



The South West Ipswich Team Ministry

The Church of England in South West Ipswich

Holy Communion In Lent (For use in Church and at Home)

¶ The Preparation

The service begins with a piece of music, the president enters and a brief period of silence is kept before they lead the preparation.

I will go to the altar of God

All To the God of my joy and gladness

Give judgement for me, O God, and defend my cause against an ungodly people: deliver me from the deceitful and the wicked.

All For you are the God of my refuge, why have you cast me from you, and why go I so heavily, while the enemy oppresses me?

O send out your light and your truth, that they may lead me: and bring me to your holy hill and to your dwelling.

All That I may go to the altar of God, to the God of my joy and gladness; and on the lyre I will give thanks to you, O God my God.

Why are you so full of heaviness, O my soul, and why are you so disquieted within me

All O put your trust in God; for I will yet give him thanks, who is the help of my countenance, and my God.

I will go to the altar of God.

All To the God of my joy and gladness.

In the name of the Father, and of the Son,
and of the Holy Spirit.

All **Amen.**

The Greeting

The president greets the people

The Lord 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

We come to say sorry for what we have done wrong in our own lives, as well as those things that have been done by humanity, we are invited to reflect and having done so we hear the words of forgiveness, which set us free and lets us go forward free from the past.

Compassion and forgiveness belong to the Lord our God,
though we have rebelled against him.

Let us then renounce our wilfulness and ask his mercy
by confessing our sins in penitence and faith.

Silence

All **Almighty God, our heavenly Father,
we have sinned against you,
through our own fault,
in thought, and word, and deed,
and in what we have left undone.
We are heartily sorry,
and repent of all our sins.
For your Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may serve you in newness of life
to the glory of your name.
Amen.**

Kyrie Eleison

A setting of the Kyrie's (Lord have mercy is used)

Assurance of Forgiveness

*The president proclaims the forgiveness of God using this or another
suitable form of absolution*

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

A period of silent prayer is introduced with the words 'Let us pray' or another suitable introduction, the Collect is said and all respond.

All **Amen.**

¶ The Liturgy of the Word

Reading

Two readings follow, the first from the Old Testament and the second from the New Testament, at the end the reader say's

This is the word of the Lord.

All **Thanks be to God.**

Gospel Reading

Praise to you, O Christ, King of Glory.

The Lord is a great God, O that today you would listen to his voice.
Harden not your hearts.

All **Praise to you, O Christ, King of eternal glory.**

When the Gospel is announced the reader says

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

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

at the end

This is the Gospel of the Lord.

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

Sermon

The Creed

A minister says

Let us affirm our faith

All **We believe that God is present
in the darkness before dawn;
in the waiting and uncertainty
where fear and courage join hands,
conflict and caring link arms,
and the sun rises of the barbed wire.
We believe in a with-us God
who sits down in our midst
to share our humanity.
We affirm a faith
that takes us beyond the safe place:
into action, into vulnerability
and into the streets.
We commit ourselves to work for change
and put ourselves on the line;
to bear responsibility, take risks,
live powerfully and face humiliation;
to stand with those on the edge;
to choose life
and be used by the spirit
for God's new community of hope.
Amen**

Prayers of Intercession

Prayers for the needs of the church, the world, our local community and those who are in need – the sick, the bereaved as well as those who have recently died and whose anniversary of death fall at this time.

The prayers may include one of these responses

Lord, in your mercy (or)
All **hear our prayer.**

Let us pray to the Lord
All **Lord have mercy**

The prayers end with

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

¶ The Liturgy of the Sacrament

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
All **and also with you.**

Preparation of the Table Taking of the Bread and Wine

Hymn

*A piece of music, hymn or song is played
The table is prepared and bread and wine are placed upon it.*

Generous God, creator, redeemer, sustainer,
at your table we present this money,
and all that we offer to you,
symbol of the work you have given us to do;
use it, use us, in the service of your world
to the glory of your name.
All **Amen.**

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.**

The president takes the bread and wine.

