



**THE COMMON MEAL**

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## THE OFFICE OF CONFESSION

*As the Community gathers at the Table the Minister shall say the following:*

The Lord be with you.

*Community:*     **And with thy spirit.**

*Here let the Community be seated after which the Minister shall read the Law of the Old Covenant.*

God spake these words, and said: I am the Lord thy God; thou shalt have none other gods but me. Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; thou shalt not bow down thyself to them, nor serve them. Thou shalt not take the Name of the Lord thy God in vain; remember that thou keep holy the Sabbath day. Honour thy father and thy mother; thou shalt do no murder. Thou shalt not commit adultery. Thou shalt not steal. Thou shalt not bear false witness against thy neighbour. Thou shalt not covet.

*Then shall the Community say together:*

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

*The Minister shall then 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.

*Then shall the Community say together the Doxology:*

**For thine is the Kingdom and the Power and the Glory forever and ever.**

## THE OFFICE OF THE WORD

*The Minister shall then say:*

Lift up your hearts.

*Community:*     **We lift them up unto the Lord.**

*Then shall follow the reading of the appointed Lesson from the Holy Scriptures after which the Minister shall say:*

The Lord bless to us the reading of his Holy Word.

*Community:*      Thanks be to thee, O Lord.

*Here a designated member shall offer on behalf of all a witness to the Word, after which the Community shall say together the Apostles' Creed:*

I believe in God the Father Almighty, Maker of heaven and earth; and in Jesus Christ His only Son our Lord; who was conceived by the Holy Ghost; born of the Virgin Mary; suffered under Pontius Pilate; was crucified, dead and buried. He descended into hell; the third day he rose again from the dead; he ascended into heaven; and sitteth on the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Ghost; the Holy Catholic Church, the communion of saints, the forgiveness of sins; the resurrection of the body, and the life everlasting. Amen.

## THE OFFICE OF THE SUPPER

*Here let the Bread and Wine be brought to the head of the Table, while the Minister is saying:*

My brethren, this is the holy feast of the people of God. Let us give thanks unto our God for it is meet and right so to do.

*Community:*      It is very meet, right and our bounden duty that we shall at all times and in all places give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God.

*Then shall the Minister say, holding up in turn the Bread and the Wine:*

We give thanks to thee, our Father, for the life and knowledge which thou hast made known to us through Jesus thy servant. To thee be the glory forever.

*Community:*      Amen.

We give thanks to thee, our Father, for the Holy Vine of David, which thou hast made known to us through Jesus thy servant. To thee be the glory forever.

*Community:*      Amen.

*And the Community shall then say:*

We humbly pray thee, O Lord, graciously to accept this our thanksgiving and praise, which is our bounden duty and service; through Jesus Christ our Lord.

*The Minister shall then say:*

And we most humbly beseech thee, our Father, to bless and sanctify with thy Holy Spirit these creatures of the loaf and the cup, that they may be unto us the most blessed Body and Blood of thy dearly beloved son, Jesus Christ.

*The Community shall then say:*

And here we offer and present unto thee ourselves, our souls and bodies  
to be a reasonable, holy and living sacrifice unto thee, through Jesus  
Christ our Lord. Amen.

*Here the Minister shall break the Bread while he says what follows:*

Unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.  
This is my body, the broken body of our Lord, Jesus Christ.

*Then shall the Minister spill the Wine as he continues saying:*

Unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.  
This is my blood, the spilt blood of our Lord, Jesus Christ, the true Vine.

*Then shall the Minister hand a portion of the broken bread to the person on his right hand, who shall break a small piece off and give it to the Minister, who shall break it again and partake of it while he says quietly:*

O Lord, enable us through the Word of Jesus Christ to be your free, obedient servants  
in humility, gratitude and compassion.

*The Minister shall then serve the brother on his right hand and the brother on his left who each serve the brothers next to them, and so on around the table.*

*The Minister shall, after a brief pause, hand the cup to the brother on his left hand who shall spill it and pour a small portion into the extended cup of the Minister who shall spill it again and partake of the remaining while he repeats once more the prayer above. The Minister shall then, in like manner, serve the brothers on his right and his left who each serve the brothers next to them, and so on around the table.*

*After all have partaken, the remaining Bread and Wine shall be brought to the head of the Table and the Minister shall say:*

Let us give thanks to God.

*Community:* We give thanks to thee, Almighty God, that thou hast refreshed us with  
this thy salutary gift; and we beseech thee, of thy mercy, to strengthen  
us through the same in faith toward thee, and in fervent love toward one  
another; through Jesus Christ, thy dear Son, our Lord, who liveth and  
reigneth with thee and the Holy Ghost, ever one God, world without  
end. Amen.

*And then the Minister shall say:*

Let us feast in the Joy of Christ Jesus and go forth into the world in his Peace; let us all  
be of good courage; hold fast to that which is good; render to no man evil for evil;  
strengthen the faint-hearted; support the weak; help the afflicted; honour all men, love  
and serve the Lord, rejoicing in the power of the Holy Spirit. Amen.

*Community:* Amen.