

## Act of Worship to celebrate the topic:

**'The Eucharist challenges and enables living and growing in communion'**

**Gathering  
Together**

We gather together **In the name of the Father and of the Son and of the Holy Spirit. Amen**  
The Lord be with you.  
**And with your Spirit.**

We have been learning about the importance of 'give and take', of 'giving and receiving'.

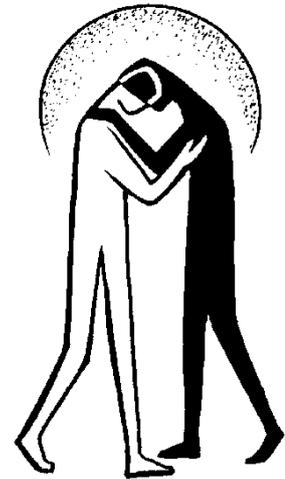
Because we are not always successful at behaving the way we should, Catholics say sorry to God for the times they have done something wrong near the beginning of every Mass. At the same time they also confess their wrongdoing to all those who are with them there, and ask them for their prayers and forgiveness. Let us say those same words now.

You came to show us what love is. Lord have mercy.  
**Lord have mercy.**

You came to take away our selfishness. Christ have mercy.  
**Christ have mercy.**

You pray to your Father for us all. Lord have mercy.  
**Lord have mercy.**

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned  
in my thoughts and in my words,  
in what I have done  
and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.



May almighty God have mercy on us, forgive us our sins and bring us to everlasting life. **Amen.**

**The  
Word of  
God**

We are now ready to listen to God's Word.

A reading from St Paul's First Letter to the Corinthians

The tradition that I received is one which goes right back to Jesus himself. It is this same tradition which I have handed on to you: that on the night he was betrayed, the Lord Jesus, took some bread, gave thanks to God, broke the bread and said,

"This is my body which is for you, do this in remembrance of me."

Then in the same way he took the cup of wine after supper, gave thanks to God and said, "This cup is the cup of my life blood, whenever you drink it do this as a memorial of me."

This means that whenever you eat this bread and drink this cup you are proclaiming the death of Jesus until he comes.

The Word of the Lord

**Thanks be to God**

**Response to  
the Word**

St Paul's words remind us that Jesus gave everything for us – his very life – his body and blood. It is his very self, his body and blood that Catholics receive in Holy Communion during the celebration of the Eucharist. Let us sit in silence for a moment to give thanks to God for giving us Jesus who loved us so much he was prepared to give his life for us.....



Jesus gave a special prayer to his friends. Catholics say this prayer before Holy Communion in the Mass. This is a simple but challenging prayer. We ask God for what we need. We also ask for forgiveness from God and recognise that we need to forgive others too.

Let us now share that prayer together...

**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.**

**Going  
Forth**

As we prepare to finish our celebration, let's promise to make that extra effort to show that we are willing to 'give and take'. Let us think about how we might do this at home... Let us share the sign of peace with one another.

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