



ST MARY ABBOTS PARISH CHURCH  
KENSINGTON

# Holy Communion

*From The Book of Common Prayer  
(Common Worship Order Two)*

While worship lies at the heart of the church, much of our work is focused on serving our community, maintaining our historic buildings and implementing our Mission Action Plan of Welcome, Discipleship and Outreach. We are grateful for any donation that you can make towards the work and the upkeep of this church.



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## The Lord's Prayer

Our Father, which art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done,  
in earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive them that trespass against us.  
And lead us not into temptation;  
but deliver us from evil. Amen.

## Prayer of Preparation

Almighty God,  
unto whom all hearts be open,  
all desires known,  
and from whom no secrets are hid:  
cleanse the thoughts of our hearts  
by the inspiration of thy Holy Spirit,  
that we may perfectly love thee,  
and worthily magnify thy holy name;  
through Christ our Lord.

*All* **Amen.**

## The Commandments

*In Advent and Lent, the priest may read the Ten Commandments.*

God spake these words and said:  
I am the Lord thy God;  
thou shalt have none other gods but me.

*All* **Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not make to thyself any graven image,  
nor the likeness of any thing that is in heaven above,  
or in the earth beneath, or in the water under the earth.

Thou shalt not bow down to them, nor worship them:  
for I the Lord thy God am a jealous God,  
and visit the sins of the fathers upon the children  
unto the third and fourth generation of them that hate me,  
and shew mercy unto thousands in them  
that love me and keep my commandments.

*All* **Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not take the name of the Lord thy God in vain:  
for the Lord will not hold him guiltless that taketh his name in vain.

*All* **Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Remember that thou keep holy the Sabbath day.  
Six days shalt thou labour, and do all that thou hast to do;  
but the seventh day is the Sabbath of the Lord thy God.

In it thou shalt do no manner of work,  
thou, and thy son, and thy daughter,  
thy manservant, and thy maidservant,  
thy cattle, and the stranger that is within thy gates.

For in six days the Lord made heaven and earth,  
the sea, and all that in them is,  
and rested the seventh day:  
wherefore the Lord blessed the seventh day, and hallowed it.

*All* **Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Honour thy father and thy mother;  
that thy days may be long in the land  
which the Lord thy God giveth thee.

*All* **Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt do no murder.

*All* **Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not commit adultery.

*All* **Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not steal.

*All* **Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not bear false witness against thy neighbour.

*All* **Lord, have mercy upon us,  
and incline our hearts to keep this law.**

Thou shalt not covet thy neighbour's house,  
thou shalt not covet thy neighbour's wife, nor his servant,  
nor his maid, nor his ox, nor his ass,  
nor anything that is his.

*All* **Lord, have mercy upon us,  
and write all these thy laws in our hearts, we beseech thee.**

*In other seasons, the Summary of the Law is read*

Our Lord Jesus Christ said:

Hear, O Israel,

the Lord our God is one Lord;

and thou shalt love the Lord thy God

with all thy heart,

and with all thy soul,

and with all thy mind,

and with all thy strength.

This is the first commandment.

And the second is like, namely this:

Thou shalt love thy neighbour as thyself.

There is none other commandment greater than these.

On these two commandments hang all the law and the prophets.

*All* **Lord, have mercy upon us,  
and write all these thy laws in our hearts, we beseech thee.**

*The Kyrie eleison may be sung or said*

Lord, have mercy.

*All* **Lord, have mercy.**

Lord, have mercy.

*All* **Christ, have mercy.**

Christ, have mercy.

*All* **Christ, have mercy.**

*Or*

*All* Kyrie, eleison  
Kyrie, eleison

*All* Christe, eleison  
Christe, eleison

*All* Christe, eleison  
Kyrie, elison

*All* Kyrie, elison  
Kyrie, elison

Lord, have mercy.

*All* **Lord, have mercy.**  
Lord, have mercy.

## The Collect

*The priest may say*

The Lord be with you

*All* **and with thy spirit.**

Let us pray.

*The priest says the Collect of the Day.*

## Epistle

*The reader says*

The Epistle is written in the ... chapter of ...  
beginning at the ... verse.

*At the end*

Here endeth the Epistle.

