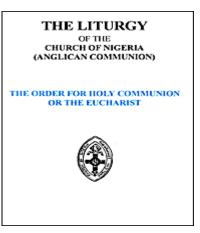
# THE LITURGY OF THE CHURCH OF NIGERIA (ANGLICAN COMMUNION)

## THE ORDER FOR HOLY COMMUNION OR THE EUCHARIST



# DIRECTIONS

1. The guidelines of the structure of this liturgy are based on two principles.

(a) The structure is primarily designed to become the chief service of the congregation whether a priest is present or not. In such a case, the first part of the service might be said by a lay person, thus ensuring that all the faithful join in common penitence, hear the same Word of God and follow a similar form of intercession. The prayer of St. Chrysostom and the Grace conclude this part when there is no Communion Proper. This return to the concept of the "Ante Communion" as a part of the Church's liturgical life, will enable regular worshippers to become more familiar with the rite and to learn their part in it.

(b) The structure is also designed to accommodate as many lay people as possible. This is to enable all God's people to participate actively in the liturgical act. For this purpose, the Ante Communion service is to be said or sung at the usual place for Morning and Evening Prayer. This part of the service is regarded as a meeting for public worship in which any lay member can take part. It may appropriately be said at the prayer desk.

2. The minister who presides over the liturgy is designated as President, who must have been an episcopally ordained priest. He says the opening Greeting, the Collect, the Absolution, the Peace, the Eucharistic prayer, breaks the bread, receives the sacrament The Church of Nigeria is likely the largest in the Anglican Communion in terms of membership. Nigeria was first evangelized by Anglican missionaries of the Church Missionary Society (CMS) in 1842, and to this day maintains the evangelical character typical of areas where the CMS was active.

The Anglican Church in Nigeria used the 1662 BCP (plus, of course, translations of it into indigenous languages) up until the independent Province of Nigeria was created in 1979. Nigeria approved a Book of Common Prayer of its own in 1996, from which this booklet presumably was taken. David Okeke, in an essay on the BCP in Nigeria in The Oxford Guide to the Book of Common Prayer, states that the 1996 Nigerian BCP "on the whole relies on adoption and adaptation rather than on liturgical creativity and innovation". One can see that in the service presented here, which should be easily recognizable and familiar to

first and says the Blessing. When the Bishop is present, it is his prerogative to preside over the liturgy.

3. A lay person could be assigned to read the Old Testament lesson, the Epistle, lead the Psalm and the Intercession. A deacon should normally be allowed to read the Gospel.

4. Banns of Marriage may be published and necessary announcements may be made before the service, after the Creed, before the offertory, or at the end of the service, as may be convenient.

5. Every confirmed person should, after careful preparation communicate regularly and frequently.

6. The three exhortations appended at the end of this liturgy are an important part of the service worth noting by the priest and could be used at preparatory class or as the priest thinks necessary.

7. It is the duty of every parishioner to contribute generously, according to his or her means, to the maintenance of the worship of God, to the spread of the Gospel, and to works of charity.

8. The Minister and Church wardens decide on the disposal of the offertory alms. If they disagree, the Diocesan shall make the decision.

9. The Holy Table or the Altar, at the time of the Communion, is to have a clean white cloth on it.

10. In order to avoid unnecessary dissension, it is prescribed that the President in celebrating the Eucharist shall wear either a surplice with hood and scarf or stole or a white alb plain with a chasuble or cope.

11. If any of the consecrated Bread and Wine remains, it is to be consumed reverently by the President/Celebrant (and by other communicants, if necessary).

12. The President is to say or sing the service audibly and clearly.

13. It is recommended that at Sunday and Holy Days celebration of the Eucharist, the Old Testament, the Epistle and Gospel be read.

14. The sermon is an integral part of the Ministry of the Word. A

anyone used to modern Eucharistic services in the Anglican West.

Thanks are due to Richard Mammana, who transcribed the text, and to Thomas Rae who provided a copy of the pamphlet containing this service. sermon should normally be preached at all celebrations on Sunday and other Holy Days.

15. Gloria in excelsis may be omitted during Advent and Lent, and on weekdays which are not Principal Holy Days.

16. For avoidance of unnecessary superstition, the Eucharistic elements should be either wafer or bread and wine.

17. Unless otherwise overruled by the Diocesan, the Eucharist should be celebrated at least every Sunday and on Holy Days.

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# THE PREPARATION.

1. A Hymn may be sung

An Appropriate sentence may be used (See Appendix III)

2. President: I will bless the Lord at all times.All: His praise shall continually be in my mouth.

President: O magnify the Lord with me, **All: And let us exalt his name together.** 

President: This is the day which the Lord has made **All: Let us rejoice and be glad in it.** 

Or Advent/Lent

President: Bless the Lord who forgives our sins, **All: God's mercy endures for ever.** 

Or Christmas

President: Christ our Lord is born for us, **All: Come let us adore Him.** 

Or Easter Day to Pentecost

President: Alleluia! Christ is risen,

#### All: He is risen indeed, Alleluia!

Or Pentecost

President: The Lord is here **All: His Spirit is with us.** 

3. Collect for purity:

All: 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.

#### 4. GLORIA IN EXCELSIS (may be said or sung)

All: Glory be 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.

## ACT OF PENITENCE

The Decalogue or else the Summary of the Law shall be said or sung on Sundays. At other times, instead thereof, the Kyrie or the

## Trisagion may be sung or said.

#### (a) The Commandments

President: Our Lord Jesus Christ said: If you love me, Keep my commandments; (*Jn. 14:15*) happy are those who hear the word of God and keep it. (*Lk. 11:28*) Hear then these commandments which God has given to His people, and take them to heart.

I am the Lord your God; you shall have no other gods but me (*Exod. 20:2,3*). You shall love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength (*Deut. 6.4,5; Mt. 22:37*).

# All: Lord, have mercy upon us, and incline our hearts to keep this law.

President: You shall not make for yourself any idol (*Exod. 20:4*). God is Spirit, and those who worship Him. must worship in spirit and in truth (*Jn. 4:24*).

# All: Lord, have mercy upon us, and incline our hearts to keep this law.

President: You shall not dishonour the name of the Lord your God (*Exod. 20:7*). You shall worship Him with awe and reverence (*Heb. 12:28*).

# All: Lord, have mercy upon us, and incline our hearts to keep this law.

President: Remember the Lord's day and keep it holy (*Exod. 20:8*) Christ is risen from the dead (*1 Cor. 15:20*): set your minds on things that are above not on things that are on earth (*Col. 3:2*)

# All: Lord, have mercy upon us, and incline our hearts to keep this law.

President: Honour your father and mother (*Exod. 20:12*) Live as servants of God; honour all people; love the brotherhood (*1 Pet. 2:16b, 17a*).

# All: Lord, have mercy upon us, and incline our hearts to keep this law.

President: You shall not commit murder (Exod. 20:13). Be

reconciled to your neighbour (*Rom. 12:10a*), over come evil with good (*Rom. 12:21*).

# All: Lord, have mercy upon us, and incline our hearts to keep this law.

President: You shall not commit adultery (*Exod 20:14*). Know that your body is a temple of the Holy Spirit (*1 Cor. 6:19*).