In the Eucharistic Prayer we do as Jesus commands us, we take bread and wine and give thanks before sharing it with one another. Bread that becomes his body and wine that becomes his blood; a reminder of how much he loves us.

Eucharistic Prayer B

The Lord be with you
All **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.**

Either the first option is used with a shorter preface or the second option on page 9 with an extended preface before the Sanctus and Benedictus is used.

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.

One of the following shorter prefaces is used

And now we give you thanks
because through him you have given 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.

or And now we give you thanks
because he was tempted in every way as we are, yet did not sin.
By his grace we are able to triumph over every evil,
and to live no longer for ourselves alone,
but for him who died for us and rose again.

or 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:

The service continues with Holy, Holy, Holy on page 9

It is indeed right and good to give you thanks and praise,
almighty God and everlasting Father,
through Jesus Christ your Son.

For in these forty days

you lead us into the desert of repentance

that through a pilgrimage of prayer and discipline

we may grow in grace and learn to be your people once again.

Through fasting, prayer and acts of service

you bring us back to your generous heart.

Through study of your holy word

you open our eyes to your presence in the world

and free our hands to welcome others

into the radiant splendour of your love.

As we prepare to celebrate the Easter feast

with joyful hearts and minds we bless you for your mercy

and join with saints and angels 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.**

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.

Christ is the bread of life:

All **When we eat this bread and drink this cup,
we proclaim your death, Lord Jesus,
until you come in glory.**

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 Mary the Blessed Virgin,
Francis, Peter 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.

All **Amen.**

The Lord's Prayer

Trusting in the compassion of God,
let us pray with confidence as our Saviour has taught us

All **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

The president breaks the consecrated bread.

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

Agnus Dei

The Agnus Dei is used as the bread is broken

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

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

Jesus, redeemer of the world,
All **grant us peace.**

Giving of Communion

The president says the invitation to communion

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

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

The president receives communion, including the wine on behalf of the whole people of God.

The body of Christ keep you in eternal life *and*,
The blood of Christ keep you in eternal life.

*If you are making a spiritual communion
(i.e. not receiving in person) you may wish to say the below:*

In union, O Lord with the faithful at every altar of your Church,
where the Holy Eucharist is now being celebrated,
I desire to offer you praise and thanksgiving.
I present to you my soul and body with the wish
that they may always be united to you.
And since I can not now receive you in this sacrament,
I ask you to come spiritually into my heart.
I unite myself to you,
and embrace you with all the affections of my soul.
Let nothing ever separate you from me.
May I live and die in your love. Amen.

Any consecrated bread and wine which is not required for purposes of communion is consumed at the end of the distribution.

Prayer after Communion

Silence is kept.

The post communion prayer is said and all respond

All **Amen.**

Responsory

Lent 1 (*Yr B*)

Round about us

Here among us

All **God of promise and love**

Good and faithful

Strong in mercy

All **God of promise and love**

Calling our names

Bidding us welcome

All **God of promise and love**

God is among us

All **Shout the good news**

God is ahead of us

All **Trust the good news**

God is within us

All **Live the good news**

Lent 2 (*Yr B*)

When Abraham chuckled

and Sarah laughed

All **God promised them life**

When Abraham wondered

and Sarah hoped

All **God promised them joy**

We tell the story

of God's love and laughter

All **We rejoice in the promises of God.**

Jesus calls us to leave the past
All **Jesus calls us to hope.**

Jesus calls us to travel lightly
All **Jesus calls us to faith**

Jesus calls us to live fairly
All **Jesus calls us to justice.**

Jesus calls us to risky living
All **Jesus calls us to life.**

Lent 3 (Yr B)

