

A Simple Communion All Saints Church, Ashdon
with thanks to The Revd Canon Chris Bishop

We are here because we share a common belief. God the Father created us.
God the Son, Jesus Christ, makes us whole. God the Holy Spirit strengthens us.

We are here because we are human, but we do not live up to our full potential as human beings. We are stubborn and foolish and not honest with each other. We are selfish and hurt each other. We are sorry, we ask forgiveness. We seek new life.

Father, giver of life, heal us and free us to be fully human.

Holy Spirit, speak to us. Help us to listen for we are very deaf. Come and fill this moment.

May God's peace be real to us and may we know his forgiveness. Peace to you.
And also to you.

***The week's Collect and Readings taken from the Grapevine
followed by Reflection or Sermon***

Prayers

Hymn

Let us give thanks to God.

We give thanks to God for his whole creation. We give thanks for Jesus, born into the human family, yet Son of God. He shared our suffering and was cruelly killed by his fellow men. He lived for us, help us to live for him.

He told us to remember his death and his rising from the dead, which gives us life.

We remember his death and rising from the dead. Our lives are changed by the knowledge that he is alive and with us.

On the night that he was betrayed, Jesus had supper with his friends. He took the loaf of bread, gave thanks and broke it in pieces. He shared it with them and said: *'Take and eat; this is my body, my true self. I give my life to you. Do this as a way of recalling me.'* After supper he took the cup of wine and thanked his Father for it. Then he gave it to them and said: *'Drink this, all of you. This is my blood, my life which I give for you, to renew the relationship between the Father and mankind. Do this as a way of recalling me.'*

**Lord Jesus, we recall your life, your death and rising from the dead.
Help us to live as you did.**

And so, Father, remembering how he sacrificed his life for us, believing that his life did not end with his death and realising his presence here among us, now in this place we do as he told us: we offer bread and wine, we offer ourselves to do what you wish us to do.

We offer you our lives.

Help us to be open to receive your Spirit of power, freedom and love; and where we share this bread and wine, may we also share the life and the true self of Jesus.

Come, risen Lord. Live in us that we may live in you.

Now for all mankind who ever existed or ever will exist, with all creation in all time we say:

**Holy, holy, holy, God our Father,
all space and all time reflect your glory, now and always. Amen.**

Now we say with confidence the prayer Jesus himself taught us:

**Our Father, which art in heaven, hallowed be thy name;
thy kingdom come; thy will be done, in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses as we forgive them that 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 gift of God to share among us.

Though there are many of us, we are one body for we all share one loaf.

The Body of Christ
The Blood of Christ

**My Jesus, I believe you are present in the Most Holy Sacrament.
I love you above all things and I desire to receive you into my soul.
Since I cannot at this moment receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you were already there and unite myself wholly to you.
Never permit me to be separated from you. Amen.**

The post communion prayer from the grapevine

Hymn

The Lord be with us.

May God help us to know him as Father and make us free to live each day more as Jesus did.

Let us go in peace and do the will of God.

We go in the name of Christ. Amen.

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