

ST. MARGARET'S CHURCH
LOWESTOFT



Holy Communion

for the 2nd Sunday of Lent
Sunday 1st March 2026



Mass Setting: St. Thomas (D. Thorne)

WELCOME & Introduction (please remain seated)

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

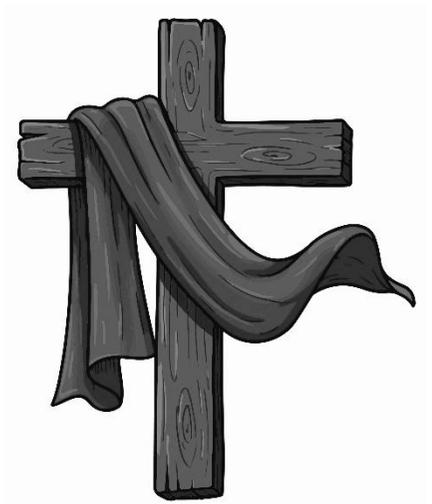
Creator God,
Walking in the Garden
Breathe life into us

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: 595 – *Be thou my vision*

***1. Be thou my vision, O Lord of my heart,
be all else but naught to me, save that thou art;
be thou my best thought in the day and the night,
both waking and sleeping, thy presence my light.***

***2. Be thou my wisdom, be thou my true word,
be thou ever with me, and I with thee Lord;
be thou my great Father, and I thy true son;
be thou in me dwelling, and I with thee one.***

***3. Be thou my breastplate, my sword for the fight;
be thou my whole armour, be thou my true might;
be thou my soul's shelter, be thou my strong tower:
O raise thou me heavenward, great Power of my power.***

***4. Riches I heed not, nor man's empty praise:
be thou mine inheritance now and always;
be thou and thou only the first in my heart;
O Sovereign of heaven, my treasure thou art.***

***5. High King of heaven, thou heaven's bright sun,
O grant me its joys after victory is won;
great Heart of my own heart, whatever befall,
still be thou my vision, O Ruler of all.***

Irish, ca. 8th century; trans. Mary Byrne (1880-1931) versified, Eleanor Hull (1860-1935)

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)

The Kyrie Eleison

When we fail to see Christ
In friend and stranger

Lord, have mercy
Lord, have mercy

When we fail to see Christ
In the miracle of your good earth

Christ, have mercy.
Christ, have mercy

When we fail to see Christ
In the secrets of our own hearts

Lord, have mercy.
Lord, have mercy

The Absolution

May the Lord of love
Bring us back to himself
Forgive us our sins
And assure us of his eternal love
Through Jesus Christ our Lord. **Amen**

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

**Almighty God,
by the prayer and discipline of Lent
may we enter into the mystery of Christ's sufferings,
and by following in his Way
come to share in his glory;
through Jesus Christ our Lord.**

BIBLE READING (Please sit)

Old Testament: Genesis 12: 1 - 4a

Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.'

So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran.

For the word of the Lord.

Thanks be to God.

HYMN: 700 – King of kings

**1. King of kings, majesty,
God of Heaven living in me,
Gentle Saviour, closest Friend,
strong deliverer, beginning and end,
all within me falls at your throne.**

**Your majesty, I can but bow,
I lay my all before you now.
In royal robes I don't deserve
I live to serve your majesty.**

**2. Earth and Heaven worship you,
love eternal, faithful and true,
who bought the nations, ransomed souls,
brought this sinner near to your throne;
all within me cries out in praise.**

**Your majesty, I can but bow,
I lay my all before you now.
In royal robes I don't deserve
I live to serve your majesty.
I live to serve your majesty**

Jarrold Cooper

Please remain standing for the **GOSPEL READING**

Gospel: John 3: 1-17

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

Glory to you, O Lord.

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON

*We stand to affirm our Faith using the words of the **NICENE CREED***

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made.

For us and for our salvation he came down from heaven, was incarnate from the Holy Spirit and the Virgin Mary and was made man.

For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

PRAYERS OF INTERCESSION Led by the young people
(Please sit)

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)

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

Let us offer one another a sign of peace.

OFFERTORY HYMN: 667 – *I danced in the morning*

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

***1. I danced in the morning when the world was begun,
and I danced in the moon and the stars and the sun,
and I came down from heaven and I danced on the earth,
at Bethlehem I had my birth.***

Refrain:

***Dance, then, wherever you may be,
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.***

***2. I danced for the scribe and the pharisee,
but they would not dance and they wouldn't follow me.
I danced for the fishermen, for James and John -
they came with me and the dance went on.***

Refrain:

**Dance, then, wherever you may be,
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.**

**3. I danced on the Sabbath and I cured the lame;
the holy people said it was a shame.
they whipped and they stripped and they hung me on high,
and they left me there on a cross to die.**

Refrain:

**Dance, then, wherever you may be,
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.**

**4. I danced on a Friday when the sky turned black;
it's hard to dance with the devil on your back.
They buried my body and they thought I'd gone,
but I am the Dance, and I still go on.**

Refrain:

**Dance, then, wherever you may be,
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.**

**5. They cut me down and I leapt up high;
I am the life that'll never, never die;
I'll live in you if you'll live in me -
I am the Lord of the Dance, said he.**

Refrain:

**Dance, then, wherever you may be,
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the Dance, said he.**

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)

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.

