

Celebrating the Spiritual Practise of Communion

Invitation

Christ our Lord invites to His table all who love him,
who earnestly repent of their sin
and seek to live in peace with one another.
Therefore, let us confess our sin before God and one another.

Confession and Absolution

We have not believed you or trusted in your power.
Lord, help our unbelief
We have stained our souls by our action and inaction.
Cleanse us, Lord
We are broken by disease, bruised by the sins of others, weakened and unable to repair ourselves.
Heal us, Lord
We ignore your call to center our lives in you, and so are deaf to the hopes and cries of the poor,
the sick, the needy, and the earth.
Ground us, Lord!
When we confess our sinful ways, God abundantly pardons.
In the name of Jesus Christ, you are forgiven.
In the name of Jesus Christ, we are all forgiven. Glory to God!
By one Spirit we are all baptized into the one body.
Let us then pursue the things that make for peace and build up our common life.
The peace of our Lord Jesus Christ be always with you!
And also with you.

Sursum Corda (Latin for “hearts up!”)

The Lord be with you!
And also with you.
Lift up your hearts!
We lift them up to the Lord.
Let us give thanks to the Lord our God!
It is right to give Him our thanks and praise.

Tersanctus (Latin for “holy, holy, holy”)

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!

Anamnesis (Greek for “remembrance” in the sense of “re-enactment”)

Holy are you and blessed is your Son Jesus Christ.
Your Spirit anointed him

to preach good news to the poor, to proclaim release to the captives
and recovering of sight to the blind,
to set at liberty those who are oppressed,
and to announce that the time had come
when you would save your people.
He healed the sick, fed the hungry, and ate with sinners.
By the baptism of his suffering, death, and resurrection
you gave birth to your Church,
delivered us from slavery to sin and death,
and made with us a new covenant by water and the Spirit.
When the Lord Jesus ascended, he promised to be with us always,
in the power of your Word and Holy Spirit.

On the night in which He gave Himself up for us,
He took bread, gave thanks to You, broke the bread,
gave it to His disciples, and said:

"Take, eat; this is My body which is given for you.
Do this in remembrance of Me."

When the supper was over, He took the cup,
gave thanks to You, gave it to His disciples, and said:
"Drink from this, all of you;
this is My blood of the new covenant,
poured out for you and for many
for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of Me."

Mysterion (The mystery of our faith)

And so,
in remembrance of these your mighty acts in Jesus Christ,
we offer ourselves in praise and thanksgiving
as a holy and living sacrifice,
in union with Christ's offering for us,
as we proclaim the mystery of faith.

Christ has died

Christ is risen

Christ will come again

Epiclesis (The "calling down" of the Holy Spirit; the consecration)

Pour out Your Holy Spirit on us gathered here,
and on these gifts of bread and wine.
Make them be for us the body and blood of Christ,
that we may be for the world the body of Christ,
redeemed by his blood.
By your Spirit make us one with Christ,

one with each other,
and one in ministry to all the world,
until Christ comes in final victory
and we feast at his heavenly banquet.

Through your Son Jesus Christ,
with the Holy Spirit in your holy Church,
all honor and glory is yours, almighty Father,
now and forever. Amen.

Lord's Prayer

Our Father who art in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as it is in heaven.

Give us this day our daily bread. Forgive us our sins
as we forgive those who sin against us.

And lead us not into temptation
and deliver us from evil.

For thine is the kingdom, the power, and the glory for ever and ever, Amen.

Fraction (The ceremonial breaking of the bread)

“Christ our Passover is sacrificed for us, therefore let us keep the feast.”

Distribution

The body of Christ, given for you. Amen.

The blood of Christ, given for you. Amen.

Prayer

Eternal God, we give You thanks for this holy mystery
in which You have given Yourself to us.

Grant that we may go into the world
in the strength of Your Spirit,
to give ourselves for others,
in the name of Jesus Christ our Lord. Amen.

Benediction (Latin for “speak well of” in the sense of “bless”)

Go forth in peace.

The grace of the Lord Jesus Christ, and the love of God,
and the communion of the Holy Spirit
be with you all. Amen.