

Sharing Communion



Prayer after Communion

God comes to us in the midst of creation: may we find holiness in beauty and wonder around us. May what we have said and done here build us up, and help us be disciples of Jesus' way. May we go into the world to act justly, share generously, and find the Spirit of God in friend and stranger along the way. Refreshed and renewed, loved into new life, may we go from here in trust and in hope. Amen.

(Please leave this insert on the table outside the rear sanctuary doors for another time.)

Lent Communion

One: We welcome God, who welcomes us, and invites us to join the ever-new song of holiness in creation.

All: **God is here – among us, and within us.**

One: We open our oft-closed hearts to God.

All: **We open our spirits to God and one another, on life's holy journey that beckons us at every turn.**

One: Open hearts and open spirits: in these we give thanks to God.

All: **We sing with thanks and praise, and our souls dance with joy.**

One: We come to this table to taste once more the fullness of God's grace. the intimate company of Jesus, and new life in the Spirit.

All: **With thanks we find holiness in the simplest things. In our joy we share a cup which overflows with grace. In our need we share bread as newness of life. In this moment together with the Christ, we are sustained as we journey onward.**

One: With all who live in God's light and love, we lift our voices to cry out:

All: Holy, holy, holy: heaven and earth are full of God's glory! Blessed is the One who comes in God's name – God's heart of holiness, open to the world.

One: Along our journey of life, we see many paths of discipleship. We walk those paths when we are at our very best as people of faith. Other times, in other ways, we walk far from God's heart, and ignore the call of Jesus to love abundantly.

All: We yearn for the ever-creating power of God, the ever-transforming love of Jesus, and the ever-renewing wind of the Spirit to lift us and bring us back to paths that can lead the world toward God's realm.

One: In turning again to the way of faith, we find new life as disciples, and new meaning in each moment. Known to us in our words of faith, calling to us in the mystery of resurrection, we name Jesus our companion and lover and guide.

All: In his life, in his death, in his life beyond death, holy love is seen and known in Jesus. We are changed, and our journey transformed.

One: In the story that grounds our faith, on his last night with his closest friends, Jesus took an everyday action of his people at table, and made it new. He took bread, blessed it, and broke it, and gave it to those around him saying:

All: "Take this, and eat: remember me."

One: Then he took a cup in the same way, and he said,

All: "Take this, and drink: remember me."

One: In this act we remember. In this moment, we draw near to the Holy One. We remember the broken pieces within each of us, and we long to be made whole. We remember the ancient story, and find ourselves within it. We discover and re-discover new paths for our own journey, ever closer to the centre of faith, and to the heart of holiness.

Come let us share freely in this meal that God offers us so readily – for us and for all.