

Stillpoint contemplative worship

Holy Communion



*Come into the quiet
and find grace and peace
to restore your soul*

**(Please leave this order of service on your seat
so we can re-use it).**

GATHERING

In joy and thanksgiving we gather together today. We stand on land curated for centuries by the Kurna people, and in a building sanctified by the prayer and praise of this Christian community. In silence now we open our hearts to God, and to each other, in welcome and love.

Silence

The community of Christ's Church gathers and scatters, again and again. In gathering we renew our strength, deepen our understanding about who Christ calls us to be, and pray for the world. In scattering we go to live out the life of Christ on earth through our prayers and our work. Gathered, and scattered, we are part of a movement which has carried the presence of Christ for over two thousand years, through change and suffering, through renewal and revelation. In silence we remember who we are and the greater community of which we are a part.

Silence

Here, now, in the holiness of this present moment, surrounded by choirs of angels and a great cloud of unseen witnesses; in unison with the birds of the air and the creatures of the land; and in community with all on earth who worship God, we begin our worship. AMEN.

MUSIC/SONG

RECOLLECTING

Let us take a few moments to reflect on these past days since we have gathered. In silence let us remember where we have responded to God's love – and where we have resisted it. Let us become aware of how our living has expressed the Way of Jesus Christ, - and where we have neglected to do so. And let us remember where the Spirit has inspired us to see things differently, and where we have chosen the security of our own preferences.

SILENCE

For our resistance to God's love,
 for our reluctance to live out the Way of Christ,
 and for our deafness to the Spirit's inspiration,
O God, forgive us and set us free.

Sisters and brothers in Christ,
 we can live with the confidence
 of knowing that our oneness with God
 endures for ever, and that every day
 offers to us a new beginning.

Thanks be to God.

The peace

The peace of Christ be with you.

And also with you.

MUSIC/SONG

STORYTELLING AND REFLECTING

Readings (At the conclusion of the readings)

For the Word of God,
breaking open the meaning of life
in Scripture and story,
in poetry and prayer,
in art and nature,
and in the witness of human experience ...

Praise to you, living Christ.

Homily, reflection or guided meditation to lead into silence.

Silence

MUSIC/SONG as a response to our listening and reflection

THE INVITATION

Jesus invited us to life in all its fullness.
All are welcome at this table.
In this meal we remember and celebrate
his presence with us
and our community with each other.

THE STORY

On a night long ago, in an upper room where he gathered with his companions, reaching out in love and promising that wherever this meal was re-enacted he would be present, Jesus took bread and wine - everyday, familiar things – and named them as symbols of the most holy mystery of God.

Taking the fragrant, newly baked bread in his hands
- hands that had healed and blessed,
hands that had been lifted in celebration,
and wrung in grief and pain;
hands that had overturned tables,
and lifted up those who were bent-over with suffering;
hands that had been clasped in prayer,
and stretched out to gather in the excluded,
Jesus took the bread in these hands, broke it,
and blessed it, saying
“This is my body, broken for you.
Do this in remembrance of me.”

Then he took the cup,
- filled with rich, red wine,
pressed from the fruit of the vine;
purified and matured;
symbol of human and divine hospitality;
poured out generously into empty vessels;
a gift which words and rituals cannot fully describe
but which we receive in faith and hope;

a sign of the great oneness between holy and human;
 the holy wine of God's never-ending grace,
 and blessed it, saying: "This cup is the new covenant in my blood.
 Do this as often as you drink it, in remembrance of me. (1
 Corinthians 11: 23b-25)

Let us, as the companions of Christ, gathered in this time and
 place, know ourselves to be invited and included in the sacred
 meal which began that night, and which has never ended.

The great prayer of thanksgiving

The presence of Christ be with you,
and also with you.

Be encouraged, dare to be hopeful,
we lift our hearts with hope and joy.

Let us be profoundly thankful

We give to God our thanks and praise.

God, before time you were present.

You burst into creativity and everything began.

The Universe and its galaxies exploded into life,
 dancing spirals and fiery stars
 played across the heavens.