# All: Lord, have mercy upon us, and incline our hearts to keep this law.

President: You shall not steal (*Exod. 20:15*). Be honest in all that you do and care for those in need (*Deut. 15:11*)

# All: Lord, have mercy upon us, and incline our hearts to keep this law.

President: You shall not be a false witness (*Exod. 20:16*). Let every one speak the truth, (*Zech. 8:16; Eph. 4:25*).

# All: Lord, have mercy upon us, and incline our hearts to keep this law.

President: You shall not covet anything which belongs to your neighbour (*Exod 20:17*). Remember the words of the Lord Jesus: It is more blessed to give than to receive (*Acts 20:35b*). Love your neighbour as yourself (*Lk. 10:27b*), for love is the fulfilling of the law. (*Rom. 13:10b*).

# All: Lord, have mercy upon us, and write all these Your laws in our hearts, we pray You.

OR

# SUMMARY OF THE LAW

(b)

President: Our Lord Jesus Christ said:

"Hear O Israel, the Lord our God is one Lord: and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. This is the first commandment. And the second is like, namely this: You shall love your neighbour as yourself. There is no other commandment greater than these. On these two commandments hang all the Law and the Prophets.

# All: Lord, have mercy upon us, and write all these Your laws in our hearts.

OR

(c)

# KYRIE ELEISON

(i)
President: Lord have mercy
All: Lord have mercy
President: Lord have mercy
All: Lord have mercy
President: Lord have mercy
All: Lord have mercy

OR

(ii)

Lord have mercy Lord have mercy Lord have mercy

Christ have mercy Christ have mercy Christ have mercy

Lord have mercy Lord have mercy Lord have mercy

# OR

(d) TRISAGION

President: Holy God, All: Holy and Mighty, Holy and Immortal, have mercy upon us.

President: Holy God,

# All: Holy and Mighty, Holy and Immortal, have mercy upon us.

## President: Holy God, All: Holy and Mighty, Holy and Immortal, have mercy upon us.

## 6. President may say:

God so loved the world that He gave His only Son Jesus Christ to save us from our sins, to be our Advocate in heaven, and to bring us to eternal life.

# Or One or more these SENTENCES

Hear the words of comfort our Saviour Christ says to all who truly turn to Him: Come to me, all who labour and are heavy laden, and I will give you rest. (*Mt. 11:28*).

God so loved the world that He gave His only Son that whosoever believes in Him should not perish but have eternal life. (*Jn 3:16*).

Hear what St. Paul says: This saying is true and worthy of full acceptance, that Christ Jesus came into the world to save sinners (*1 Tim. 1:15*)

Hear also what St. John says: If any one sins, we have an Advocate with the Father, Jesus Christ the righteous; and He is the propitiation for our sins (1 Jn. 2:1)

# A Brief pause

7. President: Let us confess our sins, in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all people; meekly kneeling upon our knees.

## All: Almighty God, our heavenly Father, We have sinned against You and against our neighbours, in thought and word and deed, through negligence, through weakness, through our own deliberate fault.

We have not sufficiently walked according to the mind of Christ.

We have named the name of Christ,

but have not departed from iniquity. 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.

President: 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.

### All: Amen.

The follows the Collect for the Day

President:The Lord be with youAll:And also with youPresident:Let us pray.

(The President says the Collect)

#### THE MINISTRY OF THE WORD

(Congregation sits)

## OLD TESTAMENT READING

At the end, the reader shall say: This is the word of the Lord.

### All: Thanks be to God.

A PSALM shall be used. (Congregation may sit or stand)

NEW TESTAMENT READING (Congregation sits)

#### EPISTLE

At the end the reader shall say: This is the word of the Lord

## All: Thanks be to God.

10. A CANTICLE or HYMN may be used as GRADUAL, during which Gospel procession to the centre of the nave could be made (if so desired).

Congregation stands and faces the reader THE GOSPEL when it is announced

GOSPEL

## All: Glory to Christ our Saviour.

At the end, the reader shall say: This is the Gospel of Christ.

### All: Praise to Christ our Lord.

(A hymn may be sung)

11. Congregation sits

### **THE SERMON**

12. Congregation Stands

## THE NICENE CREED

All: We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father Through Him all things were made. For us men and for our salvation, He came down from heaven: by the power of the Holy Spirit He became incarnate of the Virgin Mary and was made man. For our sake He was crucified under Pontius Pilate: He suffered death and was buried. On the third day He rose again in accordance with the scriptures; He ascended into heaven, and is seated at the right hand of the Father. He will come again in glory, to judge the living and the dead, and His kingdom will have no end. We believe in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father and the Son. With the Father and the Son He is worshipped and glorified; He has spoken through the prophets. We believe in one, Holy, **Catholic and Apostolic Church;** we acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead. and the life of the world to come. Amen.

### 13. THE INTERCESSION

Intercession and thanksgiving are led by the President or by other person appointed. One of the forms below or other suitable forms may be used.

This form may be used: with the insertion of specific subjects between the paragraphs: as a continuous whole with or without brief biddings. Not all paragraphs need be used on every occasion: individual names may be added at the places indicated.

This response may be used before or after each paragraph.

President:Lord in your mercy.All:Hear our prayer.

President: Let us pray for the Church and for the world, and let us thank God for His goodness.

Almighty God, our heavenly Father, You promised through Your Son Jesus Christ to hear us when we pray in faith. Strengthen N. our Archbishop, N. our Bishop and all Your Church in the service of Christ, that those who confess Your name may be united in Your truth, live together in Your love, and reveal Your glory in the world.

Bless and guide our rulers; give wisdom to all in authority; and direct this and every nation in the ways of justice and of peace; that people may honour one another, and seek the common good.

Give grace to us, our families and friends, and to all our neighbours; that we may serve Christ in one another, and love as He loves us.

Comfort and heal all those who suffer in body, mind, or spirit ..., give them courage and hope in their troubles; and bring them the joy of Your salvation.

Hear us as we remember, those who have died in the faith of Christ ..., according to Your promises, grant us with them a share in Your eternal kingdom.

Rejoicing in the fellowship of (N. and of ...) all Your saints, we commend ourselves and all Christian people to Your unfailing love.

President: Merciful Father.

# All: Accept these prayers for the sake of Your Son, our Saviour Jesus Christ. Amen.

# OR

(b) President: Let us pray for the whole Church of God in Christ Jesus, and for all people according to their needs.

O God, the Creator and Preserver of all mankind, we pray for people of every race, and in every kind of need: make Your ways known on earth, Your saving power among all nations. (Especially we pray for ...). Lord in Your mercy.

# All: Hear our prayer.

We commend to Your Fatherly goodness, all who are anxious or distressed in mind or body; comfort and relieve them in their need; give them patience in their sufferings and bring good out of their troubles. (Especially we pray for )

Merciful Father.

# All: Accept these prayers for the sake of your Son, our

# Saviour Jesus Christ. Amen.

# OR

(c) President: In the power of the Spirit and in union with Christ, let us pray to the Father.

# All: Hear our prayers, O Lord our God. Hear us, good Lord.

President: Govern and direct Your holy Church, fill it with love and truth, and grant it that unity which is Your will.

