

# An Online Expression of the Holy Eucharist

with a form of Morning Prayer as the Liturgy of the Word  
and an expression of the Liturgy of the Table  
using the Prayer B and the prayer for Communion with Christ  
Prepared by The Rev. Dr. William Carl Thomas – WCT.coach

## Opening Sentence

Grace to you and peace from God our Father and the Lord Jesus Christ.  
**Amen.**

## Confession of Sin

Let us confess our sins against God and our neighbor.

**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.**

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. Amen.

## Invitatory and Psalter

V: Lord, open our lips.

R: **And our mouth shall proclaim your praise.**

**Glory to the Father, and to the Son, and to the Holy Spirit: \***  
**as it was in the beginning, is now, and will be for ever. Amen.**

Venite

Come, let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.  
Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.

For the Lord is a great God, \*  
and a great King above all gods.  
In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.  
The sea is his, for he made it, \*  
and his hands have molded the dry land.

Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.  
For he is our God, and we are the people of his pasture  
and the sheep of his hand. \*  
Oh, that today you would hearken to his voice!

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

Psalm 116:10-17

- 10 How shall I repay the Lord \*  
for all the good things he has done for me?
- 11 I will lift up the cup of salvation \*  
and call upon the Name of the Lord.
- 12 I will fulfill my vows to the Lord \*  
in the presence of all his people.
- 13 Precious in the sight of the Lord \*  
is the death of his servants.
- 14 O Lord, I am your servant; \*  
I am your servant and the child of  
your handmaid; you have freed me  
from my bonds.
- 15 I will offer you the sacrifice of thanksgiving \*  
and call upon the Name of the Lord.

16 **I will fulfill my vows to the Lord \*  
in the presence of all his people,**

17 **In the courts of the Lord's house, \*  
in the midst of you, O Jerusalem.  
Hallelujah!**

## **The Lessons**

A Reading from **1 Corinthians 10:1-4, 16-17** (NRSV)

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

The Word of the Lord.

**Thanks be to God.**

### **Canticle 9: The First Song of Isaiah**

**Surely, it is God who saves me; \***

**I will trust in him and not be afraid.**

**For the Lord is my stronghold and my sure defense, \*  
and he will be my Savior.**

**Therefore you shall draw water with rejoicing \*  
from the springs of salvation.**

**And on that day you shall say, \***

**Give thanks to the Lord and call upon his Name;**

**Make his deeds known among the peoples; \***

**see that they remember that his Name is exalted.**

**Sing the praises of the Lord, for he has done great things, \*  
and this is known in all the world.**

**Cry aloud, inhabitants of Zion, ring out your joy, \***

**for the great one in the midst of you is the Holy One of Israel.**

**Glory to the Father, and to the Son, and to the Holy Spirit: \***

**as it was in the beginning, is now, and will be for ever. Amen.**

## **A Reading from John 6:47-58 (NRSV)**

Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.’ The Jews then disputed among themselves, saying, ‘How can this man give us his flesh to eat?’ So Jesus said to them, ‘Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.’

The Word of the Lord.

**Thanks be to God.**

### **Canticle 21: You are God**

**You are God: we praise you;**

**You are the Lord: we acclaim you;**

**You are the eternal Father:**

**All creation worships you.**

**To you all angels, all the powers of heaven,**

**Cherubim and Seraphim, sing in endless praise:**

**Holy, holy, holy Lord, God of power and  
might,**

**heaven and earth are full of your glory.**

**The glorious company of apostles praise you.**

**The noble fellowship of prophets praise you.**

**The white-robed army of martyrs praise you.**

**Throughout the world the holy Church acclaims  
you;**

**Father, of majesty unbounded,**

**your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.**

**You, Christ, are the king of glory,  
the eternal Son of the Father.**

**When you became man to set us free  
you did not shun the Virgin’s womb.**

**You overcame the sting of death**

and opened the kingdom of heaven to all believers.  
You are seated at God's right hand in glory.  
We believe that you will come and be our judge.  
Come then, Lord, and help your people,  
bought with the price of your own blood,  
and bring us with your saints  
to glory everlasting.

