Celebrant: The Lord be with you.
People: And also with you.
Celebrant: Lift up your hearts!
People: We lift them up to the Lord!
Celebrant: Let us give thanks to the Lord our God!
People: It is right to give him thanks and praise!

Celebrant:
God, thank you for making the earth and all that is in it.
Thank you for revealing the truth about you to your people.
Thank you for every good thing we see and know and touch—for the big
sky above us and the ground beneath us, for our families and for every
person we meet.

And thank you, God, for everything that we cannot see—the realms of
heaven and all the angels and heavenly messengers.
We are in awe of you, God!
And so we join our voices with those angel voices, who even now are
singing with the saints—

Everyone: 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.

You made the universe and you made people;
you gave the universe the gift of chance
and you gave people the gift of free will.
Then you saw how we have ignored what is good and true,
and how we forget your rules and your love.
And so sin and pain entered the world.
And so you decided to give us another gift. You came to visit us in a very special way, and you sent us Jesus Christ, who was fully God and fully human. Even when Jesus was born, he saved us. In all parts of his life, he showed us how to live. And when Jesus gave his life up freely on the cross, he saved us all.

That was on Good Friday, a sad day. Some people hated Jesus because Jesus told them the truth about God and the world. They killed him.

And then, on the third day, Jesus rose again, alive in a different way. Jesus defeated death. Thank you, God, for that first Easter Day, when his friends learned that Jesus is with us always, and nothing can take him away from us.

But on th[at] night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he 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. Whenever you drink it, do this for the remembrance of me."

Recalling now his suffering and death, and celebrating his resurrection and ascension, we await his coming in glory. Accept, O Lord, our sacrifice of praise, this memorial of our redemption.

Send your Holy Spirit upon these gifts. Let them be for us the Body and Blood of your Son.

And grant that we who eat this bread and drink this cup may be filled with your life and goodness, being filled with the Holy Spirit so that the whole world may remember you.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.
AMEN. Amen! Amen!
Everyone: AMEN! Amen! Amen!

Celebrant: Now let’s say together the prayer that Jesus taught us. Everyone: 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, and the power, and the glory, for ever and ever. Amen.

Celebrant: When we eat and drink this holy food, it’s not food for our hungry bodies. It’s food for our hungry and tired hearts. It’s for the parts of us inside that feel hurt, and the parts of us that have hurt others. And when we eat and drink it, we remember Jesus, and how he loves us and wants us to love each other.

*The Bread and Cup are given with the words:*  
This is the body of Christ, the bread of heaven.  
This is the blood of Christ, the cup of salvation.

*the Post-Communion Prayer*  
Celebrant: Now, let’s thank God for the gift of Jesus, and the gift of his very self for food. Let’s say “thank you, thank you, thank you God!”  
Everyone: Thank you! Thank you! Thank you, God! Amen.