

ST. MARGARET'S CHURCH
LOWESTOFT



Holy Communion

for the season of Lent



Sunday 23rd March 2025
3rd Sunday of Lent

Mass Setting: St. Thomas (D. Thorne)

Holy Communion service for LENT

Deacon Loretta
Presiding & Preaching 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: 2 - Christ, whose glory fills the skies

**1 Christ, whose glory fills the skies,
Christ the true, the only Light,
Sun of Righteousness, arise!
Triumph o'er the shades of night:
Dayspring from on high, be near;
Daystar, in my heart appear.**

**2 Dark and cheerless is the morn
unaccompanied by thee;
joyless is the day's return,
till thy mercy's beams I see,
till they inward light impart,
glad my eyes, and warm my heart.**

**3 Visit then this soul of mine!
Pierce the gloom of sin and grief
Fill me, radiancy divine;
scatter all my unbelief;
more and more thyself display,
shining to the perfect day.**

CHARLES WESLEY (1707-1788)

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)

Eternal God,
give us insight to discern your will
for us, to give up what harms us,
and to seek the perfection
we are promised
in Jesus Christ our Lord.

THE LITURGY OF THE WORD (please sit)

All Age Talk - Canon Simon

BIBLE READING(S)

New Testament: 2 Corinthians 9: 5-15 Read by Terri

So, I thought it necessary to urge the brothers to visit you in advance and finish the arrangements for the generous gift you had promised. Then it will be ready as a generous gift, not as one grudgingly given.

Generosity Encouraged

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. As it is written: "They have freely scattered their gifts to the poor; their righteousness endures forever." Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.

This service that you perform is not only supplying the needs of the Lord's people but is also overflowing in many expressions of thanks to God. Because of the service by which you have proved yourselves, others will praise God for the obedience that accompanies your confession of the gospel of Christ, and for your generosity in sharing with them and with everyone else. And in their prayers for you their hearts will go out to you, because of the surpassing grace God has given you. Thanks be to God for his indescribable gift!

For the word of the Lord.

Thanks be to God.

HYMN: 598 - Before the throne of God above

**1 Before the throne of God above
I have a strong, a perfect plea:
a great High Priest, whose name is Love,
whoever lives and pleads for me.
My name is graven on his hands,
my name is written on his heart;
I know that while in heaven he stands
no tongue can bid me thence depart,
no tongue can bid me thence depart.**

**2 When Satan tempts me to despair,
and tells me of the guilt within,
upward I look, and see him there
who made an end of all my sin.
Because the sinless Saviour died,
my sinful soul is counted free;
for God, the Just, is satisfied
to look on him and pardon me,
to look on him and pardon me.**

**3 Behold him there! the risen Lamb!
my perfect, spotless Righteousness,
the great unchangeable I AM,
the King of glory and of grace!
One with my Lord, I cannot die;
my soul is purchased by his blood;
my life is hid with Christ on
high,
with Christ, my Saviour and my God,
with Christ, my Saviour and my God.**

Please remain standing for the **GOSPEL READING: Luke 13: 1-9**

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

Glory to you, O Lord.

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, 'Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.' Then he told this parable: 'A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, "See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?" He replied, "Sir, let it alone for one more year, until I dig round it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down."

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 Jim
(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.

Notices & time of sharing

THE PEACE (please stand)

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: 629 - *Father, hear the prayer we offer*

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

***1 Father, hear the prayer we offer:
not for ease that prayer shall be,
but for strength, that we may ever
live our lives courageously.***

***2 Not for ever in green pastures
do we ask our way to be ;
but the steep and rugged pathway
may we tread rejoicingly.***

***3 Not forever by still waters
would we idly rest and stay;
but would smite the living fountains
from the rocks along our way.***

***4 Be our strength in hours of weakness,
in our wanderings be our Guide;
through endeavour, failure, danger,
Father, be thou at our side.***

LOVE MARIA WILLIS (1824-1908)

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: Bread of the World (Bullard)

HYMN: 429 - *Bread is blessed and broken*

***1 Bread is blessed and broken,
wine is blessed and poured:
take this and remember
Christ the Lord.***

***2 Share the food of heaven
earth cannot afford.
Here is grace in essence —
Christ the Lord.***

***3 Know yourself forgiven,
find yourself restored,
meet a friend for ever —
Christ the Lord.***

***4 God has kept his promise
sealed by sign and word:
here, for those who want him —
Christ the Lord.***

John L. Bell (b. 1949) and Graham Maule (b. 1958)

POST COMMUNION PRAYER

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

Merciful Lord, grant your people grace
to withstand the temptations of the world,
the flesh and the devil,
and with pure hearts and minds to follow you,
the only God; 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: 652 - *Guide me, O thou great Redeemer*

***1 Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty;
hold me with thy powerful hand;
Bread of heaven, Bread of heaven,
feed me now and evermore,
feed me now and evermore.***

***2 Open now the crystal fountain,
whence the healing stream doth flow;
let the fiery cloudy pillar
lead me all my journey through;
strong Deliverer, strong Deliverer,
be thou still my Strength and Shield,
be thou still my Strength and Shield.***

***3 When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side;
songs and praises, songs and praises,
I will ever give to thee,
I will ever give to thee.***

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.

