

## The Holy Eucharist

*Celebrant* Bless the Lord who forgives all our sins.

*People* His mercy endures for ever.

*The Celebrant says to the people:* The Lord be with you.

*People* And also with you.

*Celebrant* Let us pray.

## The Collect

Almighty God, to you all hearts are open, all desires known and from you no secrets are hid: 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.*

Holy God,  
Holy and Mighty,  
Holy Immortal One,  
*Have mercy upon us.*

*Then, all standing, the Deacon or a Priest reads the Gospel, first saying* The Holy Gospel of our Lord Jesus Christ according to Matthew

*People* Glory to you, Lord Christ.

## Gospel of Matthew 5:21-24

"You have heard that it was said to the people long ago, 'Do not murder', and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell. "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

*After the Gospel, the Reader says* The Gospel of the Lord.

*People* Praise to you, Lord Christ.

## A Litany of Social Penance

*Reader* Before you, O Lord, we are ashamed, for we have brought division into the work of your creation.

*Response* Lord, have mercy upon us.

*Reader* We have drawn boundaries between your children, whether of race or nation or culture or class.

*Response* Lord, have mercy upon us.

*Reader* We have been intolerant and scornful of our Native and Metis brothers and sisters; we have often sought to triumph over them.

*Response* Lord, have mercy upon us.

*Reader* We have forgotten the beam in our own eye, seeing only the mote in our neighbor's eye.

*Response* Lord, have mercy upon us.

*Reader* We have tried to impose our standards and values on other people and judged them harshly when they failed to comply.

*Response* Lord, have mercy upon us.

*Reader* Prevent us, O Lord, from resting easy in our state of division. Save us from regarding as normal that which is an offence against humanity and a rejection of your will.

*Response* Unite us in justice and in love.

*Reader* Deliver us from a spirit of narrowness, bitterness or prejudice. Teach us to recognize the gifts of other cultures and other ways of living.

*Response* Unite us in justice and in love.

*Celebrant* May we each seek to repent and amend our ways

*Response* Lord, forgive us

*Reader* By your power, O God, heal the wounds of the past, grant us humility and courage in the present, and lead us in obedience to a new future.

*Response* We ask in Christ's name. Amen.

*All stand. The Celebrant says to the people* The peace of the Lord be always with you.

*People* And also with you.

## The Holy Communion

*Celebrant* The Lord be with you.

*People* And also with you.

*Celebrant* Lift up your hearts.

*People* We lift them to the Lord.

*Celebrant* Let us give thanks to the Lord our God.

*People* It is right to give God thanks and praise.

*Celebrant* Living among us, Jesus loved us. He broke bread with those who were not like him, healed the sick, and proclaimed good news to the poor. He pronounced the blessedness of all those who are willing to seek first your Kingdom and your righteousness.

We neglect his call to walk in love. We return violence for his friendship, crucifixion for his self-offering. Yet even this you turn to blessing, and transform his unjust death into the means of salvation. Betrayed and forsaken, our Savior did not despair, but overcame hatred with love. On the cross, he defeated the power of sin and death. Through his resurrection from the dead, we are shown the power of your love to bring new life to all your people.

*People* Glory to you, holy and living God. Righteousness and justice are the foundations of your throne.

*Celebrant* On the night before he died for us, our Savior Jesus Christ took bread, and giving thanks to you, he broke it, gave it to the disciples, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

*Celebrant* As supper was ending, Jesus took the cup of wine, and having given thanks to you, he gave it to them saying: "Drink this, all of you: This is my Blood of the new Covenant, which is

poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

*Celebrant* In faith we acclaim you, O Christ:

*ALL* Dying, you destroyed our death. Rising, you restored our life. Christ Jesus, come in glory.

*Celebrant* Accept, O Lord, our sacrifice of praise, this memorial of our redemption. Send your Holy Spirit upon these gifts. Let them be for us the Body and Blood of your Son. Send your Spirit upon us also, and grant that we who eat this bread and drink this cup may be filled with your life and goodness. Through the abiding presence of Christ, empower us to live the gospel of unity and love and to bring reconciliation to the world in Jesus' Name.

*People* Glory to you, holy and living God. Righteousness and justice are the foundations of your throne.

*Celebrant* All this we ask through your Son Jesus Christ; Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory and praise, for ever and ever.

*People* AMEN.

*Celebrant* And now, as our Savior Christ has taught us, we are bold to say,

*People and Celebrant*

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

### **The Breaking of the Bread**

*Celebrant* Christ our Passover is sacrificed for us;

*People* Therefore let us keep the feast.

### **The Holy Communion**

*Gluten-free wafers are available*

*After Communion, the Celebrant says:* Let us pray.

*Celebrant and People*

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

*Deacon* Go in peace to love and serve the Lord.

*People* Thanks be to God.