

The Parish of East Preston with Kingston

St Mary the Virgin
Church of England, Diocese of Chichester



The Holy Eucharist in Ordinary Time

Common Worship: Order One

Ordinary Time is the name we give to those bits of the Church's year which are not marked out as special times - those periods when life can seem hum drum, rather than deliriously happy or deeply reflective. It is called Ordinary, rather than the "extra-ordinary" times of Advent, Christmas, Lent or Easter

It's a time when we grow in faith and love on a steady diet of word and sacrament, when we get on with living the Christian life - and there's nothing "ordinary" about that! It's a time when we have to learn how to relate our faith to our everyday lives; to realise how to "think Christianly"; and get on with the difficult business of loving one another.

The colour the Church uses in Ordinary Time is GREEN - to symbolise growth and new life.

Having a period called "Ordinary Time" reminds us that God is interested in all of our lives - not just the highs and lows; not just the "respectable" bits; the presentable bits or the bits we like to show others - to plagiarise a bumper sticker: God is for all year, not just Christmas.

Thank you for joining us for worship - our prayer is that you will discover a special moment in communion, and that this will be for you what the Celtic Christians called a "thin place" where the veil is drawn back; where earth touches heaven; a place where we rejoice in the presence of Christ made real to us in bread and wine - alongside "the angels and archangels and all the company of heaven".

Welcome!

When we come together to break bread and share wine as Jesus told us to do, we're stepping into a stream of prayer and worship which crosses all time and all geographical locations. The very stones around us are soaked with the prayers of those who've worshipped here down the years - and our presence today will leave an invisible mark on this building.

Before the service starts we are invited to spend time prayerfully surrendering to the power of the Holy Spirit, asking that He may direct our worship, open our minds to the scriptures, prepare our hearts and minds to meet Jesus in communion, and that He may equip and empower us to leave this place to live out what we experience here in the rest of our lives.

These prayers and thoughts may help:

The night has passed and the day lies open before us;
let us pray with one heart and mind.

(silence may be kept)

As we rejoice in the gift of this new day
so may the light of your presence O God
set our hearts on fire with love for you;
now and for ever
Amen

from Common Worship Morning Prayer

* * *

Lord Jesus Christ, Son of the living God have
compassion on me. Grant that what I sing and say with

my lips I may believe in my heart, and what I believe in
my heart I may show forth in my life day by day. Amen.

* * *

O God our Creator, your kindness has brought us the gift
of a new morning. Help us to leave yesterday, and not to
covet tomorrow, but to accept the uniqueness of today.
Amen

From a morning liturgy by the Iona Community

* * *

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.

* * *

Loving Lord, fill us with your life-giving, joy-giving, peace-
giving presence, that we may praise you now with our lips

and all the day long with our lives, through Jesus Christ
our Lord. Amen

* * *

Kyrie Eleison

Because we cannot be clever and honest,
and are inventors of things more intricate
than the snowflake;
LORD HAVE MERCY

Because we are full of pride in our humility,
and because we believe in our disbelief;
LORD HAVE MERCY

Because we will protect ourselves from
ourselves to the point of destroying ourselves;
LORD HAVE MERCY

And because on the slope to perfection
when we should be half-way up
we are half way down;
LORD HAVE MERCY

(From RS Thomas, Mass for Hard Times)

O Lord,
grant that I may meet the coming day in peace.
Help me in all things
to rely upon Thy Holy Will.
In every hour of the day,
reveal Thy will to me.
Bless my dealings with all who surround me.
Teach me to treat all that comes to me
throughout the day with peace of soul,
and with the firm conviction that Thy will governs all.
In all my deeds and words,
guide my thoughts and feelings.
In unforeseen events, let me not forget
that all are sent by Thee.
Teach me to act firmly and wisely,
without embittering and embarrassing others.
Give me the strength to bear the fatigue
of the coming day with all that it shall bring.
Direct my will.
Teach me to pray.
Pray Thou Thyself in me.
Amen.

The Morning Prayer of Metropolitan Philaret of Moscow

The Greeting

In the name of the + Father the Son and
the Holy Spirit

Amen

The Lord be with you
and also with you

(or)

Grace, mercy and peace from God our Father
and the Lord Jesus Christ be with you
and also with you

The priest may introduce the theme of the mass

Prayers of Penitence

*The prayers of penitence may be introduced with some words
relevant to the day, or the following 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.

(and/or)

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.

