

# THE ARLE VALLEY BENEFICE.



HOLY COMMUNION IN ORDINARY TIME

COMMON WORSHIP  
(ORDER ONE)

# HOLY COMMUNION

The Holy Communion is Christ's own service, instituted by him on Maundy Thursday, the day before he suffered death on the cross, when he broke bread with his disciples and gave the command  
'Do this in remembrance of me'.

In obedience to this command the Communion or Eucharist (thanksgiving) has become the central act of worship of the Church. Christians believe that the Communion is an encounter with the living God – a point at which heaven and earth come together as we join "...with angels and archangels, and with all the company of heaven..."

In obeying Jesus' command to "do this", believers through the ages have created the Christian community. It has been in this "doing" that Christians have discovered Christ himself, and in discovering him have also discovered one another as members of Christ.

The Christian community here in The Arle Valley is a small link in that chain of ceaseless worship which the Church offers to God the Father, through Jesus the Son and in the power of the Holy Spirit.

As you prepare to take part in this offering of praise and thanksgiving try to empty your mind of all unnecessary thoughts. Pray that through the worship you may grow closer to Jesus and that, strengthened by his body and blood, you may witness to his saving love in the world.

*I come with joy, a child of God, forgiven, loved and free,  
the life of Jesus to recall, in love laid down for me.*

*I come with Christians far and near to find, as all are fed,  
the new community of love in Christ's communion bread.*

*As Christ breaks bread, and bids us share, each proud division ends.  
The love that made us, makes us one, and strangers now are friends.*

*(Brian A. Wren b 1936)*

# **The Gathering Trinity 12 2021**

*Welcome and notices may be given.*

**Hymn**    *please stand*

*The president may say*

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

*All*    **Amen.**

## **The Greeting**

The Lord be with you

*All*    **and also with you.**

*Words of welcome or introduction may be said. St John Gospel readings*

## **Prayer of Preparation**

*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.**

## **Invitation to confession**

The gospel calls us to turn away from sin and be faithful to Christ.  
As we offer ourselves to him in penitence and faith,  
we renew our confidence and trust in his mercy.

(OR)

God so loved the world  
that he gave his only Son Jesus Christ to save us from our sins, to be our  
advocate in heaven, and to bring us to eternal life.

Let us confess our sins in penitence and faith,  
firmly resolved to keep God's commandments  
and to live in love and peace with all.

*All* **Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy  
forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly,  
love mercy,  
and walk humbly with you, our God.  
Amen.**

*(OR)*

**Kyrie Eleison**

*Suitable words may be said followed by the bidding*  
Lord, have mercy.

*All* **Lord, have mercy.**

Christ, have mercy.

*All* **Christ, have mercy.**

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.**

**Gloria in Excelsis** *(said) OR Peruvian Gloria*

*All* **Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.**

### **The Collect**

*The president introduces a period of silent prayer with the words 'Let us pray'  
or a more specific bidding.*

Almighty and everlasting God,  
you are always more ready to hear than we to pray  
and to give more than either we desire or deserve:  
pour down upon us the abundance of your mercy,  
forgiving us those things of which our conscience is afraid  
and giving us those good things  
    which we are not worthy to ask  
but through the merits and mediation  
of Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
All   Amen.

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

### **First Reading** *Ephesians 6.10-20*

<sup>10</sup>Be strong in the Lord and in the strength of his power. <sup>11</sup>Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. <sup>12</sup>For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. <sup>13</sup>Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. <sup>14</sup>Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. <sup>15</sup>As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. <sup>16</sup>With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. <sup>17</sup>Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

<sup>18</sup>Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. <sup>19</sup>Pray also for me, so that when I speak, a message may be given to me to make known

with boldness the mystery of the gospel, <sup>20</sup>for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

*At the end the reader may say*  
This is the word of the Lord.

**All Thanks be to God.**

## **Hymn**

### **Gospel Reading**

*Before the reading*  
Hear the Gospel of our Lord Jesus Christ according to *John*.

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

*John 6.56-69*

Jesus said to the crowd: <sup>56</sup>‘Those who eat my flesh and drink my blood abide in me, and I in them. <sup>57</sup>Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. <sup>58</sup>This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.’ <sup>59</sup>He said these things while he was teaching in the synagogue at Capernaum.

<sup>60</sup>When many of his disciples heard it, they said, ‘This teaching is difficult; who can accept it?’ <sup>61</sup>But Jesus, being aware that his disciples were complaining about it, said to them, ‘Does this offend you? <sup>62</sup>Then what if you were to see the Son of Man ascending to where he was before? <sup>63</sup>It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. <sup>64</sup>But among you there are some who do not believe.’ For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. <sup>65</sup>And he said, ‘For this reason I have told you that no one can come to me unless it is granted by the Father.’

