



Walton-on-Thames
St Mary's and St John's



9.00am Service – On-line and In-person

**Holy Communion
in Lent**



*Lent begins with
Ash Wednesday and continues for 40 days to match the time that Jesus
spent in the wilderness at the start of his ministry*

*During Lent, we are encouraged to open
our hearts afresh to God in love, adoration and humility.
This may include making time for something more that will help us draw
closer to Christ or give up something*

(We remain seated) WELCOME AND INTRODUCTION

Minister We come from scattered lives to meet with God.
Let us recognize his presence with us.

As God's people we have gathered:
let us worship him together.

Or

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

All **and also with you.**

INTRODUCTION

Brothers and sisters in Christ, since early days Christians have observed with great devotion the time of our Lord's passion and resurrection and prepared for this by a season of penitence and fasting. By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel, and so grow in faith and in devotion to our Lord.

I invite you, therefore, in the name of the Lord Jesus Christ, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word.

PRAYER OF PREPARATION

This prayer may be said

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 Minister uses this or an alternative invitation to Confession:

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 transgressions in penitence and faith.

Either
All

**Father eternal, giver of light and grace,
we have sinned against you and against our neighbour,
in what we have thought,
in what we have said and done,
through ignorance, through weakness,
through our own deliberate fault.
We have wounded your love and marred your image in us.
We are sorry and ashamed 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 lead us out from darkness
to walk as children of light. Amen.**

Or

In a dark and disfigured world
for when we have not held out the light of life:
Lord, have mercy,
Lord, have mercy.

In a hungry and despairing world
for when we have failed to share our bread:
Christ have mercy,
Christ have mercy.

In a cold and loveless world
for when we have kept the love of God to ourselves:
Lord, have mercy,
Lord, have mercy.

Minister 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

Minister Let us pray that we may know God's grace in our lives.

The Minister then says the Collect, and all respond **Amen**

The Liturgy of the Word

THE FIRST READING

At the end of the reading

This is the word of the Lord.

All **Thanks be to God.**

If you are able to, please stand

GOSPEL READING

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

All **Glory to you, O Lord.**

After the Gospel

This is the Gospel of the Lord.

All **Praise to you, O Christ.**

Please sit

THE SERMON

If you are able to, please stand

THE CREED

We say either The Apostles' Creed

All **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.
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.**

THE LITURGY OF THE SACRAMENT

We remain seated

Whilst we are unable to move around and shake hands to share the peace, after we have said 'and also with you', we will pause in the quiet either to look around us and offer the peace or bless with a prayer of peace those we might usually see in Church and/or think of those with whom a relationship needs restoring

THE PEACE

The Minister introduces the Peace with a suitable sentence

Either Jesus says: 'Peace I leave with you; peace I give to you. Do not let your hearts be troubled, neither let them be afraid'.

Or Since we are justified by faith, we have peace with God through our Lord, Jesus Christ.

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

Let us offer one another a sign of peace.

There is no OFFERTORY at this point in the service.

Thank you to those who honour the Lord in your giving in one or more of the many different ways that are available.

There will be offertory boxes available for a retiring collection at the end of the service

We may say together

All **Yours, Lord, is the greatness, the power, the glory, the splendour, and the majesty; for everything in heaven and on earth is yours. All things come from you and of your own do we give you. Amen**

or

All **Gracious God, accept these gifts, and with them our lives, to be used in your service; through Jesus Christ our Lord. Amen.**

We may remain seated and will follow

either **Eucharistic Prayer E** on page 7

or **Eucharistic Prayer H** on page 9

Minister The Lord is here.
All **His Spirit is with us.**

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.**

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:

All **Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.**

Minister 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 his 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.

Jesus Christ is Lord:

All **Lord, by your cross and resurrection
you have set us free.
You are the Saviour of the world.**

Minister 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 songs of everlasting praise:

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

Please kneel or sit for prayer. A short period of silence follows.

The service continues with the Lord's Prayer on page 11

EUCCHARISTIC PRAYER H

Minister The Lord is here.
All **His Spirit is with us.**

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.**

It is right to praise you, Father, Lord of all creation;
in your love you made us for yourself.
When we turned away you did not reject us,
but came to meet us in your Son.
All **You embraced us as your children
and welcomed us to sit and eat with you.**

In Christ you shared our life
that we might live in him and he in us.
All **He opened his arms of love upon the cross
and made for all the perfect sacrifice for sin.**

On the night he was betrayed, at supper with his friends,
he took bread and 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.
All **Father, we do this in remembrance of him:
his body is the bread of life.**

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 for the forgiveness of sins;
do this in remembrance of me.
All **Father, we do this in remembrance of him:
his blood is shed for all.**

As we proclaim his death and celebrate his rising in glory,
send your Holy Spirit that this bread and this wine
may be to us the body and blood of your dear Son.

All **As we eat and drink these holy gifts
make us one in Christ, our risen Lord.**

With your whole Church throughout the world,
we offer you this sacrifice of praise
and lift our voice to join the eternal song of heaven:

All **Holy, holy, holy Lord,
God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest.**

A short period of silence follows.

The service continues with the Lord's Prayer on page 11

THE LORD'S PRAYER

Minister As our Saviour taught us, so we pray:
All **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

The Minister breaks the consecrated bread, saying

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

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

GIVING OF COMMUNION

Minister The body of Christ, broken for you

All **Amen**

We say these words now, as when communion is brought to you in the pews, which will be in one kind only (just the wafer), it will be given in silence. Please stand or sit to receive.

Please have your hands open flat, so the priest can place the wafer safely onto your hand, without touching you.

You are encouraged to use your own sanitizer before and after you have removed your face mask to consume the wafer.

If you do not wish to receive Holy Communion, please indicate that to the Priest when he comes to you. The Priest will be delighted to pray a silent prayer of blessing over you.

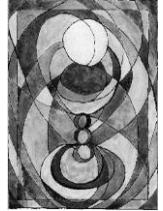
Please do listen to all instructions.

PRAYER AFTER COMMUNION

The minister says the post-communion prayer.

All may then say

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.



NOTICES

THE BLESSING

The minister may use the following or another suitable blessing:

Minister May the Father from whom every family in earth and heaven receives its name strengthen you with his Spirit in your inner being, so that Christ may dwell in your hearts by faith,

or

May the peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord;

...and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

DISMISSAL

Minister We go into the world:

All **To take our next steps towards deeper faith in Christ welcome and belonging and shining God's light. Amen.**

or

Minister Go in peace to love and serve the Lord.

All **In the name of Christ. Amen.**

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*For more information, please contact us at
office@waltonparish.org.uk or call 01932 224 238
or visit www.waltonparish.org.uk*