

A Monastic Mass in the Spirit of Psalm 119: An Interdenominational Service

Musical Offering (Cantor):

Great Spirit, Joy of Earth and Sky"

(text: adapt. Ecclesiastes 3:1-8, Ruth Duck; tune: New Britain)

Narrator:

Our monastic mass will begin with the ancient divine prayer office of **Vespers** which is a time when the heavens fade from light to darkness and when we transition from day to night. We will incorporate the use of an antiphon while we chant our Vesper prayers in order to emphasize the fundamental reflection of our prayers.

Celebrant: Let Us Stand

Psalm 104

Cantor: The sun knows its time for / setting (v.19b);
You make darkness and it \ is / night (v.20a).

All: The sun knows its time for / setting (v.19b);
You make darkness and it \ is / night (v.20a).

Cantor: Bless the Lord, O my / soul.
O Lord my God, you are \ very / great.
You are clothed with honor and / majesty,
wrapped in light as with \ a / garment.
You stretch out the heavens like a / tent,
you set the beams of your chambers on \ the / waters,
you make the clouds your / chariot,
you ride on the wings of \ the / wind,
you make the winds your / messengers,
fire and flame \ your / ministers.
You set the earth on its foun- / dations,
so that it shall never \ be / shaken. (vv. 1-5)

All: The sun knows its time for / setting (v.19b);
You make darkness and it \ is / night (v.20a).

Cantor: the sun knows its time for / setting;
You make darkness and it \ is / night.
May the glory of the Lord endure for- / ever;
may the Lord rejoice in his works—
who looks on the earth and it / trembles,
who touches the mountains and \ they / smoke.
I will sing to the Lord as long as I / live;
I will sing praise to my God while I \ have / being.
May my meditation be pleasing to / him,
for I rejoice in \ the / Lord.
Bless the Lord, O my / soul.
Praise \ the / Lord!
(vv. 19b-20; 31-34)

All: The sun knows its time for / setting (v.19b);
You make darkness and it \ is / night (v.20a).

A period of reflective silence follows

Psalm 113

Cantor: From the rising of the sun to / its \ setting;
the name of the Lord is / to \ be / praised. (v. 3).

All: From the rising of the sun to / its \ setting;
the name of the Lord is / \ be / praised. (v. 3).

Cantor: Praise the Lord! Praise, O servants of the Lord;
praise the name of the Lord.
Blessed be the name of the Lord
from this time on and forevermore.
From the rising of the sun to its setting
the name of the Lord is to be praised.
The Lord is high above all nations,
and his glory above the heavens. (vv. 1-4)

All: From the rising of the sun to / its \ setting;
the name of the Lord is / to \ be / praised. (v. 3).

Cantor: Who is like the Lord our God,
who is seated on high,
who looks far down on the heavens and the earth.
He raises the poor from the dust,
and lifts the needy from the ash heap,
to make them sit with princes,
with the princes of his people (vv. 5-8).

All: From the rising of the sun to / its \ setting;
the name of the Lord is / \ be / praised. (v. 3).

A period of reflective silence follows

Psalm 139

Cantor: Surely the darkness shall / co- \ ver me,
and the light around me \ be- \ come / night (v.11)

Celebrant: Surely the darkness shall cover me,
and the light around me become night,
even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you. (v.11-12)

Cantor: Surely the darkness shall / co- \ ver me,
and the light around me \ be- \ come / night (v.11)

Celebrant: For it was you who formed my inward parts;
you knit me together in my mo-ther's womb.
I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; that I know very well.
My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth
your eyes saw my unformed body. (v.13-15)

Cantor: Surely the darkness shall / co- \ ver me,
and the light around me \ be- \ come / night (v.11)

Celebrant: All the days ordained for me
were written in your book
before one of them came to be.
How precious to me are your thoughts, O God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand (v.16-18).

Cantor: Surely the darkness shall / co- \ ver me,
and the light around me \ be- \ come / night (v.11)

The Lighting of the Candles

Celebrant:

Almighty God, we give you thanks for surrounding us,
as daylight fades, with the brightness of the vesper light;
and we implore you of your great mercy that,
as you enfold us with the radiance of this light,
so you would shine into our hearts
the brightness of your Holy Spirit;
through Jesus Christ our Lord.

