



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

Said Eucharist for The First Sunday of Lent



'And the Spirit immediately drove him out into the wilderness.'

Mark 1. 12

The Gathering

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

May the Lord show his mercy upon you;
may the light of his presence be your guide:
May he guard you and uphold you;
may his spirit be ever by your side.
When you sleep, may his angels watch over you;
when you wake, may he fill you with his grace:
May you love him and serve him all your days,
Then in heaven may you see his face,
then in heaven may you see his face, may you see his face.

Words: & Music: J. M. 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, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

Silence is kept.

We confess to you our selfishness and lack of love:
fill us with your Spirit.
Lord, have mercy.

Lord, have mercy.

We confess to you our fear and failure in sharing our faith:
fill us with your Spirit.

Christ, have mercy.

Christ, have mercy.

We confess to you our stubbornness and lack of trust:
fill us with your Spirit.

Lord, have mercy.

Lord, have mercy.

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.

The Collect

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

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
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 Book of Genesis.

God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your

descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.'

God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.'

God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

Genesis 9.8-17

This is the word of the Lord.

Thanks be to God.

Gospel Reading

An acclamation is sung to herald the Gospel.

Praise to you, O Christ, King of eternal glory.
The Lord is a great God, O that today you would listen to his voice.
Harden not your hearts.

cf Psalm 95.3,8

Praise to you, O Christ, King of eternal glory.

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

Glory to you, O Lord.

In those days Jesus came from Nazareth of Galilee and was baptised by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him.

And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The

time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

Mark 1.9-15

This is the Gospel of the Lord.

Praise to you, O Christ.

Sermon

Affirmation of Faith

Let us affirm our faith in Jesus Christ the Son of God.

**Though he was divine,
he did not cling to equality with God,
but made himself nothing.
Taking the form of a slave,
he was born in human likeness.
He humbled himself
and was obedient to death,
even the death of the cross.
Therefore God has raised him on high,
and given him the name above every name:
that at the name of Jesus
every knee should bow,
and every voice proclaim that Jesus Christ is Lord,
to the glory of God the Father.
Amen.**

cf Philippians 2.6-11

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

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

Romans 5.1,2

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.

Come down, O Love divine,
seek thou this soul of mine,
and visit it with thine own ardour glowing;
O Comforter, draw near,
within my heart appear,
and kindle it, thy holy flame bestowing.

O let it freely burn,
till earthly passions turn
to dust and ashes in its heat consuming;
and let thy glorious light
shine ever on my sight,
and clothe me round, the while my path illuming.

Let holy charity
mine outward vesture be,
and lowliness become mine inner clothing;
true lowliness of heart,
which takes the humbler part,
and o'er its own shortcomings weeps with loathing.

And so the yearning strong,
with which the soul will long,
shall far outpass the pow'r of human telling;
nor can we guess its grace,
till we become the place
wherein the Holy Spirit makes his dwelling.

Words: Bianca da Siena (d. 1434) translated R. F. Littledale (1833-1890)

Music: R. Vaughan Williams (1872-1958) - Verse 4 arr. I. Tracey (b.1955)

Taking of the Bread and Wine

God of our journey,
as we walk with you on your path of obedience,
sustain us on our way and lead us to your glory;
through Jesus Christ our Lord.

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.

It is indeed right and good
to give you thanks and praise,
almighty God and everlasting Father,
through Jesus Christ your Son.
For in these forty days
you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline
we may grow in grace
and learn to be your people once again.
Through fasting, prayer and acts of service
you bring us back to your generous heart.
Through study of your holy word
you open our eyes to your presence in the world
and free our hands to welcome others
into the radiant splendour of your love.
As we prepare to celebrate the Easter feast
with joyful hearts and minds
we bless you for your mercy
and join with saints and angels
for ever 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.**

We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command,
send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends
and, taking bread, he praised you.
He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them and said:
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.

So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice
made once for all upon the cross.
Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection
until he comes in glory.

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

Lord of all life,
help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.
Look with favour on your people,
gather us in your loving arms
and bring us with Blessed Mary and all the saints
to feast at your table in heaven.
Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, O loving Father,
for ever and ever.

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'.*

**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.**

Amen.

A Hymn is sung.

Dear Lord and Father of mankind,
forgive our foolish ways!
Re-clothe us in our rightful mind,
in purer lives thy service find,
in deeper rev'ence praise,
in deeper rev'ence praise.

In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word,
rise up and follow thee,
rise up and follow thee.

O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!
Interpreted by love!

Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace,
the beauty of thy peace.

Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind and fire,
O still small voice of calm!
O still small voice of calm!

Words: J. G. Whittier (1807-1892)
Music: C. H. H. Parry (1848-1918)

The Dismissal

The Blessing

God,
who from the death of sin raised you to new life in Christ,
keep you from falling and set you in the presence of his glory;
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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