

Holy Communion

God is with us!

We are not alone!

Lift up your hearts.

We lift them up to God.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

Holy Mystery that is Wholly Love,

you are beyond complete knowledge...

...We rejoice with all your people

of every time and place,

and with angels and archangels,

to proclaim the glory of your name:

Holy, holy, holy God,

power of life and love!

Heaven and earth are full of your glory!

Hosanna through the ages!

Blest is the One who comes

to bring your justice to earth!

It is Jesus, God incarnate, the Risen Christ ...

...In sharing this meal, we live out the mystery of our faith:

Christ has died

Christ will arise

Christ will come to us again

Holy Mystery, God the Spirit...

Breaking the Bread, Pouring the Cup

Sharing the Meal

Music During Communion:

*Eat this bread, drink this cup,
come to me and never be hungry.
Eat this bread, drink this cup,
trust in me and you will not thirst. (VU 466)*

Prayer after Communion (UNISON)

Thank you, O Christ, for this feast of life.

We are fed by your love;

we are strengthened by your life.

We are sent forth into this world to live into the visions

God has laid on our hearts.

We are now commissioned to:

feed as we have been fed,

forgive as we have been forgiven,

love as we have been loved.

Thanks be to God. Amen.

*(A Communion Liturgy for the Whole People of God, by
Alydia Smith 2014)*