

Acknowledgements

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The Worcester Diocese
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Circuit

Holy Eucharist



In Lent

During the Eucharist

The people and the priest

greet each other in the Lord's name,
confess our sins and are assured of God's forgiveness,
pray in stillness and join prayers in a Collect prayer,
proclaim & respond to the Word of God in Scripture,
pray for the Church and for the world,
exchange the Peace as a sign of the new Kingdom,
prepare the altar with the fruit of our labours,
pray the Eucharistic prayer in which the Holy Spirit transforms our offering, as earth and heaven meet,
break and share in bread become for us the Body of Christ,
are sent out in the Holy Spirit with God's blessing to share the love we have received, in our daily lives.

What is Lent?

Lent is a season of repentance. The Christian concept of repentance draws on the Greek word *metanoia*; to change one's mind; to embrace a new perception. It encourages a deeper encounter with God and with each other; through prayer, study, and fasting. This is both a challenging, and an affirming process, as we reflect on where we feel our hearts and actions are close to, or far from, God, and how we can grow, in the light of God's unending love, justice and forgiveness.

Lent also calls us to pray for the world; to walk with each other, as we follow Jesus, who shouldered the pain of humanity in carrying the cross. We bring all pain, sorrow, and injustice to the Cross of Jesus, asking his strength and grace, preparing us to live within the hope that is resurrection to come.

Lent is a time of abstinence or fasting, alongside charitable works and giving, sharing burdens, gifts, resources and vulnerabilities. This abstinence draws gospel solidarity with those who have less than we do. It also encourages us to see, and to lay aside, what comes between us and God, distracting our hearts and attention from the way of love. Accepting grace to help us when we stumble in our fasting, also helps us to realise that all we are, we are through God alone, and to receive his love and strength.

Thus, in hope, and in penitence, we walk the way of the Cross.

The Blessing

Please stand, if you are able

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.

Amen.

The Dismissal

Go in peace to love and serve the Lord

In the Name of Christ,

Amen.

**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.**

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.

Amen.

*The priest and people receive communion, or
a blessing, responding **Amen.***

Post Communion Prayer

*A post communion prayer is prayed, to which
all respond **Amen***

**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.

A hymn may be sung

*Church and community notices may be
shared*

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Holy Eucharist In Lent

The Gathering

In the name of the Father
and of the Son
and of the Holy Spirit
Amen

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

Words of welcome

A hymn may be sung

Prayer of Preparation

**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

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

1

We confess to you our selfishness
and lack of love:
fill us with your Spirit

Lord, have mercy
Lord, have mercy

We confess to you our fear and failure
in sharing our faith:
fill us with your Spirit

Christ, have mercy
Christ, have mercy

We confess to you our stubbornness
and lack of trust:
fill us with your Spirit

Lord, have mercy
Lord, have mercy

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.

Amen.

The Collect Prayer

A period of silent prayer is introduced, after which the Collect prayer is prayed, to which all respond

Amen.

The Liturgy of the Word

Reading(s)

After each reading we respond...

This is the word of the Lord
Thanks be to God.

2

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 in this one bread and one
cup,
so that we, in the company of ...
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.

Amen.

The Lord's Prayer

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

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.**

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**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:

**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.

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A hymn may be sung

Gospel Reading

Please stand, if you are able, for the reading of the Gospel.

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.

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

Hear the Gospel of our Lord Jesus Christ according to Saint
Glory to you, O Lord

At the end of the Gospel :

This is the Gospel of the Lord
Praise to you, O Christ

Sermon

A sermon, or brief reflection, may be offered

The Creed : Affirmation of Faith

Please stand, if you are able

Sisters and brothers, let us affirm our faith in Jesus Christ the Son of God

**I believe in God, the Father
almighty,
Creator of heaven and earth.**

**I believe in Jesus Christ,
his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;**

he descended to the dead.

3

**On the third day he rose again;
he ascended into heaven,
he is seated at the right hand
of the Father,
and he will come to judge
the living and the dead.**

**I believe in the Holy Spirit,
the holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.**

Amen.

Prayers of Intercession

Please sit or kneel as the prayers are offered.
This response may be used

Lord, in your mercy
Hear our prayer

The prayers may conclude with this prayer

**Merciful father,
accept these prayers for the love of
your Son, our Saviour, Jesus Christ.
Amen.**

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.

And also with you.

Sisters and brothers, let us offer one another a sign of God's holy peace

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A hymn may be sung, during which the gifts of the people may be gathered and presented

Preparation of the Gifts

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.

Amen.

Eucharistic Prayer

The Lord be with you
and also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give thanks and praise.

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*:

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