

Communion 14<sup>th</sup> March 2021  
**Coming Into The Light**

But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God. NRSV John 3:21

But anyone working and living in truth and reality welcomes God-light so the work can be seen for the God-work it is."MSG John 3:21 theme)

We come together as God's children, children, in that we are all growing up in God, becoming more mature as we are drawn into the light of his presence. In that light we can see the image of God in each one

In this communion let us find together something of greater value than gold, something sweeter than honey, for we commune with our God, our Saviour, and the Holy Spirit guiding us all in the paths of graciousness.

**AN INVITATION TO THE LORD'S TABLE**

All are invited to the Lord's Table, all who seek to love him, who see in Jesus the one who embraces them in love and grace, all who are sorry for all their wrongs, all the things that would separate them from the presence of God: All who seek to regain peace with God and their Neighbour.

*Let us pray*

Risen Lord Jesus, may we be renewed by your presence..  
 Make yourself known to us in the breaking of the bread and sharing in the cup, there are times when we ignore You run away from You only to return again amazed by the revelation of your unconditional Love, Feed us afresh that we may flourish.

To You Lord Jesus, who lives and reigns with the Father and the Holy Spirit, one God, be all praise and thanks

**(All Together)**

**For the gifts of life and love, we give thanks!**

**For the gifts of growth and hope, we give thanks!**

**For the gifts of wisdom and understanding, we give thanks!**

**Amen.**

NARRATIVE OF THE INSTITUTION OF THE LORD'S SUPPER

Saint Paul the apostle reminds us of the first occasions of this sacrament.

'For I received from the Lord, what I also delivered to you,

that the Lord Jesus, on that night when he was betrayed, took bread like this, and when he had given thanks, **he broke it** and said: This is my body which is for you. Do this for the remembrance of me.

In the same way also the cup, after supper, saying: **This cup is the new covenant in my blood.** Do this, as often as you drink it, for the remembrance of me.

For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes *again*.

Separated from your Spirit, we no longer recognise the selves we have become. **We listen for your voice calling us back to you, revealing who we really are** (*silence*)

When our hearts are sinful and selfish we cannot imagine relationships that are not based in competition, comparison, or rivalry.

**We listen for your voice calling us back to you.** (*silence*)

We are loved, O Lord, simply as we are. We are grateful, generous Saviour. May we spread this love wide and welcome others in. May we not reject the kindness of others with our pride, wavering hearts or fear. May we receive it, happily, humbly, as the true gift that it is. We are grateful, Generous Saviour. In you we acknowledge the

Holy Lord, the Powerful God in whose creation is found the fullness of your glory.  
 Hosanna to you Father, Son and Holy Spirit  
 as You draw close to this people and this community.

You welcome us to your table: for by Your grace we are saved, through faith.

With this bread and this cup we obey Jesus our Saviour commands: we celebrate the redemption he has won for us.

Pour out Your Holy Spirit on us Lord and on these gifts of bread and wine, that they may symbolize for us the body and blood of Christ.

In this coming together make us one with Jesus, one with each other,

and one in ministry in the world, until at last we feast with him in the kingdom.

In Jesus' name, to whom all honour and glory is due, we ask these things  
AMEN

#### THE LORD'S PRAYER

**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.  
Save us from the time of trial  
and deliver us from evil.**

**For the kingdom, the power, and the glory are yours  
now and for ever. Amen.**

#### □ THE BREAKING OF THE BREAD

The bread we break  
is a sharing in the body of Christ.

The cup we take  
is a sharing in the blood of Christ.

These are the gifts of God for the people of God.

#### THE COMMUNION

The body of Christ keep you in eternal life.  
Amen.  
The blood of Christ keep you in eternal life.  
Amen.

#### PRAYER AFTER COMMUNION

Remembering the cost of your participating in our broken humanity, seeking us  
and saving us

We thank you, Lord, that you have fed us in this sacrament,  
re-united us with Christ, giving us a taste of the heavenly welcome prepared  
for us and all who hear your voice and come,  
AMEN

#### COMMISSIONING AND BENEDICTION

People of faith, we are sent out into the world to be light and love;  
to be workers in God's Reign transformed by Christ.  
Go in peace. And may the grace of Jesus Christ, the love of God  
and the communion of the Holy Spirit, be with you now and always.  
Amen.