance of his death and passion,
may be partakers of his most blessed body and 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.

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

President Therefore, Lord and heavenly Father,

in remembrance of the precious death and passion,
the mighty resurrection and glorious ascension
of your dear Son Jesus Christ,
we offer you through him this our sacrifice of praise and
thanksgiving.

Grant that by his merits and death,
and through faith in his blood,
we and all your Church may receive
forgiveness of our sins
and all other benefits of his passion.

Although we are unworthy, through our manifold sins,
to offer you any sacrifice,
yet we pray that you will accept this
the duty and service that we owe.
Do not weigh our merits, but pardon our offences,
and fill us all who share in this holy communion
with your grace and heavenly blessing;
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.

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 Lord Jesus, remember us in your kingdom
and teach us to 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.

Breaking of the Bread

President Every time we eat this bread and drink this cup,
All we proclaim the Lord's death until he comes.

Agnus Dei may be said on occasion

All Jesus, Lamb of God,
have mercy on us.

Jesus, bearer of our sins,
have mercy on us.

Jesus, redeemer of the world,
grant us peace.

Giving of 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.

*Members of the congregation who are
confirmed members of the Church of England,
or who are of good standing within their own churches,
are invited to receive communion.*

Please move forward and stand around the altar.

*If you wish to receive a blessing only,
please bow your head as a signal to the priest.*

Prayer after Communion

President Let us pray.

Silence is kept

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

**God of our pilgrimage,
you have fed us with the bread of heaven.
Refresh and sustain us
as we go forward on our journey,
in the name of Jesus Christ our Lord.
Amen.**

The Dismissal

President Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
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 to love and serve the Lord.

All In the name of Christ. Amen.

