

## **Holy Communion**

God is with you,  
**and with your spirit.**

Lift up your hearts.  
**We lift our hearts to God.**

Let us give thanks to God, our God.  
**It is right to give our thanks and praise.**

For you created the heavens, earth, and all that is in them:  
you cast sunbeams, open flowers, and feed insects.  
You are beyond the galaxies, under the oceans, and inside each  
grain of wheat. You could sustain all of your creation,  
**but you will not, without us.**

Thank-you for the wonders of creation and for your great trust in  
us. Though humanity sometimes weeps,  
**we wait lovingly for you, God.**

For you smiled on an outcasted Hagar, blessing her descendants,  
you guided the doubtful Israelites, leading them to freedom, you  
spoke through the Judges and the Prophets, providing words of  
wisdom, you lived among us as a teacher, healer, and friend,  
giving us a sacred path to follow. You could have made us self-  
sustaining,  
**but you did not, your love sustains us.**

Thank you for the worldwide fellowship of disciples, who  
faithfully share your love with all of creation.  
**We shout ALLELUIA! We sing ALLELUIA!**

With our sisters and brothers around the world, those who  
profess faith in Christ, and those who live other paths of faith, we  
celebrate life! For us who follow the Way of Jesus, this is a day we  
remember all who gather to eat the bread and drink from the cup.  
We come together to remember we are Christ's people. We are  
Christ's people, no matter what!  
**We shout ALLELUIA! We sing ALLELUIA!**

Even in our brokenness, you call us back with your love. Through  
mothers and grandmothers, grandfathers and fathers, through  
prophets and priests and everyday people, you call us back to  
your love.

**And through Jesus, you taught us that there is nothing  
that can separate us from your love – not even death!  
ALLELUIA!**

On the night before he was taken to his death, Jesus gathered with  
his followers. He took bread, gave thanks to you, God of all  
creation, and offered it to those gathered at the table saying,

**Take this and eat. This is my body, given for you.  
Each time you eat it, remember me.**

After the meal was over, he took a cup of wine and gave thanks to  
you, God of all love. He offered it to those gathered at the table  
saying,

**Take this and drink. This is my promise, in my life's  
blood, given for you. Each time you drink it,  
remember me.**

So we eat, we drink, and we remember.  
**We eat, we drink, and we remember.**

Let us prepare ourselves for this mystery as we sing the  
communion hymn.

**Hymn:                      "Sent Forth by God's Blessing"                      VU #481**

Jesus Christ, the bread of life.  
**Amen!**

Jesus Christ, the cup of love.  
**Amen!**

The gift of God for all God's people.  
**Thanks be to God!**

**Sharing the Bread and Cup**

**Prayer after Communion**