# All: Hear us good Lord.

President: Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.

# All: Hear us good Lord.

President: Enlighten Your ministers with knowledge and understanding, that by their teachings and their lives they may proclaim Your word.

# All: Hear us good Lord.

President: Give Your people to hear and receive Your word, and to bring forth the fruit of the spirit.

# All: Hear us good Lord.

President: Bring into the way of truth all who have erred and are deceived.

# All: Hear us good Lord.

President: Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down satan under our feet.

# All: Hear us good Lord.

President: Guide the leaders of the nations into the ways of peace and justice.

# All: Hear us good Lord.

President: Bless Your servant the President of this nation and guide him with your heavenly wisdom.

# All: Hear us good Lord.

President: Endue with grace, wisdom and understanding the State Governors, the Federal Ministers, State Commissioners, members of National and State Assemblies, Traditional Rulers, Local Government Chairmen, Councilors and all in authority in this land. All: Hear us good Lord.

President: Bless the judges and magistrates and all who administer the law, that they may uphold justice, honesty and truth.

# All: Hear us good Lord.

President: Teach us to use the fruits of the earth to Your glory, and for the good of all mankind.

# All: Hear us good Lord.

President: Bless and keep all Your people.

All: Hear us good Lord.

President: Help and comfort the lonely, the bereaved, and the oppressed

# All: Hear us good Lord.

President: Keep in safety those who travel, and all who are in danger.

All: Hear us good Lord.

President: Heal the sick in body and mind, and provide for the homeless, the hungry and the destitute.

# All: Hear us good Lord.

President: Show Your pity on prisoners and refugees, and all who are in trouble.

# All: Hear us good Lord.

President: Forgive our enemies, persecutors, and slanderers, and turn their hearts.

# All: Hear us good Lord.

President: Hear us as we remember those who have died in the faith of Christ, both those who have confessed the faith and those whose faith is known to You alone, and grant us with them a share in Your eternal kingdom.

# All: Hear us good Lord.

President: Father, you hear those who pray in the name of Your Son, grant that what we have asked in faith we may obtain according to Your will; through Jesus Christ our Lord.

All: Amen.

President: For the peace that is from above, and for the salvation of our souls, let us pray to the Lord.

# All: Lord have mercy.

President: For the peace of the whole world, for the welfare of God's holy Church, and for the union of all, let us pray to the Lord **All:** Lord have mercy.

President: For our bishops and other ministers (especially  $N \dots$  our Archbishop, and  $\dots N \dots$  our bishop) that with a good heart and a pure conscience they may accomplish their ministry, let us pray to the Lord.

# All: Lord have mercy.

President: For the rulers of our country and all in authority, let us pray to the Lord.

# All: Lord have mercy.

President: For the poor, the hungry, orphans and widows, and them that suffer persecution, let us pray to the Lord.

# All: Lord have mercy.

President: For ourselves and all who confess the name of Christ, that we may show forth the excellencies of Him who called us out of darkness into His marvellous light, let us pray to the Lord.

# All: Lord have mercy.

President: That, with all His servants who have served Him here and are now at rest, we may enter into fulness of His unending joy, let us pray to the Lord.

All: Lord have mercy.

All: Almighty God, the Fountain of all wisdom, who knows our necessities before we ask, and our ignorance in asking; we pray You to have compassion upon our infirmities; and those things, which for our unworthiness we dare not, and for our blindness we cannot ask, vouchsafe to give us, for the worthiness of Your Son Jesus Christ our Lord. Amen.

# OR

(e) Two or more of the following prayers may be used in place of the litany.

Be mindful, O Lord, of Your people present here before You, and of those who are absent through age, sickness or infirmity. Care

for the infants, guide the young, support the aged, encourage the faint-hearted, gather the scattered, and bring back the wandering to Your fold. Travel with the voyagers, defend the widows, shield the orphans, deliver the captives, heal the sick. Succour all who are in tribulation, necessity or distress. Remember for good all those that love us, and those that hate us; and those that have desired us, unworthy as we are, to pray for them. And those whom we have forgotten, please O Lord, remember. For You are the Helper of the helpless, the Saviour of the lost, the Refuge of the wanderer, the Healer of the sick. You who know each person's need, and hear prayers, grant to each person according to Your merciful loving-kindness and Your eternal love; through Jesus Christ our Lord. **Amen**.

Almighty and everlasting God, we praise You for all that You have done for us as a nation. Deepen the root of our national life in Your everlasting righteousness, let not Your blessings be withdrawn from us. Make us equal to our high trusts, reverent in the use of freedom, just in the exercise of power, and generous in the protection of the weak. Inspire the people who direct this local government, this state and this country, that they may guide us wisely and well; give insight and faithfulness to our legislators and judges both at the state and federal levels; and may our deepest trust ever be in You, the Lord of nations and the King of Kings; through Jesus Christ our Lord. **Amen.** 

Almighty God, who rules over all the kingdoms of the world, and do order them according to Your good pleasure: We give You hearty thanks that You have set ... N ... our traditional ruler, ... N ... our governor, and .... N ... our president in authority over your people. Let Your wisdom be their guide and Your arm strengthen them, le truth and justice, holiness and righteousness, peace and charity, abound in their days; and direct all their counsels and endeavours to Your glory, and the welfare of Your people; through Jesus Christ our Lord. **Amen.** 

Almighty God, we pray You with Your gracious favour to behold our universities, colleges and schools, that knowledge may be increased among us, and all good learning flourish and abound. Bless all who teach and all who learn, and grant that in humility of heart they may ever look to You, who are the Fountain of all wisdom through Jesus Christ our Lord. **Amen.** 

O God who has given all people work to do, help them to do it with all their might. Grant the spirit of wisdom and justice to all leaders of industry. Bless the men and women who work in offices and factories; strengthen those who labour at the docks and in the farms; take care of the miners and those whose work is dangerous; and help us all to follow in the steps of Him who worked as carpenter, even Jesus Christ our Lord. **Amen.** 

Bestow Your blessing, we pray You, O Lord, upon Your Church and Your ministers everywhere. May increasing multitudes hear Your word, receive it, and live by it. May its power be seen more and more in the lives of them who believe. So work Your great work Almighty God, in this our country, and in this our generation, that the doubter may be convinced, the wavering established, the sinful converted and the gainsayer silenced; and grant that at the last, according to Your blessed word of Prophecy, the Lord may be King over all the earth, one Lord and His name one; through Jesus. Christ our Lord. **Amen.** 

Almighty God, You have given us grace at this time with one accord to make our common supplication to You, and You have promised that when two or three are gathered together in Your name You will grant their requests. Fulfil now, O Lord, the desires and petitions of Your servants, as may be most expedient for them, granting us in this world knowledge of Your truth, and in the world to come, life everlasting. **Amen.** 

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all evermore. **Amen.** 

## 4. THE MINISTRY OF THE SACRAMENT

All Stand: *The President says either the following or other suitable words:* 

## THE PEACE

President: Christ is our peace. He has reconciled us to God; in one body by the cross. We meet in His name and share His peace,

## OR

President: We are the body of Christ. In the one Spirit we were all baptized into one body. Let us then pursue all that makes for peace and build up our common life. He then says,

The Peace of the Lord be always with you.

