

SACRAMENT OF COMMUNION

The Great Thanksgiving

Jesus said: *'I am the bread of life. all who come to me shall not hunger, and all who believe in me shall not thirst.'*

With Christians around the world and throughout the centuries, we, in spirit, gather around these symbols of bread and wine—simple elements that speak of nourishment and transformation.

Loving God, we thank you that you are as close to us as breath, that your love is constant and unfailing. We thank you for all that sustains life, and especially for Jesus Christ, who teaches us how to live out an ethic of justice and peace, and for the promise of transformation made manifest in his life, death and resurrection. We ask you to bless this bread and cup. Through this meal, make us the body of Christ, that we may join with you in promoting the wellbeing of all creation. And so we sing:

***O holy, holy holy God, O God of time and space.
All earth and sea and sky above bear witness to your grace.
Hosanna in the highest heav'n, creation sings your praise.
And blessed is the One who comes and bears your name
always. (Kingsfold. MV 203)***

We remember that on the night Jesus and the disciples had their last meal together, Jesus took the bread, gave thanks, and gave it to the disciples, saying: *'This is my body, which is broken for you. Take and eat it, and as often as you do, remember me.'*

In the symbol of the broken bread, we participate in the life of Christ and dedicate ourselves to being his disciples.

In the same way, he took the cup, and after giving thanks he gave it to his disciples, saying: *'Drink this, all of you. This cup is the new covenant, poured out for you and for many. Do this as often as you drink it, in remembrance of me.'*

**In the symbol of the cup,
we participate in the new life Christ brings.**

***Sing Christ has died and Christ is risen, Christ will
come again! Sing Christ has died and Christ is risen,
Christ will come again! (MV 204)***

Prayers of the People & Lord's Prayer

***Amen, amen, O Holy One! Hosanna and Amen!
Amen, amen, O Holy One, Hosanna and Amen! (MV 205)***

SHARING THE FEAST

Communion will be shared today by using pre-filled communion cups. Following the statements, *'Jesus Christ, bread of heaven'* and, *'Jesus Christ, cup of salvation'*, you are invited to first, peel the top layer of the cup to reveal the bread, and then the bottom layer for the juice.

PRAYER AFTER COMMUNION

May we become what we have shared this day: bread and wine for a hungry world; a blessing to those whose hearts are empty; a light in the darkness. Amen.