

Contemplative Holy Eucharist

Lent



GRACE CHURCH

an Episcopal Community in the Southern Berkshires

**Grace Church Chapel
and on Zoom**

Priest The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

People **And also with you.**

Priest Let us pray. Almighty God, by the prayer and discipline of Lent may we enter into the mystery of Christ's life, and by following in his Way may we come to share in his glory; through Jesus Christ our Lord.

People: **Amen.**

The Readings

The Reflection

The Prayers

Priest Jesus said when two or three are gathered I am with you. Please join us with your hopes and thanksgivings ending your prayer with "Lord in your mercy" And the community will reply: Hear our prayer.

The people offer prayers

The Peace

The Great Thanksgiving

Priest The Lord be with you.

People ***And also with you.***

Priest Lift up your hearts.

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

Priest Let us give thanks to the Lord our God.

People ***It is right to give God thanks and praise.***

Priest Creator of the universe, You speak in the darkness, bringing song out of silence, dance out of stillness,

life out of death. Your life fills us now and gives us power, therefore we praise you and we bless you --

People ***We praise you, and we bless you.***

Priest
Sustainer of the covenant,
You send us messengers to give voice to Your love.
You speak to us through our neighbors, our friends and through
Those whose voices we do not yet know how to hear.
You choose those who are humble to make us whole.
An impoverished girl bears Jesus, Your blessing,
who turns the whole world upside down.
He cleanses the temple, kisses sinners and heals the unclean.
He breaks open the prisons, frees slaves and captives,
feasts with the starving and breaks bread with strangers.
Beholding your holiness in all our human lives,
We praise you, and we bless you--

People ***We praise you and we bless you.***

Priest
Forgiving Father,
You make a feast for us in the midst of our shame;
You cover us with your garment of love.
Walking even into the heart of our violence and terror,
You bring us home and give us new life.
On the night before his friends betrayed him and enemies
took him away to be killed, Jesus shared supper with them all.
He blessed bread, broke it, gave it to them, and said:
Take, eat: this is my body, which is given for you.
Do this for the remembrance of me.
Then he blessed the cup and said:
Drink this, all of you. This is the cup of life,
my blood poured out for all.
Whenever you drink it, remember me.
So it is that we offer these gifts to you now, oh Lord.
Send your Holy Spirit on us and on this bread and this cup
that they may be the body and blood of Christ, and that,
sharing your life, we may be united to each other,
one body in love. Seeing that our divisions are ended,
we praise you and we bless you.

People ***We praise you and we bless you.***

Priest Life giving God, You raised Jesus in glory from the tomb.
Now show us his body alive in your children.
Open our hearts to your Spirit enlivening us.
Heal us, inspire us and give us your power,
so we may live as Jesus lives, and love as Jesus loves.
We pray that all our lives may find in your embrace
communion with Mary, Jesus' mother,
with friends and strangers, the hurt and the ones who hurt
and with all your holy people in every time and place.
All glory be to you, now and forever. **Amen**

Now let us pray together the words that Jesus taught us: **“Our Father....**

The priest breaks and shares the communion bread.

The Post Communion Prayer

People **Holy, gracious and loving God, you have drawn us to your heart, and nourished us at your table with holy food and drink, the body and Blood of Christ. Now send us forth to be your people in the world, and to proclaim your truth, this day and evermore. AMEN.**

The Blessing

Priest Christ give you grace to grow in holiness, to increase in love, and to take up your cross, and follow him; and the blessing of God, Father, Son and Holy Spirit be with you all, now and always.
Amen

The Dismissal

Priest Jesus said: “As my father sent me, so I send you.” Go in peace to do the work of the Lord.

People **Thanks be to God!**