

*The Parish of St. Andrew, Kingsbury*  
**SUNG MASS on the FIRST SUNDAY OF LENT**  
Sunday, 18th February 2024, 10.30am *Year B*

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**Welcome to Mass today!**

*Before the Mass: SPEAK TO GOD*

*During the Mass: LET GOD SPEAK TO YOU*

*After the Mass: SPEAK TO ONE ANOTHER*

**PLEASE ALSO SILENCE YOUR MOBILE PHONES**

*A bell is rung and all STAND as the Priest approaches the altar with the ministers and venerates it. The ENTRANCE HYMN is sung:*

*tune: St. Bernard (NEH 63)*

1.

**All ye who seek a comfort sure,  
In trouble and distress,  
Whatever sorrow vex the mind,  
Or guilt the soul oppress,**

2.

**Jesus, who gave himself for you  
Upon the cross to die,  
Opens to you his sacred heart;  
O to that heart draw nigh.**

3.

**Ye hear how kindly he invites;  
Ye hear his words so blest -  
'All ye that labour come to me,  
And I will give you rest.'**

4.

**O Jesus, joy of saints on high,  
Thou hope of sinners here,  
Attracted by those loving words  
To thee I lift my prayer.**

5.

**Wash thou my wounds in that dear blood  
Which forth from thee doth flow;  
New grace, new hope inspire, a new  
And better heart bestow.**

*words: 18th century Latin  
translated Edward Caswell 1814-78*

**The Introductory Rites**

**Sign of the Cross**

*All make the Sign of the Cross as the Priest says:*

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

**Greeting**

**Grace to you and peace  
from God our Father  
and the Lord Jesus Christ.  
And with your spirit.**

*The priest introduces the Mass and then invites the people to call to mind their sins:*

**I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done  
and in what I have failed to do,**

*And, striking their breast, they say:*

**through my fault,  
through my fault,  
through my most grievous fault;**

**therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.**

*The absolution is given by the Priest:*

**May almighty God have mercy on us, forgive  
us our sins, and bring us to everlasting life.  
Amen.**

*Then is sung:*

Lord, have mercy. **Lord, have mercy.**  
Christ, have mercy. **Christ, have mercy.**  
Lord, have mercy. **Lord, have mercy.**

## The Collect of the Day

*The Priest sings:*

Let us pray.

*A short silence is kept.*

Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. **Amen.**

SIT

## The Liturgy of the Word

### First Reading

*Genesis 9:8-15*

*'There shall be no flood to destroy the earth again'*

A reading from the book of Genesis.

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every

living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

The word of the Lord.

**Thanks be to God.**

## Responsorial Psalm

*Psalm 31(32):1-2,5,11*

*(Page 103)*

*The choir sings the response and then all repeat:*

**R/.** Your ways, Lord, are faithfulness and love for those who keep your covenant.

Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth, and teach me: for you are God my saviour. **R/.**

Remember your mercy, Lord, and the love you have shown from of old. Do not remember the sins of my youth, because of your goodness, O Lord. **R/.**

The Lord is good and upright.

He shows the path to those who stray, He guides the humble in the right path, He teaches his way to the poor. **R/.**

## Second Reading

*1 Peter 3:18-22*

*The water on which the Ark floated is a type of the baptism which saves you now*

A reading from the first letter of St Peter.

Christ himself, innocent though he was, had died once for sins, died for the guilty, to lead us to God. In the body he was put to death,

in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

The word of the Lord.

**Thanks be to God.**

STAND

Gospel Acclamation

*Matthew 4:4*

Praise to you, O Christ,  
king of eternal glory!

**Praise to you, O Christ,  
king of eternal glory!**

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

**Praise to you, O Christ,  
king of eternal glory!**

*Turn to face the priest as he sings:*

The Lord be with you.

