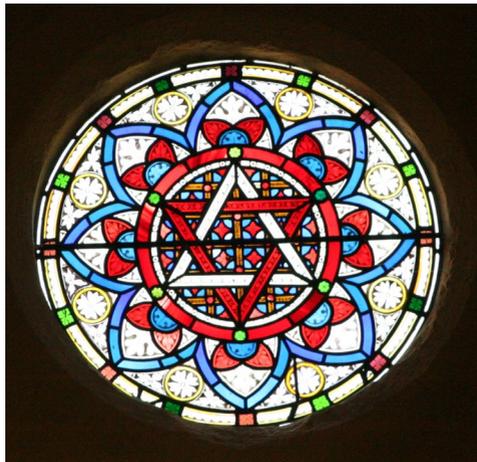




St Michael with St Mary



8 o'clock
Holy Communion



Welcome

Welcome to this parish: two Christian communities, part of the Church of England, worshipping and serving Jesus in western St Albans. For more information please take a welcome leaflet from the back of church or search our website.

The layout and language of this service are heavily influenced by the Book of Common Prayer. The Prayer Book was forged in the fires of the Reformation by Archbishop Thomas Cranmer in 1549; following the disruption of the civil wars in the mid-seventeenth-century it was edited and reissued in 1662.

- Structurally, the traditional language of the Prayer Book is poetic and flowing; through rhythmic repetition interspersed with silence it draws the worshipper deeper into the mystery of God.
- Theologically, the Prayer Book lays particular emphasis on the need for faith, repentance from sin, attentiveness to God's word in Scripture, and Christ's spiritual sustenance of those who receive the bread and wine of Communion.

This booklet contains all you need for today's service. We say the words in **bold type** together. Words in *italics* offer practical information for example about when to stand or sit. Words in boxes explain the reason for what we do and say.

Sit where you feel most comfortable. No spaces are reserved.

Before we begin

Ideally there is time to still ourselves in God's presence before the service. You may like to use some of these prayers.

Abba Father, let me be
Yours and yours alone.
May my will forever be
More and more your own.
Never let my heart grow cold,
Never let me go.
Abba Father let me be
Yours and yours alone.



Thank you, O Lord Jesus Christ,
For all the benefits which you have won for me,
For all the pains which you have borne for me.
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.

Richard of Chichester (1197-1253)

Teach us, good Lord, to serve thee as thou deservest:
To give and not to count the cost;
To fight and not to heed the wounds;
To toil and not to seek for rest;
To labour and not to ask for any reward,
Save that of knowing that we do thy will.

Ignatius of Loyola (1491-1556)

Please kneel or sit

The Lord's Prayer

Our Father, which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive them that trespass against us.
And lead us not into temptation;
but deliver us from evil.
Amen.

The Lord's Prayer is recited twice in this rite, the first time to focus the minister on the service which is to follow.

Words of welcome or introduction

Prayer of Preparation

**Almighty God,
unto whom all hearts be open,
all desires known,
and from whom no secrets are hid:
cleanse the thoughts of our hearts
by the inspiration of thy Holy Spirit,
that we may perfectly love thee,
and worthily magnify thy holy name;
through Christ our Lord.
Amen.**

This is Jesus' abbreviation of
the Ten Commandments
and a reminder of Christians'
duties towards God and people

Summary of the Law

Our Lord Jesus Christ said:

Hear, O Israel, the Lord our God is one Lord;
and thou shalt love the Lord thy God with all thy heart,
and with all thy soul, and with all thy mind,
and with all thy strength.

This is the first commandment.

And the second is like, namely this:

Thou shalt love thy neighbour as thyself.

There is none other commandment greater than these.

On these two commandments
hang all the law and the prophets.

**Lord, have mercy upon us,
and write all these thy laws in our hearts,
we beseech thee.**

The Collect

One or more themes of the day link the collect and readings; the sermon usually reflects on these.

Lesson or Epistle reading

Sit

The Lesson/Epistle is written in the ... chapter of ... beginning at the ... verse.

At the end

Here endeth the Lesson/Epistle.

We stand out of respect for

The Gospel reading

The holy Gospel is written in the ... chapter of the Gospel according to Saint ... , beginning at the ... verse.

Glory be to thee, O Lord.

At the end

This is the Gospel of the Lord.

Praise be to thee, O Christ.

Sermon

A short address may follow

Please sit after the introductory prayer

We stand for

The Creed

**I believe in one God the Father almighty,
maker of heaven and earth,
and of all things
visible and invisible:**

**And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father,
by whom all things were made;
who for us men and for our salvation
came down from heaven,
and was incarnate by the Holy Ghost of the Virgin Mary,
and was made man,
and was crucified also for us under Pontius Pilate.
He suffered and was buried,
and the third day he rose again
according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father.
And he shall come again with glory
to judge both the quick and the dead:
whose kingdom shall have no end.**

**And I believe in the Holy Ghost,
the Lord and giver of life,
who proceedeth from the Father and the Son,
who with the Father and the Son together
is worshipped and glorified,
who spake by the prophets.
And I believe one catholic and apostolic Church.
I acknowledge one baptism for the remission of sins.
And I look for the resurrection of the dead,
and the life of the world to come.
Amen.**

Offertory

A sentence of Scripture may be read

The gifts of the people may be gathered and presented

Intercession

Please kneel or sit

We pray for the Church, the world, the local community and particular needs

These responses may be used

Lord, in your mercy
hear our prayer.

