



LICHFIELD
CATHEDRAL

ORDER FOR THE
HOLY EUCHARIST
ON WEEKDAYS IN LENT
including Spiritual Communion

Lichfield Cathedral is called to live and proclaim the transforming love of God. Through the fullness of its life in the Spirit, it seeks to be a sign of the friendship and freedom that God in Jesus Christ has given the whole world to enjoy.

WELCOME

Lent may originally have followed Epiphany, just as Jesus's time spent in the wilderness followed immediately on from his baptism, but it soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally been added:

Now is the healing time decreed
for sins of heart and word and deed,
when we in humble fear record
the wrong that we have done the Lord.

Latin, before 12th century

As the candidates for baptism were instructed in Christian faith, and as penitents prepared themselves, through fasting and penance, to be readmitted to communion, the whole Christian community was invited to join them in the process of study and repentance, the extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness, being tested by Satan.

Churches are kept bare of flowers and decoration. *Gloria in excelsis* is not used.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday. There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy. The Stations of the Cross, made popular in the West by the Franciscans after they were granted custody of the Christian sites in the Holy Land, are the best known, and may be followed here as advertised.

Common Worship Times and Seasons: Introduction to Lent

THE GATHERING

GREETING

The president may begin with a Sentence of Scripture and

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

before greeting the congregation. The response is always

And also with you.

The president introduces the liturgy and invites the congregation to repentance.

One of the following is used.

Lord, have mercy. **Lord, have mercy.**

Christ, have mercy. **Christ, have mercy.**

Lord, have mercy. **Lord, have mercy.**

**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.**

**Lord our God, in our sin we have avoided your call.
Our love for you is like a morning cloud,
like the dew that goes away early.
Have mercy on us; deliver us from judgement;
bind up our wounds and revive us;
in Jesus Christ our Lord. Amen.**

**Lord God, we have sinned against you;
we have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.
Wash away our wrongdoing and cleanse us from our sin.
Renew a right spirit within us
and restore to us the joy of your salvation,
through Jesus Christ our Lord. Amen.**

*The president pronounces God's absolution and all respond **Amen.***

OPENING PRAYER (THE COLLECT)

The president says

Let us pray.

*At the end, all respond **Amen.***

THE LITURGY OF THE WORD

Sit for one or two readings from Scripture.

This is the Word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

A psalm may be recited between the readings.

A response may be made between the sections.

GOSPEL READING

Stand

Praise to you, O Christ, King of eternal glory.

Praise to you, O Christ, King of eternal glory.

A sentence of scripture is said, and all repeat

Praise to you, O Christ, King of eternal glory.

The Lord be with you.

And also with you.

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

Glory to you, O Lord.

The Gospel is proclaimed

This is the Gospel of the Lord.

Praise to you, O Christ.

HOMILY – *A short homily might follow at this point*

PRAYERS OF THE PEOPLE

These responses may be used

Lord, in your mercy,
hear our prayer.

Lord, hear us.
Lord, graciously hear us.

Let us pray to the Lord.
Lord, have mercy.

Hear us.
Hear us, good Lord.

And at the end

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

THE LITURGY OF THE SACRAMENT

THE PEACE

The president introduces the Peace.

The peace of the Lord be always with you.
And also with you.

TAKING OF THE BREAD AND WINE

The gifts of bread and wine are prepared on the altar.

The following or similar prayers may be said

Blessed are you, Lord God of all creation:
through your goodness we have this bread to set before you,
which earth has given and human hands have made.
It will become for us the bread of life.
Blessed be God for ever.

Blessed are you, Lord God of all creation:
through your goodness we have this wine to set before you,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.
Blessed be God for ever.

The president's hands are washed.

*There may follow the Prayer over the Gifts, to which all respond **Amen.***

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.

The president praises God for his mighty acts and all respond

**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.

The president recalls the Last Supper.

One of these acclamations is used:

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.

Great is the mystery of faith:

Christ has died: Christ is risen: Christ will come again.

*The Prayer continues. At the end, all respond boldly **Amen.***

Some Eucharistic Prayers end

... in songs of everlasting praise:

Blessing and honour and glory and power

be yours for ever and ever. Amen.

THE LORD'S PRAYER

**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

The president breaks the consecrated bread, saying

We break this bread to share in the body of Christ.
**Though we are many, we are one body,
because we all share in one bread.**

or

Every time we eat this bread and drink this cup,
we proclaim the Lord's death until he comes.

One of the following anthems may be used

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.**

Or

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.

GIVING OF COMMUNION

God's holy gifts for God's holy people.
**Jesus Christ is holy, Jesus Christ is Lord,
to the glory of God the Father.**

or

Jesus is the Lamb of God
who takes away the sin of the world.
Blessed are those who are called to his supper.
**Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

or

Christ is the true bread which has come down from heaven.
Lord, give us this bread always.

Spiritual Communion

What follows now is the prayer for Spiritual Communion – we invite you open your hands as a sign of your openness to receiving God’s grace as the prayer is said

Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. **Amen.**

PRAYER AFTER COMMUNION

Let us pray.

*The president prays the post-communion prayer. All respond **Amen.***

One of the following prayers may also be used

**You have opened to us the Scriptures, O Christ,
and you have made yourself known
in the breaking of the bread.
Abide with us, we pray, that,
blessed by your royal presence,
we may walk with you all the days of our life,
and at its end behold you in the glory of the eternal Trinity,
one God for ever and ever. Amen.**

**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.**

**Father of all, we give you thanks and praise,
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace, and opened the gate of glory.**

**May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord. Amen.**

THE DISMISSAL

The Lord be with you.
And also with you.

The president pronounces the blessing

Go in the peace of Christ.
Thanks be to God.

or

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