



**THE HOLY
EUCHARIST (2004)**

**Y CYMUN
BENDIGAID (2004)**

The Church in Wales

AN ORDER FOR THE HOLY EUCHARIST

2004

1 THE GATHERING

A hymn, psalm or anthem may be sung. [Stand]

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

Amen.

Grace and peace be with you
and keep you in the love of Christ.

Or in Eastertide

Alleluia! Christ is risen.

He is risen indeed. Alleluia!

Either

**Father of glory, holy and eternal,
look upon us now in power and mercy.
May your strength overcome our weakness,
your radiance transform our blindness,
and your Spirit draw us to that love
shown and offered to us by your Son,
our Saviour Jesus Christ. Amen.**

Or

**Heavenly Father, all hearts are open to you.
No secrets are hidden from you.
Purify us with the fire of your Holy Spirit
that we may love and worship you faithfully,
through Jesus Christ our Lord. Amen.**

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

**Lord, have mercy.
Christ, have mercy.
Lord, have mercy.**

Silence.

**Heavenly Father,
we have sinned in thought, word and deed,
and have failed to do what we ought to have
done.**

**We are sorry and truly repent.
For the sake of your Son Jesus Christ who
died for us,
forgive us all that is past
and lead us in his way
to walk as children of light. Amen.**

Almighty God,
who forgives all who truly repent,
have mercy on you and set you free from sin,
strengthen you in goodness
and keep you in eternal life;
through Jesus Christ our Lord. **Amen.**

Gloria in Excelsis

[Stand]

**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 of the Day

Let us pray.

2 **THE PROCLAMATION OF THE WORD**

For each of the first two readings the reader says

A reading from... [Sit]

The Old Testament ...

The New Testament ...

The reader may then say

Either

Hear what the Spirit is saying to the church.

Thanks be to God.

Or

This is the word of the Lord.

Thanks be to God.

The Gospel

Stand

The reader says

Listen to the gospel of Christ according to Saint...

Glory to you, O Lord.

After the Gospel the reader says

This is the Gospel of the Lord.

Praise to you, O Christ.

The Sermon

[Sit]

The Nicene Creed

**We believe in one God,
the Father, the almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven;
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.**

**For our sake he was crucified under
Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead,
and his kingdom will have no end.**

(Cont.)

**We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is worshipped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and
apostolic Church.
We acknowledge one baptism for the
forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

3 THE INTERCESSION

*Silence should be kept after each bidding.
Appropriate responses may be used, for example*

Lord, in your mercy,
hear our prayer.

Lord, hear us.
Lord, graciously hear us.

We pray to you, O Lord.
Lord, have mercy.

*The prayer ends with a suitable collect said by the
priest or the following*

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

4 THE PEACE

A sentence of Scripture may be read.

The peace of the Lord be with you always.
And also with you.

A sign of peace may be exchanged.

A hymn, psalm or anthem may be sung.

When a collection is taken it is brought to the priest.

5 THE THANKSGIVING

The priest takes the bread and the cup.

Either the priest may say

We celebrate together the gifts and grace of God.

**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

Or

Blessed are you, Lord, God of all creation.

Through your goodness we have this

bread to offer,

which earth has given and human hands
have made.

It will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord, God of all creation.

Through your goodness we have this

wine to offer,

fruit of the vine and work of human hands.

It will become our spiritual drink.

Blessed be God for ever.

Eucharistic Prayer

The Lord be with you. *Or* The Lord is here.
And also with you. His Spirit is with us.

Lift up your hearts.
We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

.....

**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.**

.....

[Let us proclaim the mystery of faith:]
**Christ has died.
Christ is risen.
Christ will come in glory.**

.....

.....

Through him,
with him, in him,
in the unity
of the Holy Spirit
all honour and glory
are yours
almighty Father,
for ever and ever.
Amen.

Or: All honour
and glory belong
to you, Father,
through Jesus,
your Son,
with the Holy Spirit:
one God, for ever and
ever.
Amen.

Silence.

The service continues

Either

Let us pray with confidence to the Father:

**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.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power
and the glory are yours,
now and for ever. Amen.**

Or

As our Saviour taught us, we boldly pray:

**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.**

6 THE COMMUNION

The priest breaks the bread.

Either

We break this bread to share in the body of Christ.
**Though we are many, we are one body
for we all share in one bread.**

Or

Every time we eat this bread and drink of this cup
we proclaim the Lord's death until he comes.

Either

**Jesus, Lamb of God:
have mercy on us.**

**Jesus, bearer of our sins:
have mercy on us.**

**Jesus, redeemer of the world:
give us your peace.**

Or

**Lamb of God,
you take away the sins of the world:
have mercy on us.**

**Lamb of God,
you take away the sins of the world:
have mercy on us.**

**Lamb of God,
you take away the sins of the world:
grant us peace.**

One of the following invitations

God's holy gifts for God's holy people.

