



St Nicolas Parish Church & School

LENT

Pray + Fast + Give

Welcome to
The Mass
in Lent

During Lent ...

... our statues and the Cross are veiled in the final week

This may seem odd in a penitential season that focuses on the Cross. After the Crucifixion the Church claimed the cross as a symbol of victory - victory over death - replacing the shame of this ultimate symbol of death, thus we sing the wonderful hymn, *Lift high the cross*. In Lent, then, we veil the victory of the cross and the images of the saints who are the example of those whose eternal lives continue in heaven and on whom we rely in their prayers for us so that they might be revealed, as they truly are, living, resurrected examples of the church triumphant, at Easter.

Alleluias are avoided

.... as is the singing of the *Gloria*. These terms of rejoicing are, like the statues and images of the victory of the Prince of Peace, muted, in anticipation of Easter.

....Purple is the predominant colour of the season

Purple is the colour of royalty, an expensive hue, but in Lent it speaks of a kingdom not of this world, but a kingdom bought at the cost of the Passion. Thus purple is the colour of the bruises and dried blood of the crucifixion.

The Stations of the Cross

The Stations of the Cross are used in the season of Lent. These are important visual realisations of the Passion. If you have not yet seen them in church, do look for these. [See Pews News for when this will be offered.](#)

A Penitential Season

Lent affords us the opportunity to reflect upon our faith and the cost of the Passion. It is an opportunity for critical reflection of self, our faith and how we live out our faith. A season to *Pray, Fast and Give*. Do consider joining the Lent group and to refresh your giving to the church.

¶ Please **STAND** for the entry of the priest and **HYMN**

The Gathering

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

All **Amen.**

Priest The Lord be with you:

All **And also with you.**

All **Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.**

Confession

This or another seasonal invitation to Confession is offered by the priest:

Priest Compassion and forgiveness belong to the Lord our God,
though we have rebelled against him.

Let us then renounce our wilfulness and ask his mercy
by confessing our sins in penitence and faith.

¶ Please **SIT OR KNEEL**

Lent I: We have listened to the tempting voice
and repeated our habitual follies.

Lord, have mercy

All **Lord, have mercy**

Priest We have been presented with times of testing
and we have run to safety.

Christ, have mercy

All **Christ, have mercy**

Priest Lord, we have been faced by inevitable trials
and we have shut our eyes in denial.

Lord, have mercy

All **Lord, have mercy**

Lent II: Wash me thoroughly from my wickedness
and cleanse me from my sin:

Lord, have mercy.

All **Lord, have mercy**

Make me a clean heart, O God,
and renew a right spirit within me:

Christ, have mercy.

All **Christ, have mercy**

Cast me not away from your presence
and take not your holy spirit from me:

Lord, have mercy.

All **Lord, have mercy**

Lent III: Wash away all my iniquity
and cleanse me from my sin:

Lord, have mercy.

All **Lord, have mercy**

Against you, you only have I sinned
and done what is evil in your sight:
Christ, have mercy.

All **Christ, have mercy**

Create in me a pure heart, O God,
and renew a steadfast spirit within me:
Lord, have mercy.

All **Lord, have mercy**

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

All **Lord, have mercy**

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

All **Christ, have mercy**

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

All **Lord, have mercy**

Lent V: We have kept silent when we should have spoken
Lord, have mercy.

All **Lord, have mercy**

We have spoken when we have kept silence
Christ, have mercy.

All **Christ, have mercy**

We have been guilty of denial and betrayal
Lord, have mercy.

All **Lord, have mercy**

Absolution

Priest Almighty God,
 who forgives all who truly repent,
 have mercy upon you,
 ✠ pardon and deliver you from all your sins,
 confirm and strengthen you in all goodness,
 and keep you in life eternal;
 through Jesus Christ our Lord.

All **Amen.**

The Collect

The Prayer for the day is offered by the priest and to which we all say, Amen.

The Signs of the Passion

Lent I: The coins of betrayal

Living Presence, give us the will to refuse the temptations of power and money. Give us grace to live simply, gently and honestly. We pray in the name of the One who bore the cost of love to the end.

Lent II: The robe

Living Presence, enfold those who cry out
In their distress, give comfort to the grieving
And courage to the weakening, that in
The suffering and dying, despair may be
Banished and the comfort of your
Enfolding presence be known. We pray in
The spirit of the bearer of our pain.

