

The Parish of East Preston with Kingston
St Mary the Virgin
Church of England, Diocese of Chichester



The Holy Eucharist in Advent

Common Worship: Order One

Advent is the time of preparation for Christ-mass. It's also the beginning of the Church's year. It's a sober time of preparation for the incredible coming of God into our world as a tiny vulnerable baby - the Incarnation.

While the World sings Christmas Carols and commercialism goes into overdrive the Church calls people to an observation of Advent which has a flavour of penitence about it, so the colour is PURPLE.

As we consider the coming of the Lord Jesus into our world two thousands years ago; His coming into our lives today; and His coming again in glory at the end of the age, we reflect on the preparation we must make to "spring clean" for the Most Important Guest.

Traditionally the themes of Advent have been Death, Judgement, Heaven and Hell. In more recent times we have focused on the role of those preparing for the coming of Jesus: our ancestors in the faith (the Patriarchs and Matriarchs of the Old Testament); the Prophets; John the Baptist; and the Blessed Virgin Mary. This Advent we are invited and challenged to make straight our lives and hearts to be ready for the birth of his love, power and judgment afresh in our lives this Christ-mass.

An Incarnation thought to ponder...

like your landlord becoming your lodger
like your managing director up before you for an interview
like Beethoven queuing for a ticket to his own concert
like a headmaster getting the cane
like a good architect living in a slum designed by a rival
like Picasso painting by numbers
God lived among us

from *Rhinoceros* by Simon Jenkins © 1980 Fool Press

Thank you for joining us to worship together - our prayer is that we will experience the coming of Jesus to us in bread and wine; and that we may be able to discard the god we don't believe in and discover the God who believes in us.

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The prayers in this booklet are culled from various sources, including:

The European Province of the Society of Saint Francis ☒1992

Dorothy McRae-McMahon from *In This Hour: Liturgies for Pausing* ☒SPCK 2001

Cloth For the Cradle, Wild Goose Worship Group ☒1997

A Manual of Anglo-Catholic Devotion +Andrew Burnham ☒ Canterbury Press 2001

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:

* * *

Into our world, as into Mary's womb,
come Lord Jesus.
Into the forgotten places, as into the stable,
come Lord Jesus.
Into the lives of the poor, bringing hope;
into the lives of the powerful, bringing caution;
into the lives of the weary, bringing rest;
into the lives of the wise bringing restlessness;
and into our lives and longings, whatever our estate,
come Lord Jesus.

(an Iona Prayer)

Almighty everlasting God
I draw near to the sacrament of your only begotten Son
our Lord Jesus Christ.
I who am sick approach the physician of life.
I who am unclean come to the fountain of mercy;
blind to the light of eternal brightness;
poor and needy, I come to the Lord of heaven and earth.
Therefore I implore you, in your boundless mercy
to heal my sickness, cleanse my defilement,

enlighten my blindness, enrich my poverty
and clothe my nakedness...
Then shall I dare to receive the bread of angels,
the King of kings and Lord of lords
with reverence and humility,
contrition and love,
purity and faith.

(after St Thomas Aquinas)

O Christ, King of the People
awaited and desired for centuries by us,
wounded and scattered by sin,
you are the cornerstone upon which
we can reconstruct ourselves
and regain a definite and enlightening guide
for our path through history,
you reunited the divided peoples by means of your
sacrificial gift to the Father -
come and save us!
We are pitiable and great
we are made by you with 'dust of the earth'
and we bear your image and likeness
give us grace to grow like Christ.

(after Pope John Paul II)

Now it is time to awake out of sleep
For the night is far spent and the day is at hand
Now is our salvation nearer than when we first believed
For the night is far spent.
Let us therefore cast off the works of darkness
and put on the armour of light
For the day is at hand.
Put on the Lord Jesus Christ and make no provision for the flesh
For the night is far spent and the day is at hand.

