

The green life rises from the earth,
the life of sun and rain and soil,
in seed and shoot, in grain and grape,
in food and drink for men.

*Praise be to God for all His gifts,
praise for the bread and wine.*

The Lord of Spring, the Lord of Life,
made bread His body, wine His blood.
The life of earth, the life of God,
becomes the life of man.

We take in hand the bread and wine,
reminder of the dying Lord.
This food, this drink, this feast of joy
gives Christ's own life to us.

'The Son of Man must die,' said He,
'My death will raise you all to life.
No blade is born, no harvest reaped,
until the seed has died.'

'These are the signs of death and life,
the bread you break, the cup you share:
My dying gift in which I live,
My death is life to you.'

Give praise to God Who gave this gift,
His very Son, to bring us life.
The Father's life in Him is ours,
His Spirit breathes in us.