

Spiritual Communion



In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

Jesus, Saviour of the world,
we thank you that in this wonderful sacrament you
have left us
a memorial of your passion:
grant us so to reverence the sacred mysteries of
your body and blood
that we may know within ourselves the fruit of your
redeeming love;
who live and reign with the Father and the Holy
Spirit,
one God, for ever and ever. **Amen.**

Listen to the Gospel of Christ according to Saint
John.

Glory to you, O Lord

John 6. 35, 53-58

Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. This is the bread that came down from heaven, Whoever feeds on this bread will live for ever."

This is the Gospel of the Lord:

Praise to you, O Christ.

We offer up to God all our worries, hopes, fears and failings.

Heavenly Father,
we have sinned in thought, word and deed,
and have failed to do what we ought to have done.
We are sorry and truly repent.
For the sake of your Son Jesus Christ who died for
us,
forgive us all that is past and lead us in his way
to walk as children of light. **Amen.**

*Almighty God,
who forgives all who truly repent,
have mercy on us and set us free from sin,
strengthen us in goodness
and keep us in eternal life;
through Jesus Christ our Lord. Amen*

*Take a moment to reflect upon the Eucharist and Christ's
command to "Do this in remembrance of me".*

O Blessed Lord,
in union with the faithful throughout the world,
at every altar of your Church where the Eucharist is
being celebrated,
I desire to offer you praise and thanksgiving.
I present to you my soul and body
with the earnest wish that may always be united to you.
Since I cannot now receive you in the Sacrament,
I invite you to come spiritually into my heart.
I unite myself to you,
and embrace you with heart and mind and soul.
Let nothing ever separate you from me, so that
I may live and die in your love. **Amen.**

*Conclude with the ancient prayer "Anima Christi" in place
of a Blessing.*

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, refresh me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Lord Jesus, hear me.
Within your wounds, hide me.
Do not permit me to be separated from you,
and from the malicious enemy defend me.
In the hour of my death call me,
and bid me to come to you
that with all the saints, I may praise you
for ever and ever. **Amen.**

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CHRISTMAS PRAYERS

(On this holy day) as we celebrate the birth that brings grace and salvation to all, let us place before God our needs and those of the whole world.

For the church here and throughout the world (especially N. our bishop), that our worship and praise may give glory to God, and our witness and ministry promote peace on earth, let us pray:

Glory to God in the highest,
and peace to his people on earth.

For people of every race and nation, that the celebration of the birth of the Prince of Peace may increase their joy and encourage a new birth of righteousness and justice, let us pray: R.

For those who walk in the darkness of despair and the shadow of injustice, that the power of God and the faith of his holy people may break the rod of oppression and lift the yoke of life's burdens, let us pray: R.

For refugees and asylum seekers, for those who are homeless, and parents who struggle alone, that we may see in them the image of Mary and Joseph, and recognise the face of Christ, let us pray: R.

For family and friends near and far, for the hospitalized and housebound and those who are ill: that the good news of great joy which fills our lives may brighten the hearts of all people, let us pray: R.

For ourselves, that by the grace of Christ we may give up all that does not lead to God and that, living good and holy lives, we may bear witness to our hope for the Saviour's glorious return, let us pray: R.

For those who have died in Christ: that the Saviour whose appearing they longed for may gladden them with the vision of heaven's glory, let us pray: R.

In silence and peace, let us offer our own prayers to God our loving Father.

Concluding Prayer

Glory to you, Lord God! In the birth of your Son in Bethlehem, you bring joy and peace to the world. May all for whom we have prayed, and all people throughout the world, be filled with the joy of your presence and know your peace in their lives. We ask this through Christ our Lord. Amen.



TV AND RADIO GUIDE HIGHLIGHTS



TELEVISION

Carols from Kings

BBC 2, Friday 24 December,
6.15pm

Midnight Mass

BBC 1, Friday 24 December,
11.45pm

Christmas Day Service

BBC 1, Saturday 25 December,
10am

Call the Midwife

BBC 1, Saturday 25 December,
8pm





TV AND RADIO GUIDE HIGHLIGHTS



RADIO

Mica's Gospel Christmas

BBC Radio 2, Saturday 25 December
6am-8am

Good Morning Christmas 2021

BBC Radio 2, Saturday 25 December
8am-10am

EBU Christmas Across Europe

BBC Radio 3, Sunday 19 December,
11am – 3pm & 4pm – 10pm

The Essay: The Meaning Of Ritual

BBC Radio 3, Monday 20 December-
Friday 24 December,
10.45pm-11pm

Midnight Mass

BBC Radio 4, Friday 24 December,
11.30pm

Christmas Service

BBC Radio 4, Saturday 25 December,
9am-9.45am

