

## Family Communion

### 1<sup>st</sup> Sunday of Advent, 28<sup>th</sup> November 2021

Holy Communion is a celebration, an act of remembrance and a blessing for those who describe themselves as 'Christians.'

We come to a service of Holy Communion, so that, at the end, we go away different. This is why, in the Catholic tradition, it is called the "Mass" which means "the Sending Out".

We go away different in three important ways.

- Firstly, we are freed from the burden of sin.
- Secondly, we come to give thanks, so that we can learn to live more thankfully.
- Thirdly it is sacrifice, a sacrifice of praise and thanksgiving, for all that God has done, both now and in the past but also, most importantly, in the future.

Holy Communion is a Sacrament, an outward, visible sign of an inner, invisible grace. The grace is the working out of God's love in us which changes us.

You are very welcome to this special Zoom service, where we will explore the actions, the words, and the symbolism in the Holy Communion service. We hope that whatever age you are, you will experience something new.

#### ¶ The Gathering

Opening Hymn **We will sing our first hymn** '551 O Worship the King.'

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|---|--|
| 1. O worship the King, all glorious above<br>O gratefully sing His power and his love<br>Our shield and defender, the | Ancient of Days<br>Pavilioned in splendour, and girded with praise |
| 2. O tell of His might, O sing of His grace   |  |

#### Zoom link details

To "attend" this service you click on this link and it should take you, straightforwardly, into zoom to wait for the meeting to start:

<https://zoom.us/j/94754859274?pwd=SUJZanY5RzYvVY5Zkxg2S2pLUHpDUT09>

Manually, these are the details: Meeting ID: 947 5485 9274 Password: wenden

We have also set up a virtual giving plate to go with this virtual service. It is very convenient to use, you just click on this link.... <https://bit.ly/wendenchurch>

Click on this link for the Grapevine:  
<https://www.camvillages.org.uk/Groups/321990/GrapevineNewsletter.aspx>

Whose robe is the light whose canopy space

His chariots of wrath the deep thunderclouds form

And dark is His path on the wings of the storm

3. O measureless might, ineffable love

While angels delight to worship above

Thy humbler creation, though feeble their lays

with true adoration shall sing to thy praise

#### The president says:

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

**All Amen.**

#### The Greeting

*The president greets the people*

The Lord be with you

**All and also with you.**

#### Prayer of Preparation

**All Almighty God, \_\_\_\_\_ to whom all hearts are open, \_\_\_\_\_ all desires known, \_\_\_\_\_ and from whom no secrets are hidden: \_\_\_\_\_ cleanse the thoughts of our hearts \_\_\_\_\_ by the inspiration of your Holy Spirit, \_\_\_\_\_ that we may perfectly love you, \_\_\_\_\_ and worthily magnify your holy name; \_\_\_\_\_ through Christ our Lord.**

**Amen.**

#### Prayers of Penitence

*The following Summary of the Law may be used*

Our Lord Jesus Christ said:

The first commandment is this:

'Hear, O Israel, the Lord our God is the only Lord.

Holy Communion Explained Zoom (Advent2021).docx2021

God knows what is in our hearts and our thoughts better than we do... we have nowhere and nothing that we can hide from him. So we come before him with deep honesty and try to be completely self-aware.

We listen to a summary of the Law that we learn from the bible. Sometimes especially in Lent all ten commandments are read but as we are on Zoom we will just use the summary.

You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.'  
The second is this: 'Love your neighbour as yourself.'  
There is no other commandment greater than these.  
On these two commandments hang all the law and the prophets.

**All Amen.**  
**Lord, have mercy.**

*A minister uses These words or a seasonal invitation to confession*

God so loved the world  
that he gave his only Son Jesus Christ  
to save us from our sins,  
to be our advocate in heaven,  
and to bring us to eternal life.  
Let us confess our sins in penitence and faith,  
firmly resolved to keep God's commandments  
and to live in love and peace with all.

