



The Holy Eucharist

In Ordinary Time

*For the Sundays after Pentecost
during the time of Coronavirus*



Introduction

In the Sundays after Pentecost, the Church's calendar returns to another period of "ordinary time" (the first period of such is in the weeks between Epiphany and Lent). In these Sundays of summer, we are given the opportunity to reflect on the working out of the saving actions of God at Christmas and Easter.

Because of the restrictions imposed for the need of public health, we are unable to do this reflection in community: we are denied the comfort and challenge of worshipping God together, and to receiving the physical sustenance of our Communion with Christ in the sacrament of the Lord's Supper. We are required instead to be nurtured by a 'Spiritual Communion'. This term has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ. The form of prayer in this order of service offers Christians an opportunity to give thanks for their communion with him, particularly at times when they would ordinarily be present at the Eucharist.

The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves. Making a Spiritual Communion is particularly fitting for those who cannot receive the sacrament at the great feasts of the Church, and it fulfils the duty of receiving Holy Communion 'regularly, and especially at the festivals of Christmas, Easter and Whitsun or Pentecost' (Canon B 15).

*Today no theme of common praise
Forms the sweet burden of thy lays –
The living, life-dispensing food –
That food which at the sacred board
Unto the brethren twelve our Lord
His parting legacy bestowed.*

Lauda Sion, *St Thomas Aquinas, 1264*

¶ *The Gathering*

The Greeting

The president greets the people

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

All **Amen.**

The Lord be with you.

All **And also with you.**

Prayers of Penitence

The president introduces the prayers of penitence in these or other suitable words

God so loved the world
that he gave his only Son Jesus Christ
to save us from our sins,
to be our advocate in heaven,
and to bring us to eternal life.

Let us confess our sins in penitence and faith,
firmly resolved to keep God's commandments
and to live in love and peace with all.

All **Most merciful God,
Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy
forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly,
love mercy,
and walk humbly with you, our God.
Amen.**

The president says

May the God of love and power
forgive you and free you from your sins,
heal and strengthen you by his Spirit,
and raise you to new life in Christ our Lord.

All **Amen.**

Gloria in Excelsis

All **Glory to God in the highest,
and peace to his people on earth.**

**Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.**

The Collect

*The president introduces a period of silent prayer with the words 'Let us pray'
or a more specific bidding.*

The Collect is said, and all respond

All **Amen.**

¶ *The Liturgy of the Word*

One or 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.

Gospel Reading

Before the Gospel reading, the reader may say the Gospel Acclamation and we respond

All Alleluia.

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

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

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

Lord, in your mercy
All hear our prayer.

Lord, hear us.
Lord, graciously hear us.

or

All Holy God
hear our prayer.

And at the end

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

¶ *The Liturgy of the Sacrament*

The Peace

The President introduces the Peace with a suitable sentence and then says

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

Let us offer one another 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

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

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

The Eucharistic Prayer

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.**

The president praises God for His mighty acts, which concludes with

...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.**

The president recalls the Last Supper.

Let us proclaim the mystery of faith.

All **Christ has died:
Christ is risen:
Christ will come again.**

The prayer ends

All **Amen.**

or
**Blessing and honour
and glory and power
be yours forever and ever.
Amen.**

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.

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

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

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

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.**

Spiritual Communion

As the president receives communion, we pray

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

Silence is kept. The president says post communion prayer.

This prayer may also be said.

All **Almighty God,**
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out
in the power of your Spirit
to live and work
to your praise and glory.
Amen.

¶ *The Dismissal*

The president gives any notices and then

Blessing

The president says this or another blessing.

Christ, who has nourished us with himself the living bread,
make you one in praise and love,
and raise you up at the last day;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

All **Amen.**

Go in the peace of Christ.

All **Thanks be to God.**