Cantor: sings the Phos Hilaron

The **Phos Hilaron** is the earliest known Christian hymn recorded outside of the scriptures that is still being used today and is generally sung during the lighting of lamps or candles.

O Radiant Light,
O Holy Glory of God
the immortal blessed Father in heaven,
O Christ Jesus!
Now as the sunset comes upon us
and we see the evening lights,

we praise God, Father, Son and Holy Spirit!
It is right at all times to sing your praise
with all the universe,
O Son of God:
You are the life of the world.

A period of reflective silence follows

Celebrant: A Reading from the Scriptures

Narrator: Psalm 119 is the longest Psalm as well as the longest chapter in the scriptures. Its 176 verses are divided into twenty-two stanzas of eight lines each, and in Hebrew forms an acrostic, with each stanza starting with successive letters of the Hebrew alphabet. Further, within each stanza, each line begins with that same letter. There is a tradition that King David used this psalm to teach his young son Solomon the alphabet—but not just the alphabet for writing letters—but the alphabet of the spiritual life.

Most notably, the Psalm is the prayer of those who pledge to dedicate themselves to live by the sacred laws of God. Let us pledge together to live by the sacred laws of God.

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Blessed are they whose ways are blameless,
who walk according to the law of the LORD.
Blessed are they who keep his statutes
and seek him with all their heart.
They do nothing wrong; they walk in his ways.
You have laid down precepts
that are to be fully obeyed.
Oh, that my ways were steadfast
in obeying your decrees!
Then I would not be put to shame

when I consider all your commands.
I will praise you with an upright heart
as I learn your righteous laws.
I will obey your decrees;
do not utterly forsake me. (vv. 1-8)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: How can one keep his way pure?
By living according to your word.
I seek you with all my heart;
do not let me stray from your commands.
I have hidden your word in my heart
that I might not sin against you.
Praise be to you, O LORD;
teach me your decrees.
With my lips I recount
all the laws that come from your mouth.
I rejoice in following your statutes
as one rejoices in great riches.
I meditate on your precepts
and consider your ways.
I delight in your decrees;
I will not neglect your word. (vv. 9-16)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Do good to your servant, and I will live;
I will obey your word.
Open my eyes that I may see
wonderful things in your law.

I am a stranger on earth;
do not hide your commands from me.
My soul is consumed with longing
for your laws at all times.
You rebuke the arrogant, who are cursed
and who stray from your commands.
Remove from me scorn and contempt,
for I keep your statutes.
Though rulers sit together and slander me,
your servant will meditate on your decrees.
Your statutes are my delight;
they are my counselors. (vv. 17-24)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: I am laid low in the dust;
preserve my life according to your word.
I recounted my ways and you answered me;
teach me your decrees.
Let me understand the teaching of your precepts;
then I will meditate on your wonders.
My soul is weary with sorrow;
strengthen me according to your word.
Keep me from deceitful ways;
be gracious to me through your law.
I have chosen the way of truth;
I have set my heart on your laws.
I hold fast to your statutes, O LORD;
do not let me be put to shame.
I run in the path of your commands,
for you have set my heart free. (vv. 25-32)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law

and obey it with all my heart. (vv. 33-34)

All: Direct me in the path of your commands,
for there I find delight.
Turn my heart toward your statutes
and not toward selfish gain.
Turn my eyes away from worthless things;
preserve my life according to your word.
Fulfill your promise to your servant,
so that you may be feared.
Take away the disgrace I dread,
for your laws are good.
How I long for your precepts!
Preserve my life in your righteousness. (vv. 33-40)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: May your unfailing love come to me, O LORD,
your salvation according to your promise;
then I will answer the one who taunts me,
for I trust in your word.
Do not snatch the word of truth from my mouth,
for I have put my hope in your laws.
I will always obey your law,
for ever and ever.
I will walk about in freedom,
for I have sought out your precepts.
I will speak of your statutes before kings
and will not be put to shame,
for I delight in your commands
because I love them.
I lift up my hands to your commands, which I love,
and I meditate on your decrees. (vv. 41-48)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Remember your word to your servant,
for you have given me hope.
My comfort in my suffering is this:
Your promise preserves my life.
The arrogant mock me without restraint,
but I do not turn from your law.
I remember your ancient laws, O LORD,
and I find comfort in them.
Indignation grips me because of the wicked,
who have forsaken your law.
Your decrees are the theme of my song
wherever I lodge.
In the night I remember your name, O LORD,
and I will keep your law.
This has been my practice:
I obey your precepts. (vv. 49-56)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: You are my portion, O LORD;
I have promised to obey your words.
I have sought your face with all my heart;
be gracious to me according to your promise.
I have considered my ways
and have turned my steps to your statutes.
I will hasten and not delay
to obey your commands.
Though the wicked bind me with ropes,
I will not forget your law.