The minister invites us  
to think about the ways  
in which we have failed  
to live up to the best  
that God expects and  
hopes of us.

**All 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 president says*

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.**

This is a life changing idea.  
God forgives all who truly repent.

If we are forgiven for the things  
that we do wrong we are  
completely free to start again, no  
strings attached. We are  
completely, totally, freed from  
the guilt which corrodes human  
relationships. If we participate in  
this fully, our relationships can be  
transformed

**Gloria in Excelsis** led by the choir, congregation invited to join in (Addington Service)

Glory to God in the highest, and peace to his people on earth.

Lord God, heavenly King, almighty God and Father, we worship you we give you thanks, we praise you for your glory.

Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father; receive our prayer.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father, Amen.

**The Collect**

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**All Amen.**

*¶ The Liturgy of the Word*

**First Reading:** 1 Thessalonians 3.9-13 read by Jill Porter

How can we thank God enough for you in return for all the joy that we feel before our God because of you? Night and day we pray most earnestly that we may see you face to face and restore whatever is lacking in your faith. Now may our God and Father himself and our Lord Jesus direct our way to you. And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. And may he so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints.

This is the word of the Lord.

**All: Thanks be to God.**

*When the Gospel is announced the reader says*

This section is called the Ministry of the Word. It is the section of the service in which we learn more about following Christ together. We read the bible (two or three readings) and someone preaches a sermon in which he/she explains ways in which the scripture is relevant in our lives.

Hear the Gospel of our Lord Jesus Christ according to Luke.

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

**Gospel reading: Luke 21.25-36 read by David Beechey**

Jesus said to his disciples: 'There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. Then they will see "the Son of Man coming in a cloud" with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.' Then he told them a parable: 'Look at the fig tree and all the trees; as soon as they sprout leaves you can see for yourselves and know that summer is already near. So also, when you see these things taking place, you know that the kingdom of God is near. Truly I tell you, this generation will not pass away until all things have taken place. Heaven and earth will pass away, but my words will not pass away. Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day catch you unexpectedly, like a trap. For it will come upon all who live on the face of the whole earth. Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.'

**At the end**

This is the Gospel of the Lord.

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

**Sermon by Rev Alex Jeewan**

**Hymn 2 128** Come thou long expected Jesus, -

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|---|--|
| 1. Come, thou long expected Jesus,<br>Born to set thy people free;<br>From our fears and sins release<br>us;<br>Let us find our rest in thee. | 3. Born thy people to deliver;<br>Born a child and yet a king;<br>Born to reign in us forever;<br>Now thy gracious kingdom bring.      |
| 2. Israel's strength and consolation,<br>Hope of all the earth thou art;<br>Dear desire of every nation,<br>Joy of every longing heart.       | 4. By thine own eternal spirit,<br>Rule in all our hearts alone:<br>By thine own sufficient merit,<br>Raise us to thy glorious throne. |

**The Creed**

*We say together, as a Christian family, what we believe in the words of The Creed.*

**All** 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.

**Prayers of Intercession**

*¶ The Liturgy of the Sacrament*

If we have responded to the great grace of confession and absolution then it is absolutely a natural, inevitable response that we will feel empathy for people for whom life is a struggle. We ask God for his merciful intervention in troubled places and hearts. We pray for strength to be His Church and His people so that we can bring this astonishing blessing to all around us.

## The Peace

*The president may introduce the Peace with a suitable sentence and then says*

The peace of the Lord be always with you

*All and also with you.*

*These words may be added*

Let us offer one another a sign of peace.

*All may exchange a sign of peace.*

**Third Hymn :***We sing our third hymn  
'128 Come thou long expected Jesus'*

1 Lo He comes with clouds descending,  
Once for mortal sinners slain;  
Thousand thousand saints attending  
Swell the triumph of his train:  
Alleluya! Alleluya! Alleluya!  
Christ appears, on earth to reign.

