



The Food and Drink of Eternal Life

Crown him with many crowns,
the Lamb upon his throne;
hark, how the heavenly anthem drowns
all music but its own!
Awake, my soul, and sing
of him who died for thee,
and hail him as thy matchless King
through all eternity.

Crown him the Virgin's Son,
the God incarnate born,
whose arm those crimson trophies won
which now his brow adorn:
Fruit of the mystic Rose,
as of that Rose the Stem;
the Root whence mercy ever flows,
the Babe of Bethlehem.

Crown him the Lord of love;
behold his hands and side,
those wounds yet visible above
in beauty glorified:
no angel in the sky
can fully bear that sight,
but downward bends his burning eye
at mysteries so bright.

Crown him the Lord of peace,
whose power a sceptre sways
from pole to pole, that wars may cease,
and all be prayer and praise:
his reign shall know no end,
and round his pierced feet
fair flowers of paradise extend
their fragrance ever sweet.

Crown him the Lord of years,
the Potentate of time,
creator of the rolling spheres,
ineffably sublime:
all hail, Redeemer, hail!
for thou hast died for me;
thy praise shall never, never fail
throughout eternity.
Matthew Bridges (1800-1894)

The gathering

The Greeting

✠ In the name of the Father, and of the Son, and
of the Holy Spirit. **Amen.**

The Lord Jesus Christ be with you.
And also with you.

The Act of Penitence

As we prepare to celebrate the mystery of God's
love, revealed in Word and Sacrament, let us call
to mind our sins.

Like as the hart longs for flowing streams,
so longs my soul for you, O God:
Lord, have mercy.
Lord, have mercy.

O send out your light and your truth,
that they may lead me:
Christ, have mercy.
Christ, have mercy.

May we come to your altar, O God,
the God of our salvation.
Lord, have mercy.
Lord, have mercy.

Words of forgiveness

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

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 for the day

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 fruits of your redemption; for you are alive and reign with the Father in the unity of the Holy Spirit, one God, now and for ever.

Amen.

The liturgy of the word

First reading Genesis 14.18-20

A reading from the book of Genesis

And King Melchizedek of Salem brought out bread and wine; he was priest of God Most High. He blessed him and said, 'Blessed be Abram by God Most High, maker of heaven and earth; and blessed be God Most High, who has delivered your enemies into your hand!' And Abram gave him one-tenth of everything.

This is the word of the Lord.

Thanks be to God.

Second reading 1 Corinthians 11.23-26

A reading from first letter to the Corinthians

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is

my body that is for you. Do this in remembrance of me.' In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

This is the word of the Lord.

Thanks be to God.

Gospel reading

The Lord be with you.

And also with you.

Hear the Gospel of our Lord Jesus Christ according to John✠

John 6.51-58

Glory to you, O Lord.

I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.' The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

This is the Gospel of the Lord.

Praise to you, O Christ.

Homily

Affirmation of faith

Let us declare our faith in the resurrection of our Lord Jesus Christ.

Christ died for our sins in accordance with the Scriptures; he was buried; he was raised to life on the third day in accordance with the Scriptures; afterwards he appeared to his followers, and to all the apostles: this we have received, and this we believe. Amen.

The liturgy of the sacrament

The Peace

Our Lord Jesus Christ says: If, when you are bringing your gift to the altar, you remember your brother or sister has a grievance against you, leave your gift where it lies before the altar. Go, make peace; and only then come and offer your gift.

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.

Offertory Prayer

God our sustainer, receive the gifts we bring before you, and feed us continually with that bread which satisfies all hunger, your Son our Saviour Jesus Christ.

Amen

The Eucharistic Prayer

The Lord is here
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.

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. And now we give you thanks because at the last supper as he sat at table with his apostles he gave us this memorial of his passion to bring us its saving power until the end of time. In this sacrament you feed your people and strengthen them in holiness, so that the family of humankind may come to walk in the light of one faith, in one communion of love.