*A Hymn may be sung.*

## Gospel

*The reader says*

The holy Gospel is written in the ... chapter of the Gospel  
according to Saint ...,  
beginning at the ... verse.

*All respond*

*All* **Glory be to thee, O Lord.**

*At the end the reader says*

This is the Gospel of the Lord.

*All respond*

*All* Praise be to thee, O Christ.

## The Creed

*The Creed is used on every Sunday and Holy Day and may be used on other days also.*

*All* I believe in one God  
the Father almighty,  
maker of heaven and earth,  
and of all things visible and invisible:  
And in one Lord Jesus Christ,  
the only-begotten Son of God,  
begotten of his Father before all worlds,  
God of God,  
Light of Light,  
very God of very God,  
begotten, not made,  
being of one substance with the Father,  
by whom all things were made;  
who for us men and for our salvation  
came down from heaven,  
and was incarnate  
by the Holy Ghost of the Virgin Mary,  
and was made man,  
and was crucified also for us under Pontius Pilate.  
He suffered and was buried,  
and the third day he rose again  
according to the Scriptures,  
and ascended into heaven,  
and sitteth on the right hand of the Father.  
And he shall come again with glory  
to judge both the quick and the dead:  
whose kingdom shall have no end.

**And I believe in the Holy Ghost,  
the Lord and giver of life,  
who proceedeth from the Father and the Son,  
who with the Father and the Son together  
is worshipped and glorified,  
who spake by the prophets.  
And I believe in one catholic and apostolic Church.  
I acknowledge one baptism for the remission of sins.  
And I look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

*Banns of Marriage may be published and Notices given.*

Sermon

Offertory

*One of the following or another sentence of Scripture is used*

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

*Matthew 5.16*

Lay not up for yourselves treasure upon the earth;  
where the rust and moth doth corrupt, and where thieves break through and steal: but lay up for yourselves treasures in heaven;  
where neither rust nor moth doth corrupt, and where thieves do not break through and steal.

*Matthew 6.19*

All things come of thee, and of thine own do we give thee.

*1 Chronicles 29.14*

*A Hymn may be sung. The gifts of the people may be gathered and presented.  
The priest places the bread and wine upon the table.*

## Intercession

*Brief biddings may be given.*

Let us pray for the whole state of Christ's Church militant here in earth.

Almighty and ever-living God, who by thy holy apostle hast taught us to make prayers and supplications, and to give thanks, for all men: we humbly beseech thee most mercifully [to accept our alms and oblations, and] to receive these our prayers, which we offer unto thy divine majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord: and grant, that all they that do confess thy holy name may agree in the truth of thy holy word, and live in unity and godly love.

We beseech thee also to save and defend all Christian kings, princes and governors; and specially thy servant *Charles, our King*, that under him we may be godly and quietly governed: and grant unto his whole Council, and to all that are put in authority under him, that they may truly and indifferently minister justice, to the punishment of wickedness and vice, and to the maintenance of thy true religion and virtue.

Give grace, O heavenly Father, to all bishops, priests and deacons, that they may both by their life and doctrine set forth thy true and lively word, and rightly and duly administer thy holy sacraments: and to all thy people give thy heavenly grace; and specially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity.

And we also bless thy holy name for all thy servants departed this life in thy faith and fear; beseeching thee to give us grace so to follow their good examples, that with them we may be partakers of thy heavenly kingdom.

Grant this, O Father, for Jesus Christ's sake, our only mediator and advocate.

*All* Amen.

## Invitation to Confession

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways: draw near with faith, and take this holy sacrament to your comfort; and make your humble confession to almighty God, meekly kneeling upon your knees.

## Confession

*All* **Almighty God,**  
**Father of our Lord Jesus Christ,**  
**maker of all things, judge of all men:**  
**we acknowledge and bewail**  
**our manifold sins and wickedness,**  
**which we, from time to time,**  
**most grievously have committed,**  
**by thought, word and deed,**  
**against thy divine majesty,**  
**provoking most justly**  
**thy wrath and indignation against us.**  
**We do earnestly repent,**  
**and are heartily sorry for these our misdoings;**  
**the remembrance of them is grievous unto us;**  
**the burden of them is intolerable.**  
**Have mercy upon us,**  
**have mercy upon us, most merciful Father;**  
**for thy Son our Lord Jesus Christ's sake,**  
**forgive us all that is past;**  
**and grant that we may ever hereafter**  
**serve and please thee in newness of life,**  
**to the honour and glory of thy name;**  
**through Jesus Christ our Lord.**  
**Amen.**

## Absolution

*The priest says*

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: have mercy upon *you*; pardon and deliver *you* from all *your* sins; confirm and strengthen *you* in all goodness; and bring *you* to everlasting life; through Jesus Christ our Lord.