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

### The Apostles' Creed

I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, his only son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

### Suffrages

V. Show us your mercy, O Lord;  
R. **And grant us your salvation.**  
V. Clothe your ministers with righteousness;  
R. **Let your people sing with joy.**  
V. Give peace, O Lord, in all the world;  
R. **For only in you can we live in safety.**  
V. Lord, keep this nation under your care;  
R. **And guide us in the way of justice and truth.**  
V. Let your way be known upon earth;  
R. **Your saving health among all nations.**  
V. Let not the needy, O Lord, be forgotten;

R. **Nor the hope of the poor be taken away.**

V. Create in us clean hearts, O God;

R. **And sustain us with your Holy Spirit.**

### **The Collect of the Day**

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

### **A Collect for Sundays**

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. **Amen.**

### **Stay With Me (Music Video)**

*Music by Adam Thomas (performer), Words from John Henry Newman*

*Verse One:*

Stay with me, and then I shall begin to shine as thou shinest:

so to shine as to be a light to others.

The light, O Jesus, will be all from thee.

None of it will be mine.

No merit, no merit to, no merit to me.

It will be thou who shinest through me upon others.

O let me thus praise thee, in the way thou loves best,  
by shining on all those around me.

Give light to them as to me;

light them with me, through me.

Teach me to show forth thy praise,

teach me to show forth thy truth,

teach me to show forth thy will.

*Verse Two:*

Stay with me, and then I shall begin to shine as thou shinest:

so to shine as to be a light to others.

The light, O Jesus, will be all from thee.

None of it will be mine.

No merit, no merit to, no merit to me.

Make me preach thee without preaching

- not just by words, but by my example

and by the catching force,

the sympathetic influence, of what I do

- by my visible resemblance to thy saints,  
and the evident fullness of the love,  
the love, the love,  
which my heart bears to thee.

## **Prayers and Thanksgivings**

*Please pause the video to offer your own prayers and intercessions.  
When ready, please restart the video.*

### **A Prayer of St. Chrysostom**

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting.

### **The Peace**

*Celebrant* The peace of the Lord be always with you.  
*People* **And also with you.**

### **A Meditation**

**We belong to one another.**  
**Together, with God's help, we can make one another stronger.**  
Offered by The Rev. Dr. William Carl Thomas  
*Please feel free to fast forward through this meditation.*  
*You can find more formal sermons at [WCT.coach](http://WCT.coach) or [WhereTheWind.com](http://WhereTheWind.com).*

### **The Holy Communion**

*Celebrant* The Lord be with you.  
*People* **And also with you.**  
*Celebrant* Lift up your hearts.  
*People* **We lift them to the Lord.**  
*Celebrant* Let us give thanks to the Lord our God.  
*People* **It is right to give him thanks and praise.**

*Then, facing the Holy Table, the Celebrant proceeds*  
It is right, and a good and joyful thing, always and every- where  
to give thanks to you, Father Almighty, Creator of heaven and  
earth.

Because in Jesus Christ our Lord you have received us as your sons and daughters, made us citizens of your kingdom, and given us the Holy Spirit to guide us into all truth.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

*Celebrant and People*

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

*At the following words concerning the bread, the Celebrant is to hold it or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.*

On the night before he died for us, 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, according to his command, O Father,

*Celebrant and People*

**We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;**

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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.**

And now, as our Savior  
Christ has taught us,  
we are bold to say,

**Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.**

**Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those  
who trespass against us.**

**And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.**

## The Breaking of the Bread

*The Celebrant breaks the consecrated bread.*

*A period silence is kept.*

The Gifts of God for the People of God.

*You are invited to now freeze the video  
and join in saying the prayer for Communion with Christ  
from the Prayer Book for the Armed Forces*

In union, O Lord, with your faithful people at every altar of  
your Church, where the Holy Eucharist is now being  
celebrated,

I desire to offer you praise and thanksgiving.

I remember your death, Lord Christ;

I proclaim your resurrection; I await your coming in glory.

And since I cannot receive you today in the Sacrament of  
your Body and Blood,

I beseech you to come spiritually into my heart.

Cleanse and strengthen me with your grace, Lord Jesus, and  
let me never be separated from you.

May I live in you, and you in me, in this life and in the life to  
come. Amen.

*After Communion, the Celebrant says*

Let us pray.

*Celebrant and People*

**Eternal God, heavenly Father,  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.**

## **Benediction**

Life is short  
and we do not have much time  
to gladden the hearts  
of those who travel with us.  
So be swift to love  
And make haste to be kind.

May the Wisdom of God,  
the Love of God,  
and the Grace of God ,  
strengthen you  
to be Christ's hands and heart in this world,  
in the name of the Holy Trinity. ***Amen.***