### All: And also with you.

President: Let us offer one another a sign of peace.

And all may exchange a sign of peace: African fraternal or traditional embrace or traditional handshake or double handclasp.

## THE PREPARATION OF THE GIFTS

15. A Hymn or lyrics or choruses with or without musical accompaniment and dancing may follow as the Bread and Wine are brought by the representatives of the congregation to the Deacon or President. The People stand as the offerings are presented and placed on the Holy Table.

16. Ceremonial washing of hands may take place here. These words may be said as water is poured on the fingers.

President: I wash my hands in innocence, O Lord, that I may go about Your altar and lift up the voice of thanksgiving. Amen.

The President takes the Bread and Cup into his hands and places them on the Holy Table.

At the offering of the Bread.

President: Blessed are you, Lord, God of all creation Through Your goodness we have this bread to offer which the earth has given and human hands have made. It will become for us the Bread of Life.

All: Blessed be God for ever. Amen.

At the offering of the Wine.

President: Blessed are You Lord, God of all creation through Your goodness we have this wine to offer fruit of the vine and work of human hands. It will become our spiritual drink.

All: Blessed be God for ever. Amen.

17. Then the President takes the offering in his hands and says with the people.

All: Yours, Lord, is the greatness, the power, the glory, the splendour, and the majesty; for everything in heaven and on earth is Yours. All things come from You, and of Your own do we give You.

### OR

(b) President: Accept, we pray You, O Lord

these gifts which we here bring to You as the token of our love and gratitude; and grant that they may be so wisely used, that by them the work of Your Church may be prospered and Your kingdom enlarged; for the glory of Jesus Christ our Saviour. Amen.

### 18.

# THE EUCHARISTIC PRAYER, THE TAKING OF THE BREAD AND CUP AND THE GIVING OF THANKS

# **EUCHARISTIC PRAYER 1**

(Congregation remains Standing,) (The President faces the congregation and sings or says)

President: The Lord be with you.

All: And also with you.

President: Lift up your hearts.

All: We lift them to the Lord.

President: Let us give thanks to the Lord our God.

All: It is right to give Him thanks and praise.

President: It is indeed right; it is our duty and joy at all times and in all places to give You thanks and praise Holy Father, heavenly King, Almighty and eternal God through Jesus Christ Your only Son our Lord, For He is Your living Word; through Him You have created all things from the beginning, and formed us in Your own image. Through Him You have freed us from the slavery of sin, giving Him to be born as man and to die upon the cross; You raised Him from the dead and exalted Him to Your right hand on high, Through Him You have sent upon us Your holy and life-giving Spirit, and made us a people for Your own possession.

PROPER PREFACES: Here a Proper Preface is sung or said on all Sundays and on other occasions as appointed (see <u>the appendix</u> <u>— pp. 35-42</u>.)

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.

## All: Holy, Holy, Holy Lord, God of power and might, heaven and earth are full of Your glory, Hosanna in the highest.

This ANTHEM may also be used

President:Blessed is he who comes in the name of the Lord.All:Hosanna in the highest.

(*The congregation may kneel*) (The President continues)

President: Accept our praises, heavenly Father, through Your Son our Saviour Jesus Christ; and as we follow His example and obey His command, grant that by the power of Your Holy Spirit these gifts of bread and wine may be to us His Body and Blood; 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".

Therefore we proclaim the mystery of faith.

All: Christ has died, Christ is risen; Christ will come again.

President: Therefore, heavenly Father, we remember His offering of Himself made once for all upon the cross; and proclaim His mighty resurrection and glorious ascension, As we look for His coming in glory, We celebrate with this bread and this cup His one perfect sacrifice.

#### President continues

Accept through Him, our great High Priest, this our sacrifice of thanks and praise: and as we eat and drink these holy gifts in the presence of Your divine Majesty, renew us by Your Spirit, inspire us with Your love, and unite us in the body of Your Son, Jesus Christ our Lord. Through Him, and with Him, and in Him, by the power of the Holy Spirit with all who stand before You in earth and heaven. we worship You, Father Almighty, in songs of everlasting praise.

# All: Blessing and honour and glory and power be Yours for ever and ever. Amen.

Silence may be kept.

OR

## **EUCHARISTIC PRAYER II**

(b) President: The Lord be with you. All: And also with you. President: Lift up your hearts. All: We lift them to the Lord. President: Let us give thanks to our Lord God. It is meet and right so to do. All: President: It is very meet, right and our bounden duty, that we should at all times, and in all places, give thanks to You, O Lord, Holy Father, Almighty and Everlasting God.

(Then follows this Preface, or another preface proper to the season)

Through Jesus Christ your Son our Lord, through whom You did create the heaven and the earth and all that is in them, and did make man in Your Own image, and when he had fallen into sin, did redeem him to be the first fruit of a new creation.

All: Therefore with angels and archangels, and with all the company of heaven, we laud and magnify Your glorious name; evermore praising You, and saying: Holy, holy, holy, Lord God of hosts, heaven and earth are full of Your glory, glory be to You, O Lord most high.

Blessed be He that has come and is to come. in the name of the Lord, Hosannah in the highest.

President: Truly holy, truly blessed are You, O heavenly Father, who of Your tender love towards mankind did give Your only Son Jesus Christ to take our nature upon him and 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, who, in the same night that He was betrayed, took bread, and when He had given 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". Likewise after supper He took the Cup, and, when He had given thanks, He gave it to them, saying, "Drink this all of you, for this is my blood of the new covenant, which is shed for you and for many for the remission of sins, do this, as often as you shall drink it, in remembrance of me"

All: Amen. Your death. O Lord, we commemorate, Your resurrection we confess, and Your second coming we await Glory be to You, O Christ.

President: Wherefore, O Father, having in remembrance the precious death and passion, and glorious resurrection and ascension of Your Son our Lord, we Your servants do this in remembrance of Him, as He had commanded.Until His coming again, giving thanks to You for the perfect redemption which You have wrought for us in Him.

#### All: We give thanks to You, we praise You,

## we glorify You, O Lord our God.

President: And we most humbly pray You, O merciful Father, to sanctify with Your Holy Spirit, us and these Your own gifts of bread and wine, that the bread which we break may be the communion of the body of Christ and the cup which we bless may be the communion of the blood of Christ, Grant that being joined together in Him, we may all attain to the unity of the faith, and may grow up in all things unto Him who is the Head, even Christ, our Lord, by Whom and with Whom in the unity of the Holy Spirit all honour and glory be unto You, O Father Almighty, world without end.

# All: Amen.

Silence may be kept.

19. The President breaks the consecrated bread, saying:

President: The bread which we break, is it not the communion of the Body of Christ?

He then lays his hand on the cup and says

(A) President: The cup which we bless, is it not the communion of the blood of Christ?

# All: Though we are many, we are one body, because we share in one Bread.

# OR

(B) President: We break this bread to share in the Body of Christ.

All: Though we are many, we are one body, because we share in one Bread.

## *Either here or during the distribution, one of the following anthems shall be said:*

President:Lamb of God, you take away the sins of the world.All:Have mercy on usPresident:Lamb of God, you take away the sins of the world.All:Have mercy on usPresident:Lamb of God, you take away the sins of the world.All:Grant us peace.

