



A service of Holy Communion  
inspired by the Iona Community  
For Lent

We appreciate that live streaming a Communion service when no one can physically join in may seem to be a little odd but in these times worship represents symbolically what we are all doing in reality; making Christ's presence known, whether that is in our own home, online, for our friends and family or the wider community.

**We Gather Together**

Driven by the Spirit Jesus went out to inhabit a liminal place.

**For forty days and nights, homeless and weary, famished and  
foresore, he wandered and watched and wrestled. For forty days  
and nights, companioned and comforted by animals and angels, he  
traversed and tested and tempered**

And then, knowing who he was, seeing where he must go, understanding what he should do,

**Jesus, filled with the Spirit, returned from the uncharted place to do the work of the Kingdom.**

Jesus, by your example you challenge us to make these times a journey of discovery;

**As we leave comforting landmarks behind to inhabit and explore our own uncharted places help us to discern who we are and embrace what we might become.**

Jesus, by your words and actions you show us how to watch and wait and wrestle;

**As we listen now to those familiar stories help us to recognise where we are and envisage where we need to move to.**

Jesus, you offer us your company in the known and the unknown places;

**As we meet with you help us to better understand the threads of our lives and see how to weave them with yours into the patterns of God's Kingdom.**

### **We Say Sorry**

You raise the dead to life in the Spirit.

Lord, have mercy.

**Lord, have mercy.**

You bring pardon and peace to the broken in heart.

Christ, have mercy.

**Christ, have mercy.**

You make one by your Spirit the torn and divided.

Lord, have mercy.

**Lord, have mercy.**

### **We Hear That We Are Forgiven**

### **The Collect**

## **Bible Readings**

*At the end of the reading the reader may say*

This is the word of the Lord

**Thanks be to God**

## **Sermon**

## **We Declare Our Faith**

Let us declare our faith in God.

**We believe in God the Father,  
from whom every family  
in heaven and on earth is named.**

**We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.**

**We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God;  
Father, Son and Holy Spirit.**

**Amen.**

## **We Pray**

## **The Eucharistic Prayer**

The Lord be with you  
**and also with you.**

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.**

Father, you made the world and love your creation.  
You gave your Son Jesus Christ to be our Saviour.  
His dying and rising have set us free from sin and death.  
And so we gladly thank you,  
with saints and angels praising you, and singing:

**Holy, holy, holy is the Lord;  
holy is the Lord God almighty.  
Holy, holy, holy is the Lord;  
holy is the Lord God almighty,  
who was, and is, and is to come.  
Holy, holy, holy is the Lord!**

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.  
He broke the bread, gave it to them and said:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:  
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.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice  
made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

Jesus Christ is Lord  
**Lord, by your cross and resurrection  
you have set us free.  
You are the Saviour of the world.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.

Look with favour on your people,  
gather us in your loving arms  
and bring us with Mary the mother of God, and all the saints  
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.

## **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.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power and the glory are yours  
now and forever.  
Amen**

God's holy gifts

for God's holy people

**Jesus Christ is holy**

**Jesus Christ is Lord**

**to the glory of God the Father.**

## **Prayer After Communion**

### **Blessing and Dismissal**

**In darkness and in light,  
in trouble and in joy,  
help us, heavenly Father,  
to trust your love,  
to serve your purpose,  
and to praise your name;  
through Jesus Christ our Lord.**

The Lord bless you and watch over you,  
the Lord make his face shine upon you  
and be gracious to you,  
the Lord look kindly on you and give you peace;  
and the blessing ...

Go in peace to love and serve the Lord  
**In the name of Christ Amen.**