

**Eucharist with Spiritual Communion  
Wednesday 5th February 2025  
Common Worship**



Jesus preaches in the synagogue in Nazareth

**PREPARATION**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

**Welcome and Introduction**

The Lord be with you

**And also with you.**

*The priest introduces the theme for the day's Eucharist.*

**COLLECT FOR PURITY**

**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.**

**CONFESSION AND ABSOLUTION**

The grace of God has dawned upon the world  
through our Saviour Jesus Christ,  
who sacrificed himself for us to purify a people as his own.  
Let us confess our sins.

### Confession

Almighty God our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us  
forgive us all that is past  
and grant that we may serve you in newness of life  
to the glory of your name. Amen.

### Absolution

Almighty God, who forgives all who truly repent, have mercy upon you,  
pardon and deliver you from all your sins, confirm and strengthen you in all  
goodness, and keep you in life eternal, through Jesus Christ our Lord. Amen.

### GLORIA IN EXCELSIS

Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.

## COLLECT

Let us pray,  
Lord Jesus Christ,  
light of the nations and glory of Israel:  
make your home among us,  
and present us pure and holy  
to your heavenly Father,  
your God, and our God. **Amen.**

## LITURGY OF THE WORD

### **The Epistle : Hebrews 12: 4-7, 11-15**

In your struggle against sin you have not yet resisted to the point of shedding your blood. And you have forgotten the exhortation that addresses you as children—

'My child, do not regard lightly the discipline of the Lord,  
or lose heart when you are punished by him;  
for the Lord disciplines those whom he loves,  
and chastises every child whom he accepts.'

Endure trials for the sake of discipline. God is treating you as children; for what child is there whom a parent does not discipline? Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it. Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint, but rather be healed.

Pursue peace with everyone, and the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no root of bitterness springs up and causes trouble, and through it many become defiled.

For the word of the Lord. **Thanks be to God.**

### **The Psalm : 103, 1-2, 13-18**

<sup>1</sup> Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name.

<sup>2</sup> **Bless the Lord, O my soul,  
and do not forget all his benefits—**

<sup>3</sup> who forgives all your iniquity,  
who heals all your diseases,

- <sup>4</sup> **who redeems your life from the Pit,  
who crowns you with steadfast love and mercy,**
- <sup>5</sup> who satisfies you with good as long as you live  
so that your youth is renewed like the eagle's.
- <sup>6</sup> **The Lord works vindication  
and justice for all who are oppressed.**
- <sup>7</sup> He made known his ways to Moses,  
his acts to the people of Israel.
- <sup>8</sup> **The Lord is merciful and gracious,  
slow to anger and abounding in steadfast love.**
- <sup>9</sup> He will not always accuse,  
nor will he keep his anger for ever.
- <sup>10</sup> **He does not deal with us according to our sins,  
nor repay us according to our iniquities.**
- <sup>11</sup> For as the heavens are high above the earth,  
so great is his steadfast love towards those who fear him;
- <sup>12</sup> **as far as the east is from the west,  
so far he removes our transgressions from us.**
- <sup>13</sup> As a father has compassion for his children,  
so the Lord has compassion for those who fear him.
- <sup>14</sup> **For he knows how we were made;  
he remembers that we are dust.**
- <sup>15</sup> As for mortals, their days are like grass;  
they flourish like a flower of the field;
- <sup>16</sup> **for the wind passes over it, and it is gone,  
and its place knows it no more.**
- <sup>17</sup> But the steadfast love of the Lord is from everlasting to everlasting  
on those who fear him,  
**and his righteousness to children's children,**
- <sup>18</sup> **to those who keep his covenant  
and remember to do his commandments.**

**The Gospel : Mark 6.1-6a**

Hear the holy Gospel according to Mark:

**Glory to you, O Lord.**

He left that place and came to his home town, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are

being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him. Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

This is the Gospel of the Lord. **Praise to you, O Christ.**

**Homily: Canon Daphne Green**

### **Intercessions**

We pray for the coming of God's kingdom.

You sent your Son to bring good news to the poor,  
sight to the blind,  
freedom to the captives  
and salvation to your people:  
anoint us with your Spirit;  
rouse us to work in his name.  
Father, by your Spirit  
**bring in your kingdom.**

Send us to bring help to the poor  
and freedom to the oppressed.

Father, by your Spirit  
bring in your kingdom.

