

BECCLES PARISH

ST MICHAEL'S & ST LUKE'S



*christ became
obedient
for us unto
death,
even to death
on a CROSS*

**HOLY COMMUNION
IN LENT**

Preparation

We keep a quiet, devotional atmosphere in church before the start of the service, to prepare ourselves for receiving the gifts of Holy Communion. You might find it helpful to use one of these prayers as a form of preparation.

We do not presume
to come to this your table, merciful Lord,
trusting in our own righteousness,
but in your manifold and great mercies.
We are not worthy
so much as to gather up the crumbs
under your table.
But you are the same Lord
whose nature is always to have mercy.
Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ
and to drink his blood,
that our sinful bodies
may be made clean by his body
and our souls washed through
his most precious blood,
and that we may evermore dwell in him,
and he in us. Amen.

Almighty God,
by the prayer and discipline of Lent
may we enter into the mystery of Christ's sufferings,
and by following in his Way
come to share in his glory;
through Jesus Christ our Lord. Amen

The Gathering

Welcome in the name of Christ.
God's grace, mercy and peace be with you
and also with you.

Words of welcome or introduction may be said

Hymn

Prayer of Preparation

**Loving God, we have come to worship you.
Help us to pray to you in faith,
to sing your praise with gratitude,
and to listen to your word with eagerness;
through Christ our Lord.
Amen.**

or

**Faithful one, whose word is life:
come with saving power
to free our praise,
inspire our prayer
and shape our lives
for the kingdom of your Son,
Jesus Christ our Lord. Amen.**

Prayers of Penitence

The Beatitudes

Let us hear our Lord's blessing on those who follow him.

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they shall be comforted.

Blessed are the meek,
for they shall inherit the earth.

Blessed are those who hunger and thirst after righteousness,
for they shall be satisfied.

Blessed are the merciful,
for they shall obtain mercy.

Blessed are the pure in heart,
for they shall see God.

Blessed are the peacemakers,
for they shall be called children of God.

Blessed are those who suffer persecution for righteousness' sake,
for theirs is the kingdom of heaven.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil.



Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

Wash me thoroughly from my wickedness
and cleanse me from my sin.

Lord, have mercy.

Lord, have mercy.

Make me a clean heart, O God,
and renew a right spirit within me.

Christ, have mercy.

Christ, have mercy.

Cast me not away from your presence
and take not your holy spirit from me.

Lord, have mercy.

Lord, have mercy.

The Absolution *in these or other suitable words*

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. **Amen.**



The Collect

A period of silent prayer with the words 'Let us pray' or a more specific bidding.

The Collect is said.

The Liturgy of the Word

First Reading

At the end the reader says

This is the word of the Lord.

Thanks be to God.

Hymn

Gospel Reading

When the Gospel is announced the reader says

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

Glory to you, O Lord.

At the end

This is the Gospel of the Lord.

Praise to you, O Christ.

Sermon

After the sermon, silence may be kept

The Creed

Do you believe and trust in God the Father?

I believe in God, the Father almighty, creator of heaven and earth.

Do you believe and trust in his Son Jesus Christ?

**I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

Do you believe and trust in the Holy Spirit?

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.**

Or

Let us affirm our faith in Jesus Christ the Son of God.

**Though he was divine,
he did not cling to equality with God,
but made himself nothing.**

**Taking the form of a slave,
he was born in human likeness.**

**He humbled himself
and was obedient to death,
even the death of the cross.**

**Therefore God has raised him on high,
and given him the name above every name:**

**that at the name of Jesus
every knee should bow,
and every voice proclaim that Jesus Christ is Lord,
to the glory of God the Father.**

Amen.

Prayers of Intercession

These responses may be used

Lord, in your mercy,
hear our prayer.

Lord hear us.

Lord graciously hear us.

And at the end

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

The Peace

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

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

Hymn

Preparation of the Table

The gifts of the people are gathered and presented

The table is prepared and bread and wine are placed upon it

Blessed be God,
who feeds the hungry,
who raises the poor,
who fills our praise.

Blessed be God for ever.

or

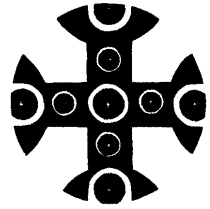
**Yours, Lord, is the greatness, the power,
the glory, the splendour, and the majesty;
for everything in heaven and on earth is yours.**

**All things come from you,
and of your own do we give you.**

The service continues with Eucharistic Prayer C (on page 10) or Eucharistic Prayer F (on page 14)

Eucharistic Prayer C

The Lord be with you
and also with you.



