

HOLY COMMUNION

IN TIMES OF REMEMBRANCE AND COMMITMENT



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Introduction and Welcome

If you are visiting Lymington we welcome you to our beautiful town, and we are delighted that you have chosen to worship with us.

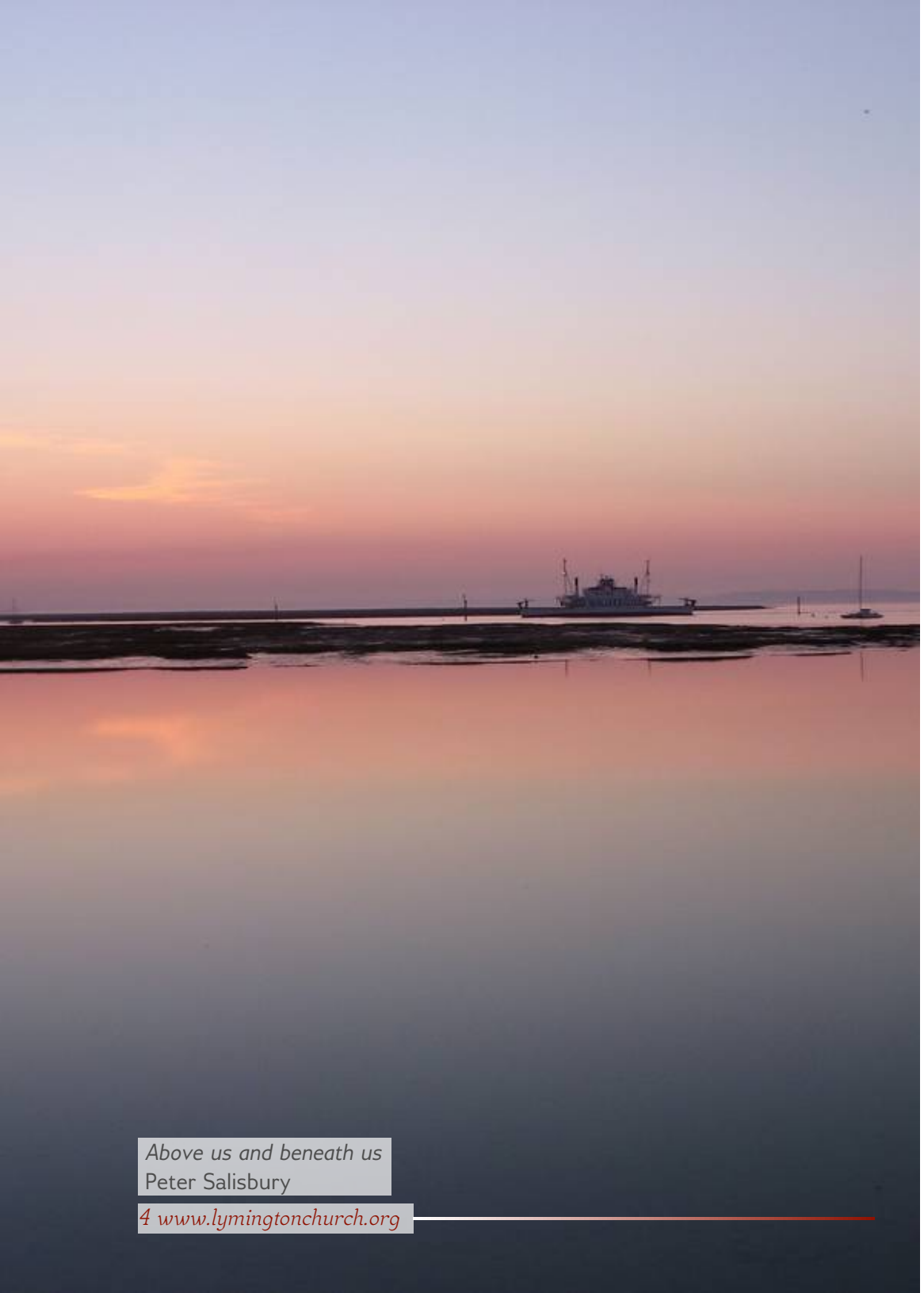
This is a service of Holy Communion, in which we attend to the Spirit of God through praise, bible reading, prayer, hymns, sermon, sacrament and silence, glorifying God, praying together for the world, discerning God's will for our lives, and receiving the spiritual food of the bread and the wine. This has been the central form of worship in the Christian Church since the spring of the year 33, when Jesus told his disciples at the Last Supper to 'do this in remembrance of me'.

Together we fashion an offering of thanks and praise to our Lord, who takes delight in our communal gift. We contribute best when we prepare beforehand and then enter fully into the liturgy. So let us take time, as we gather, to call to mind the blessings of the past week and to pray for our fellow worshippers.