**And with your spirit.**

✠ A reading from the holy Gospel according to Mark. **Glory to you, O Lord.**

Gospel

*Mark 1:12-15*

*Jesus was tempted by Satan,  
and the angels looked after him*

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him. After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

The Homily

*After the introduction, SIT.*

*At the end of the homily a brief silence is kept for recollection.*

The Profession of Faith

*The Nicene ("Niceno-Constantinopolitan") Creed*

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,**

*At the words that follow, all bow their head:*  
**and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.**

**For our sake he was crucified  
under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
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.**

**I 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 adored and glorified,  
who has spoken through the prophets.**

**I believe in one, holy, catholic  
and apostolic Church.  
I confess one Baptism  
for the forgiveness of sins  
and I look forward  
to the resurrection of the dead  
and the life of the world to come. Amen.**

### **The Prayer of the Faithful**

*The Priest introduces the prayers.*

*The response to the prayers is either:*

Lord, hear us.                      or                      Lord, in your mercy.  
Lord, graciously hear us.      Hear our prayer.

*The following may be included:*

**✠ Rest eternal grant unto them, O Lord,  
And let light perpetual shine upon them.  
May they rest in peace and rise in glory.**

*When bidden, the people sing:* **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 the hour of our death. Amen.**

*The Priest then concludes the Prayer of the Faithful  
with a collect to which all reply: Amen.*

## **The Liturgy of the Eucharist**

### **The Offertory**

*REMAIN STANDING as the OFFERTORY HYMN is  
sung, during which the gifts of bread and wine are  
presented to the Priest and a collection is taken.*

*tune: St. Peter (NEH 374)*

**1.**

**How sweet the name of Jesus sounds  
In a believer's ear!  
It soothes his sorrows, heals his wounds,  
And drives away his fear.**

**2.**

**It makes the wounded spirit whole,  
And calms the troubled breast;  
'Tis manna to the hungry soul,  
And to the weary rest.**

**3.**

**Dear name! the rock on which I build,  
My shield and hiding-place,  
My never-failing treasury filled  
With boundless stores of grace.**

**4.**

**Jesus! my Shepherd, Brother, Friend,  
My Prophet, Priest, and King,  
My Lord, my Life, my Way, my End,  
Accept the praise I bring.**

**5.**

**Weak is the effort of my heart,  
And cold my warmest thought;  
But when I see thee as thou art,  
I'll praise thee as I ought.**

6.

**Till then I would thy love proclaim  
With every fleeting breath;  
And may the music of thy name  
Refresh my soul in death.**

*words: John Newton 1725-1807*

REMAIN STANDING as the Priest turns to say:

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

**May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.**

Prayer over the Offerings

*The Priest sings:*

Give us the right dispositions, O Lord, we pray, to make these offerings, for with them we celebrate the beginning of this venerable and sacred time. Through Christ our Lord.  
**Amen.**

The Eucharistic Prayer

*The Priest sings:*

The Lord be with you.  
**And with your spirit.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.  
**It is right and just.**

*The Priest continues with the Preface, praising God, and then all sing:*

**Holy, Holy, Holy Lord God of hosts.  
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.**

*The Priest continues the Eucharistic Prayer.*

*At the elevation of the Host and the Chalice, the people acclaim: **My Lord and my God.***

*After the words of Consecration, the Priest sings:*

The mystery of faith:

**We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

*At the conclusion of the Eucharistic Prayer the people sing: **Amen.***

The Communion Rite

The Lord's Prayer

*The Priest sings:*

At the Saviour's command and formed by divine teaching, we dare to pray:

**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.**

Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.

**For the kingdom, the power and the glory  
are yours now and for ever.**

Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever. **Amen.**

*The Priest says:*

The peace of the Lord be with you always.  
**And with your spirit.**

Let us offer each other the sign of peace.

*Please share the peace by simply turning to your neighbours and waving a greeting.*

## Breaking of the Bread

*Then is sung:*

Lamb of God, **you take away the sins of the world, have mercy on us.**

Lamb of God, **you take away the sins of the world, have mercy on us.**

Lamb of God, **you take away the sins of the world, grant us peace.**

## Invitation to Communion

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

*The Priest receives communion and then says:*

## Communion Antiphon

*Matthew 4:4*

One does not live by bread alone, but by every word that comes forth from the mouth of God.

