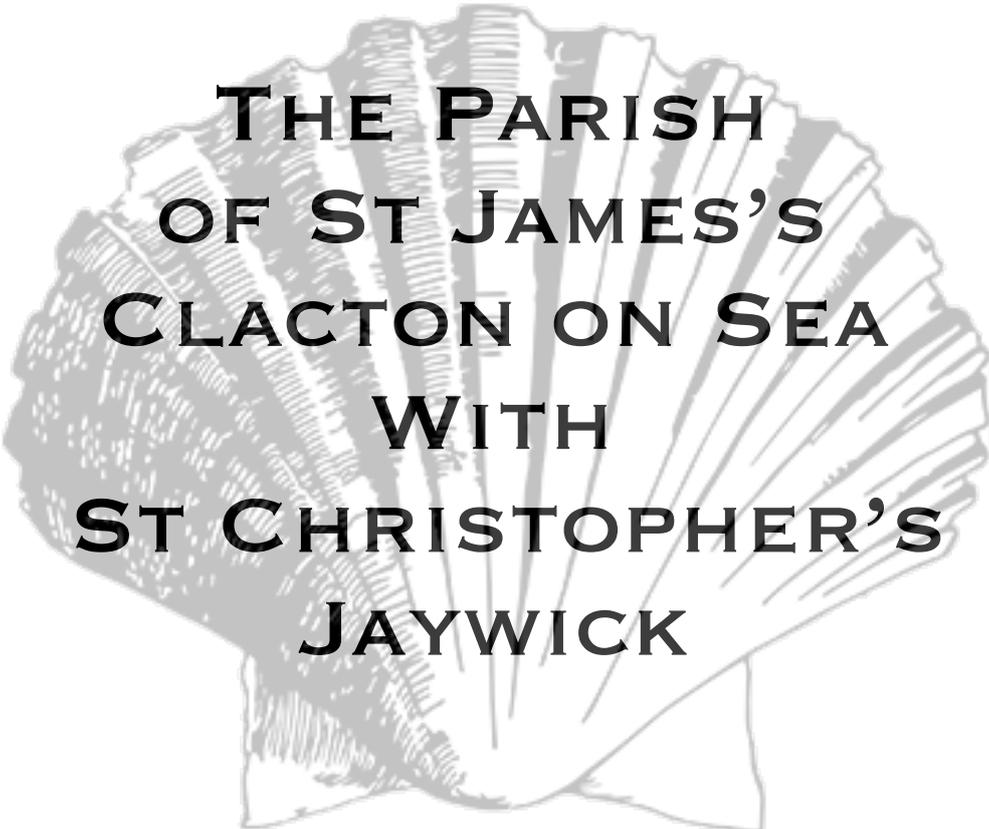


# **THE HOLY EUCCHARIST**



**THE PARISH  
OF ST JAMES'S  
CLACTON ON SEA  
WITH  
ST CHRISTOPHER'S  
JAYWICK**

## **LENT**

The Eucharist, the Mass, the Lord's Supper, Holy communion – there are many words to describe this sacrament in which we receive Christ's body and blood in the form of bread and wine. Scripture commands us to do this as often as we meet (*Mark 14:22-25*), and so it forms the very heart of our worshiping life here.

The Mass offers us a glimpse of the eternal worship that we believe is continually taking place in heaven. In its beauty and theatre, we attempt to catch a glimpse of our heavenly home. At its heart is the command to go out from this place and make disciples of others, sharing with them the good news.

We begin with our gathering and penitential rites in which we join with the deep harmony of heaven by raising our voices in song. We are called out of the world to this place to be part of something truly special, and to prepare ourselves we acknowledge our own worldliness, asking God to welcome us into his presence.

We encounter God through scripture, hearing the promises he made to his people and their fulfilment through Jesus. We meditate and respond to this word through psalms, hymns, prayers and a confession of our faith.

We bring all this to the foot of the cross where we join in that unending sacrifice of the cross, bearing witness to Christ's death and laying at his feet the burdens we are carrying. Then we are fed physically and spiritually with the true food of Christ's body and blood, and become part of him, destined for a place in heaven with our heavenly father.

