



Where all find a welcome and are nurtured in their journey with Christ.

# Said Eucharist for the Sunday next before Lent



# The Gathering

*Our worship begins at the sound of the bell as the sacred ministers enter, during which an introit is sung.*

Deep peace of the running wave to you,  
Deep peace of the flowing air to you,  
Deep peace of the quiet earth to you,  
Deep peace of the shining stars to you,  
Deep peace of the gentle night to you,  
Moon and stars pour their healing light on you,  
Deep peace of Christ, of Christ the light of the world to you,  
Deep peace of Christ to you.

*Words: adapted from an old Gaelic rune*

*Music: John Milford Rutter (b. 1945)*

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.

**Amen.**

# The Greeting

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

# Words of Welcome

## Prayers of Penitence

Jesus Christ, risen master and triumphant Lord,  
we come to you in sorrow for our sins,  
and confess to you our weakness and unbelief.

*Silence is kept.*

We have lived by our own strength,  
and not by the power of your resurrection.

In your mercy, forgive us.

**Lord, hear us and help us.**

We have lived by the light of our own eyes,  
as faithless and not believing.

In your mercy, forgive us.

**Lord, hear us and help us.**

We have lived for this world alone,  
and doubted our home in heaven.

In your mercy, forgive us.

**Lord, hear us and help us.**

*The president says*

May the God of love and power  
forgive you and free you from your sins,  
heal and strengthen you by his Spirit,  
and raise you to new life in Christ our Lord.

**Amen.**

## **Gloria in Excelsis**

**Glory to God in the highest,  
and peace to his people on earth.**

**Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;**

**you are seated at the right hand of the Father:  
receive our prayer.**

**For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.**

**Amen.**

# The Collect

*The president introduces a period of silent prayer with the words 'Let us pray'.*

Almighty Father,  
whose Son was revealed in majesty  
before he suffered death upon the cross:  
give us grace to perceive his glory,  
that we may be strengthened to suffer with him  
and be changed into his likeness, from glory to glory;  
who is alive and reigns with you,  
in the unity of the Holy Spirit, one God, now and for ever.  
**Amen.**

# The Liturgy of the Word

A reading from the 2<sup>nd</sup> Book of Kings.

When the LORD was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal. Elijah said to Elisha, 'Stay here; for the LORD has sent me as far as Bethel.' But Elisha said, 'As the LORD lives, and as you yourself live, I will not leave you.' So they went down to Bethel.

The company of prophets who were in Bethel came out to Elisha, and said to him, 'Do you know that today the LORD will take your master away from you?' And he said, 'Yes, I know; keep silent.' Elijah

said to him, 'Elisha, stay here; for the LORD has sent me to Jericho.' But he said, 'As the LORD lives, and as you yourself live, I will not leave you.' So they came to Jericho.

The company of prophets who were at Jericho drew near to Elisha, and said to him, 'Do you know that today the LORD will take your master away from you?' And he answered, 'Yes, I know; be silent.' Then Elijah said to him, 'Stay here; for the LORD has sent me to the Jordan.' But he said, 'As the LORD lives, and as you yourself live, I will not leave you.' So the two of them went on. Fifty men of the company of prophets also went, and stood at some distance from them, as they both were standing by the Jordan.

Then Elijah took his mantle and rolled it up, and struck the water; the water was parted to the one side and to the other, until the two of them crossed on dry ground. When they had crossed, Elijah said to Elisha, 'Tell me what I may do for you, before I am taken from you.' Elisha said, 'Please let me inherit a double share of your spirit.' He responded, 'You have asked a hard thing; yet, if you see me as I am being taken from you, it will be granted you; if not, it will not.' As they continued walking and talking, a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven.

Elisha kept watching and crying out, 'Father, father!  
The chariots of Israel and its horsemen!' But when  
he could no longer see him, he grasped his own  
clothes and tore them in two pieces.

*2 Kings 2.1-12*

This is the word of the Lord.

**Thanks be to God.**

## **Gospel Reading**

*An acclamation is sung to herald the Gospel.*

Alleluia, alleluia, alleluia.

We do not live by bread alone,  
but by every word that comes from the mouth of God.

*cf 1 Timothy 3.16*

Alleluia, alleluia, alleluia.

Hear the Gospel of our Lord Jesus Christ according to Mark.

**Glory to you, O Lord.**

Jesus took with him Peter and James and John, and  
led them up a high mountain apart, by themselves.  
And he was transfigured before them, and his clothes  
became dazzling white, such as no one on earth

could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus.

Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!' Suddenly when they looked around, they saw no one with them anymore, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

*Mark 9.2-9*

This is the Gospel of the Lord.

**Praise to you, O Christ.**

**Sermon**



# The Nicene Creed

Let us declare our faith in God.

**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**

*The response to the bidding.*

Lord, in your mercy.

**Hear our prayer.**

*Then at the end.*

Merciful Father,

**Accept these prayers for the sake of your Son,**

**Our Saviour Jesus Christ.**

**Amen.**

# The Liturgy of the Sacrament

## The Peace

In Church and at Home we are the body of Christ.  
In the one Spirit we were all baptised into one body.  
Let us then pursue all that makes for peace  
and build up our common life.

The peace of the Lord be always with you  
**and also with you.**

## Preparation of the Table

*The table is prepared and bread and wine are placed upon it.*

*A Hymn is sung.*

Immortal, invisible, God only wise,  
in light inaccessible hid from our eyes,  
most blessèd, most glorious, the Ancient of Days,  
almighty, victorious, thy great name we praise.

Unresting, unhasting, and silent as light,  
nor wanting, nor wasting, thou rulest in might;  
thy justice like mountains high soaring above  
thy clouds which are fountains of goodness and love.

