

And when the fullness of time had come, you spoke to us through your Son, through whom you had also made the ages. He is the brightness of your glory and the express imprint of your substance. He bears all things by the word of his power; yet he did not consider equality with you, God and Father, as something to be grasped; and though he is God before the ages, he appeared on earth and lived among mortals. Taking flesh of a holy Virgin, he emptied himself, taking the form of a servant, being made in the likeness of our lowly body, so that he might make us in the likeness of the image of his glory. For as sin had entered the world through a man, and through sin death, your only-begotten Son—who is in your bosom, God and Father, being born of a woman, the holy Mother of God and Ever-Virgin Mary, being born under the law—was well-pleased to condemn sin in his flesh, so that all who had died in Adam might be given life in your Christ himself.

And having lived in this world, giving us saving commandments, and turning us from the error of idols, he brought us to the knowledge of you, the true God and Father, and acquired us for himself as a people all his own, a royal priesthood, a holy nation. And when he had cleansed us by water and sanctified us by the Holy Spirit, he gave himself as an exchange to death, by which we had been held captive, sold under sin.

And when he had descended through the Cross into Hades, so that he might fill all things with himself, he loosed the pangs of death. And rising on the third day and making a way for all flesh to the resurrection of the dead—for it was not possible for the Prince of life to be mastered by corruption—he became the first fruit of those that sleep, the first-born of the dead, so that he might have pre-eminence in all things. And he ascended into heaven and took his seat at the right hand of your majesty on high; and he will come again to reward each according to their works.

But he has left for us these memorials of his saving passion, which we have set forth according to his commandments. For when he was about to go forth to his voluntary, ever-memorable and life-giving death, on the night he gave himself up for the life of the world, he took bread into his holy and immaculate hands, and when he had shown it to you, God and Father, and had given thanks, blessed, hallowed, and broken it,

**He gave it to his holy disciples and apostles, saying: Take, eat, this is my Body, which is broken for you for the forgiveness of sins.**

*Amen.*

Likewise, when he had also taken the Cup of the fruit of the vine, mixed it, given thanks, blessed and hallowed it, •

**He gave it to his holy disciples and apostles, saying: Drink of it, all of you, this is my blood of the New Covenant, which is poured out for you and for many for the forgiveness of sins.**

*Amen.*

Do this in memory of me; for as often as you eat this bread and drink this cup, you proclaim my death and confess my Resurrection.

Therefore, Master, as we too remember his saving passion, the life-giving Cross, the burial for three days, the Resurrection from the dead, the Ascension into heaven, the sitting at your right hand, O God and Father, and his glorious and dread second coming;

**We offer to you, yours of your own, in behalf of all and for all.**

*We sing of you, we bless you, we thank you, O Lord, and we pray to you, our God.*

Therefore, O all-holy Master, we sinners and your unworthy servants, whom you have counted worthy to minister at your holy altar, not because of our own righteousness—for we have done nothing good on earth—but because of your mercies and compassion, which you have richly poured out on us: we too boldly approach your holy altar, and as we set forth the sacramental realities of the holy body and blood of your Christ, we beg and implore you, O Holy of Holies, that by the good pleasure of your goodness, your Holy Spirit may come upon us and upon these gifts set forth here, and that he may bless and sanctify them and show:

This bread to be the precious body of our Lord and God and Saviour, Jesus Christ,

And this cup to be the precious blood of our Lord and God and Saviour, Jesus Christ,

Poured out for the life of the world.

And unite all of us, who share in this one bread and cup, with one another into the communion of the one Holy Spirit, and let none of us partake of the holy body and blood of your Christ unto judgment or condemnation. Instead, may we find mercy and grace with all the saints, who have been well-pleasing to you since time began, the forefathers, fathers, patriarchs, prophets, apostles, preachers, evangelists, martyrs, confessors, teachers, and every just spirit made perfect by faith.