Lastly, we are sent out to share this encounter with others. We carry Christ and God's grace within us and proclaim this good news in our thoughts, our words and our actions.

## **LENT**

Christ spent 40 days in the wilderness resisting temptation and making himself ready for his ministry. During these weeks of Lent we recommit ourselves to the disciplines of prayer, fasting and penance as we once again prepare ourselves to celebrate Christ's victory over death on the cross and the promise of everlasting life in the resurrection. Traditionally this season has been one of sober reflection. Flowers and other unnecessary decoration and embellishments are removed from the Church and our worship, especially as we draw close to the commemoration of Christ's death on Good Friday. Only through self-denial and a period in the wilderness can we truly appreciate Christ's dazzling brightness at Easter.

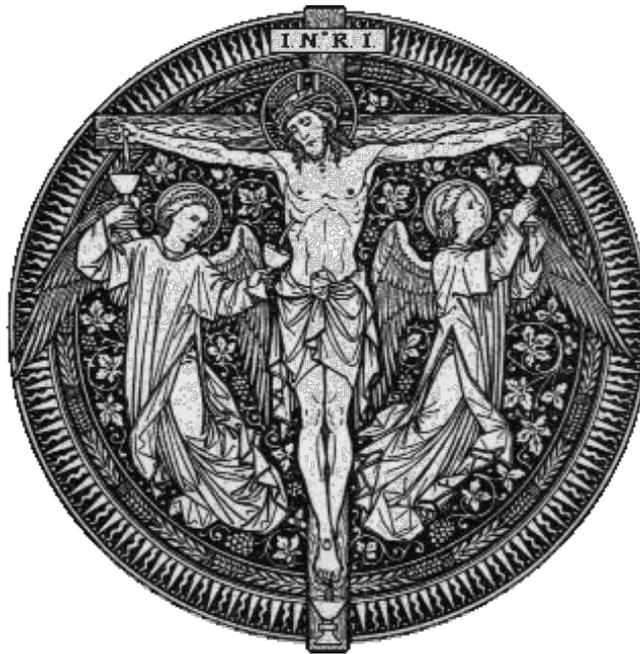
# THE GATHERING

*All stand as the choir and altar party enter. Throughout Lent the service will begin with the Lent Prose, 'Attende Domine'. This 10th Century Hymn recalls saving actions. We join in with the refrain as we ask God for his mercy.*

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

**All Hear us, O Lord, have mercy upon us: for we have sinned against thee.**

*The refrain is repeated after each verse.*



*Following the introductory sentence, the priest says*

✠ In the name of the Father, and of the Son, and of the Holy Spirit

**All Amen.**

## THE GREETING

The Lord be with you

**All and also with you.**

*Words of welcome or introduction may be said.*

## PRAYERS OF PENITENCE

*The priest introduces one of these forms of confession*

*On Sundays*

*Either*

**Almighty God,  
our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence,  
through weakness,  
through our own deliberate fault.  
We are truly sorry  
and repent of all our sins.  
For the sake  
of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you  
in newness of life  
to the glory of your name.  
Amen.**

*Or*

**Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you  
with our whole heart.  
We have not loved our neighbours as  
ourselves.  
In your mercy  
forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly,  
love mercy,  
and walk humbly with you,  
our God.  
Amen**

*The priest declares God's forgiveness*

Almighty God, who forgives all who truly repent,  
have mercy upon *you*, ✠ pardon and deliver *you* from all *your* sins,  
confirm and strengthen *you* in all goodness, and keep *you* in life eternal;  
through Jesus Christ our Lord.

**All Amen.**

*Alternatively, on weekdays*

Wash away all my iniquity  
and cleanse me from my sin.

Lord, have mercy.

**All Lord, have mercy.**

Kyrie eleison

**Kyrie eleison**

Against you, you only have I sinned  
and done what is evil in your sight.

Lord, have mercy.

**All Lord, have mercy.**

Kyrie eleison

**Kyrie eleison**

Create in me a pure heart, O God,  
and renew a steadfast spirit within me.

Lord, have mercy.

**All Lord, have mercy.**

Kyrie eleison

**Kyrie eleison**

May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life.