To all life thou givest, to both great and small;  
in all life thou livest, the true life of all;  
we blossom and flourish as leaves on the tree,  
and wither and perish; but naught changeth thee.

Great Father of glory, pure Father of light,  
thine angels adore thee, all veiling their sight;  
all laud we would render, O help us to see  
'tis only the splendour of light hideth thee.

*Words: Walter Chalmers Smith (1824-1908) based on 1 Timothy 1:17*

*Music: Traditional Welsh hymn melody (1839)*

## **Taking of the Bread and Wine**

Be present, be present,  
Lord Jesus Christ,  
our risen high priest;  
make yourself known through the breaking of bread.

**Amen.**

## **The Eucharistic Prayer**

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.**

You are worthy of our thanks and praise,  
Lord God of truth,  
for by the breath of your mouth  
you have spoken your word,  
and all things have come into being.  
You fashioned us in your image  
and placed us in the garden of your delight.  
Though we chose the path of rebellion  
you would not abandon your own.  
Again and again you drew us into your covenant of grace.  
You gave your people the law and taught us by your prophets  
to look for your reign of justice, mercy and peace.  
As we watch for the signs of your kingdom on earth,  
we echo the song of the angels in heaven,  
evermore praising you and saying:

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

Lord God, you are the most holy one,  
enthroned in splendour and light,  
yet in the coming of your Son Jesus Christ  
you reveal the power of your love  
made perfect in our human weakness.

Chorister      Amen. Lord, we believe.

Embracing our humanity,  
Jesus showed us the way of salvation;  
loving us to the end,  
he gave himself to death for us;  
dying for his own,  
he set us free from the bonds of sin,  
that we might rise and reign with him in glory.

Chorister      Amen. Lord, we believe.

On the night he gave up himself for us all  
he 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.

Chorister      Amen. Lord, we believe.

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.

Chorister      Amen. Lord, we believe.

Therefore we proclaim the death that he suffered on the cross,  
we celebrate his resurrection, his bursting from the tomb,  
we rejoice that he reigns at your right hand on high  
and we long for his coming in glory.

Chorister      Amen. Come, Lord Jesus.

As we recall the one, perfect sacrifice of our redemption,  
Father, by your Holy Spirit let these gifts of your creation  
be to us the body and blood of our Lord Jesus Christ;  
form us into the likeness of Christ  
and make us a perfect offering in your sight.

Chorister      Amen. Come, Holy Spirit.

Look with favour on your people  
and in your mercy hear the cry of our hearts.  
Bless the earth,  
heal the sick,  
let the oppressed go free  
and fill your Church with power from on high.

Chorister      Amen. Come, Holy Spirit.

Gather your people from the ends of the earth  
to feast with Blessed Mary and all your saints  
at the table in your kingdom,  
where the new creation is brought to perfection  
in Jesus Christ our Lord;  
by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever.

Chorister      Amen, amen, amen.

*Silence is kept.*

## **The Lord's Prayer**

Let us pray with confidence as our Saviour has taught us.

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.**

## **Breaking of the Bread**

*The president breaks the consecrated bread.*

Look, Jesus Christ, the Bread of Heaven,  
is broken for the life of the world.

## **Invitation to Communion**

The gifts of God for the people of God.

**Jesus, Bread of Life  
Bread for the world  
Feed us with your presence.**



*The president and people receive communion. At the giving of communion, the president receives communion in both kinds.*

*The words of distribution (“The body and blood of Christ, broken/shed for us all”) are spoken to the congregation, and all who intend to receive reply with “Amen”.*

*At the distribution, Holy Communion is administered without speaking. The consecrated bread is dropped into the hands of communicants. To reduce the risk of spreading any infection, communion will be in one kind (bread) only. This is still considered to be complete communion by the Church of England.*

*For those at home it might be helpful to use this prayer during the distribution.*

***Thanks be to you, Lord Jesus Christ,  
for all the benefits you have given me,  
for all the pains and insults you have borne for me.  
Since I cannot now receive you sacramentally,  
O most merciful redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.  
Amen.***

*after the Prayer of St Richard of Chichester.*

## **The Post Communion Prayer**

*The president introduces a time of silent prayer with the words  
'Let us pray'.*

Holy God,  
we see your glory in the face of Jesus Christ:  
may we who are partakers at his table  
reflect his life in word and deed,  
that all the world may know his power to change and save.  
This we ask through Jesus Christ our Lord.

**Amen.**

**Fill us, good Lord with your Spirit of love;  
and make us one in heart and mind,  
in Jesus Christ our Lord.**

**Amen.**

*A Hymn is sung.*

O God beyond all praising,  
we worship you today,  
and sing the love amazing  
that songs cannot repay;  
for we can only wonder  
at ev'ry gift you send,  
at blessings without number  
and mercies without end:  
we lift our hearts before you  
and wait upon your word,  
we honour and adore you,  
our great and mighty Lord.

Then hear, O gracious Saviour,  
accept the love we bring,  
that we who know your favour  
may serve you as our king;  
and whether our tomorrows  
be filled with good or ill,  
we'll triumph through our sorrows  
and rise to bless you still:  
to marvel at your beauty  
and glory in your ways,  
and make a joyful duty  
our sacrifice of praise.

*Words: Michael Perry (b. 1942)*

*Music: Gustav Holst (1874-1934)*

# **The Dismissal**

## **The Blessing**

The God of hope  
fill you and those whom you love  
with all joy and peace in believing  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**Amen.**

## **The Dismissal**

Go in the peace of Christ.

**Thanks be to God.**

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