

## Simple Communion

**Celebrant:**

There is one Almighty God,  
And we have a mediator between heaven and earth,  
Jesus, the Christ  
Who gave himself as a ransom for many.

Whoever is on Christ's side,  
join with me,  
In this mystery

**All:**

**Create in me a clean heart, O' God,  
that it may become your chosen vessel  
And the resting place of your Holy Spirit.**

**Celebrant:**

Everlasting God,  
Light of lights  
come and awaken our hearts  
That we may live in the power of Your Grace.

**Celebrant:**

Deep peace be in your thinking  
Deep peace be in your hearts  
Deep peace between you and God's good earth,  
Deep peace be between you and your neighbour  
Friends, the deep peace of Jesus the Christ be with you.

**All:**

**and also with you**

*THE PRESENTATION OF ELEMENTS:*

*Gifts of bread and wine brought forward*

**Celebrant:**

The Lord is with us  
and His spirit is here

We praise you, creator of all.  
Through your goodness, we have this bread and wine, which earth has  
given  
and hands have made,  
they will be for us our spiritual food and drink.

**All:**  
**Blessed be God forever.**

**Celebrant:**  
As we bring this bread to you (*lift up the bread*) Lord of all,  
we offer up to you our hearts,  
our energies our labour,  
our leisure our relationships.  
Our minds our thoughts,  
time and talents,  
all that we create,  
all that we possess,  
Our souls,  
our coming our going,  
Our strength,  
our days and nights,  
our hopes and fears,  
the day of our birth  
and the moment of our death,  
Oh bread and sustainer of life.

We pour out this wine (*pour wine*)  
and offer to you the woes of life poured out.  
Disappointment, disease, hurt, or handicap  
As grapes are crushed to make this wine,  
so we offer to you all who are crushed by hunger,  
homelessness, violence or abuse.  
Take all this and transform it into the deep rich wine of everlasting life.

*THE THANKSGIVING:*

**Celebrant:**  
Lift up your hearts

**All:**

**We lift them to the Lord**

**Celebrant:**

God we thank you for all you have done.

Creator of the Universe,

you brought forth the earth:

Breathe wisdom into us, your creatures,

till we reflect your three-fold friendship.

In our pain and sorrow we cry out to you.

Perfect sacrifice for our sins.

By the power of your spirit may these gifts of bread and wine be for us

Christ's body and blood,

who on the night He was betrayed took bread, gave you thanks, broke it  
and gave it to His disciples saying

"Take eat, this is my body which is broken for you.

After supper he took the cup, gave you thanks and said to them

"Drink, all of you,

this is my blood which is shed for you and the many  
for the forgiveness of sin.

Do this as often as you drink it in remembrance of me"

Risen Christ we welcome you.

Father send forth your Holy Spirit among your children

Feed us with heavenly bread

May we become intoxicated with your holiness.

*PARTAKING:*

*BLESSING & BENEDICTION*

**Celebrant:**

Heaven is intertwined with earth.

We have taken divine life into us

Therefore:

Rise up today clothed in the strength of Christ,

Go freed to weave Christ's patterns,

You shall not fear.

Go loved to serve Christ's weak ones,  
You shall not be overwhelmed.  
Go armed to rout out Christ's foes,  
You shall not be alone.

May the peace of God go with you, and protect you from the storm  
May you then come home rejoicing, at the wonders you've been shown

**All:**  
**In the name of the Father**  
**And of the Son**  
**And of the Holy Spirit.**

AMEN