



The Holy Eucharist

In Lent



Introduction

The forty days of Lent have become closely associated with the forty days our Lord spent in the wilderness following his baptism. This is, or should be, only a secondary theme to the season. From the earliest times it has been a time of preparation for the commemoration of our Lord's Passion and Death in Holy Week, and his Resurrection on Easter Day. Easter was the day upon which those Christians, separated from the fellowship of the Church by sin and apostasy were reconciled. Gradually, the Church saw the benefit for all Christians to use this time to prepare for Easter through self-examination, penitence, self-denial, study and almsgiving.

Therefore Lenten worship is characterised by a spirit of restraint and penitence. We give up the joyful cry of *Alleluia* and *Gloria in Excelsis*, our music is restrained, the church is emptied of flowers and, as the season proceeds, of all rich decorations.

From the Fifth Sunday of Lent the mood changes further; as the Lectionary says "Passiontide begins". The furore of Holy Week is almost upon us; are we prepared?

Rejoice, you faithful company of Christians who trust in God; by sharing the sufferings of Christ, you will reign with him in glory. Every tear shall be wiped away from the eyes of his holy ones; the just shall be joyful and shine with light everlasting.

Peter the Venerable, Abbot of Cluny (1092-1156)

¶ *The Gathering*

As the ministers enter, we STAND.

The Greeting

The president greets the people

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

All Amen.

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you.

All And also with you.

Words of welcome or introduction may be said..

The Summary of the Law

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all your strength.’

The second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

All Amen. Lord, have mercy.

Prayers of Penitence

The president introduces the prayers of penitence.

In Lent

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.

In Passiontide

God shows his love for us
in that, while we were still sinners, Christ died for us.
Let us then show our love for him
by confessing our sins in penitence and faith.
Let us confess our sins.

We KNEEL, and silence is kept.

**All Almighty God,
Father of our Lord Jesus Christ,
maker of all things, judge of all people,
we acknowledge and lament our many sins
and the wickedness we have committed time after time,
by thought, word and deed against your divine majesty.
We have provoked your righteous anger
and your indignation against us.
We earnestly repent,
and are deeply sorry for these our wrongdoings;
the memory of them weighs us down,
the burden of them is too great for us to bear.
Have mercy upon us,
have mercy upon us, most merciful Father.
For your Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that from this time forward
we may always serve and please you in newness of life,
to the honour and glory of your name;
through Jesus Christ our Lord.
Amen.**

Almighty God, our heavenly Father,
who in his great mercy
has promised forgiveness of sins
to all those who with heartfelt repentance and true faith turn to him:
have mercy on you;
pardon and deliver you from all your sins;
confirm and strengthen you in all goodness;
and bring you to everlasting life;
through Jesus Christ our Lord.

All Amen.

Kyrie Eleison

Lord, have mercy.
Lord, have mercy.

Christ, have mercy.
Christ, have mercy.

Lord, have mercy.
Lord, have mercy.

The Collect

*As we remain KNEELING, the president introduces a period of silent prayer.
The Collect is said, and we all respond*

All Amen.

We SIT for our readings.

¶ *The Liturgy of the Word*

Two readings from Holy Scripture follow. At the end of each the reader says

This is the word of the Lord.

All Thanks be to God.

We STAND for

The Gospel Acclamation

Lent

Praise to you, O Christ, King of eternal 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.

Passiontide

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

Christ humbled himself and became obedient unto death,
even death on a cross.

Therefore God has highly exalted him

and given him the name that is above every name.

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

Gospel Reading

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

All Glory to you, O Lord.

At the end the reader says

This is the Gospel of the Lord.

All Praise to you, O Christ.

Sermon

At the end of the sermon we STAND for

The Creed

**All We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is,
seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.
For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is worshipped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come.
Amen.**

Prayers of Intercession

In the power of the Spirit and in union with Christ,
let us pray to the Father.

We SIT or KNEEL. The prayers usually include these concerns and may follow this sequence:

¶ *The Church of Christ*

¶ *Creation, human society, the Sovereign and those in authority*

¶ *The local community*

¶ *Those who suffer*

¶ *The communion of saints*

These responses may be used

All Lord, in your mercy
hear our prayer.

or

All Lord, hear us.
Lord, graciously hear us.

or

All Holy God
hear our prayer.

And at the end

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**

¶ *The Liturgy of the Sacrament*

We *STAND*.

The Peace

The president introduces the Peace.

Lent

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

Passiontide

Once we were far off,
but now in union with Christ Jesus we have been brought near
through the shedding of Christ's blood,
for he is our peace.

All The peace of the Lord be always with you
and also with you.

Let us acknowledge one another with a sign of peace.

*We either offer a physical sign of peace to those of our household, or
acknowledge in our hearts our desire to live in peace with our brothers and
sisters from whom we are at present physically separated.*

Preparation of the Table Taking of the Bread and Wine

*The altar is prepared and bread and wine are placed upon it.
The president takes the bread and wine and says*

Blessed are you, Lord God of all creation:
through your goodness we have this bread to set before you,
which earth has given and human hands have made.
It will become for us the bread of life.

All **Blessed be God for ever.**

Blessed are you, Lord God of all creation:
through your goodness we have this wine to set before you,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

All **Blessed be God for ever.**

The Eucharistic Prayer

[Prayer C]

All The Lord be with you
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.**

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.

Proper Preface in 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.

Proper Preface in Passiontide

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.**

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.

Jesus Christ is Lord:

**All 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.

All Amen.

We SIT or KNEEL and silence is kept.

The Lord's Prayer

Let us pray with confidence as our Saviour 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

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

**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.**

Giving of Communion

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.**

**All 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.**

Those who are present receive communion in one kind, and in all its spiritual fullness. Please follow the directions of the stewards, and observe physical distancing.

Those who are participating remotely make their

Spiritual Communion

In union, O Lord with the faithful at every altar of your Church where the Holy Eucharist is now being offered this day, and remembering my own parish and those worshipping within it, I long to give you praise and thanksgiving for creation and all the blessings of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory.

I present to you my body and soul as a living sacrifice, with the earnest wish that I may always be united with you. And since I cannot now receive you sacramentally, I pray that you will come spiritually into my heart. I unite myself to you, and embrace you with all the strength of my soul and the life you have given me. Let nothing ever separate me from you. May I live and die in your love. Amen.

Prayer after Communion

The president says

Let us pray.

*Silence is kept. The president says the post communion prayer.
This prayer may also be said.*

Almighty and ever-living God,
we thank you that you graciously feed us,
who have duly received these holy mysteries,
with the spiritual food of the body and blood
of our Saviour Jesus Christ.

By this you assure us of your favour and goodness towards us:
we are incorporated into the mystical body of your Son,
the blessed company of all faithful people;
we are heirs, through hope, of your everlasting kingdom,
by the merits of Christ's precious death and passion.

**All Assist us with your grace, heavenly Father,
that we may continue in that holy fellowship,
and walk in goodness the way you have prepared for us;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be all honour and glory, now and for ever.
Amen.**

¶ *The Dismissal*

We *STAND*.

Blessing

The president says one of these or another blessing.

Lent

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.

Passiontide

Christ crucified draw you to himself,
to find in him a sure ground for faith,
a firm support for hope,
and the assurance of sins forgiven;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

All Amen.

A minister says

Go in peace to love and serve the Lord.

All In the name of Christ. Amen.

The ministers and people depart.

