



## ***Caritas***

### **A Contemplative Holy Communion in Advent**

*'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)

## Introduction to the Advent Season

Advent is a season of expectation and preparation, as the Church prepares to celebrate the coming (*adventus*) of Christ in his incarnation, and also looks ahead to his final advent as judge at the end of time. The readings and liturgies not only direct us towards Christ's birth, they also challenge the modern reluctance to confront the theme of divine judgement:

*Every eye shall now behold him  
robed in dreadful majesty.*

*Charles Wesley*

Over the four Sundays, Advent includes traditional themes – Death, Judgement, Heaven and Hell or Patriarchs, Prophets, John the Baptist, and Mary.

The characteristic note of Advent is expectation, rather than penitence, although the character of the season is easily coloured by an analogy with Lent.

The anticipation of Christmas under commercial pressure has also made it harder to sustain the appropriate sense of alert watchfulness, but the fundamental Advent prayer remains:

'Maranatha' – '*Our Lord, come*' I Corinthians 16.22

Church decorations are simple and spare, and purple is the traditional liturgical colour. In the northern hemisphere, the Advent season falls at the darkest time of the year, and the natural symbols of darkness and light are powerfully at work throughout Advent and Christmas. The lighting of candles on an Advent wreath was imported into Britain from northern Europe in the nineteenth century, and is now a common practice. The Moravian custom of the Christingle has similarly enjoyed great success in Britain since the latter part of the twentieth century, with the encouragement of the Children's Society; Christingle services may take place before or after Christmas. The Third Sunday of Advent was observed in medieval times as a splash of rose colour in the restrained atmosphere of Advent (*Gaudete* or 'Rose Sunday'), and the last days of Advent were marked by the sequence of Great 'O' Antiphons, which continue to inspire modern Advent hymns and meditations.

## 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 Advent Wreath

*The candle on the Advent wreath is lit.*

*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.**

### Prayers of Penitence

*The Deacon says.*

When the Lord comes, he will bring to light the things now hidden in  
darkness, and will disclose the purposes of the heart.

Therefore in the light of Christ let us confess our sins

Lord Jesus, you came to gather the nations into the peace of your  
kingdom: Lord, have mercy.

**All Lord, have mercy.**

You come in word and sacrament to strengthen us in holiness:  
Christ, have mercy.

**All Christ, have mercy.**

You will come in glory with salvation for your people: Lord, have mercy.

**All Lord, have mercy.**

*The President says.*

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.

All **Amen.**

*The Deacon introduces a period of prayer with the words.*

Let us pray for grace that we might reveal God's love in our lives.

**The Collect**

*All respond with* **Amen.**

### **The Liturgy of the Word**

*Please SIT for a reading from the Old or New Testament.*

**Reading**

Hear the word of the Lord.

All **Thanks be to God.**

*Please STAND. Music or a hymn follows.*

**Gospel Reading**

*The gospel is announced.*

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

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

This is the Gospel of the Lord.

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

**The Sermon**

*Please SIT.*

*A longer period of stillness and reflection follows the sermon.*

**Prayers of Intercession**

Lord in your mercy,

All **Hear our prayer.**

*Please STAND.*

## **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.**

**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.*

May the God of peace make you completely holy,  
ready for the coming of our Lord Jesus Christ.  
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.*

As the grain once scattered in the fields  
and the grapes once dispersed on the hillside  
are now united on this table in bread and wine,  
so, Lord, may your whole Church soon be gathered together  
from the corners of the earth  
into your kingdom.

*All*    **Amen.**

*The congregation is invited to STAND for the Eucharistic Prayer.*

*One of the following Eucharistic prayers will be used:*

*Prayer A on page 8.*

*Prayer D on page 11.*

## **EUCCHARISTIC PRAYER A**

The Lord be with you

*All* **And also with you.**

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.**

*From the First Sunday of Advent until  
16th December*

It is indeed right and good to give you thanks and praise, almighty God and everlasting Father, through Jesus Christ your Son. For when he humbled himself to come among us in human flesh, he fulfilled the plan you formed before the foundation of the world to open for us the way of salvation. Confident that your promise will be fulfilled, we now watch for the day when Christ our Lord will come again in glory. And so we join our voices with angels and archangels and with all the company of heaven to proclaim your glory 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.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

*From 17th December until Christmas  
Eve*

It is indeed right and good to give you thanks and praise, almighty God and everlasting Father, through Jesus Christ your Son. He is the one foretold by all the prophets, whom the Virgin Mother bore with love beyond all telling. John the Baptist was his herald and made him known when at last he came. In his love Christ fills us with joy as we prepare to celebrate his birth, so that when he comes again he may find us watching in prayer, our hearts filled with wonder and praise. And so, with angels and archangels, and with all the company of heaven, we proclaim your glory, and join in their unending hymn of praise:

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.