At midnight I rise to give you thanks
for your righteous laws.
I am a friend to all who fear you,
to all who follow your precepts.
The earth is filled with your love, O LORD;
teach me your decrees. (vv. 57-64)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Do good to your servant
according to your word, O LORD.
Teach me knowledge and good judgment,
for I believe in your commands.
Before I was afflicted I went astray,
but now I obey your word.
You are good, and what you do is good;
teach me your decrees.
Though the arrogant have smeared me with lies,
I keep your precepts with all my heart.
Their hearts are callous and unfeeling,
but I delight in your law.
It was good for me to be afflicted
so that I might learn your decrees.
The law from your mouth is more precious to me
than thousands of pieces of silver and gold. (vv. 65-72)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Your hands made me and formed me;
give me understanding to learn your commands.
May those who fear you rejoice when they see me,
for I have put my hope in your word.

I know, O LORD, that your laws are righteous,
and in faithfulness you have afflicted me.
May your unfailing love be my comfort,
according to your promise to your servant.
Let your compassion come to me that I may live,
for your law is my delight.
May the arrogant be put to shame for wronging me
without cause;
but I will meditate on your precepts.
May those who fear you turn to me,
those who understand your statutes.
May my heart be blameless toward your decrees,
that I may not be put to shame.

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: My soul faints with longing for your salvation,
but I have put my hope in your word.
My eyes fail, looking for your promise;
I say, "When will you comfort me?"
Though I am like a wineskin in the smoke,
I do not forget your decrees.
How long must your servant wait?
When will you punish my persecutors?
The arrogant dig pitfalls for me,
contrary to your law.
All your commands are trustworthy;
help me, for men persecute me without cause.
They almost wiped me from the earth,
but I have not forsaken your precepts.
Preserve my life according to your love,
and I will obey the statutes of your mouth. (vv. 81-88)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Your word, O LORD, is eternal;
it stands firm in the heavens.
Your faithfulness continues through all generations;
you established the earth, and it endures.
Your laws endure to this day,
for all things serve you.
If your law had not been my delight,
I would have perished in my affliction.
I will never forget your precepts,
for by them you have preserved my life.
Save me, for I am yours;
I have sought out your precepts.
The wicked are waiting to destroy me,
but I will ponder your statutes.
To all perfection I see a limit;
but your commands are boundless. (vv. 89-96)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Oh, how I love your law!
I meditate on it all day long.
Your commands make me wiser than my enemies,
for they are ever with me.
I have more insight than all my teachers,
for I meditate on your statutes.
I have more understanding than the elders,
for I obey your precepts.
I have kept my feet from every evil path
so that I might obey your word.

I have not departed from your laws,
for you yourself have taught me.
How sweet are your words to my taste,
sweeter than honey to my mouth!
I gain understanding from your precepts;
therefore I hate every wrong path. (vv. 97-104)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Your word is a lamp to my feet
and a light for my path.
I have taken an oath and confirmed it,
that I will follow your righteous laws.
I have suffered much;
preserve my life, O LORD, according to your word.
Accept, O LORD, the willing praise of my mouth,
and teach me your laws.
Though I constantly take my life in my hands,
I will not forget your law.
The wicked have set a snare for me,
but I have not strayed from your precepts.
Your statutes are my heritage forever;
they are the joy of my heart.
My heart is set on keeping your decrees
to the very end. (vv. 105-112)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: I hate double-minded people,
but I love your law.
You are my refuge and my shield;
I have put my hope in your word.

