

Liturgy For Holy Communion



God, for the gift of life;
we offer you our thanks.

God, for your unconditional love for all,
we offer you our thanks.

God, for the gift of new beginnings,
we offer you our thanks.

God of life, love and new beginnings,
we find ourselves once again waiting at your table;
each and every one of us are part of your family,
each and every one of us welcome here in our own right,
because each and every one of us have been offered
 life,
 love,
 and a new beginning,
 from you.

And as we reflect on these thoughts,
and on these freely given gifts
perhaps we ask ourselves,
'What does God ask of us?'

(Silence)

And so I ask the question...

What does God ask of us?

God wants us to remove the chains of injustice.

What does God ask of us?

God wants us to provide the wanderer with shelter.

What does God ask of us?

God wants us to not turn away from our fellow human beings.

So, sisters and brothers,
knowing what God asks of us,
and wanting things to be right between God and us

before we share around God's table,
and remembering Jesus' encounter with the woman at the well,
as he went against all barriers, prejudices and distinctions created by people,
let us in a moment of stillness,
offer up to God those times
when we have put our own barriers and prejudices in place and failed to live up to
the way of Jesus,
by offering unconditional love and welcome to all.

(Silence)

As we prepare ourselves to come and receive
 blessing bread and wine
at this table that has been lovingly prepared for us
with the tenderness of human hands,
we remember it was Jesus who first shared at such a table with his closest friends.
Friends, who had come from all walks of life,
friends, who had been with him
 as he met the woman at the well,
 as he restored the outcast to their communities,
 as he loved all equally and unconditionally.
Friends, who had often misunderstood him.
Friends, who deserted him
 as he was arrested, tortured and crucified.
Friends who witnessed to a new life through
 his resurrection.

As friends

we are invited to this table.

As friends

we are offered blessing bread and wine.

As friends

we are challenged to love all equally as he did.

So together, let us ask God's blessing,
on this time we share,
on these gifts before us, and
on our journey through life.

Gracious God,

let your Spirit move within us and amongst us;

**let your Spirit be upon these symbols of Christ's unconditional love,
 to restore and heal us;**

let the living Christ challenge and guide us.

Just as God wants us to freely welcome all into our communities,
so all are welcome here at this table.

Wherever you have come from,
however you have got here,
whatever your history and life story is,
you are loved by God,
you are a valued child of God's family
and worthy of receiving God's unconditional love.
So come take your place at God's table.

Bread and wine are shared

(Prayer after Communion)

**God, lover and restorer of all,
thank you for all you have shared with us;
thank you for this opportunity
 of being together;
lead us out from this table
 with open and welcoming arms,
and help us in this new week
 to stand up for the oppressed,
 to challenge malicious talk
 and the pointing finger,
 to let our light rise in the darkness
 to help heal this broken world. Amen.**

Andrew Atkins 2025