



Great St Mary's

THE UNIVERSITY CHURCH CAMBRIDGE



# **HOLY COMMUNION**

**ON THE FEAST OF THE ASCENSION**

**14 MAY 2021: 12.30**

## THE GATHERING

### THE GREETING

God has gone up with a shout,  
All **the Lord with the sound of a trumpet.**

Grace, mercy and peace  
from God our Father  
and the Lord Jesus Christ  
be with you  
All **and also with you.**

*The president welcomes everyone and introduces the service*

Dear brothers and sisters in Christ, for forty days we have been celebrating with joyful hearts the resurrection of our Lord Jesus Christ, his bursting from the tomb and his defeat of the power of sin and death. He appeared to his disciples many times and told them about the kingdom of God.

Today we recall how he left this earth and returned to his Father, ascending into heaven to take his throne over all dominions and powers. Trusting in his reign over all creation, and submitting to his kindly yet loving rule, let us hear the story of his parting.

## THE ASCENSION READING

A reading from the Acts of the Apostle

While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. 'This', he said, 'is what you have heard from me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now.'

So when they had come together, they asked him, 'Lord, is this the time when you will restore the kingdom to Israel?' He replied, 'It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.' When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up towards heaven, suddenly two men in white robes stood by them. They said, 'Men of Galilee, why do you stand looking up towards heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.'

Alleluia. Christ is risen.

All **He is risen indeed. Alleluia.**

*The presiding minister says*

Seeing we have a great high priest who has passed through the heaven, Jesus the Son of God, let us offer him the praise worthy of his name.

#### THE COLLECT OF THE DAY

Grant, we pray, almighty God,  
that as we believe your only-begotten Son our Lord Jesus Christ  
to have ascended into the heavens,  
so we in heart and mind may also ascend  
and with him continually dwell;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Amen**

# THE LITURGY OF THE WORD

## THE GOSPEL ACCLAMATION

Alleluia, alleluia.

Go and make disciples of all nations, says the Lord.

Remember, I am with you always, to the end of the age.

*cf Matthew 28.19,20*

**Alleluia.**

## THE GOSPEL Luke 24.44-end

Hear the Gospel of our Lord Jesus Christ according to Luke

All **Glory to you, O Lord**

Then Jesus said to them, 'These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.' Then he opened their minds to understand the scriptures, and he said to them, 'Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high.'

Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshipped him, and returned to Jerusalem with great joy; and they were continually in the temple blessing God.

*At the end*

This is the Gospel of the Lord.

All **Praise to you, O Christ.**

## THE ADDRESS

## THE CREED

All **We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is,  
seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.  
For us and for our salvation he came down from heaven,  
was incarnate from the Holy Spirit and the Virgin Mary  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the  
dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is worshipped and  
glorified,  
who has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

## THE PRAYERS OF INTERCESSION

Let us join our prayers with those of our Saviour Christ,  
seeking the Father's blessing and the gifts of the Spirit.

Jesus Christ, great high priest,  
living for ever to intercede for us,  
pray for the Church, your broken body in the world ...

*Silence is kept.*

Lord, hear us.

All **Lord, graciously hear us.**

Jesus Christ, King of righteousness,  
enthroned at the right hand of the majesty on high,  
pray for the world, and make it subject to your gentle rule ...

*Silence is kept.*

Lord, hear us.

All **Lord, graciously hear us.**

Jesus Christ, Son of Man,  
drawing humanity into the life of God,  
pray for your sisters and brothers in need, distress, or sorrow ...

*Silence is kept.*

Lord, hear us.

All **Lord, graciously hear us.**

Jesus, pioneer of our salvation,  
bringing us to glory through your death and resurrection,  
surround with your saints and angels  
those who have died trusting your promises ...

*Silence is kept.*

Lord, hear us.

All **Lord, graciously hear us.**

Jesus Christ, Lord over all things,  
ascended far above the heavens and filling the universe,  
pray for us who receive the gifts you give us for work in your service..

*Silence is kept*

Lord, hear us.

