



# **The Holy Eucharist**

*In Ordinary Time*

*For the Sundays Before Lent*



## Introduction

In the Sundays after Candlemas and before Ash Wednesday, the Church's calendar returns to another period of "ordinary time" (the second period of such is the long summer weeks after Trinity Sunday). Unlike summer Ordinary Time, this first period can be very short; depending upon the date of Easter, as short as three days or as long as five weeks.

It is right that we are not allowed to settle into a long period of ordinary time; the *Presentation of Christ in the Temple* has given us a foresight of the passion of Christ. It is right that we move quickly into a time when we think about the fallen and broken nature of God's creation, and our part in that fall and brokenness. Lent is soon upon us.

So what is *this* ordinary time for? Because it is ordinary time, and because the period can vary, there is no "seasonal" theme. Each Sunday is self-contained. However, on the Second Sunday Before Lent the prayers and readings centre upon a theme of God's creation; on the Sunday Next Before Lent the theme is the Transfiguration. Thus we move through creation and transfiguration towards our celebration of redemption at Easter.

The Great Prayer of Thanksgiving (the Eucharistic Prayer) for this season is *Prayer G*. It was originally written for a revision of the Roman Catholic missal in 1984, and in its revised, Anglican form, contains some richly evocative images: "all your works echo the silent music of your praise" (from *Psalms 19* by way of John of the Cross); "as a mother tenderly gathers her children" (from Jesus's prayer for Jerusalem in *Matthew 23*); "build us into a living temple to your glory" (from *Ephesians 2*).

*For our salvation You sent Your only Son to this earth; guiltless himself,  
he suffered for our sins. O Trinity, we ask You to rule over our  
hearts and bodies, and grant to us sinners Your pardon and  
protection.*

*Jubilemus omnes from the York Missal (c. AD 933–936)*

# ¶ *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.**

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.*

## **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

*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.

*Silence is kept.*

**All**    **Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you in newness of life  
to the glory of your name.  
Amen.**

*The president says*

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.**

## 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

*As we remain STANDING, 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.**

### *Gospel Acclamation*

*Before the Gospel reading, the reader says the Gospel Acclamation  
and we respond.*

**All Alleluia.**

### **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.**

**All Alleluia, alleluia, alleluia.**

### **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*

Be with us, Lord, in all our prayers,  
and direct our way toward the attainment of salvation,  
that among the changes and chances of this mortal life,  
we may always be defended by your gracious help;  
through Jesus Christ our Lord.  
**All** **Amen.**

# ¶ *The Liturgy of the Sacrament*

We STAND.

## **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 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*

Wise and gracious God,  
you spread a table before us;  
nourish your people with the word of life  
and the bread of heaven.

**All** **Amen.**

# The Eucharistic Prayer

[Prayer G]

**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.**

Blessed are you, Lord God,  
our light and our salvation;  
to you be glory and praise for ever.

From the beginning you have created all things  
and all your works echo the silent music of your praise.  
In the fullness of time you made us in your image,  
the crown of all creation.

You give us breath and speech, that with angels and archangels  
and all the powers of heaven  
we may find a voice to sing your praise:

**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.**

How wonderful the work of your hands, O Lord.  
As a mother tenderly gathers her children,  
you embraced a people as your own.  
When they turned away and rebelled  
your love remained steadfast.

From them you raised up Jesus our Saviour, born of Mary,  
to be the living bread,  
in whom all our hungers are satisfied.

He offered his life for sinners,  
and with a love stronger than death  
he opened wide his arms on the cross.

On the night before he died,  
he came to supper with his friends  
and, taking bread, he gave you thanks.  
He broke it and gave it to them, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

At the end of supper, taking the cup of wine,  
he gave you thanks, and said:  
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.**

Father, we plead with confidence  
his sacrifice made once for all upon the cross;  
we remember his dying and rising in glory,  
and we rejoice that he intercedes for us at your right hand.

Pour out your Holy Spirit as we bring before you  
these gifts of your creation;  
may they be for us the body and blood of your dear Son.

As we eat and drink these holy things in your presence,  
form us in the likeness of Christ,  
and build us into a living temple to your glory.

Remember, Lord, your Church in every land.  
Reveal her unity, guard her faith,  
and preserve her in peace ...

Bring us at the last with the Blessed Virgin Mary, St Peter and St Paul,  
[N] and all the saints  
to the vision of that eternal splendour  
for which you have created us;  
through Jesus Christ, our Lord,  
by whom, with whom, and in whom,  
with all who stand before you in earth and heaven,  
we worship you, Father almighty, in songs of everlasting praise:

**All** **Blessing and honour and glory and power  
be yours for ever and ever.  
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.*

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**

Draw near with faith.  
Receive the body of our Lord Jesus Christ  
which he gave for you,  
and his blood which he shed for you.  
Eat and drink  
in remembrance that he died for you,  
and feed on him in your hearts  
by faith with thanksgiving.

*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.*

**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*

*We STAND*

### **Blessing**

*The president says this or another blessing.*

The God of hope fill you with all joy and peace in believing;  
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*