*The Deacon says*

Great is the mystery of faith:

*All* **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 songs of everlasting praise:

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

*Please SIT.*

*The service continues with the Lord's Prayer on page 13.*

## **Eucharistic Prayer D**

The Lord be with you  
*All* **and also with you.**

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.**

Almighty God, good Father to us all,  
your face is turned towards your world.

In love you gave us Jesus your Son  
to rescue us from sin and death.

Your Word goes out to call us home  
to the city where angels sing your praise.

We join with them in heaven's song:

*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.**

Father of all, we give you thanks for every gift that comes from heaven.

To the darkness Jesus came as your light.

With signs of faith and words of hope

he touched untouchables with love and washed the guilty clean.

This is his story.

*All* **This is our song:  
Hosanna in the highest.**

The crowds came out to see your Son,  
yet at the end they turned on him.

On the night he was betrayed

he came to table with his friends

to celebrate the freedom of your people.

This is his story.

*All* **This is our song:  
Hosanna in the highest.**

Jesus blessed you, Father, for the food;  
he took bread, gave thanks, broke it and said:  
This is my body, given for you all.  
Jesus then gave thanks for the wine;  
he took the cup, gave it and said:  
This is my blood, shed for you all  
for the forgiveness of sins.  
Do this in remembrance of me.

This is our story.

*All* **This is our song:  
Hosanna in the highest.**

Therefore, Father, with this bread and this cup  
we celebrate the cross  
on which he died to set us free.  
Defying death he rose again  
and is alive with you to plead for us and all the world.  
This is our story.

*All* **This is our song:  
Hosanna in the highest.**

Send your Spirit on us now  
that by these gifts we may feed on Christ  
with opened eyes and hearts on fire.  
May we and all who share this food  
offer ourselves to live for you  
and be welcomed at your feast in heaven  
where all creation worships you,  
Father, Son and Holy Spirit:

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

*The service continues with the Lord's Prayer on page 13.*

## 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.**

*All* **Lamb of God,  
you take away the sin of the world,  
have mercy on us.  
Lamb of God,  
you take away the sin of the world,  
have mercy on us.  
Lamb of God,  
you take away the sin of the world,  
grant us peace.**

## Giving of Communion

Jesus is the Lamb of God

who takes away the sin of the world.

Blessed are those who are called to his supper.

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

*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.*

Our Eucharist draws to a close, we now change this light;

**All as the flame of the candle ends the smoke now fills this space.**

This changed light spreads out to fill this church;

**All and we go out to fill the world with the light of Christ.**

#### **The Blessing**

*This or another blessing is used.*

Christ the Sun of Righteousness shine upon you,  
scatter the darkness from before your path,  
and make you ready to meet him when he comes in glory;  
and the blessing of God the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**All Amen.**

*The Deacon says*

Our Lord says, 'I am coming soon.'

**All Amen. Come, Lord Jesus.**

May the Lord, when he comes,  
find us watching and waiting.

**All Amen.**

*The ministers depart as music is played*

## **Advent & Christmas at St. Mary's**

### **Advent Course**

This year's Advent course will look at a short book by Paula Gooder, *The Meaning is in the Waiting: The Spirit of Advent*, which considers 'forerunners' of Christ: Abraham and Sarah, the prophets, John the Baptist, and Mary. We will spend time in prayer, Bible study and discussion. You are very welcome to buy the book and read it in advance but it is not a necessity to do this.

It will run both on Thursday evenings and on Wednesday afternoons as follows: Evening version (with John and Jono): 7.30pm at the Rectory, 17 Montserrat Road on 25th November, 2nd December, 9th December & 16th December

Afternoon version (with Daniel and Jane): 2pm in St Mary's (the Library) on 1st December, 8th December, 15th December & 22nd December.

### **Advent & Christmas Services**

CTPR Advent Carols	All Saints'	28 <sup>th</sup> Nov	4pm
(Please note there is no Caritas 6pm service at St Mary's on 28 <sup>th</sup> Nov)			
Christingle	St Mary's	5 <sup>th</sup> Dec	10am
<i>Journey to Bethlehem</i>	St Mary's	18 <sup>th</sup> Dec	12-4pm
Christmas Carol Service	St Mary's	19 <sup>th</sup> Dec	6pm
Crib Service	St Mary's	Christmas Eve	4pm
Christmas Service	St Mary's	Christmas Eve	8pm
Midnight Mass	St Mary's	Christmas Eve	11:30pm

## **Advent & Christmas Services** *(continued)*

Christmas Morning	St Mary's	Christmas Day	10am
Parish Eucharist			
St Stephen's Day	St Mary's	Boxing Day	10am (only)

*There will be no Caritas service Sunday 26<sup>th</sup> December*



*O come, O come, Emmanuel*

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