



Caritas

A Contemplative Holy Communion for Ordinary Time

'Where charity and love are, there God is'

'Ubi Caritas et amor, Deus Ibi Est'

Welcome

Welcome to this sacred space and quiet service. The name *Caritas* calls to mind that gift of love which unites us to God. It is our prayer that we all experience something of God's love each and every day.

May we invite you to see this service in three stages. Before the service begins, allow the quieter atmosphere to focus your heart and mind on what God might be *speaking* to you. During the service, we will sing, and pray and be *speaking* to God. After the service we are sent out into the world encouraged in *speaking* the message of Love to others.

We want everybody to feel at home here today; this is an Inclusive Church. All are included within the friendship, community and united praise of God, in this place.

Accessible and Inclusive Church

If you are wearing a **hearing aid**, please switch to position "T" to pick up the induction loop (only effective on the back of the church).

A **larger print service** sheet is available, please ask a warden who will be happy to help. If you would prefer to receive a **gluten free host**, please speak to a warden.

Anglican worship includes a number of **physical** as well as **verbal** responses. Where *italics* indicate, the congregation is invited to join in with any physical or verbal response as they find most appropriate and helpful for worshipping God. Throughout the service the request **Please STAND** may be taken as an invitation. Be assured you remain part of the worship by your presence whether sitting or standing.

Language in Worship

Anglicanism is founded on scripture, tradition and reason and hence we read ancient scripture, sing traditional hymns and share in familiar prayers. God is beyond gender or any other differences which make up the beauty and diversity of our human family. So, while honouring the poetry of beloved texts and rejoicing in our historic understandings of God known as Father, Son and Holy Spirit we recognise that God is both beyond gender and embracing all gender. In God's creation, we reflect God's image and so we seek to reflect that in our language about humankind.

As we begin a time of worship, be encouraged by the words of St Paul: "*Faith, hope, love abide, these three; but the greatest of these is love*".

(1 Corinthians 13:13)

Opening Worship

Welcome to this contemplative and quiet eucharist. The congregation is invited to STAND for an opening hymn, processional music, or choir introit.

The President says.

In the name of the Father, and of the Son,
and of the Holy Spirit.

All Amen.

Where charity and love are, there God is.
The love of Christ has gathered us into one.

All Let us exult, and in Him be joyful.

The President lights three candles as the Deacon says.

We light a light in the name of the Father,
who lit the world and breathed the breath of life for us.

We light a light in the name of the Son,
who saved the world and stretched out his loving arms for us.

We light a light in the name of the Spirit,
who encompasses the world and blessed our souls with yearning.

All We light three lights for the Trinity of Love.

Please SIT.

Prayers of Penitence

The Deacon says.

St Paul says 'Be imitators of God; love as Christ loved;
do not grieve the Holy Spirit; put away all anger and bitterness,
all slander and malice.' So let us confess our sins to God, who forgives us
in Christ.

We have not always worshipped God, our creator.
Lord, have mercy.

All Lord, have mercy.

We have not always followed Christ, our Saviour.
Christ, have mercy.

All Christ, have mercy.

We have not always trusted in the Spirit, our guide.
Lord, have mercy.

All Lord, have mercy.

Please **STAND**.

We say.

The Affirmation of faith

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through
faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit.**

Amen.

(or)

**Because you made the world,
and intended it to be a good place,
and called its people your children;
because, when things seemed at
their worst,
you came in Christ,
to bring out the best in us;
so, gracious God, we gladly say:**

**Goodness is stronger than evil;
Love is stronger than hate;
Light is stronger than darkness;
Life is stronger than death.**

**Because confusion can reign inside
us, despite our faith;
because anger, tension, bitterness
and envy distort our vision;
because our minds sometimes
worry small things
out of all proportion;
because we do not always get it
right, we want to believe:**

**Goodness is stronger than evil;
Love is stronger than hate;
Light is stronger than darkness;
Life is stronger than death.**

**Victory is ours through Him who
loves us. Amen.**

Archbishop Desmond Tutu

The Peace

Please STAND. The President may say these words or use an alternative introduction.

Blessed are the peacemakers:
they shall be called children of God.
We meet in the name of Christ and share his peace.
The peace of the Lord be always with you.

All And also with you.

The Deacon says.

Let us offer one another a sign of God's peace.

The Liturgy of the Sacrament

An offertory hymn is sung, during which the collection is taken and gifts are offered.

Preparation of the Table

The President may say.