Our prayer is that the Spirit will use these carefully crafted words, evolved through the centuries, and given life in this service by faithful minds and voices, to draw us closer to the living Lord Jesus.

Following the service there is usually the opportunity to share refreshments, and to pray with members of our prayer ministry team for people or situations on our hearts.

There is a wide variety of groups in the parish which can help to encourage us in our Christian learning and living; please ask for details if you are interested.



Above us and beneath us
Peter Salisbury

4 www.lymingtonchurch.org

THE GREETING

We come from scattered lives to meet with God. Let us recognize his presence with us.

≡ *Silence is kept.*

As God's people we have gathered:

All **let us worship him together.**

PRAYERS OF PENITENCE

The grace of God has dawned upon the world through our Saviour Jesus Christ, who sacrificed himself for us to purify a people as his own. Let us confess our sins.

All **O King enthroned on high,
filling the earth with your glory:
holy is your name, Lord God almighty.
In our sinfulness we cry to you to take our guilt away,
and to cleanse our lips to speak your word,
through Jesus Christ our Lord. Amen.**

≡ *The Kyrie eleison may be said or sung,
the words may vary slightly according to the musical setting*

Lord have mercy.

All **Lord have mercy.**

Christ have mercy.

All **Christ have mercy.**

Lord have mercy.

All **Lord have mercy.**

The almighty and merciful Lord grant you pardon and forgiveness of all your sins, time for amendment of life, and the grace and strength of the Holy Spirit. **Amen.**

Wilt thou forgive?

*Wilt thou forgive that sin, where I begun,
which is my sin, though it were done before?
Wilt thou forgive those sins through which I run,
and do run still, though still I do deplore?
When thou hast done, thou hast not done,
for I have more.*

*Wilt thou forgive that sin, by which I won
others to sin, and made my sin their door?
Wilt thou forgive that sin which I did not shun
a year or two, but wallowed in a score?
When thou hast done, thou hast not done,
for I have more.*

*I have a sin of fear that when I've spun
my last thread, I shall perish on the shore;
swear by thyself, that at my death thy Son
shall shine as he shines now, and heretofore.
And having done that, thou hast done,
I fear no more.*

Hymn to God the Father, John Donne, 1673-1631.

The door we never opened

*What might have been and what has been
Point to one end, which is always present.
Footfalls echo in the memory
Down the passage which we did not take
Towards the door we never opened
Into the rose-garden. My words echo
Thus, in your mind.
But to what purpose
Disturbing the dust on a bowl of rose-leaves
I do not know.*

Burnt Norton, T.S.Eliot, 1935.

THE COLLECT

- ≡ *The Collect, a prayer for the occasion which is used throughout the Church of England, is prayed, and all respond*

All **Amen.**

READINGS

- ≡ *Either one or two readings precede the Gospel reading. At the end of each the reader may say*

This is the word of the Lord.

All **Thanks be to God.**

GOSPEL READING

- ≡ *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

- ≡ *In a Healing Service there is an invitation to come for the laying on of hands for healing, after which the service may continue with the prayers of intercession.*

THE CREED

Let us declare our faith in the resurrection of our Lord Jesus Christ.

Christ died for our sins in accordance with the Scriptures;

he was buried; he was raised to life on the third day in accordance with the Scriptures;

afterwards he appeared to his followers, and to all the apostles:

this we have received, and this we believe.

Amen.

or We say together in faith

Holy, holy, holy is the Lord God almighty, who was, and is, and is to come.

We believe in God the Father, who created all things:

for by his will they were created and have their being.

We believe in God the Son, who was slain:

for with his blood, he purchased us for God, from every tribe and language, from every people and nation.

We believe in God the Holy Spirit:

the Spirit and the Bride say, 'Come!' Even so come, Lord Jesus! Amen.

≡ *This Affirmation of Commitment may be used*

Will you continue in the apostles' teaching and fellowship, in the breaking of the bread, and in the prayers?

All **With the help of God, I will.**

Will you persevere in resisting evil and, whenever you fall into sin, repent and return to the Lord?

All **With the help of God, I will.**

Will you proclaim by word and example
the good news of God in Christ?

All **With the help of God, I will.**

Will you seek and serve Christ in all people,
loving your neighbour as yourself?

All **With the help of God, I will.**

Will you acknowledge Christ's authority over human society,
by prayer for the world and its leaders,
by defending the weak, and by seeking peace and justice?

All **With the help of God, I will.**

PRAYERS OF INTERCESSION

≡ *Banns of Marriage may be called.*

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

≡ *These responses may be used*

Lord, in your mercy,

or Lord, hear us.

hear our prayer.

┆
Lord, graciously hear us.

≡ *And at the end*

Merciful Father,

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

The Peace

The exchange of a sign of peace derives from various New Testament injunctions, including Romans 16.16 and 1Peter 5.14. Assimilation of a gesture of peace into the Eucharist is very early and widespread. Justin Martyr (d. 165) describes a greeting with a kiss prior to the presentation of bread and wine to the president.