*All* **Amen.**

## The Comfortable Words

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him:

Come unto me, all that travail and are heavy laden, and I will refresh you.

*Matthew 11.28*

So God loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life.

*John 3.16*

Hear also what Saint Paul saith:

This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners.

*1 Timothy 1.15*

Hear also what Saint John saith:

If any man sin, we have an advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.

*1 John 2.1,2*

## Preface

*The priest and the people praise God for his goodness.*

The Lord be with you

*All* **and with thy spirit.**

Lift up your hearts.

*All* **We lift them up unto the Lord.**

Let us give thanks unto our Lord God.

*All* **It is meet and right so to do.**

*The priest says*

It is very meet, right and our bounden duty,  
that we should at all times, and in all places,  
give thanks unto thee,  
O Lord, holy Father, almighty, everlasting God.

*A Proper Preface may follow.*

Therefore with angels and archangels,  
and with all the company of heaven,  
we laud and magnify thy glorious name,  
evermore praising thee, and *saying*:

**All Holy, holy, holy, Lord God of hosts,  
heaven and earth are full of thy glory.  
Glory be to thee, O Lord most high.  
[Amen.]**

*These words may also be used*

**All Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.**

## Prayer of Humble Access

We do not presume to come to this thy table,  
O merciful Lord,  
trusting in our own righteousness,  
but in thy manifold and great mercies.  
We are not worthy  
so much as to gather up the crumbs under thy table.  
But thou art the same Lord,  
whose property is always to have mercy:  
grant us therefore, gracious Lord,  
so to eat the flesh of thy dear Son Jesus Christ,  
and to drink his blood,  
that our sinful bodies may be made clean by his body,  
and our souls washed through his most precious blood,  
and that we may evermore dwell in him,  
and he in us.

**All Amen.**

# The Prayer of Consecration

*The priest, standing at the table, says the Prayer of Consecration*

Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect and sufficient sacrifice, oblation and satisfaction for the sins of the whole world; and did institute, and in his holy gospel command us to continue, a perpetual memory of that his precious death, until his coming again: Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood:

who, in the same night that he was betrayed, took bread;

*Here the priest is to take the paten.*

and, when he had given thanks, he brake it,

*Here the priest shall break the bread.*

and gave it to his disciples, saying, Take, eat;

*Here the priest is to lay a hand on all the bread.*

this is my body which is given for you:

do this in remembrance of me.

Likewise after supper he took the cup;

*Here the priest is to take the cup.*

and, when he had given thanks, he gave it to them, saying,

Drink ye all of this;

*Here the priest is to lay a hand on every vessel in which there is wine to be consecrated.*

for this is my blood of the new testament,

which is shed for you and for many for the remission of sins:

do this, as oft as ye shall drink it,

in remembrance of me.

*All* **Amen.**

*The following may be used*

*All* **O Lamb of God**

**that takest away the sins of the world,**

**have mercy upon us.**

**O Lamb of God**

**that takest away the sins of the world,**

**have mercy upon us.**

**O Lamb of God  
that takest away the sins of the world,  
grant us thy peace.**

## Giving of Communion

*The priest and people receive communion. To each is said*

The body of our Lord Jesus Christ,  
which was given for thee,  
preserve thy body and soul unto everlasting life.  
Take and eat this in remembrance that Christ died for thee,  
and feed on him in thy heart by faith with thanksgiving.  
The blood of our Lord Jesus Christ,  
which was shed for thee,  
preserve thy body and soul unto everlasting life.  
Drink this in remembrance  
that Christ's blood was shed for thee,  
and be thankful.

