

ST. MARGARET'S CHURCH  
LOWESTOFT



# Holy Communion

for the season of Lent



**Sunday 9<sup>th</sup> March 2025**

**Mass Setting:** St. Thomas (D. Thorne)

# Holy Communion service for LENT

Deacon: Gill  
Preaching & Presiding: Canon Simon

## WELCOME & Introduction (please remain seated)

During Lent let us pray to God who meets us in the wilderness of our lives

Creator God,  
Walking in the Garden  
**Breathe life into us**

Tempted God,  
Praying in the desert  
**Breathe life into us**

Suffering God,  
Travelling towards the cross  
**Breathe life into us**

The Lord be with you  
**And also with you.**



## **HYMN 121 - *Forty days and forty nights***

**1 *Forty days and forty nights  
Thou wast fasting in the wild;  
forty days and forty nights  
tempted and yet undefiled.***

**2 *Sunbeams scorching all the day,  
chilly dew-drops nightly shed,  
prowling beasts about thy way,  
stones thy pillow, earth thy bed.***

**3 *Shall not we thy sorrows share  
and from earthly joys abstain,  
fasting with unceasing prayer,  
glad with thee to suffer pain.***

**4 *And if Satan, vexing sore,  
Flesh or spirit should assail,  
Thou, his vanquisher before,  
Grant we may not faint nor fail.***

**5 *So shall we have peace divine  
holier gladness, ours shall be;  
round us too shall angels shine,  
such as ministered to thee.***

**6 *Keep, O keep us, Saviour dear,  
ever constant by thy side;  
that with thee we may appear  
at the eternal Eastertide.***

**GEORGE HUNT SMYTTAN (1822-1870)  
and FRANCIS POTT (1832-1909)**

## **Prayer of Penitence**

Our Lord Jesus Christ said:

The first commandment is this:

'Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.'

The second is this:

'Love your neighbour as yourself.'

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**Amen. Lord, have mercy.**

## **Invitation to CONFESSION**

We come to God from whom no secrets are hidden,  
we bring to God the burdens of our world, and the temptations of our  
hearts and minds.

The sacrifice of God is a broken spirit;  
a broken and contrite heart God will not despise.  
Let us acknowledge our transgressions in penitence and faith.

**Confession (please sit or kneel)**

**Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly,  
love mercy,  
and walk humbly with you, our God. Amen.**

*The Kyrie Eleison*

***Lord, have mercy  
Lord, have mercy***

***Christ, have mercy  
Christ, have mercy***

***Lord, have mercy  
Lord, have mercy***

## **The Absolution**

Almighty God, who forgives all who truly repent, have mercy upon us, pardon and deliver us from all our sins, confirm and strengthen us in all goodness, and keep us in life eternal; through Jesus Christ our Lord. **Amen.**

## **THE COLLECT (Prayer of the week – found on the pew sheet)**

Heavenly Father,  
your Son battled with the powers of darkness,  
and grew closer to you in the desert:  
help us to use these days  
to grow in wisdom and prayer  
that we may witness to your saving love  
in Jesus Christ our Lord.

## **THE LITURGY OF THE WORD (please sit)**

## **All Age Talk**

## **BIBLE READING(S)**

### **Old Testament: Deuteronomy 26.1-11 Read by Jennifer T**

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.'

When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

For the word of the Lord.

**Thanks be to God.**

**HYMN 46 - On Jordan's bank**

***1 On Jordan's bank the Baptist's cry  
announces that the Lord is nigh;  
awake and hearken, for he brings  
glad tidings from the King of kings.***

***2 Then cleansed be every breast from sin;  
make straight the way for God within,  
prepare we in our hearts a home  
where such a mighty Guest may come.***

***3 For thou art our salvation, Lord,  
our refuge and our great reward;  
without thy grace we waste away  
like flowers that wither and decay.***

***4 To heal the sick stretch out thine hand,  
and bid the fallen sinner stand;  
shine forth and let thy light restore  
earth's own true loveliness once more.***

***5 All praise, eternal Son, to thee,  
whose advent sets thy people free;  
whom with the Father we adore  
and Holy Ghost for evermore.***

**CHARLES COFFIN (1676 – 1749)**

**translated by JOHN CHANDLER (1806 – 1876)**



Please remain standing for the **GOSPEL READING - Luke 4.1-13**

Hear the gospel of our Lord Jesus Christ  
according to St Luke.