or

Lord, hear us.
Lord, graciously hear us.

and at the end

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

Confession

Ye that do truly and earnestly repent you of your sins,
and are in love and charity with your neighbours,
and intend to lead a new life,
following the commandments of God,
and walking from henceforth in his holy ways:
draw near with faith,
and take this holy sacrament to your comfort;
and make your humble confession to almighty God,
meekly kneeling upon your knees:

**Almighty God,
Father of our Lord Jesus Christ,
maker of all things, judge of all men:
we acknowledge and bewail
our manifold sins and wickedness,
which we, from time to time,
most grievously have committed,
by thought, word and deed,
against thy divine majesty,
provoking most justly
thy wrath and indignation against us.
We do earnestly repent,
and are heartily sorry for these our misdoings;
the remembrance of them is grievous unto us;
the burden of them is intolerable.
Have mercy upon us,
have mercy upon us, most merciful Father;
for thy Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may ever hereafter
serve and please thee in newness of life,
to the honour and glory of thy name;
through Jesus Christ our Lord. Amen.**

Absolution

Almighty God, our heavenly Father,
who of his great mercy hath promised forgiveness of sins
to all them that with hearty repentance
and true faith turn unto him:
have mercy upon you;
pardon and deliver you from all your sins;
confirm and strengthen you in all goodness;
and bring you to everlasting life;
through Jesus Christ our Lord.
Amen.

The Comfortable Words

Hear what comfortable words
our Saviour Christ saith unto all that truly turn to him:
Come unto me, all that travail and are heavy laden,
and I will refresh you. *Matthew 11.28*

So God loved the world,
that he gave his only-begotten Son,
to the end that all that believe in him should not perish,
but have everlasting life. *John 3.16*

Hear also what Saint Paul saith:
This is a true saying,
and worthy of all men to be received,
that Christ Jesus came into the world to save sinners.
1 Timothy 1.15

Hear also what Saint John saith:
If any man sin, we have an advocate with the Father,
Jesus Christ the righteous;
and he is the propitiation for our sins. *1 John 2.1,2*

Having heard and reflected on God's word
in the first half of the service,
we now celebrate Christ's promise to meet with those
who receive the bread and wine of Communion

The Eucharistic Prayer

The Lord be with you
and with thy spirit.

Lift up your hearts.

We lift them up unto the Lord.

Let us give thanks unto our Lord God.

It is meet and right so to do.

It is very meet, right and our bounden duty,
that we should at all times, and in all places,
give thanks unto thee,
O Lord, holy Father,
almighty, everlasting God.

A 'proper preface' may be said

Therefore with angels and archangels,
and with all the company of heaven,
we laud and magnify thy glorious name,
evermore praising thee, and saying:

**Holy, holy, holy, Lord God of hosts,
heaven and earth are full of thy glory.
Glory be to thee, O Lord most high.
Amen.**

Prayer of Humble Access

**We do not presume
to come to this thy table, O merciful Lord,
trusting in our own righteousness,
but in thy manifold and great mercies.
We are not worthy
so much as to gather up the crumbs under thy table.
But thou art the same Lord,
whose property is always to have mercy:
grant us therefore, gracious Lord,
so to eat the flesh of thy 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.**

Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect and sufficient sacrifice, oblation and satisfaction for the sins of the whole world; and did institute, and in his holy gospel command us to continue, a perpetual memory of that his precious death, until his coming again:

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood:

who, in the same night that he was betrayed, took bread;

Here the priest is to take the paten

and, when he had given thanks, he brake it,

Here the priest shall break the bread

and gave it to his disciples, saying, Take, eat;

Here the priest is to lay a hand on all the bread

this is my body which is given for you:

do this in remembrance of me.

Likewise after supper he took the cup;

Here the priest is to take the cup

and, when he had given thanks, he gave it to them, saying,

Drink ye all of this;

Here the priest is to lay a hand on every vessel

in which there is wine to be consecrated

for this is my blood of the new testament,

which is shed for you and for many, for the remission of sins:

do this, as oft as ye shall drink it, in remembrance of me.

Amen.

Giving of Communion

Please come to the altar.

*If you take Communion in another church
you are very welcome to do so in St Michael's.*

*If Communion is something you are not used to
we would love to share a prayer of blessing with you;
please bring this booklet to indicate this.*

Prayer after Communion

We kneel or sit

A seasonal post-communion prayer may be said, and then

The Lord's Prayer

**Our Father, which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done,
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive them that 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 priest says the Prayer of Oblation or Prayer of Thanksgiving

These words of praise are not said in Advent or Lent

Gloria in Excelsis

**Glory be to God on high,
and in earth peace, goodwill towards men.**

**We praise thee, we bless thee,
we worship thee, we glorify thee,
we give thanks to thee for thy great glory,
O Lord God, heavenly King,
God the Father almighty.**

**O Lord, the only-begotten Son Jesu Christ;
O Lord God, Lamb of God, Son of the Father,
that takest away the sins of the world,
have mercy upon us.**

**Thou that takest away the sins of the world,
have mercy upon us.**

**Thou that takest away the sins of the world,
receive our prayer.**

**Thou that sittest at the right hand
of God the Father,
have mercy upon us.**

**For thou only art holy;
thou only art the Lord;
thou only, O Christ,
with the Holy Ghost,
art most high
in the glory of God the Father.
Amen.**

Notices

Please sit for the notices and then stand for

The Blessing



Please return this booklet to the back of church as you leave

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