You were sent to heal the contrite*: Lord have mercy
Lord have mercy

You came to call sinners: Christ have mercy
Christ have mercy

You plead for us at the right hand of the Father: Lord have
mercy
Lord have mercy

(other invocations may be used)*

(or)

**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

Gloria in Excelsis

(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**

**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.**

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

Stay STANDING. The President introduces a brief period of silent prayer with the words "Let us pray". After the collect all respond:

Amen

We SIT for the readings

Readings

At the beginning: A reading from....

At the end: For the word of the Lord
Thanks be to God

*We may say or sing a **PSALM** between the first and second reading.*

*There may be a **HYMN** sung before the gospel*

To welcome the gospel we may sing or say Alleluia:

Alleluia Alleluia
Speak Lord for your servant is listening*
Alleluia

** Other refrains may be used. The gospel book will be carried to the centre of the church, symbolising how the gospel of Christ has been taken to the people. We stand & turn to face the Gospel.*

Gospel Reading

The Lord be with you
and also with you
+ Hear the Gospel of our Lord Jesus Christ according
to *N*
Glory to You, O Lord

You are invited to make the sign of the cross on your forehead, your lips and your heart - symbolising your desire that God's Word may be in your mind, on your lips and in your heart.

At the end

This is the Gospel of the Lord
Praise to You, O Christ

You will be invited to SIT for the sermon

Sermon

You will be invited to STAND for the creed. We use 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

We say together in faith:

**Holy, holy, holy
is the Lord God almighty,
who was, and is, and is to come.**

We believe in God the Father,
who created all things
**for by his will they were created
and have their being**

We believe in God the Son
who was slain:
**for with his blood,
he purchased us fro God,
from every tribe and language,
from every people and nation.**

We believe in God the Holy Spirit:
**the Spirit and the Bride say, "Come!"
Even so come, Lord Jesus! Amen.**

[cf Revelation 4.8, 11; 5.9; 22.17, 20]

Or

Let us declare our faith in God

**We believe in God the Father,
from who 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**

[cf Ephesians 3]

You will be invited to SIT or KNEEL. for the prayers

Prayers of Intercession

The intercessions may be introduced with a sentence such as the following:

Let us pray for the Church in the world, and let us thank God for his goodness

(or)

In the power of the Spirit and in union with Christ, let us pray to the Father

Led by one person the whole assembly prays for the needs of the Church, the world, and the local community. The intercessions may include responses such as:

Lord in your mercy
Hear our prayer

(or)

Lord hear us
Lord, graciously hear us.

Intercession, or “asking” prayer is never done alone, so we join our prayers with the prayers of those in glory with God already; the Church Militant on earth; we join the constant stream of prayer Jesus makes for us to the Father, and we also ask for the prayers of the saints. The following words may be used:

Hail Mary full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners - now, and at the hour of our death.

The intercessions often end with these words:

Merciful Father: -
**Accept these prayers
for the sake of your Son
Our Saviour, Jesus Christ
Amen.**

The Peace

You will be invited to STAND for the Peace. The Peace is introduced with a suitable sentence, followed by:

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 with those around them - for example by a simple handshake (or sometimes with 'the kiss of peace') and the words 'Peace be with you'

An offertory HYMN may be sung

Remain STANDING

Preparation of the Altar

The bread, wine and monetary offerings are brought up by representatives of the community. The altar is prepared and bread and wine are placed on it. The president will praise God for his gifts, remembering that it is from God's own gifts that we give. The president may use these or other words:

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 for us the cup of salvation
Blessed be God for ever

Pray my friends that this our sacrifice may be
acceptable to God the Almighty Father
**May the Lord accept the sacrifice at your hands
for the praise and glory of his name, for our
good and the good of all his Church**

We maintain the same posture for the whole of the Eucharistic prayer - ideally STANDING - but if you cannot stand for this length of time, please stay seated - our posture is supposed to aid our devotion, not distract from it!

The 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 thanks and praise

The president praises God for his mighty acts and all respond by singing or 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.**

The president continues the Eucharistic Prayer, which may contain one of the following acclamations:

[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.**

The Eucharistic Prayer may end as we all say these words together:

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

or with a triumphant **AMEN!** *We stay standing*

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.**

The 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**

(or)

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

The Agnus Dei is said or sung in one of the following forms:

**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**

Giving of Communion

The president may use words of invitation such as these:

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 that he lives 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.**

The president and people receive communion. If you wish to receive a blessing, please bring this service book with you and keep your head bowed.