All **Lord, graciously hear us.**

Jesus Christ,  
keep the Church in the unity of the Spirit  
and in the bond of peace,  
and bring the whole created order to worship at your feet;  
for you are alive and reign with the Father  
and the Holy Spirit,  
one God, now and for ever.

All **Amen.**

## THE LITURGY OF THE SACRAMENT

### THE PEACE

Jesus says: 'Peace I leave with you; my peace I give to you.  
If you love me, rejoice because I am going to the Father'. Alleluia.

The peace of the Lord be always with you

All **and also with you.**

Let us offer one another a sign of peace.

### PRAYER AT THE PREPARATION OF THE TABLE

Blessed be God,  
by whose grace creation is renewed,  
by whose love heaven is opened,  
by whose mercy we offer our sacrifice of praise.

All **Blessed be God for ever.**

## THE EUCHARISTIC PRAYER

The Lord be with you  
All **and also with you.**

Lift up your hearts.  
All **We lift them to the Lord.**

Let us give thanks to the Lord our God.  
All **It is right to give thanks and praise.**

It is indeed right and good,  
our duty and our joy,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God,  
through Jesus Christ the King of glory.  
Born of a woman,  
he came to the rescue of our human race.  
Dying for us,  
he trampled death and conquered sin.  
By the glory of his resurrection  
he opened the way to life eternal  
and by his ascension,  
gave us the sure hope  
that where he is we may also be.  
Therefore the universe resounds with Easter joy  
and with choirs of angels we sing for ever to your praise:

All **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 praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.  
He broke the bread, gave it to them and said:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, 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.  
Do this, as often as you drink it, in remembrance of me.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice  
made once for all upon the cross.  
Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

All

Great is the mystery of faith:  
**Christ has died:**  
**Christ is risen:**  
**Christ will come again.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.  
Look with favour on your people,  
gather us in your loving arms  
and bring us with the Blessed Virgin Mary, St Michael, and  
all the saints to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.

All **Amen.**

## THE LORD'S PRAYER

As our Saviour taught us, so we pray

All **Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever. Amen.**

## THE BREAKING OF THE BREAD

We break this bread  
to share in the body of Christ.

All **Though we are many, we are one body,  
because we all share in one bread.**

## THE INVITATION TO COMMUNION

Alleluia. Christ our passover is sacrificed for us.

**All Therefore let us keep the feast. Alleluia.**

## SPIRITUAL COMMUNION

*If you are watching this service from home, you may wish to make an act of spiritual communion at this point, using one or more of the following prayers:*

Thanks be to you, Lord Jesus Christ,  
for all the benefits you have given me,  
for all the pains and insults you have borne for me.  
Since I cannot now receive you sacramentally,  
I ask you to come spiritually into my heart.  
O most merciful redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.

Amen.

*after the Prayer of St Richard of Chichester*

O God, help me to trust you,  
help me to know that you are with me,  
help me to believe that nothing can separate me from your love revealed in  
Jesus Christ our Lord.

Amen.

Lord Jesus Christ,  
you said to your disciples, 'I am with you always'.  
Be with me today, as I offer myself to you.  
Hear my prayers for others and for myself,  
and keep me in your care.

Amen.

## THE POST COMMUNION PRAYER

Eternal God,  
whose Son Jesus Christ is the way, the truth, and the life:  
grant us to walk in his way,  
to rejoice in his truth,  
and to share his risen life;  
who is alive and reigns, now and for ever.

All **Amen**

## THE DISMISSAL

Then the disciples returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away. When they had entered the city, they went to the room upstairs where they were staying. They were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

*Silence is kept*

## THE BLESSING

May the Spirit,  
who set the Church on fire upon the day of Pentecost,  
bring the world alive with the love of the risen Christ.  
And the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

All **Amen**

## THE DISMISSAL

Waiting expectantly for the promised Holy Spirit,  
go in the peace of Christ. Alleluia, alleluia.

All **Thanks be to God. Alleluia, alleluia.**