*What remains of the consecrated bread and wine which is not required for purposes of communion is consumed now or at the end of the service.*

## The Lord's Prayer

*The priest may say*

As our Saviour Christ hath commanded and taught us,  
we are bold to say

*All* **Our Father, which art in heaven,  
hallowed be thy name;  
thy kingdom come; thy will be done,  
in earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive them that trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever. Amen.**

## Prayer after Communion

*The priest says either the Prayer of Oblation or the Prayer of Thanksgiving.*

### Prayer of Oblation

O Lord and heavenly Father, we thy humble servants entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion. And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy and lively sacrifice unto thee; humbly beseeching thee, that all we, who are partakers of this holy communion, may be fulfilled with thy grace and heavenly benediction. And although we be unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service; not weighing our merits, but pardoning our offences, through Jesus Christ our Lord; by whom, and with whom, in the unity of the Holy Ghost, all honour and glory be unto thee, O Father almighty, world without end.

*All* Amen.

### Prayer of Thanksgiving

Almighty and ever-living God, we most heartily thank thee, for that thou dost vouchsafe to feed us, who have duly received these holy mysteries, with the spiritual food of the most precious body and blood of thy Son our Saviour Jesus Christ; and dost assure us thereby of thy favour and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, which is the blessed company of all faithful people; and are also heirs through hope of thy everlasting kingdom, by the merits of the most precious death and passion of thy dear Son. And we most humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end.

*All* Amen.

## Gloria in Excelsis

*Except in Advent and Lent, the people say together:*

*All* Glory be to God on high,  
and in earth peace, good will towards men.  
We praise thee, we bless thee,  
we worship thee, we glorify thee,  
we give thanks to thee for thy great glory,  
O Lord God, heavenly King,  
God the Father almighty.  
O Lord, the only-begotten Son Jesu Christ;  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
receive our prayer.  
Thou that sittest at the right hand of God the Father,  
have mercy upon us.  
For thou only art holy; thou only art the Lord;  
thou only, O Christ, with the Holy Ghost,  
art most high in the glory of God the Father.  
Amen.

## The Blessing

*The priest says*

The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: and the blessing of God almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always.

*All* Amen.

## Proper Prefaces from *The Book of Common Prayer*

### Christmas

Because thou didst give Jesus Christ thine only Son to be born as at this time for us; who, by the operation of the Holy Ghost, was made very man of the substance of the Virgin Mary his mother; and that without spot of sin, to make us clean from all sin.

Therefore with angels ...

### Easter

But chiefly are we bound to praise thee for the glorious resurrection of thy Son Jesus Christ our Lord: for he is the very paschal lamb, which was offered for us, and hath taken away the sin of the world; who by his death hath destroyed death, and by his rising to life again hath restored to us everlasting life.

Therefore with angels ...

### Ascension

Through thy most dearly beloved Son Jesus Christ our Lord; who after his most glorious resurrection manifestly appeared to all his apostles, and in their sight ascended up into heaven to prepare a place for us; that where he is, thither we might also ascend, and reign with him in glory.

Therefore with angels ...

### Pentecost (Whitsun)

Through Jesus Christ our Lord; according to whose most true promise, the Holy Ghost came down as at this time from heaven with a sudden great sound, as it might have been a mighty wind, in the likeness of fiery tongues, lighting upon the apostles, to teach them, and to lead them to all truth; giving them both the gift of divers languages, and also boldness with fervent zeal constantly to preach the gospel unto all nations; whereby we have been brought out of darkness and error into the clear light and true knowledge of thee, and of thy Son Jesus Christ.

Therefore with angels ...

## Trinity Sunday

Who art one God, one Lord; not one only Person, but three Persons in one Substance. For that which we believe of the glory of the Father, the same we believe of the Son, and of the Holy Ghost, without any difference or inequality. Therefore with angels ...

*When this Preface is used, the words 'holy Father' must be omitted in the preceding paragraph.*

## Collect for the Sovereign

Almighty God, whose kingdom is everlasting, and power infinite: have mercy upon the whole Church; and so rule the heart of thy chosen servant *Charles, our King* and Governor, that he (knowing whose minister he is) may above all things seek thy honour and glory: and that we and all his subjects (duly considering whose authority he hath) may faithfully serve, honour and humbly obey him, in thee, and for thee, according to thy blessed word and ordinance; through Jesus Christ our Lord, who with thee and the Holy Ghost liveth and reigneth, ever one God, world without end.

*All* Amen.