

Holy Communion
Wednesday 12th March 2025
The Sign of the Prophet Jonah
(CW Order One) Traditional Language



A tile from an Armenian pottery, Jerusalem

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Introduction to the Eucharist

As we advance through Lent, we are presented with various themes from scripture, or perhaps "glimpses" which build a relationship between the time of the Gospel narratives and where we find ourselves today. And today it is the turn of Jonah. What might he have to say to us in our own world of dislocation? We listen to our readings, and we wonder.

Let us pray:

Almighty God,

**unto whom all hearts be open, all desires known,
and from whom no secrets are hid:**

**cleans 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. Amen.**

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.

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

Lord, have mercy

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Lord, have mercy

The Collects

Let us pray...

Heavenly Father,

whose Son battled with the powers of darkness,

strengthened by the Spirit in the desert:

help us to use these days of Lent to grow in wisdom and prayer,

that we may know more deeply the power of thy saving love,

in Jesus Christ our Lord. **Amen.**

The Collect for Ash Wednesday

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. **Amen.**

A Reading from the Prophet Jonah, ch.3

The word of the Lord came to Jonah a second time, saying, ²'Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.' ³So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. ⁴Jonah began to go into the city, going a day's walk. And he cried out, 'Forty days more, and Nineveh shall be overthrown!' ⁵And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

⁶ When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. ⁷Then he had a proclamation made in Nineveh: 'By the decree of the king and his nobles: No human being or animal, no herd or flock, shall taste anything. They shall not feed, nor shall they drink water. ⁸Human beings and animals shall be covered with sackcloth, and they shall cry mightily to God. All shall turn from their evil ways and from the violence that is in their hands. ⁹Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish.'

¹⁰ When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

This is the word of the Lord. **Thanks be to God.**

Psalm 51 *miserere mei, Deus*

1. HAVE mercy upon me, O God, after thy great goodness: according to the multitude of thy mercies do away mine offences.
2. Wash me thoroughly from my wickedness: and cleanse me from my sin.
3. For I acknowledge my faults: and my sin is ever before me.
4. Against thee only have I sinned, and done this evil in thy sight: that thou mightest be justified in thy saying, and clear when thou art judged.
5. Behold, I was shapen in wickedness: and in sin hath my mother conceived me.
6. But lo, thou requirest truth in the inward parts: and shalt make me to understand wisdom secretly.
7. Thou shalt purge me with hyssop, and I shall be clean: thou shalt wash me, and I shall be whiter than snow.
8. Thou shalt make me hear of joy and gladness: that the bones which thou hast broken may rejoice.
9. Turn thy face from my sins: and put out all my misdeeds.
10. Make me a clean heart, O God: and renew a right spirit within me.
11. Cast me not away from thy presence: and take not thy holy Spirit from me.

12. O give me the comfort of thy help again: and stablish me with thy free Spirit.
13. Then shall I teach thy ways unto the wicked: and sinners shall be converted unto thee.
14. Deliver me from blood-guiltiness, O God, thou that art the God of my health: and my tongue shall sing of thy righteousness.
15. Thou shalt open my lips, O Lord: and my mouth shall shew thy praise.
16. For thou desirest no sacrifice, else would I give it thee: but thou delightest not in burnt-offerings.
17. The sacrifice of God is a troubled spirit: a broken and contrite heart, O God, shalt thou not despise.
18. O be favourable and gracious unto Sion: build thou the walls of Jerusalem.
19. Then shalt thou be pleased with the sacrifice of righteousness, with the burnt-offerings and oblations: then shall they offer young bullocks upon thine altar.

Let us bless the Name of the Lord : **Thanks be to God**

Gospel : St. Luke 11. 29 - 32

The holy gospel is written in the Gospel according to Saint Luke, the eleventh chapter, beginning at the twenty ninth verse.

Glory be to thee, O Lord

29 When the crowds were increasing, Jesus began to say, 'This generation is an evil generation; it asks for a sign, but no sign will be given to it except the sign of Jonah.³⁰For just as Jonah became a sign to the people of Nineveh, so the Son of Man will be to this generation.³¹The queen of the South will rise at the judgement with the people of this generation and condemn them, because she came from the ends of the earth to listen to the wisdom of Solomon, and see, something greater than Solomon is here!³²The people of Nineveh will rise up at the judgement with this generation and condemn it, because they repented at the proclamation of Jonah, and see, something greater than Jonah is here!'

