

**St Mary and St Michael
Trumpington**



**Holy Communion
for
LENT**

THE GATHERING

The Greeting

Welcome in the name of Christ!
God's grace, mercy and peace be with you
and also with you.

HYMN

Prayers of Penitence

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.

Amen. Lord, have mercy.

From Ash Wednesday

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 sins in penitence and faith.

From Passion Sunday

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.

**All: Lord God,
we have sinned against you; we have done evil in your sight.
We are sorry and repent. Have mercy on us according to
your love. Wash away our wrongdoing and cleanse us from
our sin. Renew a right spirit within us and restore us to the
joy of your salvation, through Jesus Christ our Lord. Amen.**

The 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

The Collect of the day is said and all respond:

Amen.

THE LITURGY OF THE WORD

Reading

After the Bible reading which is printed on the white notice sheet:

This is the word of the Lord.

Thanks be to God.

HYMN

Gospel Reading

We remain standing for the reading of the Gospel:

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

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

After the Gospel reading

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON

The Creed

Do you believe and trust in God the Father?

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

Do you believe and trust in his Son Jesus Christ?

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.

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 again to judge the living and the dead.

Do you believe and trust in the Holy Spirit?

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

The response is:

Lord, in your mercy

Hear our prayer.

The prayers conclude:

**Holy God, holy and strong, holy and immortal,
have mercy on us. Amen.**

THE LITURGY OF THE SACRAMENT

The Peace

All stand

From Ash Wednesday

Christ is our peace. He has reconciled us to God in one body by the cross.
We meet in his name and share his peace.

From Passion Sunday

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.

The peace of the Lord be always with you.

and also with you.

Let us offer one another a sign of peace.

Preparation of the Table

The gifts of the people are gathered and presented.

The table is prepared and bread and wine placed upon it

HYMN

**God of life, Saviour of the poor,
receive with these gifts gratitude for your goodness,
penitence for our pride and dedication to your service
in Jesus Christ our Lord. Amen.**

Please stand if you are able.

The Eucharistic Prayer

The Lord is here.

His Spirit is with us.

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.

From Ash Wednesday

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 splendour of your love. As we prepare to celebrate the Easter feast with minds and hearts renewed, we join with saints and angels for ever praising you and singing:

From Passion Sunday

It is indeed right and just, always and everywhere to give you thanks, holy Father, almighty and eternal God, through Jesus Christ our Lord.

For as the time of his passion and resurrection draws near the whole world is called to acknowledge his hidden majesty.

The power of the life-giving cross reveals the judgement that has come upon the world and the triumph of Christ crucified.

He is the victim who dies no more, the Lamb once slain, our advocate in heaven to plead our cause, exalting us there to join with angels and archangels. For ever praising you and singing:

**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.

Accept our praises, heavenly Father, through your Son our Saviour Jesus Christ, and as we follow his example and obey his command, grant that by the power of your Holy Spirit these gifts of bread and wine may be to us his

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.

Therefore heavenly Father, we remember his offering of himself
made once for all upon the cross;
we proclaim his mighty resurrection and glorious ascension;
we look for the coming of your kingdom, and with this bread and this cup
we make the memorial of Christ your Son our Lord.

Great is the mystery of faith:

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

Accept through him, our great high priest, this our sacrifice of thanks and praise, and as we eat and drink these holy gifts in the presence of your divine majesty, renew us by your Spirit, inspire us with your love and unite us in the body of your Son, Jesus Christ our Lord.

Through him, and with him, and in him, in the unity of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Father almighty, in words of everlasting praise:

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

The Lord's Prayer

As Jesus taught his disciples, so we pray:

**Our Father in heaven,
hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power, and the glory
are yours, now and for 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.**

**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.**

Giving of Communion

Jesus is the Lamb of God who takes away the sins of the world.
Blessed are those who are called to his supper.

**Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

Receiving Communion

If you are new or are visiting and you are a baptised member of the church and would normally receive communion in your own church then you are welcome to receive the bread and wine here.

If you'd prefer to receive a prayer of blessing, please come forward with everybody else but keep your hands beneath the altar rail.

Prayer after Communion

A post-communion prayer (printed on the notice sheet) is said, followed by:

**Father of all, we give you thanks and praise,
that when we were still far off you met us in your Son
and brought us home.**

**Dying and living, he declared your love, gave us grace
and opened the gate of glory.**

May we who share Christ's body live his risen life;

We who drink his cup bring life to others;

We whom the Spirit lights give light to the world.

Keep us firm in the hope you have set before us,

so we and all your children shall be free,

and the whole earth live to praise your name;

through Christ our Lord. Amen.

The Dismissal

From Ash Wednesday

God give you grace to grow in holiness, to deny yourselves,
take up your cross and follow him:

From Passion Sunday

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.

Amen.

Go in peace to love and serve the Lord.

In the name of Christ. Amen.