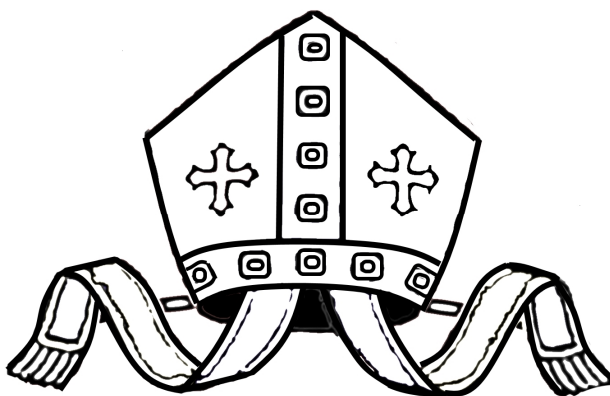
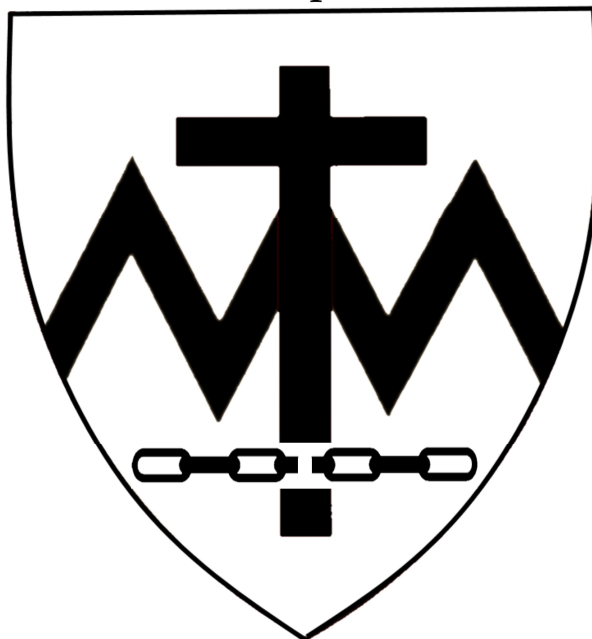


**A conditional form of self-administered communion**  
**when a priest is not available:**



**St Leonard's Chapel, Hazlewood**



Approved for conditional use by OSJ (UK) Members

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### **Preparations:**

*Make sure you observe basic hygiene procedures and wash your hands thoroughly.*

*You will need a small cup or glass and a plate for a small amount of wine and bread, just enough for the people receiving. Make sure they are appropriate and clean. They don't need to be 'churchy', just practical.*

*If you cannot get wine or bread, then use the nearest alternatives you can find.*

*These things should be placed on a small clean, white (if you have one) cloth along with anything else you feel would be helpful (a small cross, bible, candles, etc.) A napkin or serviette will suffice.*

*Prepare yourself by spending a few moments in quiet prayer.*

### **Sanctification:**

*Place your hands over, but not touching the cup and plate you are going to use, and say,*

*'Dear Father, may you bless, cleanse and sanctify these things in this my/our hour of need.'*

*The sign of the cross may be made.*

### **Words of welcome and encouragement:**

God so loved the world that he gave his only Son, that whoever believes in him should not perish, but have eternal life. (John 3:16)

Jesus said, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst." (John 6:35)

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood:  
Mercifully grant that I/we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who lives and reigns for ever and ever. Amen.

### **Confession:**

Most merciful God,  
I/we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
I/We have not loved you with our whole heart;  
I/we have not loved our neighbours as ourselves.  
I/We are truly sorry and we humbly repent of our sins.  
For the sake of your Son Jesus Christ,  
have mercy on me/us and forgive me/us;  
that I/we may delight in your will, and walk in your ways,  
to the glory of your Name. Amen.

### **The Absolution:**

May Almighty God have mercy on me/us, forgive me/us all my/our sins through our Lord Jesus Christ, strengthen me/us in all goodness, and by the power of the Holy Spirit keep me/us in eternal life.  
Amen.

**The Peace:** *(optional)*

The peace of God be with you.

(Response) And also with you.

*(A sign of peace may be exchanged.)*

**The Lord's Prayer:**

Using the words our Lord Jesus Christ taught us, I/we say

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.

*(Other prayers may be added as is appropriate, and you may conclude each with  
'Lord in your mercy, hear our prayer')*

**The Preparation:**

*Make sure your hands are hygienically clean before following the next set of  
instructions:*

*A little water may be added to the wine if that is required.*

*The elements shall be consecrated/blessed in the following manner:-*

*Placing hands over, but not touching the bread and wine, the prayer of blessing and consecration is said*

Dear Father, may you bless, consecrate and make holy these elements of bread and wine in this our hour of need.

May they ever be an acceptable and worthy sacrifice in your eyes.

*(Touching the cup)*

Scripture records that Jesus took the cup of wine and gave thanks, instructing that it should be divided up amongst all the disciples.

*(Breaking the bread)*

He took the bread and gave thanks and broke it, saying "This is my body which is given for you - do this in remembrance of me."

*(Touching the cup)*

He took the cup after supper, saying "This is my blood which is given for you and many others for the remission of sins. It is the new testament."

### **The Invitation:**

I am/We are one in body with Christ as its Head.

*(Then touch the plate and the cup briefly as you say)*

These are the Gifts of God for the People of God.

I/We accept them in remembrance that Christ died for me/us, and feed on Him in my/our heart(s) by faith with thanksgiving.

### **During Communion:**

*(On receiving the bread say)*

The Body of our Lord Jesus Christ, keep me/you in everlasting life. Amen.

*(On receiving the wine say)*

The Blood of our Lord Jesus Christ, keep me/you in everlasting life. Amen.

### **After Communion:**

Gracious Father, I/we give you praise and thanks for being able to share together in these gifts of bread and wine.

I/We have shared in this act of love and remembrance in true fellowship.

### **The OSJ (UK) Doxology:**

I/We honour God the Father.

I/We honour God, the Son.

I/We honour God, the Holy Spirit.

I/We honour God, three in one. Amen.

### **Closing Blessing:**

The peace of God which passes all understanding,  
keep my/our heart(s) and mind(s) in the knowledge and love of God,  
and of His Son, Jesus Christ, our Lord;  
and the blessing of God Almighty,  
the Father, Son and Holy Spirit,  
(be amongst us and) remain with me/us always.  
Amen.

(Optional) Our celebration is ended. Let us go in the peace of Christ.

(Response) Thanks be to God.

**Afterwards:**

*If there is any bread (especially any crumbs that were caught on the cloth) and wine left, they must be consumed immediately and reverently.*

*Wash anything you have used (plate/cup/etc.) up carefully. You may wish to set them aside for further use.*

*A few moments of quiet prayer will be appropriate.*