## OR

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.

# 20. PRAYER OF HUMBLE ACCESS

# (All Kneeling)

All: We do not presume to come to Your table, merciful Lord, trusting in our own righteousness but in Your manifold and great mercies. We are not worthy so much as to gather up the crumbs under Your table But You are the same Lord, whose nature is always to have mercy. Grant us, therefore, gracious Lord, so to eat the flesh of Your dear Son Jesus Christ, and to drink His blood; that we may evermore dwell in Him and He in us. Amen.

# 21. THE DISTRIBUTION OF THE EUCHARISTIC ELEMENTS

Before the distribution, the President says:

Draw near with faith, receive the Body of our Lord Jesus Christ which He gave you, and His Blood which He shed for you. Eat and drink in remembrance that He died for you. and feed on Him in your heart by faith with thanksgiving. (b) President: Holy things to Holy people, If any is holy, let him come; If any is not, let him repent.

All: There is one holy, One Lord Jesus Christ to the glory of God the Father, blessed for ever. Amen

22. The President and people receive the communion. At the distribution the minister says to each communicant.

The body of Christ keep you in eternal life The blood of Christ keep you in eternal life

OR

The Body of Christ The Blood of Christ

The communicant replies each time

Amen

and then receives.

23. During the distribution lyrics or hymns may be sung.

24. If either or both of the consecrated elements be likely to prove insufficient, the President himself returns to the holy table and adds more, saying these words.

(for bread) Our Saviour, Christ,in the same night 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".

(*for wine*) In the same way, after supper, He took the cup and gave You thanks, He gave it to them,

OR

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 in remembrance of me.

# OR

(*for bread*) Father, giving thanks over the bread and the cup according to the institution of Your Son Jesus Christ, who said, "Take, eat; this is my body, "we pray that this bread also may be to us His Body, to be received in remembrance of Him.

(*for wine*) Father, giving thanks over the bread and the cup according to the institution of Your Son Jesus Christ who said, Drink this; this is my blood, we pray that this wine also may be to us His blood, to be received in remembrance of Him.

### 25. A Hymn may be sung.

(Here any consecrated bread and wine which is not required for purposes of communion is consumed, otherwise it is consumed after the service)

## AFTER COMMUNION

Appropriate sentence may be said here.

26. President: As our Saviour taught us, so we pray,

All: 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.

27. Either or both of the follow prayers or other suitable prayer is said.

President: 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 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 Your children shall be free, and the whole earth live to praise Your name: through Christ our Lord.

All: Amen.

OR

All: Almighty God,

We thank You for feeding us with the Body and Blood of Your Son Jesus Christ. Through Him we offer You our souls and bodies to be a living sacrifice. Send us out in the power of Your Spirit to live and work to Your praise and glory. Amen.

## 28. The President may say this or an alternative BLESSING

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son, Jesus Christ our Lord, and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **All: Amen.** 

29. A HYMN may be sung as the Ministers are processing out.

President: Go in peace to love and serve the Lord.

# All: In the name of Christ, Amen.

OR

President: Go in the peace of Christ

# APPENDIX I

## PROPER PREFACES

### ADVENT

1. And now we give You thanks because in His coming as man the day of out deliverance has dawned; and through Him You will make all things new, as He comes in power and triumph to judge the world. *Therefore with Angels etc.* 

2. And now we give You thanks because You prepared the way of Your Son Jesus Christ by the preaching of Your servant, John the Baptist, who proclaimed Him as the Lamb of God, our Saviour. *Therefore with Angels etc.* 

### CHRISTMAS

3. And now we give thanks because You gave Your only Son to be born at this time for us, who through the power of the Holy Spirit was made man, being born of the Virgin Mary: in Him there was neither spot nor sin, and in Him we are cleansed from all sin. *Therefore with Angels etc.* 

4. And now we give You thanks, because in the incarnation of the Eternal Word, a new light has dawned upon the world, and those who sat in darkness and under the shadow of death have seen the great light. *Therefore with Angels etc.* 

5. And now we give You thanks because in the incarnation of the Word a new light had dawned upon the world; You have become one with us that we might become one with You in Your glorious kingdom. *Therefore with Angels etc.* 

6. And now we give You thanks because in coming to dwell among us as man, He revealed the radiance of Your glory, and brought us out of darkness into Your own marvellous light. *Therefore with Angels etc.*  7. And now we give You thanks because in choosing the blessed Virgin Mary to be the mother of Your Son, You have exalted the humble and meek. Your Angel hailed her as most highly favoured; with all generations we call her blessed, and with her we rejoice and magnify Your holy name. *Therefore with Angels etc.* 

## EPIPHANY

8. It is right, and a good and joyful thing, always and everywhere to give thanks to You, Father Almighty. You have revealed Your eternal plan of salvation, and have shown Your Son Jesus Christ to be the light of all peoples. *Therefore with Angels etc.* 

9. Because in the mystery of the Word made flesh, You have caused a new light to shine in our hearts, to give the knowledge of Your glory in the face of Your Son Jesus Christ our Lord. *Therefore with Angels etc.* 

## LENT

10. Through Jesus Christ our Lord, who was in every way tempted as we are, yet did not. sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves; but unto Him. *Therefore with Angels etc.* 

11. And now we give You thanks because through Him You have given us the spirit of discipline, that we may triumph over evil and grow in grace. *Therefore with Angels etc.* 

## MAUNDY THURSDAY

12. It is right, and a good and joyful thing, always and everywhere to give thanks to You, Father Almighty, through Jesus Christ our Lord, who for our sins was lifted high upon the cross, that He might draw the whole world to Himself. By His suffering and death He became the source of eternal salvation for all who put their trust in Him. *Therefore with Angels etc.* 

13. And now we give You thanks because when His hour had come, in His great love He gave this supper to His disciples, that we might proclaim His death, and feast with Him in His kingdom. *Therefore with Angels etc.* 

14. It is right, and a good and joyful thing, always and everywhere to give thanks to You, Father Almighty, through Jesus Christ our Lord, who for our salvation became obedient unto death. The tree of defeat became the tree of victory: where life was lost, life has been restored. *Therefore with Angels etc.* 

15. And now we give You thanks because for our sins He was lifted high upon the cross, that He might draw the whole world to Himself and, by His suffering and death, became the source of eternal salvation for all who put their trust in Him. *Therefore with Angels etc.* 

# EASTER DAY

16. And now we give You thanks because You raised Him gloriously from the dead. For He is the true paschal Lamb who was offered for us and has taken away the sin of the world. By His death He destroyed death, and by His rising again He has restored to us eternal life. *Therefore with Angels etc.* 

17. And now we give You thanks because in His victory over the grave a new age has dawned, the long reign of sin is ended, a broken world is being renewed, and man is once again made whole. *Therefore with Angels etc.* 

18. And now we give You thanks because through Him You have given us eternal life, and delivered us from the bondage of sin and fear of death into the glorious liberty of the children of God. *Therefore with Angels etc.* 

19. And now we give You thanks because through Him You have given us the hope of a glorious resurrection; so that, although death comes to us all, yet we rejoice in the promise of eternal life; for to your faithful people life is changed, not taken away; and when our mortal flesh is laid aside, an everlasting dwelling place is made ready for us in heaven. *Therefore with Angels etc.* 

# ASCENSION

20. Through Your most dearly beloved Son Jesus Christ our Lord; who after His most glorious Resurrection manifestly appears to all His apostles, and in their sight ascended up into heaven to prepare a place for us; that where He is, there we might also ascend, and reign with Him in glory. *Therefore with Angels etc.* 

21. And now we give You thanks because You have highly exalted Him, and given Him the name which is above all other names, that at the name of Jesus every knee shall bow. *Therefore* 

with Angels etc.