Send us to tell the world  
the good news of your healing love.

Bless and bring your healing to all who are sick and who are known to us,  
and those caring for them, especially for Liz Kernen, Jonathan Bezzola,  
David Omumbwa, Sybil Sheppard, Chris Talbot, Joan Tye, Annemarie  
Hester, André Vivas, Timothy Creffield, Tianna Dagher, Edith Tanner, Livia  
Varju, Brenda Hand, Valerie Offord, Phil Thomas, Diana Mason, Robin  
Bailey, Judi Cianci, Ruth Wyler, Germain, Samuel Kalibala, Joyce McNulty,  
Trevor Thomas, Diana Dickinson, Denise Muhlethaler, Maya Mortimer,  
Rosabelle de Silva, Silvio -Morson, Anna Porraccin, Valerie Slessor, Frances  
Boo, Jenny Syrathev, George Thomasz, Lorensz Ranasinghe.

Among the faithful departed we pray at this time for Jubilee Rosalyn  
Brainerd. May she rest in peace and rise in glory with the saints.

Father, by your Spirit  
**bring in your kingdom.**

Send us to those who mourn,  
to bring joy and gladness instead of grief.

Father, by your Spirit  
bring in your kingdom.

Send us to proclaim that the time is here  
for you to save your people.

Father, by your Spirit  
**bring in your kingdom.**

Father, use us, unworthy as we are,  
to bring in your kingdom of mercy, justice, love and peace.  
Empower us by your Spirit and unite us in your Son,  
that all our joy and delight may be to serve you,  
now and for ever. **Amen.**

### **The Peace**

Our Saviour Christ is the Prince of Peace.  
Of the increase of his government and of peace  
there shall be no end.

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

*The table is prepared.*

### **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.**

Father, we give you thanks and praise through your beloved Son Jesus Christ, your living Word, through whom you have created all things; who was sent by you in your great goodness to be our Saviour. By the power of the Holy Spirit he took flesh; as your Son, born of the blessed Virgin, he lived on earth and went about among us; he opened wide his arms for us on the cross; he put an end to death by dying for us; and revealed the

resurrection by rising to new life; so he fulfilled your will and won for you a holy people.

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.**

Lord, you are holy indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood of our Lord Jesus Christ;  
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.  
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.

Praise to you, Lord Jesus:  
**Dying you destroyed our death,  
rising you restored our life:  
Lord Jesus, come in glory.**

And so, Father, calling to mind his death on the cross,  
his perfect sacrifice made once for the sins of the whole world;  
rejoicing in his mighty resurrection and glorious ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,  
we bring before you this bread and this cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.  
Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;  
by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever. **Amen.**

### **The Lord's Prayer**

**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.**

We break this bread to share in the body of Christ:  
Though we are many, we are one body because we all share in the  
one bread.

### **Agnus Dei**

**Jesus, Lamb of God, have mercy on us.  
Jesus, bearer of our sins, have mercy on us.  
Jesus, redeemer of the world, give us your peace.**



Let us prepare ourselves to make our spiritual communion.

**We offer and present to you, Lord our heavenly Father, ourselves, our souls and bodies, to be a holy and living sacrifice; grant that being present together in heart and mind at this holy communion we may now be filled with your heavenly blessing through the redeeming grace of your Son our Saviour Jesus Christ... [ short pause ]**

**Lord Jesus Christ, in outward signs of bread and wine you have made known your presence among us; as we unite with one another from the places where we are, may your communion be fulfilled in us now through the work of the life-giving Holy Spirit. Amen.**

### **Post Communion Prayers**

*Generous Lord,*

*in word and eucharist we have proclaimed the mystery of your love:  
help us so to live out our days  
that we may be signs of your wonders in the world;  
through Jesus Christ our Saviour. Amen.*

**Father of all,**

**we give you thanks and praise,  
that when we were still far off  
you met us in your Son and brought us home.  
Dying and living, he declared your love,  
gave us grace, and opened the gate of glory.  
May we who share Christ's body live his risen life;  
we who drink his cup bring life to others;  
we whom the Spirit lights give light to the world.  
Keep us firm in the hope you have set before us,  
so we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord. Amen.**

### **Blessing**

*May the light of the glorious gospel of Christ  
shine in your hearts and fill our lives  
with his joy and peace.  
And the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always. Amen.*