Away from me, you evildoers,
that I may keep the commands of my God!
Sustain me according to your promise, and I will live;
do not let my hopes be dashed.
Uphold me, and I will be delivered;
I will always have regard for your decrees.
You reject all who stray from your decrees,
for their deceitfulness is in vain.
All the wicked of the earth you discard like dross;
therefore I love your statutes.
My flesh trembles in fear of you;
I stand in awe of your laws. (vv. 113-120)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: I have done what is righteous and just;
do not leave me to my oppressors.
Ensure your servant's well-being;
let not the arrogant oppress me.
My eyes fail, looking for your salvation,
looking for your righteous promise.
Deal with your servant according to your love
and teach me your decrees.
I am your servant; give me discernment
that I may understand your statutes.
It is time for you to act, O LORD;
your law is being broken.
Because I love your commands
more than gold, more than pure gold,
and because I consider all your precepts right,
I hate every wrong path. (vv. 121-128)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law

and obey it with all my heart. (vv. 33-34)

All: Your statutes are wonderful;
therefore I obey them.
The unfolding of your words gives light;
it gives understanding to the simple.
I open my mouth and pant,
longing for your commands.
Turn to me and have mercy on me,
as you always do to those who love your name.
Direct my footsteps according to your word;
let no sin rule over me.
Redeem me from the oppression of men,
that I may obey your precepts.
Make your face shine upon your servant
and teach me your decrees.
Streams of tears flow from my eyes,
for your law is not obeyed. (vv. 129-136)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Righteous are you, O LORD,
and your laws are right.
The statutes you have laid down are righteous;
they are fully trustworthy.
My zeal wears me out,
for my enemies ignore your words.
Your promises have been thoroughly tested,
and your servant loves them.
Though I am lowly and despised,
I do not forget your precepts.
Your righteousness is everlasting
and your law is true.
Trouble and distress have come upon me,
but your commands are my delight.

Your statutes are forever right;
give me understanding that I may live. (vv. 137-144)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: I call with all my heart; answer me, O LORD,
and I will obey your decrees.
I call out to you; save me
and I will keep your statutes.
I rise before dawn and cry for help;
I have put my hope in your word.
My eyes stay open through the watches of the night,
that I may meditate on your promises.
Hear my voice in accordance with your love;
preserve my life, O LORD, according to your laws.
Those who devise wicked schemes are near,
but they are far from your law.
Yet you are near, O LORD,
and all your commands are true.
Long ago I learned from your statutes
that you established them to last forever. (vv.145-152)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Look upon my suffering and deliver me,
for I have not forgotten your law.
Defend my cause and redeem me;
preserve my life according to your promise.
Salvation is far from the wicked,
for they do not seek out your decrees.
Your compassion is great, O LORD;
preserve my life according to your laws.

Many are the foes who persecute me,
but I have not turned from your statutes.
I look on the faithless with loathing,
for they do not obey your word.
See how I love your precepts;
preserve my life, O LORD, according to your love.
All your words are true;
all your righteous laws are eternal. (vv. 153-160)

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: Rulers persecute me without cause,
but my heart trembles at your word.
I rejoice in your promise
like one who finds great spoil.
I hate and abhor falsehood
but I love your law.
Seven times a day I praise you
for your righteous laws.
Great peace have they who love your law,
and nothing can make them stumble.
I wait for your salvation, O LORD,
and I follow your commands.
I obey your statutes,
for I love them greatly.
I obey your precepts and your statutes,
for all my ways are known to you.

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

All: May my cry come before you, O LORD;
give me understanding according to your word.

May my supplication come before you;
deliver me according to your promise.
May my lips overflow with praise,
for you teach me your decrees.
May my tongue sing of your word,
for all your commands are righteous.
May your hand be ready to help me,
for I have chosen your precepts.
I long for your salvation, O LORD,
and your law is my delight.
Let me live that I may praise you,
and may your laws sustain me.
I have strayed like a lost sheep.
Seek your servant,
for I have not forgotten your commands.

Cantor: Teach me, O LORD, to follow your decrees;
then I will keep them to the end.
Give me understanding, and I will keep your law
and obey it with all my heart. (vv. 33-34)

A period of reflective silence follows

Lectio Divina: A Dialogue with God

Narrator:

Lectio Divina is an ancient monastic practice that involves dialoguing with God in prayer by hearing scripture as God speaking and responding in similar thoughts and words as to what God said.

Celebrant:

I know the plans I have for you, . . .
when you call upon me and come and pray to me, I will hear you.
When you search for me, you will find me;
(Jeremiah 29. 11-13)

All: Dear God, we will pray to you and seek you so that we may learn more about the plans that you have for us.