***Glory to you, O Lord.***

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."'

Then the devil led him up and showed him in an instant all the kingdoms of the world.

And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."' Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."'

Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

This is the Gospel of the Lord.

***Praise to you, O Christ.***

**SERMON: Canon Simon**

**Choir Motet:** A Lent Prose

**PRAYERS OF INTERCESSION Led by Rev Pauline  
(Please sit or kneel)**

*These responses may be used*

Lord, in your mercy

**hear our prayer.**

*at the end*

Merciful Father,

**accept these prayers for the sake of your Son, our Saviour  
Jesus Christ. Amen.**

***Banns of Marriage, Notices & time of sharing***

**THE PEACE (please stand)**

*These words may be used*

Since we are justified by faith,

we have peace with God

through our Lord Jesus Christ,

who has given us access to his grace.

the peace of our Lord Jesus Christ be with you

**And also with you**

**Deacon:** Let us offer one another a sign of peace.

## **OFFERTORY HYMN 115 - *Awake, our souls***

(During the hymn the bread & wine are brought forward, and the altar is prepared]

1 Awake, our souls; away, our fears;  
let every trembling thought be gone;  
awake and run the heavenly race,  
and put a cheerful courage on.

2 True, 'tis a strait and thorny road,  
and mortal spirits tire and faint;  
but they forget the mighty God  
that feeds the strength of every saint:

3 The mighty God, whose matchless power  
is ever new and ever young,  
and firm endures, while endless years  
their everlasting circles run.

4 From thee, the overflowing spring,  
our souls shall drink a fresh supply,  
while such as trust their native strength  
shall melt away, and droop, and die.

5 Swift as an eagle cuts the air,  
we'll mount aloft to thine abode;  
on wings of love our souls shall fly,  
nor tire amidst the heavenly road.

ISAAC WATTS (1674–1748) based on Isaiah 40.28-31

With this bread that we bring  
**we shall remember Jesus.**

With this wine that we bring  
**we shall remember Jesus.**

Bread for his body, wine for his blood, gifts from God to his table we  
bring.

**we shall remember Jesus.**

**EUCCHARISTIC PRAYER (please sit or kneel)**

**(The Choir may remain standing)**

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 thanks and praise.***

It is indeed right,  
it is our duty and our joy,  
At all times and in all places  
To give you thanks and praise,  
Holy Father, heavenly King,  
Almighty and eternal God,  
Through Jesus Christ your Son our Lord.

And now we give you thanks  
Because you give us the spirit of discipline  
That we may triumph over evil and grow in grace  
As we prepare to celebrate the Paschal mystery  
With mind and heart renewed

Therefore, with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
forever praising you and singing:

***Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna, Hosanna, Hosanna, in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna, Hosanna, Hosanna, in the highest.***

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;  
who, in the same night that he was betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.



In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it,  
in remembrance of me.



Therefore, heavenly Father,  
we remember his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection and glorious ascension;  
we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.

Christ is the bread of life:

***When we eat this bread and drink this cup,  
we proclaim your death, Lord Jesus,  
until you come in glory.***

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit,  
inspire us with your love  
and unite us in the body of your Son,  
Jesus Christ our Lord.

Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
all honour and glory are yours for ever and ever Amen



## **The Lord's Prayer**

As we endure the trials of this world,  
we pray for the coming of God's Kingdom  
in heaven and on earth.

**Our Father in heaven  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins,  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the Kingdom, the power, and the glory are yours  
now and forever. Amen.**

## **THE BREAKING OF THE BREAD**

We break this bread to share in the body of Christ  
**Though we are many, we are one body  
Because we all share in one bread.**

*The Agnus Dei*

***Lamb of God, you take away the sin of the world,  
have mercy on us.***

***Lamb of God, you take away the sin of the world,  
have mercy on us.***

***Lamb of God, you take away the sin of the world,  
grant us peace.***

This is the table of our Lord, where hurts are healed, and all is made new in the love of God. Come not because it is I who invite you, it is our Lord; It is his will that those who want him should meet him here.