### PENTECOST

22. Through Jesus Christ our Lord; according to whose most true promise, the Holy Spirit came down as at this time from heaven with a sudden great sound, as it had been a mighty wind, in the likeness of fiery tongues lighting upon the Apostles, to teach them, and to lead them to all truth; giving them both the gift of divers languages, and also boldness with fervent zeal constantly to preach the Gospel to all nations; whereby we have been brought out of darkness and error into the clear light and true knowledge of You, and of Your Son Jesus Christ. *Therefore with Angels etc.* 

23. Through Jesus Christ our Lord; according to whose true promise the. Holy Spirit came down (on this day) from heaven, lighting upon the disciples, to teach them and to lead them into all truth; uniting peoples of many tongues in the confession of one faith, and giving to Your Church the power to serve You as a royal priesthood, and to preach the gospel to all nations. *Therefore with Angels etc.* 

24. And now we give You thanks because by the Holy Spirit You lead us into all truth, and give us power to proclaim Your gospel to the nations, and to serve You as a royal priesthood and to preach the gospel to all nations. *Therefore with Angels etc.* 

## TRINITY

25. Who is one God, one Lord; not one only person, but three persons in one substance. For that which we believe of the glory of the Father, the same we believe of the Son, and of the Holy Spirit, without any difference of inequality. *Therefore with Angels etc.* 

26. And now we give You thanks because You have revealed Your glory and of your Son and of the Holy Spirit: three persons equal in majesty, and undivided in splendour, yet one Lord, one God, ever to be worshipped and adored. *Therefore with Angels etc.* 

## TRANSFIGURATION

27. And now we give You thanks because the divine glory of the incarnate Word shone forth upon the holy mountain, and Your own voice from heaven proclaimed Your beloved Son. *Therefore with Angels etc.* 

# ST. MICHAEL AND ALL ANGELS

28. Through Him the Archangels sing Your Praise, the Angels fulfil Your commands, the cherubim and seraphim continually proclaim Your holiness; the whole company of heaven glorifies Your name and rejoices to do Your will. *Therefore we pray that our voices may be heard with theirs, for ever praising You and saying:* 

## ALL SAINTS

29. And now we give You thanks because for the hope to which You call us in Your Son, that following in the faith of all Your Saints, we may run with perseverance the race that is set before us, and with them receive the unfading crown of glory. *Therefore with Angels etc.* 

## APOSTLE/MARTYR/EVANGELIST

30. Through the great Shepherd of Your flock, Jesus Christ our Lord; who after His resurrection sent forth His apostles to preach the Gospel and to teach all nations; and promised to be with them always, even unto the end of the ages. *Therefore with Angels etc.* 

31. And now we give You thanks because Your Son Jesus Christ after His resurrection sent forth His apostles and evangelists to preach the gospel to all nations and to teach us the way of truth. *Therefore with Angels etc.* 

32. And now we give You thanks that in the witness of Your martyrs who followed Christ even to death You revealed Your power made perfect in our human weakness. *Therefore with Angels etc.* 

# BAPTISM

33. Because in Jesus Christ our Lord You have received us as Your sons and daughters, made us citizens of Your kingdom and given us the Holy Spirit to guide us into all truth. *Therefore with Angels etc.* 

34. And now we give You thanks because through baptism we have been buried with Christ so that we may rise with him to the new life. *Therefore with Angels etc.* 

35. Through Jesus Christ, our great High Priest, in whom we are

built up as living stones of a holy temple, that we might offer before You a sacrifice of praise and prayer which is holy and pleasing in Your sight. *Therefore with Angels etc.* 

## UNITY

36. And now we give You thanks because of the unity that You have given us in Your Son and that You are the God and Father of us all, above all and through all and in all. *Therefore with Angels etc.* 

## SUNDAYS

37. And now we give You thanks because You are the source of light and life; You made us in Your image, and called us to new life in Him. *Therefore with Angels etc.* 

38. And now we give You thanks because on the first day of the week, He overcame death and the grave and opened to us the way of everlasting life. *Therefore with Angels etc.* 

39. And now we give You thanks because by water and the Holy Spirit You have made us in Him a new people to show forth Your glory. *Therefore with Angels etc.* 

40. And now because today is the first day of the week when You bid us to give You thanks for the resurrection of Your Son whereby sin is overcome and hope restored. *Therefore with Angels etc.* 

41. And now because today You have gathered us together at this eucharistic feast so that we may be renewed in love, joy and peace. *Therefore with Angels etc.* 

# MARRIAGE

42. It is right, and a good and a joyful thing, always and everywhere to give thanks to You, Father Almighty, Creator of heaven and earth, because You bind husband and wife in a solemn covenant of love, as a witness of the bond and covenant established in, creation. *Therefore with Angels etc.* 

43. And now we give You thanks because You have made the union between Christ and His Church a pattern for the marriage between husband and wife. *Therefore with Angels etc.* 

44. It is right, and a good and joyful thing, always and everywhere to give thanks to You. Father Almighty, Creator of heaven and earth, because You bind husband and wife in a solemn covenant of love, as a witness of the bond and covenant established in creation. *Therefore with Angels etc.* 

### ORDINATION

45. And now we give You thanks because within the royal priesthood of Your Church You ordained ministers to proclaim the word of God, to care for Your people and to celebrate the sacraments of the new covenant. *Therefore with Angels etc.* 

46. It is right, and a good and joyful thing, always and everywhere to give thanks to You. Father Almighty, through Jesus Christ our Lord, who came not to be served, but to serve and to give his life a ransom for many. He calls His faithful servants to lead Your holy people in love, nourishing them by Your word and sacraments. *Now with all creation we raise our voices to proclaim the glory of Your name, saying:* 

### APPENDIX II EXHORTATIONS

## I.

Dearly beloved in Christ, on ... day next I purpose, through God's assistance, to administer to all such as shall be religiously and devoutly disposed the most comfortable Sacrament of the Body and Blood of Christ; to be by them received In remembrance of his meritorious Cross and Passion, whereby alone we obtain remission of our sins and are made partakers of the kingdom of heaven. Wherefore it is our duty to render most humble and hearty thanks to Almighty God our heavenly Father, for that He has given His Son our Saviour Jesus Christ, not only to die for us, but also to be our spiritual food and sustenance in that Holy Sacrament. Which being so divine and comfortable a thing to them who receive it unworthily; my duty is to exhort you in the mean time to consider the dignity of that Holy Mystery, and the great peril of the unworthy receiving thereof; and so to search and examine your

own consciences, and that not lightly, and after the manner of dissemblers with God; but so that you may come holy and clean to such a heavenly Feast, in the marriage-garment required by God in holy Scripture, and be received as worthy partakers of that Holy Table.

