

The Sacrament Of Holy Communion



Invitation to the Table

Words of Instruction

Gathering:

May the God of rivers be with you.

May the God of mountaintops be with you.

People of God, open your hearts to the One who calls you.

We offer them to God, who names us as the company of the Beloved.

Rejoice in the One who sends us into the valleys of service.

We sing glad songs to God, who blesses us on mountain tops.

Prayer of Thanksgiving:

In the first days of creation, you called for the sun, Mighty One, (...)With the company of believers, we cry out our praise to you:

Holy, holy, holy are you, Abba our God.

The heavens above and the earth below calls out to you in praise.

Hosanna in the highest!

Blessed is the One whose light illumines our lives.

Hosanna in the highest!

Remembering the Meal:

You alone are holy, God our Lord, and Jesus Christ, our Saviour, is your Beloved. (...) as we seek to listen to him in every moment, we point to the mystery at the heart of our faith:

Christ died, his face wracked with pain;

Christ was raised, his face transfigured by hope;

Christ comes to us, his face filled with delight as he approaches.

Blessing of the Bread and the Cup

The faithful are gathered in this place, as you pour out your Spirit upon the gifts of the Table spread before us. As we are fed by the Bread, may we find the courage to go from this sacred space into all the broken places of our world, saying to our sisters and brothers, 'tell us what we can do for you!' As the cup of Grace fills us, may we inherit your Spirit of hope, as we can give twice as much away.

And when you gather us on the holy mountain, transfigured along with our sisters and brothers by the radiant glory of your grace, we will know what to say, as we sing our praises to you as Christ taught us saying:

The Lord's Prayer

Breaking of the Bread and Pouring of the Cup:

Through the broken bread we participate in the body of Christ...This is the body of Christ, bread broken in love for you.

Through the cup of blessing, we participate in the new life Christ gives...The cup of joy, flowing as a gift of God's spirit into our lives.

Sharing of the Bread and the Cup:

These are the gifts of God for the people of God.

Thanks be to God.

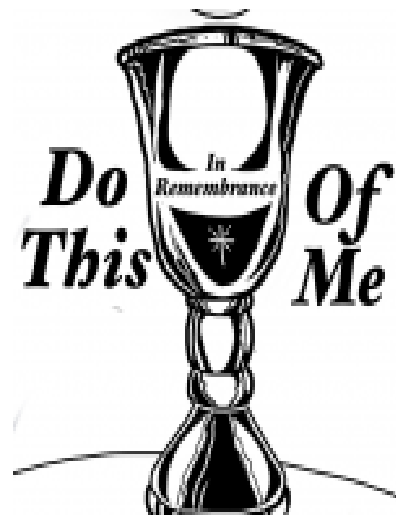
Come now for all has been made ready.

sharing the meal

Prayer after Communion (Unison):

Holy God, in this place, at this table, we have touched, we have tasted, and we have heard the signs of your love for us. Grant that we may go away from this house filled with our love for you and overflowing with your love for us and those who are around us, that we cannot help but share our love for you with those who share our lives that they may know your great grace. We offer this and all our prayers in the strong name of Jesus Christ. AMEN

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