



St Alban Episcopal Church

A prayer after communion - from Iona

Lord Jesus Christ,
you have put your life into our hands;
now we put our lives into yours.
Take us, renew us, and remake us.

What we have been is past;
what we shall be, through you,
still awaits us.

Lead us onward.

Take us with you. Amen.

A Contemplative
Eucharist

Music:

Blessing:

Dismissal:

Let us go forth into the world, rejoicing in the power of the Spirit. Alleluia.

Thanks be to God. Alleluia.

4.

Offertory Sentence:

Do not grow faint. The Holy One is creating justice and peace,

The Holy One is creating the heavens and the earth.

The Holy One gives breath to the creatures of the earth,

and renews the spirit of all that live.

A light is given to us.

Our vision is being renewed. (adapted from Isaiah 42)

A period of silence is held

Let us pray:

Spirit of Christ, You know our prayers.

May your sighs intercede with ours. Wrap your life around them. Let our spirits cry out in harmony with you.

Prayers are offered, silently or with words, by placing a stone in the sand.

Music:

Contemplative Reading:

1.

Holy Communion *(all may stand)*

The Lord be with you. **And also with you.**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

WE GIVE THANKS FOR GOD'S PRESENCE IN CREATION

Where do you find God's presence in creation?

(all may answer silently or aloud)

WE GIVE THANKS FOR THE WAYS GOD IS REVEALED TO US

How is God being revealed to you today?

(all may answer silently or aloud)

SANCTUS:

And so we join the saints and angels in SINGING:
***Holy holy holy, my heart, my heart adores you
My heart is glad to say the words,
You are holy, Lord***

WE GIVE THANKS

FOR THE WAYS GOD IS SAVING US IN
CHRIST

In what ways is God saving you in Christ?
(all may answer silently or aloud).

And so, Earth Maker, we bring you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of Jesus Christ our Lord.

2.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, he took the cup of wine, gave thanks, and said, "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. Whenever you drink it, do this for the remembrance of me."

We now celebrate the memorial of your Son., who bears our pain. By means of this holy bread and cup,

we show forth the sacrifice of his death, and proclaim his resurrection, until he comes again.

-(Bread Is Broken)-

Gather us by this Holy Communion into one body in your Son Jesus Christ. Make us a living sacrifice of praise.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, O Life-Giving One, now and for ever. *AMEN.*

The Gifts of God for the People of God.
Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

3.