Lift up your hearts.
We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give thanks and praise.

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.

And now we give you thanks because each year you give us
this joyful season when we prepare to celebrate the paschal
mystery with mind and heart renewed.
You give us a spirit of loving reverence for you
and of willing service to our neighbour.
As we recall the saving acts that give new life in Christ,
you bring the image of your Son to perfection within our
hearts.

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:

**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.**

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.

Either

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



Or

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

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.
Amen.

The service continues with the Lord's Prayer on page 18

Eucharistic Prayer F

The Lord be with you
and also with you.

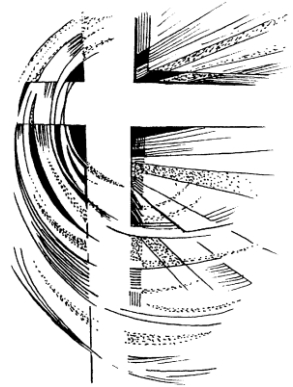
Lift up your hearts.
We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give thanks and praise.

You are worthy of our thanks and praise,
Lord God of truth,
for by the breath of your mouth
you have spoken your word,
and all things have come into being.

You fashioned us in your image
and placed us in the garden of your delight.
Though we chose the path of rebellion
you would not abandon your own.

Again and again you drew us into your covenant of
grace. You gave your people the law and taught us by
your prophets to look for your reign of justice, mercy
and peace.



As we watch for the signs of your kingdom on earth,
we echo the song of the angels in heaven,
evermore praising you and saying:

**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.**

Lord God, you are the most holy one,
enthroned in splendour and light,
yet in the coming of your Son Jesus Christ
you reveal the power of your love
made perfect in our human weakness.

[Amen. Lord, we believe.]

Embracing our humanity,
Jesus showed us the way of salvation;
loving us to the end,
he gave himself to death for us;
dying for his own,
he set us free from the bonds of sin,
that we might rise and reign with him in glory.

[Amen. Lord, we believe.]

On the night he gave up himself for us all
he 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.

[Amen. Lord, we believe.]

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.

[Amen. Lord, we believe.]

Therefore we proclaim the death that he suffered on
the cross, we celebrate his resurrection, his bursting
from the tomb, we rejoice that he reigns at your right
hand on high and we long for his coming in glory.

[Amen. Come, Lord Jesus.]

As we recall the one, perfect sacrifice of our redemption, Father, by your Holy Spirit let these gifts of your creation be to us the body and blood of our Lord Jesus Christ;
form us into the likeness of Christ
and make us a perfect offering in your sight.

[Amen. Come, Holy Spirit.]

Look with favour on your people
and in your mercy hear the cry of our hearts.
Bless the earth,
heal the sick,
let the oppressed go free
and fill your Church with power from on high.

[Amen. Come, Holy Spirit.]

Gather your people from the ends of the earth
to feast with [*N and*] all your saints
at the table in your kingdom,
where the new creation is brought to perfection
in 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.

As our Saviour taught us, so we pray

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**



Breaking of the Bread

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

**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.**

Giving of Communion

God's holy gifts
for God's holy people.

**Jesus Christ is holy,
Jesus Christ is Lord,
to the glory of God the Father.**



This prayer may be said

**Most merciful Lord,
your love compels us to come in.
Our hands were unclean,
our hearts were unprepared;
we were not fit
even to eat the crumbs from under your table.
But you, Lord, are the God of our salvation,
and share your bread with sinners.
So cleanse and feed us
with the precious body and blood of your Son,
that he may live in us and we in him;
and that we, with the whole company of Christ,
may sit and eat in your kingdom.
Amen.**

The president and people receive communion or a blessing

Prayer after Communion

A post-communion prayer may be said followed by

**Lord God,
you feed us with the living bread from heaven;
renew our faith,
increase our hope,
and strengthen our love.
Teach us to hunger
for Christ who is the true and living bread,
and to live by every word
that comes from your mouth,
through Jesus Christ our Lord. Amen.**

Notices may be given and Banns of marriage may be read

Hymn

Blessing

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

or

God, who from the death of sin raised you to new life
in Christ, keep you from falling and set you in the
presence of his glory; and the blessing ...

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

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