Let us come together at the Lord's table.

Reader 1: Who is invited to the Lord's Table?

Reader 2: Listen, and we will hear.

All are invited;
the young and the old,
the rich and the poor,
the lowest and the least.

Reader 1: Why do we give thanks at this table?

Reader 2: Listen, and we will hear.

We give thanks because Jesus showed us the way;
we give thanks because Jesus is the Way.
Jesus is a gift from God for the world.

Reader 1: *Why do we eat and drink at this table?*

Reader 2: *Listen, and we will hear.*

We eat because on the night before Jesus died,
he ate with his friends.
He gave them bread and said,
“This is my body which is given for you.
Do this in remembrance of me.”



At that same meal he took a cup of wine and said,
“Drink this cup. This is my blood of the covenant,
which is poured out for many for the forgiveness of sins.”



Reader 1: *What do we remember at this table?*

Reader 2: *Listen, and we will hear.*

We remember Jesus' birth
and his presence as God with us.
We remember Jesus' life and his love.
We remember Jesus' suffering and death on the cross.
We remember the resurrection and the promise of new life.
We remember that we are waiting in hope
to see Jesus again.

And now we give you thanks because Christ, Light of the World, has
dawned in our hearts.

***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.***



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.***

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.

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 thou my vision (Chilcott)

HYMN: 146 – Jesus Christ, I think upon your sacrifice

***1. Jesus Christ, I think upon Your sacrifice
You became nothing, poured out to death
Many times I've wondered at Your gift of life
and I'm in that place once again
I'm in that place once again***

***And once again I look upon
the cross where You died
I'm humbled by Your mercy,
and I'm broken inside
Once again I thank You
Once again I pour out my life***

***2. Now You are exalted to the highest place
King of the heavens where one day I'll bow
But for now I marvel at this saving grace
and I'm full of praise once again
I'm full of praise once again***

***And once again I look upon
the cross where You died
I'm humbled by Your mercy,
and I'm broken inside
Once again I thank You
Once again I pour out my life***

***3. Thank You for the cross
Thank You for the cross
Thank You for the cross, my friend
Thank You for the cross
Thank You for the cross
Thank You for the cross, my friend***

***And once again I look upon
the cross where You died
I'm humbled by Your mercy,
and I'm broken inside
Once again I thank You
Once again I pour out my life***

POST COMMUNION PRAYER

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

Almighty God,
you see that we have no power of ourselves to help ourselves:
keep us both outwardly in our bodies,
and inwardly in our souls;
that we may be defended from all adversities
which may happen to the body,
and from all evil thoughts which may assault
and hurt the soul;
through Jesus Christ our Lord. Amen.

HYMN: 593 – *At the name of Jesus (Omitting the starred verses)*

**1. *At The Name Of Jesus
Every Knee Shall Bow,
Every tongue confess him
King Of Glory Now.
'tis The Father's pleasure
we should call him Lord,
who from the beginning
was the mighty word.***

*** 2. *At his voice creation
sprang at once to sight,
all the angel faces
all the hosts of light,
thrones and dominations,
stars upon their way,
all the heavenly orders
in their great array.***

**3. Humbled for a season,
to receive a name
from the lips of sinners
unto whom he came,
faithfully he bore it
spotless to the last,
brought it back victorious
when from death he passed.**

*** 4. Bore it up triumphant
with its human light,
through all ranks of creatures
to the central height,
to the throne of Godhead,
to the Father's breast;
filled it with the glory
of that perfect rest.**

**5. Name Him, Christians name Him,
With love strong as death,
but with awe and wonder,
and with bated breath;
He is God the Saviour,
He is Christ the Lord,
ever To be worshipped,
trusted and adored.**

***6. In your hearts enthrone Him;
there let him subdue
all that is not holy,
all that is not true:
crown him as your captain
In temptation's hour;
let his will enfold you
in its light and power.**

**7. Surely, this Lord Jesus
shall return again,
with his Father's glory,
with his angel train;
for all wreaths of empire
meet upon his brow,
and our hearts confess him
King of glory now.**

Closing Prayer

Loving God,
be with us this lent,
as we walk the way of the cross

The cross
All **We shall take it**

The bread
All **We shall break it**

The pain
All **We shall bear it**

The joy
All **We shall share it**

The Gospel
All **We shall live it**

The love,
All **We shall give it**

The light
All **We shall cherish it**

The dark
All **God shall perish it**

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.