2 Ev'ry eye shall now behold him  
Robed in dreadful majesty;  
We who set at naught and sold him,  
Pierced and nailed him to the tree,  
Deeply grieving  
Deeply grieving  
Deeply grieving  
Shall the true Messiah see.

3 Those dear tokens of his passion  
Still his dazzling body bears,  
Cause of endless exultation  
To his ransomed worshippers

## Preparation of the Table

## Taking of the Bread and Wine

*The gifts of the people may be gathered and presented.*

*The table is prepared, and bread and wine are placed upon it.*

We are nearly ready... but first we make sure that we "at peace" with all those around us. If there is any residue at all of resentment or anger with others, then we should not be going forward to the Holy moment of the Sacrament.

Of course, we can never be so sure and we have to trust that God will forgive us for the inadequacy of our preparation just as he forgives us all the

With what rapture  
With what rapture  
With what rapture  
Gaze we on those glorious scars!

4 Yea, Amen! let all adore thee,  
High on thine eternal throne;  
Saviour, take the pow'r and glory:  
Claim the kingdom for thine own:  
Alleluia! Alleluia! Alleluia!  
Thou shalt reign, and thou alone.

*The president says*

The Lord be with you .

*All and also with you. His Spirit is with us.*

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 Great Thanksgiving Prayer

It is right to praise you, Father, Lord of all creation, in your love you made us for yourself. When we turned away you did not reject us, but came to meet us in your Son.

*All You embraced us as your children\_\_\_\_  
and welcomed us to sit and eat with you.*

In Christ you shared our life  
that we might live in him and he in us.

*All He opened his arms of love upon the  
cross and made for all the perfect sacrifice  
for sin.*

On the night he was betrayed, at supper with his friends he took bread, and gave you thanks; he broke it and gave it to them, saying:

We are full of anticipation and expectation. The Sacrament is an outward, visible sign of an inner, invisible grace. This is the beginning of the most special part of the service.

This is the central prayer of the whole of Christian history. It traditionally contains these parts:

- A. **Sursum Corda:** "Lift up your hearts"
- B. **A Preface** of thanksgiving
- C. **Sanctus:** Holy... setting us apart...
- D. **Benedictus...**bringing us blessings.
- E. **Institution:** we say the actual words of Jesus at the last supper
- F. **Anamnesis:** we remember what Jesus did.
- G. **Oblation:** We offer ourselves to God's service
- H. **Epiclesis:** we call down the Holy Spirit to strengthen and fill us.
- I. **Intercession:** praying for others
- J. **Doxology:** giving praise to the Trinity
- K. **Sanctus**
- L. **Benedictus...**bringing us blessings.
- M. **Institution:** we say the actual words of Jesus at the last supper

Take, eat; this is my body which is given for you; do this in remembrance of me.

**All Father, we do this in remembrance of him: his body is the bread of life.**

At the end of supper, taking the cup of wine, he gave you thanks, and said: Drink this, all of you; this is my blood of the new covenant, which is shed for you for the forgiveness of sins; do this in remembrance of me.

**All Father, we do this in remembrance of him: his blood is shed for all.**

As we proclaim his death and celebrate his rising in glory, send your Holy Spirit that this bread and this wine may be to us the body and blood of your dear Son.

**All As we eat and drink these holy gifts make us one in Christ, our risen Lord.**

With your whole Church throughout the world, we offer you this sacrifice of praise and lift our voice to join the eternal song of heaven:

**The Sanctus and the Benedictus** led by the choir, congregation invited to join in (Addington Service)

**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.**

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.**

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|--|
| <p><b>N. Anamnesis:</b> we remember what Jesus did.</p> <p><b>O. Oblation:</b> We offer ourselves to God's service</p> <p><b>P. Epiclesis:</b> we call down the Holy Spirit to strengthen and fill us.</p> <p><b>Q. Intercession:</b> praying for others</p> <p><b>R. Doxology:</b> giving praise to the Trinity</p> |
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**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.**

*The president breaks the consecrated 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 will be led by the choir as the bread is broken.* The congregation is invited to join in (Addington Service)

Jesus Lamb of God, have mercy on us.  
Jesus, bearer of our sins; have mercy on us.  
Jesus, redeemer of the world: grant us peace.

