

Joining in the Eucharist from Home

*O thou, who at thy Eucharist didst pray
that all thy Church might be for ever one,
grant us at every Eucharist to say
with longing heart and soul, "thy will be done."
O may we all one Bread, one Body be,
through this blest Sacrament of unity.*

What is the Eucharist for? Chiefly, Jesus gave us the Eucharist for the praise of almighty God. Even if we can't join in that praise *in person*, we can praise God in our hearts. The Eucharist is also the greatest form of intercession, when at the altar we present to God the deepest needs and concerns of our community. And if we can't be at the altar in person, we know we can pray to God in private, and that he still hears us. At the same time, priests and deacons, our clergy, are ordained to offer this praise and intercession on behalf of all the parish, especially on behalf of those who are unable to do so publicly themselves. It's for this reason that the Archbishops, in their guidance to the clergy concerning the coronavirus pandemic, are encouraging them to continue celebrating the Eucharist, even though those celebrations cannot be public at this time. The prayer and praise at the heart of the Eucharist still continues in these difficult times.

But in addition to praise and intercession, the Eucharist was also instituted for Holy Communion: for receiving Jesus' body and blood and being united with him in this special way. At times of emergency or grave sickness when we can't readily access the sacraments of the Church, we will perhaps feel the absence of Holy Communion most of all. It's to address this in particular that we offer these resources.

When we can't receive Communion ourselves, it's still commendable to make an act of "spiritual communion", uniting our hearts with the heart of Jesus in the Eucharist. You may wish to pray this act of spiritual communion on Sundays, through the week, or even daily during the period when public worship is suspended, as you look forward to that time when you will be able to receive Holy Communion again.

The Eucharist is being offered daily in our churches by your clergy. On Mondays to Saturdays this will be at 9.30 am (after Morning Prayer at 9 am), and on Sundays this will be at 10 am. You can join in with our worship by logging onto the church Facebook account: www.facebook.com/SPeterYarmRd. Say the congregational prayers and listen to the readings along with the priest, and make the "Act of Spiritual Communion" at the point in the service when you wish you could be receiving Holy Communion yourself. In that way you can still join in every aspect of the Eucharist: the praise and prayer offered to God; the Communion we make with him there.

Even if you don't have access to Facebook, you might like to pray along at the same time you know the Eucharist is being celebrated in church. All you need is this sheet. Doing this, you'll be able to join in with the round of worship that's being offered in church on your behalf, until we're able to come together again as a church family once again. In the meantime, please be assured we carry you all on our hearts to the altar.

*So, Lord, at length when sacraments shall cease,
may we be one with all thy Church above,
one with thy saints in one unbroken peace,
one with thy saints in one unbounded love;
more blessed still, in peace and love to be
one with the Trinity in Unity.*

An Act of Spiritual Communion

✠ In the name of the Father and of the Son and of the Holy Spirit. Amen.

Our Father ...

The Collect

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

Confession

Take a moment to think on the ways you have strayed from God's ways in the last days or during the last week.

Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.

May almighty God have mercy upon us, forgive us our sins, and bring us to everlasting life, through Jesus Christ our Lord. Amen.

The Liturgy of the Word

Read these, or listen to the readings from the live stream online:

Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me.

Revelation 3.20

I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.

John 15.5

Act of Reception

If you're following the live stream on line, you may pray this as the priest receives Holy Communion.

In union, dear Lord, with the faithful at every altar of your church where your body and blood are being offered to the Father, I desire to offer you praise and thanksgiving. I believe that you are truly present in the holy sacrament. And since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself to you, and embrace you with all the affections of my soul. Let me never be separated from you. Let me live and die in your love. Amen.

Come, Lord Jesus, dwell in your servant in the fulness of your strength, in the perfection of your ways, and in the holiness of your Spirit, and rule over every hostile power in the might of your Spirit and to the glory of your Father. Amen.

May the body and blood of our Lord Jesus Christ preserve my body and soul unto everlasting life. Amen.

Act of Praise and Thanksgiving

✠ Blessed, praised, and adored be Jesus Christ on his throne of glory in heaven, and in the most holy sacrament of the altar. Amen.

Please turn over the page.

Anima Christi

You may like to pray this traditional devotion the presence of Jesus in the Eucharist.

Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from the side of Christ, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within thy wounds hide me
Suffer me not to be separated from thee
From the malignant enemy defend me
In the hour of my death call me
And bid me come unto thee
That with thy saints I may praise thee
Forever and ever.
Amen.

✠ In the name of the Father and of the Son and of the Holy Spirit. Amen.

In addition to the Eucharist, Morning and Evening Prayer are being said daily by the clergy at 9 am and 5.30 pm and broadcast live on the parish Facebook group. You may like to join us in prayer then, too. If you don't have access to Facebook, perhaps you could pray the Lord's Prayer, a read a Psalm and another portion of the Bible at this time. We hope to be able to share more prayer resources in the coming days and weeks.

Please do not hesitate to contact us with prayer requests, if you need help, or if you would like some company on the phone.