



Holy Communion for LENT

Sunday 3rd March - 3rd Sunday in Lent

Presiding & Preaching: Canon Simon Stokes

Deacon: Gerda

WELCOME & Introduction

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

Grace, mercy and peace from God our Father
And the Lord Jesus Christ be with you

And also with you.

HYMN 2 - Christ, whose glories fill the skies

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.

**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.**

**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.**

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

READINGS

Exodus 20:1-17 Read by Jan D

Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work - you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore, the Lord blessed the sabbath day and consecrated it. Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's

wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

For the word of the Lord.

Thanks be to God.

1 Corinthians 1:18-25 Read by Tina

For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, 'I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.' Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

For the word of the Lord.

Thanks be to God.

HYMN 193 - All heaven declares.

All heaven declares the glory of the risen Lord.

Who can compare with the beauty of the Lord?

Forever he will be the Lamb upon the throne;

I gladly bow the knee and worship him alone.

I will proclaim the glory of the risen Lord,

who once was slain to reconcile the world to God.

Forever you will be the Lamb upon the throne;

I gladly bow the knee and worship you alone.

Please remain standing for the **GOSPEL READING**

John 2:13-22

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

Glory to you, O Lord.

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. He told those who were selling the doves, 'Take these things out of here! Stop making my Father's house a market-place!' His disciples remembered that it was written, 'Zeal for your house will consume me.' The Jews then said to him, 'What sign can you show us for doing this?' Jesus answered them, 'Destroy this temple, and in three days I will raise it up.' The Jews then said, 'This temple has been under construction for forty-six years, and will you raise it up in three days?' But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON - Canon Simon

*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 (Please sit or kneel)

Led by Gerda

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

Not an easy peace

Not an insignificant peace

Not a half-hearted peace

But 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 144 - How deep the Father's love

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

How deep the Father's love for us,
how vast beyond all measure,
that he should give his only Son
to make a wretch his treasure.
How great the pain of searing loss;
the Father turns his face away,
as wounds which mar the chosen One
bring many souls to glory.

Behold the man upon a cross,
my sin upon his shoulders;
ashamed, I hear my mocking voice
call out among the scoffers.
It was my sin that held him there,
until it was accomplished;
his dying breath has brought me life -
I know that 'it is finished.'

I will not boast in anything,
no gifts, no power, no wisdom;
but I will boast in Jesus Christ,
his death and resurrection.
Why should I gain from his reward?
I cannot give an answer;
but this I know with all my heart,
his wounds have paid my ransom.

Stuart Townend (b.1963)

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 is here.
His Spirit is with us.

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.

Great is the mystery of faith

Christ has died:

Christ is risen:

Christ will come again.

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,
with all who stand before you in earth and heaven,
we worship you, Father almighty,
in songs of everlasting praise:

***Blessing and honour and glory and power
be 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.***

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.

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.

An anthem is usually sung by the Choir and then a **HYMN** is also sung during Communion. (Please remain seated)

Anthem: Teach me, O Lord (Attwood)

Hymn 634 - Firmly I believe and truly

Firmly I believe and truly
God is Three and God is One;
And I next acknowledge duly
Manhood taken by the Son.

And I trust and hope most fully
In that manhood crucified;
And each thought and deed unruly
Do to death, as he has died.

Simply to his grace and wholly
Light and life and strength belong,
And I love supremely, solely,
Him the holy, him the strong.

And I hold in veneration,
For the love of him alone,
Holy Church as his creation,
And her teachings as his own.

Adoration ay be given,
With and through the angelic host,
To the God of earth and heaven,
Father, Son, and Holy Ghost.

Words: John Henry Newman (1801-1890)

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

**Almighty God, we thank you for feeding us with the body and blood
of your Son Jesus Christ.**

**Through him we offer you our souls and bodies to be a living
sacrifice.**

**Send us out in the power of your Spirit to live and work to your
praise and glory.**

Amen.

HYMN 690 - Jesus is Lord!

Jesus is Lord! Creation's voice proclaims it,
For by his power each tree and flower was planned and made.
Jesus is Lord! The universe declares it
sun, moon and stars in heaven cry: Jesus is Lord!
Jesus is Lord! Jesus is Lord!
Praise him with Alleluias, for Jesus is Lord.

Jesus is Lord! Yet from his throne eternal
In flesh he came to die in pain on Calvary's tree.
Jesus is Lord! From him all life proceeding,
Yet gave his life a ransom thus setting us free.
Jesus is Lord! Jesus is Lord!
Praise him with Alleluias, for Jesus is Lord.

Jesus is Lord! O'er sin the mighty conqueror
From death he rose and all his foes shall own his name.
Jesus is Lord! God sends his Holy Spirit
To show by works of power that Jesus is Lord!
Jesus is Lord! Jesus is Lord!
Praise him with Alleluias, for Jesus is Lord.

CLOSING PRAYER & BLESSING

Lord, you so loved the world
That you gave us your son.
Friends, if God so loved us
We ought to love one another

The cross
We shall take it

The bread
We shall break it

The pain
We shall bear it

The joy
We shall share it

The Gospel
We shall live it

The love,
We shall give it

The light
We shall cherish it

The dark
God shall perish it

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.