

Holy Communion Food Liturgy

Please note: the Prayer material for each week contains suggestions for:

- Prayer of Approach
- Confession
- Collect
- Intercession
- Thanksgiving
- Blessing

The material below is additional, and may be used in any Eucharistic service. It is particularly suitable for Theme 4 (Bread of Life) and Theme 5 (Feeding the Body of Christ).

Introduction to Confession

Let us hear our Lord's blessing on those who follow him.

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they shall be comforted.

Blessed are the meek,
for they shall inherit the earth.

Blessed are those who hunger and thirst after righteousness,
for they shall be satisfied.

Blessed are the merciful,
for they shall obtain mercy.

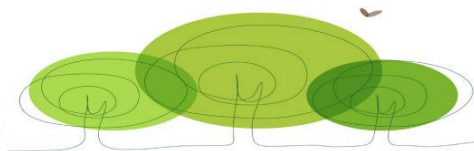
Blessed are the pure in heart,
for they shall see God.

Blessed are the peacemakers,
for they shall be called children of God.

Blessed are those who suffer persecution for righteousness' sake,
for theirs is the kingdom of heaven.

Invitation to the Peace

We read in the Epistle of James: "Suppose a brother or a sister is without clothes and daily food. If one of you says to them, 'Go in peace; keep warm and well fed,' but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead." (James 2:15-17). May the peace of Christ reign in our hearts and enable us to be



peacemakers in our daily lives.
The peace of the Lord be always with you.
And also with you.

Eucharistic Prayer

The Lord is here.
His Spirit is with us.

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.

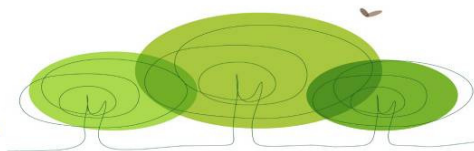
Blessed are you, Creator God,
For you spoke and all things came into being,
light and dark, land and seas,
beasts and birds and creeping things.
Fruit trees and grain and flowers of the field.
To you be glory and praise for ever.

Blessed are you, Sustaining God,
For you cause the earth to bring forth its harvests,
You provide for all your creatures,
And give us gifts to cultivate and cook good food,
Meeting our needs and gladdening our hearts.
To you be glory and praise for ever.

Blessed are you, Promise-keeping God,
Though we turn against you, you continue to provide.
When your people were in slavery, you set them free,
and fed them in the wilderness with bread from heaven.
You led them to a land flowing with milk and honey,
And taught them to live with you in the land of promise.
To you be glory and praise for ever.

Blessed are you, Redeeming God,
For you have sent your Son, our living bread from heaven
To walk this earth and live our life; to sit and eat with sinners,
To die for us upon the cross; bread broken, wine poured out,
To rise again and lead us to the banquet where all our hungers are satisfied,
To you be glory and praise for ever.

Therefore with angels and archangels, and with all the company of heaven,
we proclaim your great and glorious name, for ever praising you and saying:
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.**

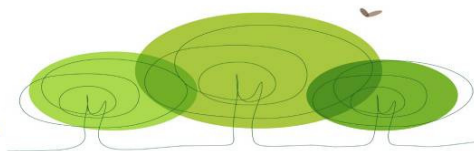
Accept our praises, heavenly Father,
through your Son our Saviour Jesus Christ,
and as we follow his example and obey his command,
grant that by the power of your Holy Spirit
these gifts of bread and wine
may be to us his body and his blood;
who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.
To you be glory and praise for ever.

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:
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.
To you be glory and praise for ever.

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.**

Send your Spirit on us now,
that in bread and wine we may feed on Christ
with opened eyes and hearts on fire.
May we and all who share this food
offer ourselves to live for you
and be welcomed at the heavenly banquet
where all creation worships you,
Father, Son and Holy Spirit:
**Blessing and honour and glory and power
be yours for ever and ever.
Amen.**

Breaking of the Bread



Blessed are you, King of the universe.
You have given us this bread and this wine,
Fruit of the earth, and work of human hands.
May they be to us the body and blood of Christ.
May they speak to us of your provision in creation,
And of your transforming work in making all things new.

Words of Distribution

With the bread: Christ's body, broken for you and for a broken world.

With the cup: Christ's blood, shed for you, and shed for the world.

Post Communion Prayer

Lord of all,
as we have received the bread and wine,
Fruits of the earth and tokens of salvation,
So with joy we celebrate your goodness
And commit ourselves to serve you in your world,
Through Jesus Christ our Lord. Amen.