The way and means thereto is; First, to examine your lives and conversations by the rule of God's commandments; and whereinsoever you shall perceive yourselves to have offended, either by will, word, or deed, there to lament your own sinfulness, and to confess yourselves to Almighty God, with full purpose of amendment of life. And if you shall perceive your offences to be such as are not only against God, but also against your neighbours; then you shall reconcile yourselves to them; being ready to make restitution and satisfaction, according to the uttermost of your powers, for all injuries and wrongs done by you to any other; and being likewise ready to forgive others that have offended you, as you would have forgiveness of your offences at God's hand; for otherwise the receiving of the Holy Communion does nothing else but increase your damnation. Therefore if any of you be a blasphemer of God, an hinderer or slanderer of His Word, and adulterer, or be in malice, or envy, or in any other grievous crime, repent you of your sins or else come not to that holy Table; lest, after the taking of that holy Sacrament, the devil enter into you, as he entered into Judas, and fill you full of all iniquities, and bring you to destruction both of body and soul.

And because it is requisite, that no-one should come to the Holy Communion, but with a full trust in God's mercy, and with a quiet conscience; therefore if there be any of you, who by this means cannot quiet his or her own conscience herein, but requires further comfort or counsel, let him or her come to me, or to some other discreet and learned Minister of God's Word, and open his or her grief; that by the ministry of God's holy Word he or she may receive the benefit of absolution, together with Godly counsel and advice, to the quieting of his or her conscience, and avoiding of all scruple and doubtfulness.

#### II

Dearly beloved in Christ, on ... I intend, by God's grace, to celebrate the Lord's Supper: to which, in God's behalf. I bid you all that are here present; and pray you, for the Lord Jesus Christ's sake, that you will not refuse to come thereto, being so lovingly called and bidden by God himself You know how grievous and unkind a thing it is, when someone has prepared a rich feast, decked the table with all kinds of provision, so that there lacks nothing but the guests to sit down; and yet they who are called (without any cause) most unthankfully refuse to come. Which of you in such a case would not be moved? Who would not think a great injury and wrong done to him or her? Wherefore, most dearly beloved in Christ, take you good heed lest you, withdrawing yourselves from this Holy Supper, provoke God's indignation against you. It is an easy matter for someone to say, I will not communicate, because I am otherwise hindered with worldly business. But such excuses are not so easily accepted and allowed before God. If anyone says, I am a grievous sinner, and therefore am afraid to come: wherefore then do you not repent and amend? When God calls you, are you not ashamed to say you will not come? When you should return to God, will you excuse yourselves, and say you are not ready? Consider earnestly with yourselves how little such feigned excuses will avail before God. They that refused the feast in the Gospel, because they had bought a farm, or would try their yokes of oxen, or because they were married, were not so excused, but counted unworthy of the heavenly feast. I, for my part, shall be ready; and according to my office, I bid you in the Name of God, I call upon you in Christ's behalf, I exhort you, as you love your own salvation, that you will be partakers of this Holy Communion. And as the Son of God did condescend to yield up His soul by death upon the Cross for your salvation; so it is your duty to receive the Communion, in remembrance of the sacrifice of His death, as he himself has commanded: which if you shall neglect to do, consider with yourselves how great injury you do to God, and how sore punishment hangs over your head for the same; when you wilfully abstain from the Lord's Table, and separate from your brethren, who come to feed on the banquet of that most heavenly food. These things, if you earnestly consider, you will by God's grace return to a better mind; for the obtaining whereof we shall not cease to make our humble petitions to Almighty God our heavenly Father.

### III

Dearly beloved in the Lord, you that mind to come to the Holy Communion of the Body and Blood of our Saviour Christ, must consider how Saint Paul exhorts all persons diligently to try and examine themselves, before they presume to eat of that Bread, and drink of that Cup. For as the benefit is great, if with a true penitent heart and lively faith we receive that Holy Sacrament; (for then we spiritually eat the flesh of Christ, and drink his blood; then we dwell in Christ and Christ in us; we are one with Christ and Christ

with us); so is the danger great, if we receive the same unworthily. For then we are guilty of the Body and Blood of Christ our Saviour; we eat and drink our own damnation, not considering the Lord's Body; we kindle God's wrath against us: we provoke him to plague us with divers diseases, and sundry kinds of death; judge therefore yourselves, brethren, that you be not judged of the Lord; repent you truly for your sins past: have a lively and steadfast faith in Christ our Saviour. Amend your lives, and be in perfect love with all people; so shall you be fit partakers of those holy mysteries. And above all things you must give most humble and hearty thanks to God, the Father, the Son, and the Holy Spirit, for the redemption of the world by the death and passion of our Saviour Christ, both God and man; who did humble Himself, even to the death upon the Cross, for us miserable sinners, who lay in darkness and the shadow of death; that He might make us the children of God, and exalt us to everlasting life. And to the end that we should always remember the exceeding great love of our Master and only Saviour Jesus Christ, thus dying for us, and the innumerable benefits which by His precious blood-shedding he has obtained for us, he has instituted and ordained Holy mysteries, as pledges of His love, and for continual remembrance of His death, to our great and endless comfort. To Him therefore, with the Father and the Holy Spirit, let us give (as we are most bounden) continual thanks; submitting ourselves wholly to His Holy will and pleasure, and studying to serve Him in true holiness and righteousness all the days of our life. Amen.

### APPENDIX III SENTENCES

#### ADVENT I

Look up and raise your heads, because your redemption is drawing near *Lk. 21:28*.

#### ADVENT II

Prepare the way of the Lord, make his paths straight. All flesh shall see the salvation of God. *Lk. 3:4 & 6* 

### ADVENT III

The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good tidings to the afflicted. *Isa.* 61:1

## ADVENT IV

A Virgin shall conceive and bear a son, and his name shall be called Emmanuel; *God with us. Mt. 1:23.* 

## CHRISTMAS DAY

I bring you good news of great joy which will come to all the people; for to you is born this day a Saviour, Christ the Lord. *Lk.* 2:10-11.

## CHRISTMAS I

Let the peace of Christ rule your hearts: Let the word of Christ dwell in you richly and whatever you do, do everything in the name of Jesus. *Col.* 3:15-16.

## THE CIRCUMCISION OF CHRIST

God spoke of old by the prophets; but in these last days he has spoken to us by a Son. *Heb. 1:2*.

## CHRISTMAS II

Glory to Christ who is preached among the nations, and believed on in the world. *1 Timothy 3:16*.

## THE EPIPHANY

We have seen his star in the East, and we have come to worship him. *Mt.* 2:2.

## THE BAPTISM OF THE LORD

A Voice came from heaven, saying, This is my beloved Son with whom I am well pleased. *Mt. 3:17*.

## EPIPHANY I

The word of God became flesh and dwelt among us. To all who receive him, he gave power to become children of God. *Jn. 1:1.2.* 

## EPIPHANY II

Jesus said to the fishermen, Follow me and I will make you fishers of men. *Mk. 1:17*.

## EPIPHANY III

The time is fulfilled, and the kingdom of God is at hand, repent, and believe in the Gospel. *Mk 1:15*.