Baptised persons who are communicant members of other Churches which subscribe to the doctrine of the Holy Trinity, and who are in good standing with their own church are welcome to receive Communion. [Canon B15A(b)]

A HYMN may be sung during the distribution of communion. There are some prayers at the back of this booklet which you may wish to use quietly after receiving the sacrament.

Prayer after Communion

Silence is kept. We stay SITTING or KNEELING. A Post Communion prayer may be said. We may say one of these prayers:

The dismissal

**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.**

We stand for God's blessing

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

The president pronounces God's blessing, using some appropriate words and ending with

**...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**

(or)

**Go in the peace of Christ
Thanks be to God.**

Coffee is usually served after the main Sunday mass and you are warmly encouraged to

*stay for refreshments,
say hello to people,
look at the notice boards,
light a candle and say a prayer,
make yourself known to one of the team if you're new or
would like somebody to pray with you.*

The Church is made up of fallible human beings and we are still discovering, exploring and marvelling in God's love for us - so please forgive us if we get in the way of you meeting Jesus...

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The Parish of St Mary
East Preston with Kingston

Some thoughts to ponder

Christians do not 'believe in the Creeds', but, with the Creeds to help them, they believe in God.

Archbishop Michael Ramsey 1904-1988

Bishop David Jenkins (formerly Bishop of Durham) summarised the Christian faith in thirteen carefully chosen words:

God is. He is as he is in Jesus. Therefore there is Hope.

+++

"When we pray, we aren't throwing paper darts at some iron wall of natural law. We're co-operating with God in his massive enterprise of healing creation, bit by bit. When I pray I'm not asking God to interrupt the ordinary workings of the universe. I'm asking him to work within the created order of things so that the full potential and capacity of that part of creation may be released. I'm looking for the natural order to be at full stretch, just as it was in Jesus (which is why amazing things happened around him). This approach to prayer therefore sees God not as over-ruling anything so much as under-ruling it. He rules from within his created order."

John Pritchard (Bishop of Jarrow), from How to Pray, a Practical Handbook p96 SPCK 2002

"Do this in remembrance of me" - Was ever another command so obeyed? For century after century, spreading slowly to every continent and country and

among every race on earth, this action has been done, in every conceivable human circumstance, for every conceivable human need from infancy and before it, to extreme old age and after it, from the pinnacles of earthly greatness to the refuge of fugitives in the caves and dens of the earth... and best of all, week by week and month by month, on a hundred thousand successive Sundays, faithfully, unflinching, across all the parishes of Christendom, the pastors have done this just to make... the holy common people of God!

Dom Gregory Dix The Shape of the Liturgy 1945

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Johan Alain (1911-1940) was killed in the Second World War. He wrote several "Litanies":

When the Christian soul in distress finds no new words to implore God's mercy, it ceaselessly repeats the same prayer with vehement faith. Reason comes to an end. Only faith can take it further.

O God
You have made us for yourself and
our heart is restless till it finds its rest in you;
give us
grace to seek you,
courage to obey you and
peace as we walk with you
now and for ever, Amen

after St Augustine of Hippo

Just as I am without one plea
But that Thy blood was shed for me
And that Thou bidd'st me come to Thee
O Lamb of God, I come
from a hymn by Charlotte Elliot

I have been crucified with Christ - it is no longer I who live
but Christ who lives in me. The life I live in the body I
live by faith in the Son of God who loved me and gave
himself for me.

St Paul writing in Galatians 2.20

Lord Jesus Christ, we thank you that
in this wonderful sacrament
you have given us the memorial of your passion:
grant us so to reverence the sacred mysteries
of your body and blood
that we may know within ourselves
and show forth in our lives
the fruit of your redemption
for you are alive and reign, now and for ever
Amen

Collect for Maundy Thursday from Common Worship

In gratitude, in deep gratitude
for this moment
this meal
these people,
we give ourselves to you.

Take us out
to live as changed people
because we have shared the Living Bread
and cannot remain the same.
Ask much of us
expect much from us
enable much by us
encourage many through us.
So Lord, may we live to your glory
both as inhabitants of earth
and citizens of the commonwealth of heaven.
Amen
from an Iona Liturgy

Go in peace to live among the signs of God.
And may Christ Jesus break bread at your table,
the Creator spread a cloth for the feast
and the Spirit dance in the centre of your gathering.
Benediction by Dorothy McRae-McMahon

Lord Jesus Christ
you have put your life in our hands
now we put our lives in yours.
Take us,
shake us
remake us.
What we have been is past,
what we shall be, through you,
still awaits us.
from an Iona Liturgy