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.**

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.

Let us proclaim the mystery of faith!
**By Dying you destroyed our death.
By Rising you restored our life.
Lord Jesus, come in glory.**

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,
Blessed and praised be Jesus Christ in the most Holy Sacrament. Hosanna in excelsis
✠ Amen.

The Lord's Prayer

Let us offer our prayers to God with grateful and trusting hearts as we say together.
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.

Breaking of the bread

The priest breaks the consecrated bread, saying

Lord, we died with you on the cross.
Now we are raised to new life.

We were buried in your tomb.
Now we share your resurrection.

Live in us,
that we may live in you

AN ACT OF SPIRITUAL COMMUNION

As you look on to the consecrated elements - the Body and Blood of Our Lord present in the Bread and Wine, say these words

In union, dear Father, with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood,

I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us. Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

Prayer after communion

Bring us, O Christ,
to that eternal union with you
which is foreshadowed here on earth
by our communion in your body and blood,
for you are alive, our Saviour, for ever and ever.
Amen.

The dismissal

I am the bread of life, anyone who comes to me shall not hunger, anyone who believes in me shall never thirst. Alleluia.
Lord, give us this bread always.

The bread of God comes down from heaven, and gives life to the world. Alleluia.
Lord, give us this bread always.

Anyone who eats my flesh and drinks my blood has eternal life and I will raise them up on the last day. Alleluia.
Lord, give us this bread always.

**Sweet Sacrament divine,
hid in thine earthly home,
lo, round thy lowly shrine,
with suppliant hearts we come;
Jesus, to thee our voice we raise
in songs of love and heartfelt praise:
sweet Sacrament divine.**

**Sweet Sacrament of peace,
dear home for every heart,
where restless yearnings cease
and sorrows all depart;
there in thine ear all trustfully
we tell our tale of misery:
sweet Sacrament of peace.**

Sweet Sacrament of rest,
ark from the ocean's roar,
within thy shelter blest
soon may we reach the shore;
save us, for still the tempest raves,
save, lest we sink beneath the waves:
sweet Sacrament of rest.

Sweet Sacrament divine,
earth's light and jubilee,
in thy far depths doth shine
thy Godhead's majesty;
sweet light, so shine on us, we pray,
that earthly joys may fade away:
sweet Sacrament divine.

Thou gavest them bread from heaven
Containing in itself all sweetness

Lord Jesus Christ,
we thank you that in a 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 fruits of your redemption;
for you live and reign with the Father
and the Holy Spirit, one God,
now and for ever. **Amen.**

*as we sing, the sacrament is carried outside to our
community*

Christ triumphant, ever reigning,
Saviour, Master, King,
Lord of heaven, our lives sustaining,
hear us as we sing:

*Yours the glory and the crown,
the high renown, the eternal name.*

Word incarnate, truth revealing,
Son of Man on earth!
power and majesty concealing
by Your humble birth:

Yours the glory....

Suffering servant, scorned, ill-treated,
victim crucified!
death is through the cross defeated,
sinners justified:

Yours the glory....

Priestly King, enthroned for ever
high in heaven above!
sin and death and hell shall never
stifle hymns of love:
Yours the glory....

So, our hearts and voices raising
through the ages long,
ceaselessly upon You gazing,
this shall be our song:
Yours the glory....

BENEDICTION IS GIVEN

*We celebrate the Blessing of Christ upon our Parish
and Community*

You are the Bread of life:

Praise to you!

You are the Bread of salvation:

Praise to you!

You are the Blood that redeemed us:

Praise to you!

You are the source of our joy:

Praise to you!

You are the Bread that feeds us:

Praise to you!

You are the Blood that quenches our thirst:

Praise to you!

You are the Bread that comforts us:

Praise to you!

You are the Bread that gives us strength:

Praise to you!

You are the Bread that heals us in body and
mind:

Praise to you!

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