

**ST PETER & ST PAUL'S  
CHURCH, AYLESFORD**



**Short Spoken**

**HOLY COMMUNION**

Lent 2 - 28th February 2021

**The Greeting**

The Lord be with you.  
**And also with you.**

**Prayer of Preparation**

**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.**

**The Liturgy of the Sacrament**

**The Peace**

*Introduction to the Peace*

When Christ stretched out his hands to us on the cross, he drew us into the everlasting covenant of God's peace.

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

Let us offer one another a sign of peace.

**The 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.**

... we join the unending hymn.  
**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.**

Great is the mystery of faith:  
**Christ has died: Christ is risen: Christ will  
come again.**

... Father, Son and Holy Spirit.  
**Blessing and honour and glory and  
power be yours for ever and ever. Amen.**

**The Lord's Prayer**

As our Saviour taught us, so we pray:  
**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever. Amen.**

## Breaking of the Bread

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.**

## Preparation

**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.**

Be known to us in breaking bread,  
But do not then depart;  
Saviour, abide with us, and spread  
Your table in our heart.

*James Montgomery*

## Prayer after Communion

Almighty God,  
you see that we have no power of  
ourselves to help ourselves: keep us both  
outwardly in our bodies, and inwardly in  
our souls; that we may be defended from  
all adversities which may happen to the  
body, and from all evil thoughts which  
may assault and hurt the soul; through  
Jesus Christ our Lord. **Amen.**

*Followed by*

O God, help us to trust you,  
help us to know that you are with us,  
help us to believe that nothing  
can separate us from your love  
revealed in Jesus Christ our Lord.  
**Amen.**

Lord, in these days of mercy,  
**make us quiet and prayerful;**

in these days of challenge,  
**make us stronger in you;**

in these days of emptiness,  
**take possession of us;**

in these days of waiting,  
**open our hearts  
to the mystery of your cross.**

*Angela Ashwin*

## Sending

### Blessing

Go forth into the world in peace;  
be of good courage; hold fast that  
which is good; render to no one evil  
for evil; strengthen the fainthearted;  
support the weak; help the afflicted;  
honour everyone; love and serve the  
Lord, rejoicing in the power of the Holy  
Spirit;

and the blessing of God Almighty,  
the Father, the Son and the Holy Spirit,  
be among you and remain with you  
always. **Amen.**

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

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