Lent III: The crown of thorns

Intimate Presence, flesh of our flesh, earth of
Our earth. Give us strength to withdraw the
hurts we imprint on others and to put on the
crown of humility, service and love. We pray
in the name of the King of peace.

Lent IV: The Nails

Pierced one, by your agony and
cruel nails guide my eyes to see
those whom I pierce with my
judgements, action or inaction
and with Mary may we love you
with all our heart. We pray in
name of the bearer of our sins.

Lent V: The Spear

Living Presence, disarm the
mighty of this world, calm fears
and empower those whom you
call to be wounded healers
for the sake of the world you
lived and died for, flesh of our
flesh.

The Liturgy of the Word

¶ Please SIT

A reading from the OLD and NEW TESTAMENTS

At the end of which, the reader says,

Lector This is the word of the Lord.

All Thanks be to God.

¶ Please STAND for the GRADUAL HYMN

When the Gospel is announced the reader says

Deacon Hear the Gospel of our Lord Jesus Christ according to N.

All Glory to you, O Lord.

At the end of the Gospel:

Deacon This is the Gospel of the Lord.

All Praise to you, O Christ.

¶ Please SIT

The Homily

The Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.

On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.

The Prayers of the People

¶ Please SIT OR KNEEL

Priest In the power of the Spirit and in union with Christ
let us pray to the Father.

This bidding or others may be used:

Intercessor Lord, hear us:

All Lord, graciously hear us.

The Intercessor leads us in prayer

¶ Please STAND

Priest Our Lady is Mother of the Church and shows her care for us
all by her prayers. We join our prayers with hers as we say,

All Hail Mary, full of grace, the Lord is with thee;
Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners
now and at the time of our death. Amen.

Priest And so aided by the prayers of Our Lady, on whose constant
intercession we rely, we commend the world for which Christ gave
His life saying:

All Merciful Father, accept these prayers
for the sake of your Son, our Saviour, Jesus Christ. Amen.

The Peace

Deacon 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

All The peace of the Lord be with you always
And also with you

We all may exchange a sign of peace

¶ Please **STAND** for the **OFFERTORY HYMN**

*During which a collection will be taken for the work of the church and good causes.
Consider using the Giving envelope so we can be tax efficient or do ask about using the
cordless payment machine.*

Priest Pray, brothers and sisters, that my sacrifice and yours
may be acceptable to God, the almighty Father.

All **May the Lord accept the sacrifice at your hands
for our good and the good of all his holy Church.**

The Eucharistic Prayer

Priest The Lord is here
All **His Spirit is with us.**

Priest Lift up your hearts.
All **We lift them to the Lord.**

Priest Let us give thanks to the Lord our God.
All **It is right to give thanks and praise.**

Priest 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 *singing*:

All

**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.**

¶ Please SIT or KNEEL

Priest Lord, you are holy, indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;

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.

Great is the mystery of faith:

All

Christ has died:

Christ is risen:

Christ will come again.

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once
for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of Our Lady, Nicolas, George,
Benedict and all the saints,
may praise and glorify you for ever,
through 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.

All

Amen.

The Lord's Prayer

Priest Let us pray with confidence as our Saviour has taught us:

All Our Father, which art in heaven,
hallowed be thy name;
thy kingdom come; thy will be done;
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive them 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.

The Fracture

Priest 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.

Communion

We do not presume
to come to this your table, merciful Lord,
trusting in our own righteousness,
but in your manifold and great mercies.
We are not worthy
so much as to gather up the crumbs under your table.
But you are the same Lord
whose nature is always to have mercy.
Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ
and to drink his blood,
that our sinful bodies may be made clean by his body
and our souls washed through his most precious blood,
and that we may evermore dwell in him, and he in us.
Amen.

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.

*You are welcome to make your communion. Sidespeople will guide you.
Anyone baptised may receive the Eucharist.*

Prayer after Communion

The post Communion Collect is said, followed by this prayer, by priest and people

**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.**

¶ Please STAND

The Blessing & Dismissal

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 amongst you and remain with you always.

All **Amen**

Priest The Mass is ended.
Go in peace to love and serve the Lord.

All **In the name of Christ. Amen.**

Prayers after Mass

The Anima Christi

*Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus hear me;
Within your wounds hide me;
separated from you, let me never be;
From the evil one protect me;
At the hour of my death, call me;
And close to you bid me; That with your saints,
I may be praising you forever and ever.
Amen.*