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

Or

Jesus is the Lamb of God
who takes away the sins of the world.
Happy are those who are called to his supper.
**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

Or

Come, let us receive the body and blood of our
Lord Jesus Christ, given for us, and feed on
him in our hearts by faith with thanksgiving.

Or in Eastertide

Alleluia. Christ our Passover is sacrificed for us.
Therefore let us keep the feast. Alleluia.

The priest and people receive the communion.

The sacrament is administered with these words

The body of Christ keep you in eternal life. **Amen.**

The blood of Christ keep you in eternal life. **Amen.**

Or

The body of Christ, the bread of life. **Amen.**

The blood of Christ, the true vine. **Amen.**

Or

The body of Christ. **Amen.**

Or The blood of Christ. **Amen.**

Non-communicants may be given a blessing.

7 THE SENDING OUT

Give thanks to the Lord for he is gracious:
his love is everlasting.

One of the following prayers is used

We thank you, Father, for feeding us with the body and blood of your Son in this holy sacrament, through which we are assured of the hope of eternal life. We offer ourselves to you as a living sacrifice. Keep us in the fellowship of his body, the Church, and send us out in the power of your Spirit to live and work to your praise and glory. Amen.

Or

Generous God, you have fed us at your heavenly table. Kindle us with the fire of your Spirit that when the Lord comes again we may shine as lights before him, who is alive and reigns in glory for ever. Amen.

Or

Eternal God, comfort of the afflicted and healer of the broken, you have fed us at the table of life and hope: teach us the ways of gentleness and peace, that all the world may acknowledge the kingdom of your Son, Jesus Christ our Lord. Amen.

Or

God of truth, we have seen with our eyes and touched with our hands the bread of life. Strengthen our faith that we may grow in love for you and for each other, through Jesus Christ, our risen Lord. Amen.

The Lord be with you.
And also with you.

An appropriate dismissal may be added

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Or in Eastertide

Go in peace to love and serve the Lord.
Alleluia! Alleluia!
In the name of Christ.
Alleluia! Alleluia!

Prayer

Every human being was created in order to have a relationship with God. People of all faiths seek this relationship – and prayer is one of its most important aspects from the human point of view.

In prayer, we can:

- open our hearts and lives to God;
- thank God for the blessings we receive each day, including the relationship God gives us with himself;
- confess the wrong things we have done and, knowing God's forgiveness, reject evil and turn back to him;
- wait upon God, seeking to know and do his will;
- share our worries, hopes and fears with God, asking him to help us.

Christians believe that Jesus, God's own Son, came to earth in human form and showed us what God is like. Many Christian people therefore find it helpful to concentrate their minds on Jesus as they pray, and to speak to God in prayer just as they would to another human being. Christians also believe that God gives us his Holy Spirit to help us pray.



How do we pray?

There is no exam to pass in order to be able to pray – anyone can do it. It's important to remember, though,

that different individuals pray in different ways, and that any one person is likely to pray in different ways in varying circumstances and at different stages of life. For Christians, the one acid test of prayer is that it should affect for good the sort of people we are and the sort of things we do and say.

Christians believe that God never leaves us or ignores us. We can therefore pray in the confidence that God really does want us to be in a conscious relationship with him.

Some Christians find it helpful when they pray to imagine that they are taking part in episodes described in the Gospels. The technical name for this way of praying is meditation. This type of prayer may lead on in time to a more direct experience of God, for which the technical name is contemplation. Others find that they are drawn simply to be silent in God's presence, which is actually a form of contemplation.

Want to start praying?

There are many ways to pray, and no one way is correct for all. The two golden rules are:

- to pray as you can and not as you can't, and
- to pray every day

When praying about life's problems and challenges, some people will simply say what is on their mind (God's love is so great that our angers and fears can be heard as well as our praise, thanks and requests) and ask for God's presence and guidance. Others prefer to use prayers that have been written by others and used by the Church through the ages. Yet others find themselves drawn to more meditative or contemplative ways of prayer.

In the Gospels, Jesus' followers ask him to teach them how to pray. In reply, he gives them the prayer we now know as the Lord's Prayer.

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.

Because Jesus himself has given it to us, Christians regard this prayer as especially important. We use it every day in our private prayers and at most church services.

Another well loved, short and therefore easily remembered prayer is the Jesus Prayer. In its best-known form this consists of just a few words:

Lord Jesus Christ, Son of the Living God, have mercy on me, a sinner.

Some people find it helpful to breathe in slowly and deeply while repeating silently the first two phrases and to breathe out while repeating the last two. Others break it down into the four sections created by the commas, and concentrate on each section in turn. Yet others prefer to shorten it (for instance, 'Jesus, have mercy' – a very simple, effective, way of praying for one's own needs and those of other people) or even to use the Name of Jesus on its own as a prayer. Part of the beauty of the Jesus Prayer is that it is so very flexible in use. The same person may well use it in different ways on different days, or at different times on the same day, according to their own needs and the needs of those around them.

The Prayer of St Richard of Chichester is one that many Christian people use in connection with the tasks and responsibilities of daily life:

O holy Jesus, most merciful Redeemer, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.