*The president says this invitation to communion*

Draw near with faith.  
Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you.  
Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

<p>See note at end about transubstantiation. We eat the bread and it becomes part of us. We are His Body upon earth. As we do this, we are asked to reflect what that will mean for us in the week ahead.</p>
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**All 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.

#### Prayer after Communion

*Silence is kept.*

*The Post Communion or another suitable prayer is said.*

**All** O Lord our God, make us watchful and keep us faithful as we await the coming of your Son our Lord; that, when he shall appear, he may not find us sleeping in sin but active in his service and joyful in his praise; through Jesus Christ our Lord. Amen.

#### ¶ The Dismissal Blessing

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.

**Final Hymn** **We sing our final hymn 631 'Tell Out My Soul'** ( tune Woodlands)

1. Tell out, my soul, the greatness  
of the Lord! Unnumbered blessings  
give my spirit voice;  
Tender to me the promise of his  
word;  
In God my Saviour shall my heart  
rejoice.

2. Tell out, my soul, the greatness  
of his name!  
Make known his might, the deeds  
his arm has done;  
His mercy sure, from age to age the  
same;  
His holy name, the Lord, the mighty  
One.



3. Tell out, my soul, the greatness  
of his might!  
Pow'rs and dominions lay their glory  
by;  
Proud hearts and stubborn wills are  
put to flight,  
The hungry fed, the humble lifted  
high.

4. Tell out, my soul, the glories of  
his word!  
Firm is his promise, and his mercy  
sure.  
Tell out, my soul, the greatness of  
the Lord  
To children's children and forever  
more!

*A minister says*

Go in peace to love and serve the Lord.

**All** In the name of Christ. Amen.

#### The Symbolism

Over the centuries the Holy communion has come to mean many different things through its symbolism. The symbols are descriptions of the experience of the millions of faithful people who have shared this holy meal together. The different symbols have been used as reasons to divide us, whereas actually they are reasons for us to learn from each other more of the ways in which God can act in our lives.

- It is a community meal: we are the disciples, and we share together a family meal as brothers and sisters.
- It is a commemoration of the Last Supper, in obedience to Jesus' instructions at the Last Supper.
- In the eating of the bread, which represents the body of Christ, we become one body, which is Christ's Body the Church, of which He is the Head. "Though we are many, we are one body because we all eat the one bread".<sup>1</sup>
- The breaking of the bread is the breaking of Christ's body on the cross: he is the sacrificial Lamb; his is the one perfect sacrifice. This one perfect sacrifice supplants the sacrifices of the Old Testament. The wine symbolises the

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<sup>1</sup> It is a mistake to think that the Roman Catholic view of the mass is different to our view of the Holy Communion. Thomas Aquinas is responsible for much of the misunderstanding. He said that the substance of the bread changes into the real presence of Christ but that in its accidents it remains to our senses bread. The distinction between Substance and Accident is a mediaeval idea but expresses a very real insight into our experience of the Mass.



spilling of the blood as the Lamb is killed. Christ is the perfect sacrifice for sin.  
“O Lamb of God that takest away the sins of the world....”

- It is our sacrifice of Praise and Thanksgiving. We sacrifice ourselves on the altar of love. We die to sin and rise to new life.
- It is a response of thanksgiving for Jesus’ willingness to die for our sins, to put ourselves right with God. This is the meaning of the word 'Eucharist'.

When we join in a communion service it is not really possible for it to be all of these things at once. Our Anglican tradition (probably because of the clever and inspired words of Cranmer’s original liturgy) embraces all these ways of imagining and working out the Eucharist. It is possible for it to mean one thing to one person at the altar rail and something very different to the next. This is wonderful, but also a pitfall, because the Anglican Mass often becomes private and individual and fails to be the community meal it is meant to be.