**All Amen**

*The Kyrie eleison may be sung*

The image shows a musical score for the Kyrie eleison. It consists of six staves of music, each with a treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes. The first staff is a melodic line. The second staff has the lyrics "Ky - ri - e - e - le - i - son,". The third staff has the lyrics "Chris - te e - le - i - son.". The fourth staff has the lyrics "Chris - te e - le - i - son.". The fifth staff has the lyrics "Ky - ri - e - e - le - i - son,". The sixth staff has the lyrics "Ky - ri - e e - le - i - son.". The music features a mix of quarter, eighth, and sixteenth notes, with some notes beamed together. There are several slurs and ties throughout the score.

## THE COLLECT

*A special prayer for the day is said by the priest, to which all respond*

**All Amen.**

## THE LITURGY OF THE WORD

*All sit*

### FIRST READING

*At the end the reader says*

This is the word of the Lord.

**All Thanks be to God.**

*The Psalm(s) for the day may be said or sung.*

### SECOND READING

*At the end the reader says*

This is the word of the Lord.

**All Thanks be to God.**

*All remain standing*

### GOSPEL READING

*All Stand and join the refrain of the Gospel Acclamation.*



Praise — to you O Christ, king of e - ter - nal glo - ry!

Hear the Gospel of our Lord Jesus Christ according to *N.*

**All Glory to you, O Lord.**

*At the end of the Gospel the reader says*

This is the Gospel of the Lord.

**All Praise to you, O Christ.**

## SERMON

*All stand*

## THE CREED

**We believe in one God, the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,  
the only Son of God, eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.**

**For us and for our salvation he came down from heaven,  
*was incarnate from the Holy Spirit and the Virgin Mary  
and was made man.***

**For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.**

**On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is worshipped and glorified,  
who has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and ✠ the life of the world to come.  
Amen.**

*All kneel or remain standing*

## **PRAYERS OF INTERCESSION**

*Prayers are offered for the Church, the World, those in need and the departed.*

*These responses may be used*

Lord, in your mercy

**All** hear our prayer.

*(or)*

Lord, hear us.

**All** Lord, graciously hear us.

*and at the end*

Merciful Father,

**All** accept these prayers for the sake of your Son,  
our Saviour Jesus Christ. Amen.

*or*

**All** Hail Mary full of Grace, The Lord is with thee:  
Blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary Mother of God, pray for us sinners now,  
and at the hour of our death. Amen.

## **THE LITURGY OF THE SACRAMENT**

*All stand*

### **THE PEACE**

*The priest introduces the Peace with a suitable sentence, and then says*

The peace of the Lord be always with you

**All** and also with you.

*An Offertory hymn may be sung, during which a collection may be taken*

## PREPARATION OF THE TABLE

*The table is prepared, and bread and wine are placed upon it. The gifts of the people are gathered and presented.*

*The priest takes bread and wine in turn and offers them to God. When these prayers can be heard by the people they are invited to respond*

**All Blessed be God for ever.**

*The priest, having washed his hands, invites the people to pray using these words*

Pray, friends, that my sacrifice and yours  
may be acceptable to God, the almighty Father.

**All May the Lord accept the sacrifice at your hands  
for the praise and glory of his name,  
for our good and the good of all his Church.**

*The priest turns to the Altar and prays the 'Prayer Over the Gifts' all respond*

**All Amen.**

## THE EUCHARISTIC PRAYER

The Lord be with you

**All and also with you.**

Lift up your hearts.

**All We lift them to the Lord.**

Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**

*The priest reads the preface, praising God for his mighty acts and all respond (said or sung)*

**All Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory. Hosanna in the highest.  
✠ Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

Sanc - tus, Sanc - tus, Sanc - tus Do - mi - nus De - us Sa -  
 ba - oth. Ple - ni sunt coe - li et ter - ra glo - ri - a tu - a  
 Ho - san - na in ex - cel - sis. Be - ne - dic - tus qui ve - nit in  
 no - mi - ne Do - mi - ni. Ho - san - na in ex - cel - sis.

