

All Saints, Hérault

The English Church at Saint Pargoire

A Chaplaincy of the Church of England Diocese in Europe

Holy Communion



Ordinary Time

Eucharistic Prayers B & G

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 7).

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.



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

The Dismissal

Final Hymn – *please stand*

Notices – *please sit*

The Blessing – *please stand*

The president may use this or another suitable blessing:

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.

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

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.



*“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*

The president introduces the Confession using these or similar 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.**

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.

(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.**

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.

Gloria in Excelsis

We stand for this ancient hymn of praise

**Glory to God in the highest,
and peace to his people on earth.**

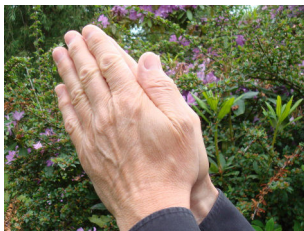
**Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.**

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



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 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*

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.**

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.**

Father, we plead with confidence
his sacrifice made once for all upon the cross;
we remember his dying and rising in glory,
and we rejoice that he intercedes for us at your right hand.

Pour out your Holy Spirit as we bring before you
these gifts of your creation;
may they be for us the body and blood of your dear Son.

As we eat and drink these holy things in your presence,
form us in the likeness of Christ,
and build us into a living temple to your glory.

Bring us at the last with [*N and*] all the saints
to the vision of that eternal splendour
for which you have created us;
through Jesus Christ, our Lord,
by whom, with whom, and in whom,
with all who stand before you in earth and heaven,
we worship you, Father almighty, in songs of everlasting praise:

**Blessing and honour and glory and power
be yours for ever and ever.
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 (or) Lord, hear us.
hear our prayer. **Lord, graciously hear us.**

And at the end

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

The Liturgy of the Sacrament

The Peace – *please stand*

The president introduces the Peace with a 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



He offered his life for sinners,
and with a love stronger than death
he opened wide his arms on the cross.

On the night before he died,
he came to supper with his friends
and, taking bread, he gave you thanks.
He broke it and gave it to them, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

At the end of supper, taking the cup of wine,
he gave you thanks, 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.

[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.

Eucharistic Prayer G

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.

Blessed are you, Lord God,
our light and our salvation;
to you be glory and praise for ever.

From the beginning you have created all things
and all your works echo the silent music of your praise.
In the fullness of time you made us in your image,
the crown of all creation.

You give us breath and speech, that with angels and archangels
and all the powers of heaven
we may find a voice to sing your 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.**

Please kneel or sit

How wonderful the work of your hands, O Lord.
As a mother tenderly gathers her children,
you embraced a people as your own.
When they turned away and rebelled
your love remained steadfast.

From them you raised up Jesus our Saviour, born of Mary,
to be the living bread,
in whom all our hungers are satisfied.

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 B (or Prayer G on page 12)

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.

Father, we give you thanks and praise
through your beloved Son Jesus Christ, your living Word,
through whom you have created all things;
who was sent by you in your great goodness to be our Saviour.

By the power of the Holy Spirit he took flesh;
as your Son, born of the blessed Virgin,
he lived on earth and went about among us;
he opened wide his arms for us on the cross;
he put an end to death by dying for us;
and revealed the resurrection by rising to new life;
so he fulfilled your will and won for you a holy people.

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

Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;

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.

[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.**

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.
As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of *[N and]* all the saints,
may praise and glorify you for ever,
through Jesus Christ our Lord;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever.

Amen.

Please turn to The Lord's Prayer on page 15