(from Advent Morning Prayer, Common Worship)

The Greeting

You are invited to make the sign of the cross (+) to remind you both of your baptism where your life in Christ began, and of how you seek to deepen your discipleship in this service.

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

Lighting of the Advent Wreath

There are five candles on the wreath: the purple ones for the first, second & fourth Sundays of Advent, the pink one for Advent 3 (sometimes called Gaudete Sunday), and the white one for Christmas Day.

ADVENT ONE (Our Ancestors in the Faith)

God of Abraham and Sarah, of David & Ruth
and all our forebears of old,
you are our Father too.
Your love is revealed to us in Jesus Christ -
Son of God and Son of David.
Help us in preparing to celebrate his birth
to make our hearts ready for your Holy Spirit
to make his home among us.
We ask this through Jesus Christ,
the Light who is coming into the world. **Amen**

ADVENT TWO (The Prophets)

God our Father
you spoke to the prophets of old
of a Saviour who would bring peace.
You helped them to spread the joyful message
of his coming kingdom.
Help us, as we prepare to celebrate his birth,
to share with those around us
the Good News of your power and love.
We ask this through Jesus Christ,
the Light who is coming into the world. **Amen**

ADVENT THREE (John the Baptist)

God our Father
you gave to Zechariah and Elizabeth in their old age
a son called John.
He grew up strong in spirit,
prepared the people for the coming of the Lord
and baptised them in the Jordan to wash away their sins.
Help us, who have been baptised into Christ,
to be ready to welcome him into our hearts,
and grow strong in faith by the power of the Spirit.
We ask this through Jesus Christ,
the Light who is coming into the world. **Amen**

ADVENT FOUR (The Blessed Virgin Mary)

God our Father
the angel Gabriel told the Virgin Mary
that she was to be the Mother of your Son.
Though Mary was afraid
she responded to your call with joy.
Help us whom you call to serve you
to share like her in your great work
of bringing to our world your love and healing.
We ask this through Jesus Christ,
the Light who is coming into the world. **Amen**

The priest may introduce the theme of the mass

Prayers of Penitence

The prayers of penitence may be introduced with the following words:

The prophet Isaiah said: Prepare the way of the Lord, make his paths straight, and all flesh shall see the salvation of God; and John the Baptist said “Repent for the kingdom of heaven is at hand!” So let us turn away from sin and turn to him, confessing our sins in penitence and faith: [Is 40.3-5; Mat 3.2]

Your Son came as the Light of the World, but because we prefer the darkness: Lord have mercy
Lord have mercy

Your Son came in humility and vulnerability, but because we prefer power and strength: Christ have mercy
Christ have mercy

Your Son comes with judgement and mercy, but because we prefer condemnation and selfishness: Lord have mercy
Lord have mercy

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

In place of the Gloria during Advent we may sing:

Come Holy Spirit!
Come Holy Spirit!
Maranatha
Come, Lord, come.

(“Maranatha” is an Aramaic phrase meaning “Our Lord come” The prayer in Greek appears as the last verse in the bible at Revelation 22.20: “Come Lord Jesus!”)

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

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 STAND to sing a gradual HYMN between the second reading and the gospel. The gospel book may be carried to the centre of the church, symbolizing how the gospel of Christ has been taken to the people.

Gospel Reading

Remain STANDING for the Gospel.

Alleluia, alleluia
Prepare the way of the Lord, make his paths straight, and all flesh shall see the salvation of God

Alleluia

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 - symbolizing your desire that God’s Word may inform your mind, be 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

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)

An Advent Creed

Priest: Among the poor
Men: among the proud
Women: among the persecuted
Men: among the privileged
Priest: Christ is coming
All: **He is coming to make all things new**

Priest: In the private house
Men: in the market place
Women: in the wedding feast
Men: in the judgement hall
Priest: Christ is coming
All: **He is coming to make all things new**

Priest: With a gentle touch
Men: with an angry word
Women: with a clear conscience
Men: with burning love
Priest: Christ is coming
All: **He is coming to make all things new**