All are welcome to come forward to receive the bread and the wine or a blessing. It is helpful for us if you say your name when you come to the front. The choir will receive Holy Communion first at the High Altar, followed by the rest of the congregation who will receive Holy Communion at the Chancel step.

Draw near with faith.

Receive the body of our Lord Jesus Christ

which he gave for you,

and his blood which he shed for you.

Eat and drink in remembrance that he died for you,

and feed on him in your hearts

by faith with thanksgiving.

An anthem is usually sung by the Choir and then a Hymn is also sung during communion (please remain seated)

**Anthem:** Be still for the presence of the Lord (Evans)



**Hymn 464 - Sweet sacrament divine**

**1 Sweet Sacrament divine,  
hid in thine earthly home;  
lo! round thy lowly shrine,  
with suppliant hearts we come;  
Jesus, to thee our voice we raise  
In songs of love and heartfelt praise  
sweet Sacrament divine.  
sweet Sacrament divine.**

**2 Sweet Sacrament of peace,  
dear home of every heart,  
where restless yearnings cease,  
and sorrows all depart.  
there in thine ear, all trustfully,  
we tell our tale of misery,  
sweet Sacrament of peace.  
sweet Sacrament of peace.**

**3 Sweet Sacrament of rest,  
ark from the ocean's roar,  
within thy shelter blest  
soon may we reach the shore;  
save us, for still the tempest raves,  
save, lest we sink beneath the waves:  
sweet Sacrament of rest.  
sweet Sacrament of rest.**

**4 Sweet Sacrament divine,  
earth's light and jubilee,  
in thy far depths doth shine  
the Godhead's majesty;  
sweet light, so shine on us, we pray  
that earthly joys may fade away:  
sweet Sacrament divine.  
sweet Sacrament divine.**

## **POST COMMUNION PRAYER**

Said by a minister and found on the weekly pew sheet.

Lord God,  
you have renewed us  
with the living bread from heaven;  
by it you nourish our faith,  
increase our hope,  
and strengthen our love:  
teach us always to hunger for him  
who is the true and living bread,  
and enable us to live by every word  
that proceeds from out of your mouth;  
through Jesus Christ our Lord.

## **THANKSGIVING PRAYER**

**In gratitude, in deep gratitude  
for this moment,  
this meal,  
we give ourselves to you.  
Take us out to live as changed people  
because we have shared the Living Bread  
and cannot remain the same.  
Ask much of us,  
expect much from us,  
enable much by us,  
encourage many through us.  
So, Lord, may we live to your glory,  
both as inhabitants of earth  
and as citizens of heaven. Amen.**

## **HYMN 104 - Songs of thankfulness and praise**

**1 Songs of thankfulness and praise,  
Jesu, Lord, to thee we raise,  
manifested by the star  
to the sages from afar;  
branch of royal David's stem  
in thy birth at Bethlehem:  
anthems be to thee address,  
God in man made manifest.**

**2 Manifest at Jordan's stream,  
Prophet, Priest, and King supreme;  
and at Cana wedding-guest  
in thy Godhead manifest;  
manifest in power divine,  
changing water into wine:  
anthems be to thee address,  
God in man made manifest.**

**3 Manifest in making whole  
palsied limbs and fainting soul;  
manifest in valiant flight,  
quelling all the devil's might;  
manifest in gracious will,  
ever bringing good from ill:  
anthems be to thee address,  
God in man made manifest.**

**4 Sun and moon shall darkened be,  
stars shall fall, the heavens shall flee;  
Christ will then like lightning shine,  
all will see his glorious sign;  
all will then the trumpet hear,  
all will see the Judge appear:  
thou by all wilt be confest,  
God in man made manifest.**

**5 Grant us grace to see thee, Lord,  
mirrored in thy holy word;  
may we imitate thee now,  
and be pure, as pure art thou;  
that we like to thee may be  
at thy great Epiphany;  
and may praise thee, ever blest,  
God in man made manifest.**

Christopher Wordsworth (1807–1885)

## **The Blessing**

Christ give you grace  
To grow in holiness,  
To deny yourselves,  
Take up your cross  
And follow him.

And the blessing of God almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you, be upon those you love, pray for and care for now and for evermore. **Amen.**

## **THE DISMISSAL**

Go in peace to love and serve the Lord.  
***In the name of Christ. Amen.***