<sup>66</sup>Because of this many of his disciples turned back and no longer went about with him. <sup>67</sup>So Jesus asked the twelve, ‘Do you also wish to go away?’ <sup>68</sup>Simon Peter answered him, ‘Lord, to whom can we go? You have the words of eternal life. <sup>69</sup>We have come to believe and know that you are the Holy One of God.’

*After the reading*

This is the Gospel of the Lord.

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

Address

### **The Creed**

*The president says*

Let us declare our faith in God, Father, Son and Holy Spirit.

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

**I believe in Jesus Christ, his only Son, our Lord.**

**He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.**

**He 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,  
and is seated at the right hand of the Father.**

**He will come again 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.**

*(OR)*

**All 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.**

### **Prayers of Intercession**

[Let us pray to the Lord, who has conquered death.

Hear us, risen Lord,  
**our resurrection and our life.]**

Jesus, bread from heaven,  
you satisfy the hungry with good things:  
grant us a share with all the faithful departed  
in the banquet of your kingdom.  
Hear us, risen Lord,  
**our resurrection and our life.**

Jesus, the light of the world,  
you gave the man born blind the gift of sight.  
Open the eye of faith  
and bring us from darkness  
to your eternal light and glory.  
Hear us, risen Lord,  
**our resurrection and our life.**

Jesus, Son of the living God,  
you summoned your friend Lazarus from death to life:  
raise us at the last to full and eternal life with you.  
Hear us, risen Lord,  
**our resurrection and our life.**

Jesus, crucified Saviour,  
in your dying you entrusted each to the other,  
Mary your mother and John your beloved disciple:  
sustain and comfort all who mourn.  
Hear us, risen Lord,  
**our resurrection and our life.**

Jesus, our way and truth and life,  
you drew your disciple Thomas from doubt to faith:  
reveal the resurrection faith to the doubting and the lost.  
Hear us, risen Lord,  
**our resurrection and our life.**

May God in his infinite love and mercy  
bring the whole Church,  
living and departed in the Lord Jesus,  
to a joyful resurrection  
and the fulfilment of his eternal kingdom.  
**Amen.**

## **The Liturgy of the Sacrament**

### **The Peace**

Blessed be Christ, the Prince of Peace.  
**He breaks down the walls that divide us:  
praise Christ who is our peace!**

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

Let us offer one another a sign of peace.  
*All may exchange a sign of peace.*

### **Preparation of the Table**

**Hymn**     *during which a collection may be taken*

*The gifts of the people may be gathered and presented.  
The table is prepared and bread and wine are placed upon it.  
The president takes the bread and wine.*

Yours, Lord, is the greatness, the power,  
the glory, the splendour, and the majesty;  
for everything in heaven and on earth is yours.

*All*     **All things come from you,  
and of your own do we give you.**

### **The Eucharistic Prayer (E) Words for a Sunday**

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.**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God.  
From sunrise to sunset this day is holy,  
for Christ has risen from the tomb  
and scattered the darkness of death  
with light that will not fade.

This day the risen Lord walks with your gathered people,  
unfolds for us your word,

and makes himself known in the breaking of the bread.

And though the night will overtake this day

you summon us to live in endless light,

the never-ceasing sabbath of the Lord.

And so, with choirs of angels

and with all the heavenly host,

we proclaim your glory  
and join their unending song of praise:

**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.

*Great is the mystery of faith:*

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

*(OR)*

*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.**

Lord of all life,  
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 SJB *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.**

*The service continues on p13 with The Lord's Prayer*

### **The Lord's Prayer**

Let us pray with confidence as our  
Saviour has taught us;  
**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.**

**Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass  
against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,**

**for ever and ever.**

**Amen.**

As our Saviour taught us, 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**

*The president breaks the consecrated bread.*

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.**

*The Agnus Dei is said or sung*

**All 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**

*The president says the invitation to 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 president and people receive communion. If you prefer to receive a blessing please indicate this by bringing this service booklet with you.*

*Authorized words of distribution are used and the communicant replies*

**All Amen.**

### **Prayer after Communion**

*Silence is kept.*

God of all mercy,  
in this eucharist you have set aside our sins  
and given us your healing:  
grant that we who are made whole in Christ  
may bring that healing to this broken world,  
in the name of Jesus Christ our Lord.

**All 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**

Reflective story

## Hymn

### Blessing

*This or other suitable words may be said*

Go forth into the world in peace;  
be of good courage;  
hold fast that which is good;  
render to no one evil for evil;  
strengthen the fainthearted; support the weak;  
help the afflicted; honour everyone;  
love and serve the Lord,  
rejoicing in the power of the Holy Spirit;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

*All*        **Amen.**

*A minister says*

Go in peace to love and serve the Lord.

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

*The ministers and people depart.*

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