

Sacrament of Holy Communion

On Pentecost, the gift of God's Spirit was given freely to all who longed to receive it. On this day of Pentecost, we welcome all those who long to follow in the Way of Jesus to share in this sacrament of Communion.

God is with us.

We are not alone.

Christ is present here.

The Spirit is among us!

Let us give thanks to God in memory and in hope.

Prayer of Great Thanksgiving

Blessed are you, Gracious God, for you grace this world with life and light and love. In the beginning, your Spirit moved across the deep waters like the northern lights dance across the skies at night. Amid emptiness and chaos, you sought connection, and so, you created day and night, skies and seas, plants and trees the stars in the sky, the animals that fly and the animals that swim, the animals that walk and swing and sing, and you called us all good. And over time, your Spirit continued to call forth wisdom and courage for your people: Filled with the Spirit, Miriam danced for joy on the shores of the Red Sea. To Elijah, the Spirit was heard in the still, small voice after the fire and wind. Ezekiel witnessed your Spirit breathe life into a people without hope. To the

prophet Joel, you promised: "I will pour out my Spirit on all people. Your children will prophesy, your elders will dream dreams, your youth will see visions. And on my servants, people of all genders and races, I will pour out my Spirit in those days." Yet we turned from you, Afraid and uncertain of what you would do. Yet you continued to pursue us in love, coming to Mary who boldly said yes and so, you brought that Spirit into the world once more, alive and embodied in Jesus, the Christ. He lived with the Spirit's deep passion and wisdom. He boldly shared the Spirit's joy and compassion. He dared to dream that your kingdom will come on earth, as it is in heaven, and he called us all to follow in his Way. And, on Pentecost, his followers received your Spirit, too. They proclaimed your goodness in every language.

Christ has died! Christ has risen! Christ will come again!

And so, we remember the courage and vision Jesus shared with his friends on the night he was betrayed. During supper, Jesus took a loaf of bread, gave thanks to God, broke it, and gave it to his disciples, saying:

"Take this bread and eat. This is my body which is given for you. Whenever you eat, do this in remembrance of me."

And after supper, he took the cup of blessing, He gave thanks to God, and shared it with his disciples, saying:

"Take this cup and drink. This cup is God's promise, shared in my life. Whenever you drink it, remember me."

Loving God, we rejoice in the life of Jesus Christ, and in the gift of your Spirit that is poured out upon us. We now open ourselves to your power and presence so that our lives may proclaim the mystery of our faith:

Pour out your Spirit once more upon us, O God, and upon these gifts of bread and cup so that we might witness your Spirit in action and join in Christ's life, proclaiming your joy and your Reign.

On this Pentecost day, we pray: **Come, Holy Spirit! Come, Holy Spirit! Amen!**

Our Father..

SHARING OF THE BREAD AND CUP

When we share the bread, , together we remember that Jesus was strongest and most powerful in his weakest and most vulnerable moments. This broken loaf is the bread of life. When we fill this cup we remember the common cup, and the abundant blessings that have been entrusted to us. This is the cup of blessing. The gifts of God for the People of God.

Thanks be to God.

You are invited to come forward to receive the elements

PRAYER AFTER COMMUNION

In your grace and by your Spirit we have been fed at this table, brought into communion with you and each other.

May this banquet so inspire us to love as we have been loved, feed as we have been fed, and to welcome all as Christ has welcomed us. In this way, we will witness your reign on earth, as it is in heaven. Amen

Hymn