**Retreat Day Eucharist**

saint benedict's table

**Gathering**

The grace of our Lord Jesus Christ,

 and the love of God,

 and the fellowship of the Holy Spirit,

 be with you all.

**And also with you.**

*Holy Father, Son and Spirit*

*Holy Communion, three-in-one*

*Holy Father, Son and Spirit*

*Holy Communion, three-in-one*

*Come with your peace, with your invitation*

*Bind us together in Holy Love*

*Come with your peace, with your invitation*

*Bind us together in Holy Love*

(Sandra McCracken)

Creator God,

you who gave us birth

and who walks with us through life and into our older years,

we come before you today in worship and openness.

Help us this day to have ears to hear your call,

and to celebrate the ways in which you are present to us.

Transform this people by your presence,

your grace, your love, your nurturing.

This we pray in Jesus’ name. **Amen.**

**The Word**

Psalm 100

Be joyful in the Lord, all you lands;

serve the Lord with gladness

and come before God’s presence with a song.

 **Know this: the Lord is God;**

 **the One who made us and to whom we belong;**

 **we are God’s people, the sheep of God’s pasture.**

Enter the gates of the Lord with thanksgiving;

go into these courts with praise;

give thanks to God and call upon the name of the Lord.

 **For the Lord is good; God’s mercy is everlasting,**

 **in faithfulness that endures from age to age. Amen!**

*The Little Bird Who Found Herself*by Edwin M. McMahon

Prayers of the people

Let us pray to God, asking for the grace to be Christ’s followers.

Make us strong with the faith of Abraham and Sarah.

***Your will be done in us****.*

Make us bold with the courage of Moses and Miriam.

***Your will be done in us.***

Make us alive, as you did Isaiah the prophet, with a sense of your holy presence

***Your will be done in us.***

Shape us, even as you made Mary a bearer of new life.

***Your will be done in us.***

Give us, as you gave your disciples, the courage to follow.

***Your will be done in us.***

Transform us, even as you transformed Mary Magdalene, fitting her to be a witness to your resurrection.

***Your will be done in us.***

Let us pray in stillness, giving thanks to the Lord for having chosen us for place and calling in the life of the church.

*silence is kept*

O Lord our God, you have chosen us and blessed us. Grant, we pray, that having been made new through the mystery of redemption we may respond fully to the great gift of your calling; through Jesus Christ. **Amen**.

The Peace

The peace of the Lord be always with you,

 **And also with you.**

**The Table**

*Our hearts are empty without You*

*Barren and cold but for the bold*

*Hope that You, Yourself planted within*

*In the mighty name of God*

*In the saving name of Jesus*

*In the strong name of the Spirit*

*We come, we cry, we watch, we wait*

*We look, we long for You*

*Sometimes we long for the morning*

*For a refrain from etchings in pain*

*Yet our loneliness draws us to You*

*In the mighty name of God…*

(Jim Crogaert)

The Lord be with you.

 **And also with you.**

Lift up your hearts.

 **We lift them to the Lord.**

Let us give thanks to the Lord our God.

 **It is right to give our thanks and praise.**

We give you thanks and praise, almighty God…

 … Now with all creation we raise our voices

to proclaim the glory of your name.

**Holy, holy, holy Lord,**

 **God of power and might,**

**heaven and earth of your glory are full.**

 **Hosanna! Hosanna! Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

Holy and gracious God, accept our praise,

through your Son our Saviour Jesus Christ…

… all glory and honour are yours, Father and Son,

with the Holy Spirit, in the holy Church,

now and for ever.

**Amen**.

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,

for ever and ever. Amen.

This is the body of Christ:

behold what you are,

become what you receive.

**Amen**.

These are the gifts of God for the people of God.

 **Thanks be to God.**

*Who condemns you now?*

*Neither they nor I*

*Go and sin no more*

*Go and sin no more*

(Gord Johnson)

**After communion, into the rest of life**

Holy God,

in Jesus Christ you have bound yourself to humanity

in a bond that cannot be broken.

In Jesus’ heart of love you have given the world

the enduring statement that you are everlasting, faithful, loving.

Bless each one here on the journey of commitment.

Bless each one with the gifts

that will enhance their joy along the way—

**the gift of listening,**

**the gift of putting others first,**

**the gift of self-knowledge,**

**the gift of faithfulness,**

**the gift of energy,**

**the gift of reflection.**

As you bless us, may each of us experience,

in our hearts and in our lives, a hint of the unspeakable,

incomparable mystery of love that you are.

As you bless us, we bless your Name,

for all that you have given us, through Jesus Christ the Lord.

**Amen**.

*And to you be peace*

*of the mountain stream*

*and the meadow on the moor;*

*like the rustling leaves*

*on a gentle breeze,*

*may God’s peace be ever yours.*

*And to you be joy,*

*like a baby’s voice*

*when held in mother’s arms;*

*like the starling’s flight*

*having survived the night*

*may God’s joy be ever yours.*

*And to you be love,*

*like the rain that falls,*

*giving life and washing clean;*

*like a tree’s stretched arms*

*shelters the birds from harm*

*may God’s love be ever yours.*

(Larry Campbell)

Dismissal

Go forth into the world, rejoicing in God’s Spirit.

 **Thanks be to God**.