Wise God
Jealous and holy
All **Your love brings us truth**

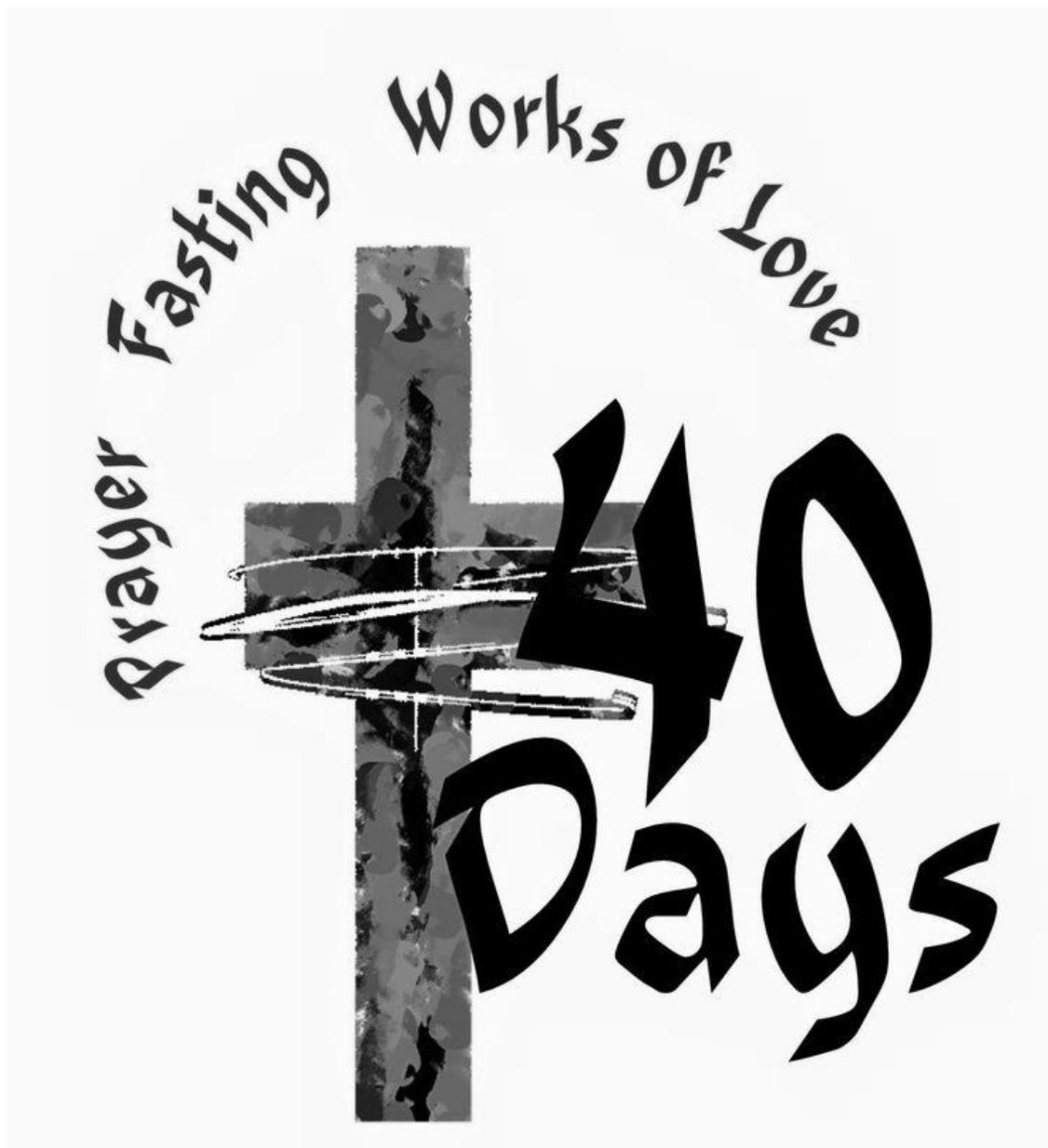
Wise God
Just and joyful
All **Your stories bring us hope**

Wise God
Wakeful and surprising
All **Your breath brings us life**

Teach us truth
Gladden our hearts
All **Circle us with love**

Trust us with justice
Sweeten our days
All **Circle us with love**

Keep us holy
Give light to our eyes
All **Circle us with love**



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