A period of reflective silence follows

Celebrant:

Call to me and I will answer you, and
will tell you great and hidden things that you have not known.
(Jeremiah 33.3)

All: We will call upon you so that you will tell us great and hidden things that we have not known.

A period of reflective silence follows

Celebrant:

My child, keep my words
and store up my commandments with you;
keep my commandments and live,
keep my teachings as the apple of your eye;
bind them on your fingers,
write them on the tablet of your heart.
(Proverbs 7. 1-4)

All: Dear Lord, we will keep your commandments as the apple of our eye and we will bind them on our fingers and write them on the tablet of our hearts.

A period of reflective silence follows

The Lighting of the Incense

Psalm 141

Cantor: Like incense, may our prayers rise before you O God,
the lifting of our hands like an evening oblation. (Ps
141.2)

All: Like incense, may our prayers rise before you O God,
the lifting of our hands like an evening oblation.

Cantor: O LORD, I call to you; come quickly to me.
Hear my voice when I call to you. (v.1)

Like incense, may my prayer rise before you O God,
the lifting of my hands like an evening oblation. (v. 2)

But my eyes are fixed on you, O Sovereign LORD;
in you I take refuge. (v.8)

All: Like incense, may our prayers rise before you O God,
the lifting of our hands like an evening oblation.

The Nicene Creed

Celebrant: Let us stand and profess our faith together

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 and for our salvation
he came down from heaven,
was incarnate of the Holy Spirit and 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,
who with the Father and the Son is worshiped and glorified,
who 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.

Everyone sits

Eucharist Begins

An Examination of Conscience: How Do Things Stand Between Me and God?

Narrator:

The Examination of Conscience is an ancient spiritual practice that helps us reflect on God's daily activity in our life including today.

Celebrant:

Let us ask God to help us examine ourselves by silently asking, reflecting on, and waiting for God to answer our following questions:

Celebrant: God, which of your sacred laws have I been struggling to keep?

A period of reflective silence follows

Celebrant: God, what have you been trying to reveal to me that I am having difficulty understanding?

A period of reflective silence follows

Celebrant: God, how best can I serve you tomorrow?

A period of reflective silence follows

Celebrant: The scriptures encourage us to examine ourselves before Holy Communion. Let us reflect upon the following words of Christ and our desire to fulfill these words

“Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself”¹

A brief period of reflective silence.

Celebrant: Let us pray

All: Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent, for the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Cantor: sings once then everyone joins in the following meditative petition Kyrie eleison (Lord have mercy)

Kyrie eleison
Kyrie eleison
Kyrie eleison
Kyrie eleison

¹ Matthew 22.37-39

Celebrant:

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; and when he had given thanks, he gave it to them, 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."

Therefore we proclaim the mystery of faith:

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

Celebrant:

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. Amen.

The Breaking of the Bread

The Celebrant breaks the consecrated Bread.

A period of silence is kept.

Celebrant: Christ our Passover is sacrificed for us;

All: Therefore let us keep the feast

Celebrant: 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.

NOTE: Everyone is invited to take communion.

Cantor: sings once before everyone joins in the meditation

Eat this bread, drink this cup,
Come to me and never be hungry.
Eat this bread, drink this cup,
Trust in me and you will not thirst.

The Prayer of Thanksgiving

Celebrant: Let us stand and pray

All:

Holy, gracious and loving God, you have drawn us to your heart, and nourished us at your table with holy food and drink, the body and Blood of Christ. Now send us forth to be your people in the world, and to proclaim your truth, this day and evermore. Amen.

Celebrant: Let us Pray

O God, you are my God, earnestly I seek you;
my soul thirsts for you, my body longs for you,
in a dry and weary land where there is no water.
I have seen you in the sanctuary
and beheld your power and your glory.
Because your love is better than life, my lips will glorify you.
I will praise you as long as I live,
and in your name I will lift up my hands.
My soul will be satisfied as with the richest of foods;
with singing lips my mouth will praise you.
On my bed I remember you;
I think of you through the watches of the night.
Because you are my help, I sing in the shadow of your wings.
My soul clings to you; your right hand upholds me.
(Psalm 63. 1-8)

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

**Everyone is Invited
for Light Refreshments Next Door.**

**Afterwards, Everyone is Invited
to a No-Host Dinner at a Local Restaurant**

Acknowledgements:

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