*The priest recalls the Last Supper in the words of consecration, and one of these four acclamations may be used:*

Great is the mystery of faith:  
**Christ has died:**  
**Christ is risen:**  
**Christ will come again.**

Praise to you, Lord Jesus:  
**Dying you destroyed our death,**  
**Rising you restored our life**  
**Lord Jesus, come in glory.**

Christ is the bread of life:  
**When we eat this bread**  
**and drink this cup,**  
**we proclaim your death**  
**Lord Jesus,**  
**until you come in glory.**

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

*The Prayer continues, and may end with the doxology, to which all respond*

*Either*      **Amen**

*Or*            **Blessing and honour and glory and power**  
**be yours for ever and ever. Amen.**

*All kneel or remain standing*

## THE LORD'S PRAYER

Let us pray with confidence as our Saviour has taught us:

*All* **Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who 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**

## BREAKING OF THE BREAD

We break this bread  
to share in the body of Christ.

*All* **Though we are many, we are one body,  
because we all share in one bread.**

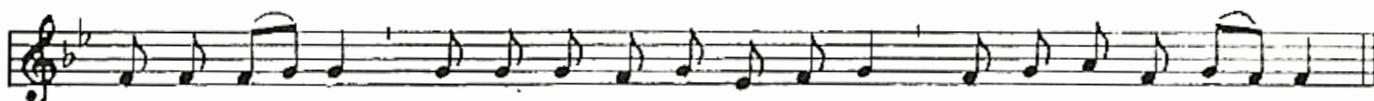
*The Agnus Dei may be said or sung*



A-gnus De- i, qui tol- lis pec- ca- ta mun- di, mi- se- re- re no- bis.



A-gnus De- i, qui tol- lis pec- ca- ta mun- di, mi- se- re- re no- bis.



A-gnus De- i, qui tol- lis pec- ca- ta mun- di, do- na no- bis pa- cem.

**Lamb of God, you take away the sin of the world, have mercy on us.  
Lamb of God, you take away the sin of the world, have mercy on us.  
Lamb of God, you take away the sin of the world, grant us peace.**

## **GIVING OF COMMUNION**

*The priest invites the people to communion.*

✠ Behold the Lamb of God who takes away the sin of the world.  
Blessed are those who are called to his supper.

*All* **Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

*This prayer may be said before the distribution*

**We do not presume  
to come to this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy so much as to gather up  
the crumbs under your table.  
But you are the same Lord  
whose nature is always to have mercy.  
Grant us therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus Christ  
and to drink his blood,  
that our sinful bodies may be made clean by his body  
and our souls washed through his most precious blood,  
and that we may evermore dwell in him, and he in us.  
Amen.**

*After the communion sentence the people are invited to receive communion.*

*During the distribution hymns and anthems may be sung.*

## **POST-COMMUNION PRAYER**

*The priest says the Post-Communion Prayer for the day*

**All** Almighty God,  
we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out in the power of your Spirit  
to live and work to your praise and glory.  
**Amen.**

*The parish notices may be given*

## **THE DISMISSAL**

*A hymn may be sung, for which all stand.*

### **BLESSING**

*The priest blesses the people using these or other words:*

The peace of God,  
which passes all understanding,  
keep your hearts and minds  
in the knowledge and love of God,  
and of his Son Jesus Christ our Lord;  
and ✠ the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**All** Amen.

*A Minister says*

The mass has ended. Go in the peace of Christ.

**All** Thanks be to God.

*The ministers and people depart.*



## THE ANGELUS

**All** The Angel of the Lord brought tidings to Mary,  
**And she conceived by the Holy Spirit.**

**All** **Hail Mary full of Grace, The Lord is with thee:**  
**Blessed art thou among women,**  
**and blessed is the fruit of thy womb, Jesus.**  
**Holy Mary Mother of God, pray for us sinners now,**  
**and at the hour of our death. Amen.**

**All** Behold the handmaid of the Lord,  
**Be unto me according to thy word.**

Hail Mary...

**All** And the word was made flesh,  
**And dwelt among us.**

Hail Mary...

**All** Pray for us O Holy Mother of God,  
**That we may be made worthy of the promises of Christ.**

Let us pray,  
We beseech thee, O Lord, pour thy grace into our hearts; that as we  
have known the Incarnation of your Son Jesus Christ by the message  
of an angel, so by his ✙ cross and passion, we may be brought to the  
glory of his resurrection. We ask this through Christ our Lord.  
**All** **Amen.**

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