**The sacrament – Holy Communion**

When Jesus took bread and wine, he gave new meaning to commonplace things. In the same way, God can use and transform the everyday lives of ordinary people. Let us offer ourselves and these gifts to be part of God’s purpose of the world.

**Lord, receive these gifts,**

**Harvest of the earth and product of human hands.**

**We humbly ask you to accept us,**

**With our strength and our weaknesses.**

**May all be used to serve and honour you.**

**Prayer of Thanksgiving** - Creator God, your love is greater than we can ever imagine or deserve. You welcome us as Jesus welcomed all who came to him: young and not so young, the lowly and the powerful, saints and sinners, strangers and outcasts, the sick and the healthy, those who search for truth. We thank you for all that sustains life, and especially for Jesus Christ, who teaches us how to live out an ethic of justice and peace, and for the promise of transformation made manifest in his life, death and resurrection. We ask you to bless this bread and this cup. Through this meal, make us the body of Christ, that we may join with you in promoting the well-being of all creation. **Amen.**

On the night he died, Jesus had a meal with his friends. While they were eating, he took bread, gave thanks to God, broke it and said, “This is my body which is given for you. Do this in memory of me”. After supper he took the cup and said, “This cup is God’s new covenant, sealed with my blood. Whenever you drink it, do it in memory of me”

We meet together as friends of Jesus, who has invited us to share this meal. We remember that the faith has been passed on to us by those in every generation who dared to follow Jesus. We remember too that we belong to a worldwide family of Christians of every kind.

**With all our hearts we thank you, Lord.**

**Help us to recognise your presence and grow in your love.**

**By your spirit, may this bread and wine unit us with Christ**

**And give us life and wholeness.**

**Breaking of the Bread**

The bread which we break

is sharing in the body of Christ.

The Cup which has been poured,

is a sharing in the life of Christ.

Christ welcomes all of us to his table

*The leaders and those who are assisting receive the bread and wine. Then the people come forward to receive*

**Prayer after Communion**

**We give thanks, loving God, that you have refreshed us at your table.
Strengthen our faith; increase our love for one another. As we have been fed by the seed that became grain, and then became bread, may we go out into the world to plant seeds of justice, transformation, and hope. Amen.**