Priest: That the kingdom might come
Men: that the world might believe
Women: that the powerful might stumble
Men: that the humble might be raised
Priest: Christ is coming
All: **He is coming to make all things new**

Priest: Within us
Men: without us
Women: among us
Men: before us
Women: in this place
Men: in every place
Women: for this time
Men: for all time
Priest: Christ is coming
All: **He is coming to make all things new.
Maranatha! Amen!**

Prayers of Intercession

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

These 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 usually end with these words:

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

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 of God's own that we offer back to God. The president may use these 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 our spiritual drink

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 Eucharistic Prayer starts with these responses:

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!**

Remain STANDING as 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!

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.

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.**

The president and people receive communion with the words "The body of Christ" and "The blood of Christ", to which the response is

“Amen”. If you wish to receive a blessing, please bring this service book with you and keep your head bowed.

Baptized 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 by the president. All may say one of these prayers:

**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.**

The dismissal

**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**

(Let us) 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.



St Mary the Virgin
East Preston with Kingston

A meditation to ponder...

Eternal God
in the long ago days
when the earth was flat
and heaven was above the clouds
and disease was caused by demons
your Son was born
to lighten all our darkneses.

Now, after the enlightenment
we are in bondage to different limitations.

We doubt what we cannot prove;
we ignore what we cannot see
and finding little room for faith
we must confess that
we suspect angels
and disbelieve Good News.

We admit ourselves
to be both infected and affected
by the spirit of our times.

Behind talk of world peace
we hear the machinery of war;
beneath talk of global equality
we detect the posturing of the powerful
beside talk of your Church being renewed
we recognise the bondage to failed patterns of the past.

Rather than embrace the light
we become fascinated by darkness
and we must confess that
we suspect angels
and disbelieve Good News.

Ah, God, who will save us?
Our cynicism is the fruit of our experience
not the key to our future.
Our suspiciousness helps us to smell the rat,
never to recognise the dove.
Our perfect analysis may describe the mountain
but is helpless to move it.

It is with little pride
we must confess that
we suspect angels
and disbelieve Good News.

As Christmas approaches
give us a share of that divine naiveté
enjoyed by Elizabeth and Zechariah,
Mary and Joseph
and unnamed country folk,
who encountered angels
and believed the Good News
and recognised Christ among them.
Amen.

(a prayer from Iona)

Some Prayers you might find useful after Communion

We thank you heavenly Father for your holy name
which you have caused to dwell in our hearts.
We thank you for the knowledge, faith and immortality
which you have made known to us
through Jesus your servant.
To you be glory, now and for ever.

(from The Didache)

O God,
who hast so greatly loved us,
so long sought us and
so mercifully redeemed us;
give us grace that in everything
we may yield ourselves,
our wills and works,
a continual thank offering to thee;
through Jesus Christ our Lord
Amen

Westminster Confession of Faith 1647

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

Now go out into the highways and hedges, and look for Jesus in
the ragged and naked, in the oppressed and sweated, in those
who have lost hope, and in those struggling to make good. Look
for Jesus in them: and when you find him, gird yourselves with his
towel of fellowship and wash his feet in the person of his brethren!

(Bishop Frank Weston)

Thanks be to thee
my Lord Jesus Christ
for all the benefits which
thou hast won for me,
for all the pains and insults
which thou hast borne for me.
O most merciful Redeemer,
Friend and Brother,
may I know thee more clearly
love thee more dearly
and follow thee more nearly
Amen

Prayer of St Richard of Chichester

Lord Jesus Christ,
take all my freedom,
my memory, my understanding, and my will.
All that I have and cherish
you have given to me.
I surrender it all to be guided by your will.
Your grace and your love are wealth enough for me.
Give me these, Lord Jesus,
and I ask for nothing more.

(Prayer of Self-Dedication to Jesus Christ)