This is the gospel of the Lord. **Praise be to thee, O Christ.**

HOMILY - Canon Alan Amos

THE OFFERTORY SENTENCE

All things come from thee O Lord, and it is of thine own that we take and that we offer unto thee.

The bread and the wine for the Eucharist are prepared

The Biddings

For all suffering peoples in the world, the people of Ukraine and of Russia, of Lebanon, Syria, Gaza, Palestine and Israel, of Sudan and all those who need our prayers.

We pray for Peace in the world. For the holy land and all who inhabit it.

Come Holy Spirit and fill the dark places in the world with your presence, where there is war, fighting, and armed conflicts. Bring your healing.

We pray for the sick who are known to us, and those caring for them, especially for Jann Coppen, Jonathan Bezzola, Sybil Sheppard, Chris Talbot, Joan Tye, Annemarie Hester, André Vivas, Timothy Creffield, Tianna Dagher, Edith Tanner, Livia Varju, Brenda Hand, Valerie Offord, Phil Thomas, Diana Mason, Robin Bailey, Judi Cianci, Ruth Wyler, Germain, Samuel Kalibala, Joyce McNulty, Trevor Thomas, Diana Dickinson, Denise Muhlethaler, Maya Mortimer, Rosabelle de Silva, Silvio -Morson, Anna Porraccin, Valerie Slessor, Frances Boo, Jenny Syrathev, George Thomasz, Lorensz Ranasinghe.

May the Lord bless them and keep them, and may they know the comfort and strengthening of the Holy Spirit.

Among the faithful departed we pray at this time for Patricia Brown and Edina Zabula. May they rest in peace and rise in glory with the saints.

And so we pray for the Church throughout the world.

THE PRAYER FOR THE CHURCH MILITANT

Almighty and everliving 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 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 and Curates, 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. **Amen.**

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.

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.

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. **Amen.**

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. *St. 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. *St. 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 St. 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 St. John 2.1*

Lift up your hearts

We lift them up unto the Lord

Let us give thanks unto our Lord God

It is meet and right so to do

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. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name, evermore praising thee and saying:

Holy, holy, holy, Lord God of hosts; heaven and earth are full of thy glory, glory be to thee O Lord most high. Blessed is he that cometh in the Name of the Lord, hosanna in the highest.

All glory be to thee, 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, by the power of thy Holy Spirit, 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; and when he had given thanks to thee, he broke it and gave it to his disciples, saying:

Take, eat; this is my body which is given for you; do this in remembrance of me.

Likewise after supper he took the cup; and when he had given thanks to thee, he gave it to them, saying:

Drink ye all of this;

for this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Do this, as oft as ye shall drink it, in remembrance of me.

Father, we thy humble servants, having in remembrance the precious death and passion of thy dear Son, his mighty resurrection and glorious ascension, 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 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; and to grant that all we, who are partakers of this holy communion, may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father almighty, world without end. **Amen.**

THE LORD'S PRAYER

Let us pray with confidence as our Saviour has taught us

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, the power and the glory, for ever and ever. Amen.

AGNUS DEI

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.**

The peace of the Lord be always with you
And with thy spirit

As we prepare to make our spiritual communion, the following prayer is provided for our help :

We offer and present to you, Lord our heavenly Father, ourselves, our souls and bodies, to be a holy and living sacrifice; grant that being present together in heart and mind at this holy communion we may now be filled with your heavenly blessing through the redeeming grace of your Son our Saviour Jesus Christ... [short pause]

Lord Jesus Christ, in outward signs of bread and wine you have made known your presence among us; as we unite with one another from the places where we are, may your communion be fulfilled in us now through the work of the life-giving Holy Spirit. Amen.

Post Communion Prayer

**Almighty God,
who hast renewed us with living bread from heaven;
nourish our faith,
increase our hope,
strengthen our love:
and help us to live out the gospel
in our daily lives,
through Jesus Christ thy Son our Lord. Amen.**

Prayer of Thanksgiving

Almighty and everliving 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. Amen.

THE BLESSING

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 Spirit, be amongst you and remain with you always. **Amen.**