

SACRAMENT OF COMMUNION

The Prayer of Great Thanksgiving

God is the heart of life.

And we are the heartbeat.

May your hearts be filled with thanks and praise,
and songs of joy.

**We rejoice in the miracle of life
and delight in our participation.**

We give thanks and praise for all that is good in the world:
for the love we experience in God, Creator of heaven and earth
and all that is; for the love we have found in Jesus—messenger of
peace, justice and inclusiveness that is the realm of God.
For the renewing strength and freedom of the Spirit always
present in the breath of life.

**We give thanks for the love, peace, justice, prosperity, strength
and freedom, and for the presence of God in the midst of life.**

God of winter, we praise you.

God of mystery, wind and storm, we praise you.

So we join our celebration to the adoration of all your people,
in heaven and earth, singing...

***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! (MV 203)***

We remember the time when Jesus faced difficult decisions and
destructive forces. He prayed that your will might be done in all of
life's winter trials. When we too experience the winter of our soul may
we find the courage to let go and trust in your guiding, warming light.

***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)***

We remember Jesus has shown us that life is stronger than death. And
as we eat together at this table we remember the words and actions of
that meal...

On the night in which he was betrayed, Jesus took bread, and after
giving thanks, he broke the bread, gave it to his friends saying, 'This is
my body broken for you-do this in remembrance of me.' In the same
way, after supper Jesus took a cup of wine, and after giving the
traditional blessing over the cup, he shared it with his friends and said
to them: 'Drink of this-the true vine. Remember me, for this is my
blood shed for you.'

May we share new life through this holy meal.

Bless its nourishment to our bodies and Your body, the Church.

**God of all seasons, renewing hope and the roots of life,
blessed is your recreating Spirit.**

Amen, amen, O Holy One! Hosanna and Amen!

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

PRAYERS OF THE PEOPLE & LORD'S PRAYER...

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SHARING THE BREAD AND CUP

***Communion elements of bread cubes and rice crackers are shared
today with tongs; juice is served in separate glasses. Please make
your way to one of the serving stations at the front of the sanctuary,
by way of a centre aisle. Receive the elements, stay for as long as you
wish and then return to your seat by an outside aisle.***

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.**