## EPIPHANY IV

Rejoice and be glad for your reward is great in heaven. Mt. 5:12.

## EPIPHANY V

I am the light of the world, says the Lord. Those who follow me will not walk in darkness, but will have the light of life. *Jn.* 8:12

#### EPIPHANY VI

Blessed is our Father, Lord of heaven and earth, who has revealed these things to the simple. *Lk.* 19:21.

## SEPTUAGESIMA UNDAY

Whoever keeps the word of Christ grows perfect in love for God. *I* John 2:5

## SEXAGESIMA SUNDAY

Search me O God and know my heart, try me and know my thoughts. *Ps. 139:23* 

## QUINQUAGESIMA SUNDAY

So we know and believe the love God has for us. God is love, and he who abides in love abides in God, and God abides in him. *1 Jn*. *4:16* 

## ASH WEDNESDAY

The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, you will not despise. *Ps. 51:17*.

# LENT I

I am the vine, and you are the branches, says the Lord. Those who abide in me, and I in them, bear much fruit. *Jn.* 15:5.

# LENT II

A great prophet has risen among us; God has visited his people. *Lk* 7.16.

# LENT III

Therefore be imitators of God as beloved children. Eph. 5.1.

# LENT IV – MOTHERING SUNDAY

God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. *Jn. 3:16.* 

## LENT V

My sheep hear my voice, says the Lord, I know them and they follow me. *Jn. 10:27*.

# LENT VI – PALM SUNDAY

Blessed is he who comes in the name of the Lord, Hosannah in the

## highest. Mt. 21:9.

## HOLY WEEK

# MONDAY

God sent His Son to be the expiation for our sins. 1 Jn. 4:10.

## WEDNESDAY

By this will all know that you are my disciples, if you have love for one another. *Jn. 13:35*.

## THURSDAY

A new commandment I give to you, love one another as I have loved you. *Jn.* 13:34.

## GOOD FRIDAY

For the Son of Man did not come to be served but to serve, and to give his life as a ransom for many. *Mk.* 10:45.

## HOLY SATURDAY

Joseph bought a linen sheet, took him down from the cross, and wrapped him in the sheet. Then he laid him in a tomb cut out of the rock. *Mk.* 15:46.

# EASTER DAY

Christ our Passover has been sacrificed for us, therefore let us keep the feast. *1 Cor.* 5:7-8.

# EASTER I

Have you believed, Thomas, because you have seen me? Blessed are those who have not seen and yet believe. *Jn.* 20:29.

## EASTER II

I am the good shepherd. The good shepherd lays down his life for the sheep. *Jn.* 10:11.

## EASTER III

They said to one another, Were not our hearts on fire as he talked with us on the road and explained the scriptures to us? *Lk.* 24:32.

# EASTER IV

Every good endowment and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. *James 1:17*.

## EASTER V

But be doers of the word, and not hearers only, deceiving yourselves. *James 1:22*.

#### ASCENSION OF THE LORD

... He was lifted up before their eyes, and a cloud took him from their sight. *Acts 1:9b*.

SUNDAY AFTER ASCENSION The end of all things is at hand; therefore keep sane and sober for

your prayers. 1 Peter 4:7.

#### PENTECOST (WHITSUNDAY)

But be filled with the Spirit *Eph. 5:18b*. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. *II Cor. 3:17* 

## PENTECOST (TRINITY)

Holy, holy is the Lord God Almighty, who was and is to come. Rev. 4:8.

## PENTECOST II (TRINITY I)

And this commandment we have from him, that he who loves God should love his brother also. *1 Jn. 4:21*.

## PENTECOST III (TRINITY II)

By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brethren. *1 Jn. 3:16*.

## PENTECOST IV (TRINITY III)

Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God. *Phil.* 4:6.

## PENTECOST V (TRINITY IV)

I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. *Rom. 8:18*.

## PENTECOST VI (TRINITY V)

Do not return evil for evil or reviling for reviling, but on the contrary bless, for to this you have been called, that you may obtain a blessing. *1 Pet. 3:9*.

## PENTECOST VII (TRINITY VI)

Let not sin therefore reign in your mortal bodies, to make you obey their passions. *Rom. 6:12.* 

### PENTECOST VIII (TRINITY VII)

But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. *Rom.* 6:22

### PENTECOST IX (TRINITY VIII)

Not everyone who says to me, Lord, Lord shall enter the kingdom of heaven, but he who does the will of my Father who is in heaven. *Mt.* 7:21.

PENTECOST X (TRINITY IX)

Moreover it is required of stewards that they be found trustworthy. *I Cor. 4:2*.

## PENTECOST XI (TRINITY X)

May the Father of our Lord, Jesus Christ, enlighten the eyes of our hearts, that we may know what is the hope of which he has called us. *Eph. 1:17 & 18*.

### PENTECOST XII (TRINITY XI)

God was in Christ reconciling the world to Himself, and He has entrusted us with the message of reconciliation. *II Cor. 5:19*.

## PENTECOST XIII (TRINITY XII)

My dear friends, let us love one another, because the source of love is God. Everyone who loves is a child of God and knows God. *1 Jn. 4:7*.

#### PENTECOST XIV (TRINITY XIII)

God is Spirit, and those who worship Him must worship in Spirit and truth. *Jn.* 4:24.

PENTECOST XV (TRINITY XIV)

So faith, hope, love abide, these three, but the greatest of these is love. *I Cor.* 13:13.

## PENTECOST XVI (TRINITY XV)

Our Saviour Jesus Christ has abolished death, and brought life and immortality to light through the gospel. *II. Tim. 1:10.* 

PENTECOST XVII (TRINITY XVI)

God is love; he who dwells in love is dwelling in God, and God in him. *I Jn. 4:16b*.

PENTECOST XVIII (TRINITY XVII) For everyone who exalts himself will be humbled, and he who humbles himself will be exalted. Lk. 14:11.

PENTECOST XIX (TRINITY XVIII) I am the vine, you are the branches, says the Lord. Those who abide in me, and I in them, bear much fruit. *Jn.* 15:5.

PENTECOST XX (TRINITY XIX) Watch at all times, praying that you may stand before the Son of Man. *Lk. 21:36*.

PENTECOST XXI (TRINITY XX) You are my friends if you do what I command you. *Jn. 15:14*.

PENTECOST XXII (TRINITY XXI) Put on the whole armour of God, that you may be able to stand against the wiles of the devil. *Eph.* 6:11.

PENTECOST XXIII (TRINITY XXII) There is great a gain in godliness with contentment. *I Tim. 6:6* 

PENTECOST XXIV (TRINITY XXIII) Looking to Jesus the pioneer and perfecter of our faith. *Heb. 12:2* 

PENTECOST XXV (TRINITYXXIV) There is therefore now no condemnation for those who are in Christ Jesus. *Rom.* 8:1.

PENTECOST XXVI (TRINITY XXV) I am the bread of life: whoever comes to me shall not hunger, and whoever believes in me shall never thirst. *Jn. 6:35*.

SAINTS' DAY: We are fellow citizens with the saints, and the household of God, through Christ our Lord who came and preached peace to those who were far off and those who were near. *Eph. 2:19*.

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