Be present, be present, Lord Jesus Christ, our risen high priest; and make yourself known in the breaking of bread.

All Amen.

The congregation is invited to STAND for the Eucharistic Prayer.

One of the following three Eucharistic prayers will be used:

Prayer E on page 7.

Prayer F on page 9.

Prayer H on page 12.

EUCCHARISTIC PRAYER E

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.**

Here follows a Seasonal Preface or the following.

Father, you made the world and love your creation.
You gave your Son Jesus Christ to be our Saviour.
His dying and rising have set us free from sin and death.
And so we gladly thank you,
with saints and angels 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.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command,
send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.
On the night before he died he had supper with his friends
and, taking bread, he praised you.

He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.
When supper was ended he took the cup of wine.
Again he praised you, gave it to them 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.

So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice
made once for all upon the cross.
Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection
until he comes in glory.

A Deacon says.

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.**

Help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.
Look with favour on your people,
gather us in your loving arms
and bring us with St Mary and all the saints
to feast at your table in heaven.
Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, O loving Father,
for ever and ever.

All **Amen.**

Please SIT.

The service continues with the Lord's Prayer on page 14.

EUCCHARISTIC PRAYER F

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.**

You are worthy of our thanks and praise,

Lord God of truth,

for by the breath of your mouth

you have spoken your word,

and all things have come into being.

You fashioned us in your image

and placed us in the garden of your delight.

Though we chose the path of rebellion

you would not abandon your own.

Again and again you drew us into your covenant of grace.

You gave your people the law and taught us by your prophets

to look for your reign of justice, mercy and peace.

As we watch for the signs of your kingdom on earth,

we echo the song of the angels in heaven,

evermore 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.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Lord God, you are the most holy one,

enthroned in splendour and light,

yet in the coming of your Son Jesus Christ

you reveal the power of your love

made perfect in our human weakness.

Embracing our humanity,
Jesus showed us the way of salvation;
loving us to the end.
He gave himself to death for us;
dying for his own,
he set us free from the bonds of sin,
that we might rise and reign with him in glory.

On the night he gave up himself for us all
he 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, we proclaim the death that he suffered on the cross,
we celebrate his resurrection, his bursting from the tomb,
we rejoice that he reigns at your right hand on high
and we long for his coming in glory.

As we recall the one, perfect sacrifice of our redemption,
Father, by your Holy Spirit let these gifts of your creation
be to us the body and blood of our Lord Jesus Christ;
form us into the likeness of Christ
and make us a perfect offering in your sight.

Look with favour on your people
and in your mercy hear the cry of our hearts.
Bless the earth, heal the sick,
let the oppressed go free and fill your
Church with power from on high.

Gather your people from the ends of the earth
to feast with St Mary and all your saints
at the table in your kingdom,
where the new creation is brought to perfection
in 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.

All **Amen.**

Please SIT.

The service continues with the Lord's Prayer on page 14.

EUCCHARISTIC PRAYER H

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.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Please SIT.

The service continues with the Lord's Prayer on page 14.

Please SIT. The service continues on from the Eucharistic prayer.

The Lord's Prayer

President 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 President breaks the bread and says.

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.**

Giving of Communion

God's holy gifts

For God's holy people

**All Jesus Christ is holy,
Jesus Christ is Lord,
To the glory of God the Father.**

The President says.

The body and blood of Christ, keep you in eternal life.

All Amen.

*The giving of communion follows, please be welcome to come and receive as is your tradition.
If you would prefer to come to the altar for a blessing, please keep this book with you to mark
that intention.*

Prayers after Communion

After a period of stillness and reflection, the President leads any post communion prayer(s), the congregation then says.

**All We thank you, Lord, that you have fed us in this sacrament, united us with Christ, and given us a foretaste of the heavenly banquet prepared for all peoples.
Amen.**

Please STAND for a final hymn.

The Dismissal

The Changing of the Light

The three candles are extinguished by the President as the Deacon says.

**All Our Eucharist draws to a close, we now change this light;
as the flame of the candle ends the smoke now fills this space.**

**All This changed light spreads out to fill this church;
and we go out to fill the world with the light of Christ.**

The Blessing

This or another blessing is used.

**All May the living waters of Christ cleanse us,
may the Spirit descend upon us,
and the blessing of God be with us
this night and always.
Amen.**

The Deacon says

**All Go in the peace of Christ.
Thanks be to God.**

The ministers depart as closing music is played.



*I have called you friends, says the Lord,
for all that I have heard from my Father
I have made known to you.*

Cf John 15.15

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