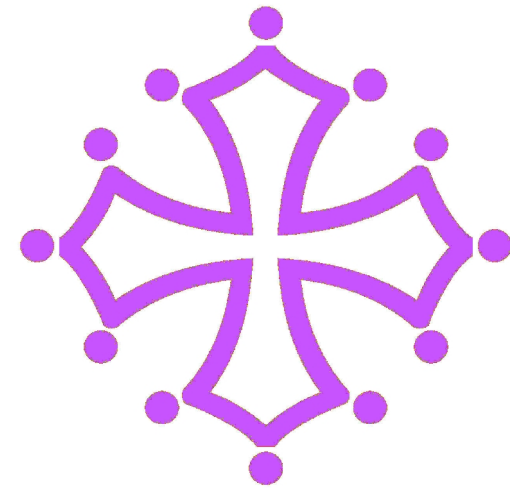


# All Saints, Hérault

The English Church at Saint Pargoire

A Chaplaincy of the Church of England Diocese in Europe

## Holy Communion



**Advent & Lent**

Eucharistic Prayer A

# Welcome!

Sometimes there will be guidelines, written or spoken, about whether to kneel, sit or stand. It is normal and more practical at Saint Pargoire to sit rather than to kneel. Please feel free to sit whenever you choose, especially if standing is difficult for you: nothing should stand in the way of your worship of God.

Please tell us if you would like somebody or something to be included in the prayers of intercession (see page 8).

If you need help with anything please ask a neighbour or somebody “on the door”.

The words in normal type are for the worship leaders to say and the words in **bold** type for everybody to say.

This booklet is intended to be used with extra seasonal words from Common Worship to match the day in the Church's year, in the places indicated by ***bold red italic*** type. This seasonal material is normally available on a separately printed sheet.



*“Jesus himself came near and walked with them” - Luke 24.15*

# The Gathering

*The president welcomes the people and invites them to keep a short silence and reflect that we have gathered to worship God.*

**Opening Hymn** – *please stand*

## The Greeting

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

## Prayer of Preparation

**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.**

## Prayers of Penitence

*Either The Summary of the Law:*

Our Lord Jesus Christ said:  
The first commandment is this:  
'Hear, O Israel, the Lord our God is the only Lord.  
You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.'

The second is this: 'Love your neighbour as yourself.'  
There is no other commandment greater than these.  
On these two commandments hang all the law and the prophets.

**Amen. Lord, have mercy.**

*Please turn to the Introduction to the Confession on page 3*

**Or *The Ten Commandments:***

God spoke these words and said: I am the Lord your God;  
you shall have no other gods but me.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

You shall not make for yourself any idol,  
whether in the form of anything that is in heaven above,  
or that is on the earth beneath, or that is in the water under the  
earth.

You shall not bow down to them or worship them.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

You shall not take the name of the Lord your God in vain.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Remember the Sabbath day, and keep it holy.

For six days you shall labour and do all your work.

But the seventh day is a Sabbath to the Lord your God.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Honour your father and your mother.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

You shall not murder.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

You shall not commit adultery.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

You shall not steal.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

# The Dismissal

**Final Hymn** – *please stand*

**Notices** – *please sit*

**The Blessing** – *please stand*

*The president may use a **seasonal blessing** or this:*

The peace of God,  
which passes all understanding,  
keep your hearts and minds  
in the knowledge and love of God,  
and of his Son Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.  
**Amen.**

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



*Common Worship: Services and Prayers for the Church of England, material from which is included in this service, is copyright © The Archbishops' Council*

You shall not bear false witness.

**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

You shall not covet.

**Lord, have mercy upon us,  
and write all these your laws in our hearts.**



*“If we confess our sins, he who is faithful  
and just will forgive us our sins  
and cleanse us from all unrighteousness.”  
- 1 John 1.9*

## Introduction to the Confession:

*The president introduces the Confession using the **seasonal Invitation to Confession** or these words:*

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.

*Please kneel or sit*

*We ask for God's forgiveness for our failures, saying one of these Confessions, **either**:*

**Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you in newness of life  
to the glory of your name.  
Amen.**

**or**

**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.**

*All who take Communion in any church, Church of England or not,  
are welcome to receive Communion here. If you are not a  
communicant or are not sure, you are warmly invited to come  
forward with everyone else and receive a brief prayer of blessing.  
Please make this clear by keeping your hands crossed on your  
chest or at your side.*

*Hymns may be sung during Communion*

**Prayer after Communion – please kneel or sit**

*The president says the Post Communion prayer, then all say one of  
these prayers, **either**:*

**Almighty God,  
we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out  
in the power of your Spirit  
to live and work  
to your praise and glory.  
Amen.**

**or**

**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.**

*One of these prayers may be said before the distribution*

**We do not presume  
to come to this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy  
so much as to gather up the crumbs under your table.  
But you are the same Lord  
whose nature is always to have mercy.  
Grant us therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus Christ  
and to drink his blood,  
that our sinful bodies may be made clean by his body  
and our souls washed through his most precious blood,  
and that we may evermore dwell in him, and he in us.  
Amen.**

*or*

**Most merciful Lord,  
your love compels us to come in.  
Our hands were unclean,  
our hearts were unprepared;  
we were not fit  
even to eat the crumbs from under your table.  
But you, Lord, are the God of our salvation,  
and share your bread with sinners.  
So cleanse and feed us  
with the precious body and blood of your Son,  
that he may live in us and we in him;  
and that we, with the whole company of Christ,  
may sit and eat in your kingdom.  
Amen.**

*The president and people receive communion.*

*Kyrie eleison may be used:*

Lord, have mercy.

