

# A Contemplative Eucharist

## Gathering

*The bell is rung once to indicate the formal beginning of the Eucharist.*

Priest: The inward breath, the rising sun, air, Raphael, the healer

**All: Raphael**

The held breath, the noonday sun, fire, Michael, the defender

**All: Michael**

The outward breath, the setting sun, water, Gabriel, the herald

**All: Gabriel**

The empty breath, the midnight sun, earth, Uriel, the companion

**All: Uriel**

Lord, Utmost Source of All, protect and help us

**All: Amen**

*The people make the sign of the cross in response as the priest says,*

In the Name of the One. +Progenitor, Word, Spirit.

*The bell is rung once. Silence.*

## The Word

Wisdom. Be attentive. Let us open our hearts to receive the Word.

*The bell is rung once. Silence.*

*A reading from scripture.*

Having received the Word, let us allow it to rest in silence.

*The bell is rung once and silence is kept for several minutes to allow the Word to deepen.*

## Offerings

*Led by the priest, first we offer a prayer for others in our lives, followed by silence.*

*Then we reflect on what keeps us from God*

Cantor: Create in me a clean heart, O Gód : And renew a right spirit within me.

*The people follow the chant set by the Cantor.*

**All: Create in me a clean heart, O Gód : And renew a right spirit within me.**

*Repeated three times. Silence.*

Priest: By the blessing of the Holy Logos, I set you free from that which binds you and absolve you of your sins in the Name of the +Father, the Son and the Holy Spirit.

**All: Amen**

*The bell is rung once. Silence.*

*The priest takes the bread.*

Priest: Bread of the earth. Grown in the body of the world. Made by the work of humankind. We give thanks for our manifest existence and we offer ourselves and this bread to be transformed in Love. It will become His Body.

*The priest takes the chalice.*

Priest: Fruit of the vine. Refined by the work of your people. We give thanks for our spiritual nature and we offer ourselves and this wine to be transformed in Gnosis. It will become His Blood.

## Breaking Bread

*The priest quietly performs the lavabo without fuss. With hands raised:*

The Kingdom of Heaven is within you and also without.

When you make the two one, then you will enter the Kingdom.

*The priest takes the bread.*

On the night You were betrayed,  
You took bread and gave thanks and praise.  
You broke the bread, gave it to Your disciples, and said:

*The priest bows her head.*

Take this, all of you, and eat it: This is my body.

*The priest takes the cup.*

When supper was ended, You took the cup.  
Again You gave thanks and praise,  
Gave the cup to Your disciples, and said:

*The priest bows her head.*

Take this, all of you, and drink from it: This is the cup of my blood.

*The priest elevates the Body and the Blood.*

Behold the Sacred Flame which reconciles each one of us. Behold the Grail which heals.

## **Communion**

*Communion is shared in silence. The Body and Blood should be taken to the people to minimise movement and activity.*

*When all have shared, the following chant is led by the priest or a cantor.*

Cantor: Be still and know that I am God

**All: Be still and know that I am God**

**Be still and know that I am**

**Be still and know**

**Be still**

**Be**

*The bell is rung once – 20 minutes of silent meditation – the bell is rung again.*

## **Dispersing**

Every soul and heart reaches out to you, O Name free of trouble.

The thanksgiving of those approaching You is only this: That we know You.

Beloved, may the blessings we have shared flow with us into the world. May all wounds heal and blessings grow.

*The bell is rung once.*

The Eucharist never ends! Let us go in Peace to serve the Beloved who dwells among us and the blessing of God almighty, +Father, Son and Holy Spirit be with you and among you eternally.

**All: Amen.**

Celebrant: Raphael

**All: We thank thee**

Celebrant: Michael

**All: We thank thee**

Celebrant: Gabriel

**All: We thank thee**

Celebrant: Uriel

**All: We thank thee**

*The bell is rung once.*

*Each person may sit in silence or depart as they wish. Any talking should be conducted outside.*