

Holy Communion

The Iona Creed, based on the Apostles' Creed and Modified for AHPC

We Believe in God above us,
Maker and sustainer of all that lives,
Of sun, moon and stars,
Of water, air, and earth,
Of male and female,
All genders, colours and cultures.

We believe in God beside us,
Jesus Christ, the Word made flesh,
Born of a woman's womb, servant of the poor.
He was tortured and nailed to a cross.
He bore the suffering of others, but died himself forsaken.
He descended into the earth to the place of death.
On the third day he rose from the tomb.
He ascended into heaven to be everywhere present,
And his reign will come on earth.

We believe in God within us,
The Holy Spirit of transforming flame,
Life-Giving breath of the church,
Energy of healing, justice and forgiveness,
Source of resurrection and life everlasting.
Amen.

The Invitation

Great Prayer of Thanksgiving & the Lord's Prayer

The Lord be with you.
And also with you.
Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

Holy, holy, holy Lord, God of power and might,

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is the one who comes in the name of the Lord.

Hosanna in the highest.

Christ has died,

Christ is risen,

Christ will come again. Hallelujah!

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, the power, and the glory,

Forever. Amen.

Words of Institution

Sharing of Elements

Prayer after Communion:

We thank you, gracious God, for this bread and wine. The meal we have shared nourishes and awakens us to your glory, grace, and goodness. Let our experiences in the mountaintop inspire our everyday living; may we seek your light always and shine your light on what is good and just. We ask this through Jesus Christ, our light that shines in all places at all times. Amen.