**Lord, have mercy.**

Christ, have mercy.

**Christ, have mercy.**

Lord, have mercy.

**Lord, have mercy.**

## **The Absolution**

*This, or another form, is used*

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.  
**Amen.**



## The Collect

*The special prayer for the day and week is said by the president*



## The Liturgy of the Word

**Readings** – *please sit, then at the end of each:*

This is the word of the Lord.  
**Thanks be to God.**

**Gradual Hymn** – *please stand*

**Gospel Reading** – *please remain standing*

*The Gospel Reading is announced:*

Hear the Gospel of our Lord Jesus Christ according to *N.*  
**Glory to you, O Lord.**

*At the end:*

This is the Gospel of the Lord.  
**Praise to you, O Christ.**

**The Sermon** – *please sit*



*“Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures”  
- Luke 24.27*

## Giving of Communion

*The president says one of these invitations to communion*

Draw near with faith.

Receive the body of our Lord Jesus Christ  
which he gave for you,  
and his blood which he shed for you.

Eat and drink

in remembrance that he died for you,  
and feed on him in your hearts  
by faith with thanksgiving.

*or*

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed 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*

God's holy gifts  
for God's holy people.  
**Jesus Christ is holy,  
Jesus Christ is Lord,  
to the glory of God the Father.**





## Breaking of the Bread

We break this bread  
to share in the body of Christ.

**Though we are many, we are one body,  
because we all share in one bread.**



*"Then they told what had happened on the  
road, and how he had been made known to  
them in the breaking of the bread"  
- Luke 24.35*

## Agnus Dei

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.

*or*

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.

**The Creed** – please stand to say *either* 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,  
was incarnate from the Holy Spirit and 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.**

**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.**

*or the Apostles' Creed:*

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

**I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
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,  
he is seated at the right hand of the Father,  
and he will come 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.  
Amen.**

### **Prayers of Intercession – *please kneel or sit***

*Prayers are said, including prayers for the Church, the world, those who suffer and those who have died.*

*These responses may be used*

Lord, in your mercy	<b>or</b>	Lord, hear us.
<b>hear our prayer.</b>		<b>Lord, graciously hear us.</b>

*And at the end*

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

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

### **The Lord's Prayer - *please kneel or sit***

*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.**

*or*

*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.**

[Great is the mystery of faith:]

**Christ has died:**

**Christ is risen:**

**Christ will come again.**

*or*

[Praise to you, Lord Jesus:]

**Dying you destroyed our death,**

**rising you restored our life:**

**Lord Jesus, come in glory.**

*or*

[Christ is the bread of life:]

**When we eat this bread and drink this cup**

**we proclaim your death, Lord Jesus,**

**until you come in glory.**

*or*

[ Jesus Christ is Lord:]

**Lord, by your cross and resurrection**

**you have set us free.**

**You are the Saviour of the world.**

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:

## The Liturgy of the Sacrament

**The Peace** – *please stand*

*The president introduces the Peace with the **seasonal Introduction to the Peace** or another suitable sentence, and then says*

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

Let us offer one another a sign of peace.

*Please exchange a sign of peace with your neighbours. The response to “Peace be with you” is “And also with you”.*

**Offertory Hymn** – *please stand to sing*

*The collection is taken and presented during this hymn*

### Preparation of the Table

#### Taking of the Bread and Wine

*The table is prepared and bread and wine are placed upon it*

*This prayer or another is said.*

Blessed are you, Lord God of all creation:  
through your goodness we have this bread to set before you,  
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 set before you,  
fruit of the vine and work of human hands.  
It will become for us the cup of salvation.

**Blessed be God for ever.**

## Eucharistic Prayer A

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 thanks and praise.**

*Here follows a **seasonal Extended Eucharistic Preface** or the following:*

It is indeed right,  
it is our duty and our joy,  
at all times and in all places  
to give you thanks and praise,  
holy Father, heavenly King,  
almighty and eternal God,  
through Jesus Christ your Son our Lord.

For he is your living Word;  
through him you have created all things from the beginning,  
and formed us in your own image.

Through him you have freed us from the slavery of sin,  
giving him to be born of a woman and to die upon the cross;  
you raised him from the dead  
and exalted him to your right hand on high.

Through him you have sent upon us  
your holy and life-giving Spirit,  
and made us a people for your own possession.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and saying:

**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 kneel or sit*

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.