The earth cooled, and water came,
 and over millions of years

life on earth flourished and changed,
 died and gave way to new life.

And in all this Your very self was being expressed
 and made known to us.

Here in Australia the rocks and oceans,
deserts and rainforests,
creatures of sky, sea and land,
and human life, came into being,
and an ancient people told their stories
and cherished the creation.

Wisdom was present on earth, speaking through
religions and prophets, through story-telling
and myth, in word and ritual,
giving meaning to mystery,
and charting the story of humankind.

In the Ancient Near East,
as prophets had foretold,
Jesus the Christ, revealer of God,
holy one born into our humanity,
came and lived and walked among us,
teaching, healing and calling for justice.
Through his life, death and abiding presence
a confused and hurting world received
a new message of hope, reconciliation,
and liberation for all God's creation.
A new community and a new story began.
The story continues through all who follow the Way of Christ
as the Holy Spirit directs them to in their time and place.
Recalling this, and remembering
the splendour, complexity,

and eternal possibilities of God's creativity
we can only bow our heads in gratitude, and say:

**Holy, Holy, Holy God,
the whole of creation sings to You,
angels and prophets,
women, men and children,
whole communities,
the trees of the earth,
and the stars in the heavens.**

We who gather today
can only say "Blessed ...
Blessed are you, O God. And blessed
is Jesus Christ, who comes in Your name.
Praise to You, Holy One!

In this community of Your people,
We acknowledge and greet
the One who comes among us,
Bread of Life, hope of the world.

Christ is with us, Christ is one with us,
and we are invited to participate
in the celebration of this holy meal.

(Invocation of the Holy Spirit)

We call now upon the Spirit's presence at this table,
so that this bread and this wine
may be infused with the Christ-presence,
and that we may be bearers of this presence
in our life together, and our life in the world.

Silence

(In the silence, we pause to contemplate and prepare ourselves
to receive the One who comes to us in bread and wine).

We say together:

Christ has died,

Christ has risen,

Christ will come again

The breaking of the bread and raising of the cup

The bread of Christ,
broken and shared;
our source of life
in all its fullness.

(The cup of wine is raised high, and there is a moment of silence)

The sanctified wine,
poured out for us,
to satisfy our deepest longings
so that we may never thirst again.

The gifts are ready.
You are invited to receive them.

Distribution

Bread of life, bring forth life in you

Wine of grace, refresh your spirit.

After communion

Most Holy God,
we thank you for the gift of Jesus Christ,
for the nourishment of his life and teaching,
the power of his death and resurrection,
and for his invitation to enjoy
life in all its fullness.

As he allowed Your life and Your way
to become visible in him,
may God's presence also
be revealed through our lives.

We ask this not in our own strength
but through the grace and help
of the Holy Spirit.

AMEN

PRAYING

MUSIC/SONG

PRAYERS OF INTERCESSION

In the quietness you are invited to offer a brief prayer, or to name a person or situation you would like us to pray for. If you will conclude with the words, **“This is my prayer”** we will all respond with **“This is our prayer.”**

At the conclusion of the prayers:

O God, You re-create, shape and fashion us
to bring forth Your life in this world.

**You help us to recognise goodness, truth and beauty,
and help us to quieten our hearts
so that we may be wise and discerning.**

May we grow in kindness and compassion,
and share Your longing for a world made whole.

Receive our prayers, and help us

- to see the world as You see it

-and to be part of all

that You are creating it to be. AMEN.

LEAVING

MUSIC/SONG

As we prepare to leave our time of worship
and to take up the rhythm of our daily lives,
may we hold within us whatever the Spirit

has given to us during this time of worship,
and may our prayer and our contemplation
allow it to grow and to flourish.

And may God bless us with imagination and courage,
may Christ be our companion and our guide,
and may the Spirit provoke us and empower us
to be all that we were created to be.

Go now with the blessing of the Holy Three –
Creator, Redeemer and Sanctifier,
and be a blessing to others. AMEN.

Liturgy for Holy Communion Ann Siddall, Stillpoint Faith
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