Companion to Common Worship, p120.

Eucharistic Prayer F

This is much influenced by the eucharistic prayer of St.Basil (d. 379). It is still used on occasion in the Eastern Orthodox Church. Distinguishing features include:

- ≡ *garden imagery reminiscent of Genesis and Revelation;*
- ≡ *the glory and power of God being revealed as much by the cross as by the splendour of heaven;*
- ≡ *the epiclesis positioned after the institution narrative;*
- ≡ *the brief intercessions towards the end of the prayer ("bless the earth...").*

Companion to Common Worship, p142.

Other aims than my delight

*Let me enjoy the earth no less
Because the all-enacting Might
That fashioned forth its loveliness
Had other aims than my delight.*

Thomas Hardy, 1909.

THE PEACE

Let the peace of Christ rule in your hearts, since as members of one body you are called to peace.

The peace of the Lord be always with you

All **and also with you.**

Let us offer one another a sign of peace.

≡ *People shake hands, saying*

All **Peace be with you.**

THE OFFERTORY

≡ *The table is prepared and bread and wine are placed upon it.*

TAKING OF THE BREAD AND WINE

≡ *The president takes (lifts up) bread and wine.*

Blessed be God, by whose grace creation is renewed, by whose love heaven is opened, by whose mercy we offer our sacrifice of praise.

All **Blessed be God for ever.**

THE EUCHARISTIC PRAYER

≡ *Eucharistic Prayer F*

The Lord is here.

All **His Spirit is with us.**

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.**

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:

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 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.

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.

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.*

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.*

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.

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.

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.

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.

All **Amen.**

THE LORD'S PRAYER

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.**

or Let us pray with confidence as our Saviour has taught us

**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

≡ *The president breaks the consecrated bread, saying*

We break this bread to share
in the body of Christ.

**Though we are many,
we are one body,
because we all share in one
bread.**

or Every time we eat this bread
and drink this cup,

**we proclaim the Lord's
death until he comes.**

≡ *The Agnus Dei may be said or sung,
the words may vary slightly according to the musical setting*

**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.**

or **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

Come to this table, not because you must but because you may,
not because you are strong but because you are weak.

Come, not because any goodness of your own gives you the right,
but because you need mercy and help.

Come, because you love the Lord a little
and would like to love him more.

Come, because he loved you and gave himself for you.

Come, and meet the risen Christ.

≡ *Please come forward to receive the bread and wine. If, for any reason, you do not wish to receive Communion, do come up for a blessing, holding a service book as a signal to the ministers. These words are used*

when receiving Communion or *when receiving a blessing*

The body of Christ. **Amen.**

The blessing of Christ. **Amen.**

The blood of Christ. **Amen.**

PRAYER AFTER COMMUNION

≡ *A Post Communion prayer may be prayed, then*

**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.**



Mellow fruitfulness
Peter Salisbury

BLESSING

May God keep you in all your days.

May Christ shield you in all your ways.

May the Spirit bring you healing and peace.

May God the Holy Trinity drive all darkness from you, and pour upon you blessing and light.

Amen.

or

The Father, whose glory fills the heavens, cleanse you by his holiness and send you to proclaim his word. **Amen.**

The Son, who has ascended to the heights, pour upon you the riches of his grace. **Amen.**

The Holy Spirit, the Comforter, equip you and strengthen you in your ministry. **Amen.**

And the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

DISMISSAL

Go in peace to love and serve the Lord.

In the name of Christ.

Amen.

or

Go in the peace of Christ.

Thanks be to God.

- ≡ *Notices may be given.*
- ≡ *Following the service there is usually the opportunity to share refreshments, and to pray with members of our prayer ministry team for people or situations on our hearts.*

Something understood

*Prayer the Church's banquet, angels' age,
God's breath in man returning to his birth
The soul in paraphrase, heart in pilgrimage,
The Christian plummet sounding heaven and earth;
Engine against the Almighty, sinner's tower,
Reversed thunder, Christ-side-piercing spear,
The six-days-world-transposing in an hour,
A kind of tune, which all things hear and fear;
Softness, and peace, and joy, and love, and bliss,
Exalted manna, gladness of the best,
Heaven in ordinary, man well dressed,
The milky way, the bird of paradise,
Church-bells beyond the stars heard, the soul's blood,
The land of spices; something understood.*

Prayer, George Herbert, 1593-1633.

Someone is here

And now I've forgotten to breathe, because the shining something, an infinitesimal distance away out of the universe, is breathing in me and through me, and though the experience is grand beyond my powers to convey, it's not impersonal. Someone, not something, is here.

Unapologetic, p62, Francis Spufford, 2012.

Fruit of the Spirit

The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

The Bible, Galatians 5.22-25 (NRSV).

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