*A bell is rung and the people receive communion at the direction of the Stewards.*

*Communion will be offered kneeling at the Altar rail.*

*Inform the Priest if you require a gluten free wafer.*

*The Chalice is available for those who wish to receive from it.*

*If you are not making your communion please come to the Priest, carrying this service booklet, and bow your head for a blessing.*

*Please return to your seats through the left or right chapels.*

*During Communion, the Choir sings an anthem and then the COMMUNION HYMNS are sung:*

*tune: Sussex (NEH 357)*

**1.**

**Father hear the prayer we offer;  
Not for ease that prayer shall be,  
But for strength that we may ever  
Live our lives courageously.**

**2.**

**Not for ever in green pastures  
Do we ask our way to be;  
But the steep and rugged pathway  
May we tread rejoicingly.**

**3.**

**Not for ever by still waters  
Would we idly rest and stay;  
But would smite the living fountains  
From the rock along the way.**

**4.**

**Be our strength in hours of weakness,  
In our wanderings be our guide;  
Through endeavour, failure, danger,  
Father, be there at our side.**

*words: Maria Willis 1824-1908*

*tune: What a Friend (JP 273)*

1.

**What a friend we have in Jesus,  
All our sins and griefs to bear!  
What a privilege to carry  
Everything to God in prayer!  
O what peace we often forfeit,  
O what needless pain to bear,  
All because we do not carry  
Everything to God in prayer!**

2.

**Have we trials and temptations,  
Is there trouble anywhere?  
We should never be discouraged:  
Take it to the Lord in prayer.  
Can we find a friend so faithful  
Who will all our sorrows share?  
Jesus knows our every weakness:  
Take it to the Lord in prayer.**

3.

**Are we weak and heavy-laden,  
Cumbered with a load of care?  
Precious Saviour, still our refuge -  
Take it to the Lord in prayer!  
Do thy friends despise, forsake thee?  
Take it to the Lord in prayer;  
In his arms he'll take and shield thee,  
Thou wilt find a solace there.**

*wrds: Joseph Medlicott Scriven 1819-86*

*Silence is then kept for reflection.*

### Prayer after Communion

*The Priest sings:*

Let us pray.

### STAND

Renewed now with heavenly bread, by which  
faith is nourished, hope increased, and  
charity strengthened, we pray, O Lord, that  
we may learn to hunger for Christ, the true

and living Bread, and strive to live by every  
word which proceeds from your mouth.  
Through Christ our Lord. **Amen.**

## The Concluding Rites

SIT for the notices.

### Blessing

The Lord be with you.  
**And with your spirit.**

May bountiful blessing, O Lord, we pray,  
come down upon your people, that hope may  
grow in tribulation, virtue be strengthened in  
temptation, and eternal redemption be  
assured. Through Christ our Lord. **Amen.**

May almighty God bless you,  
the Father, and the Son,  
✠ and the Holy Spirit. **Amen.**

### Dismissal

Go forth, the Mass is ended.  
**Thanks be to God.**

**Ave Regina Cælorum**

*tune: Aberystwyth (NEH 383ii)*

**Hail, O Queen of Heaven enthroned.  
Hail, by angels mistress owned.  
Root of Jesse, Gate of Morn  
Whence the world's true light was born:  
Glorious Virgin, Joy to thee,  
Loveliest whom in heaven they see;  
Fairest thou, where all are fair,  
Plead with Christ our souls to spare.**

Vouchsafe that I may praise thee,  
O sacred Virgin.  
**Give me strength against thine enemies.**

Let us pray: We beseech thee, O Lord, mercifully to assist our infirmity: that like as we do now commemorate Blessed Mary Ever-Virgin, Mother of God; so by the help of her intercession we may die to our former sins and rise again to newness of life; through Christ our Lord. **Amen.**

*The FINAL HYMN is sung:*

*tune: Abridge (NEH 64)*

**1.**

**Be thou my guardian and my guide,  
And hear me when I call;  
Let not my slippery footsteps slide,  
And hold me lest I fall.**

**2.**

**The world, the flesh, and Satan dwell  
Around the path I tread;  
O, save me from the snares of hell,  
Thou quickener of the dead.**

**3.**

**And if I tempted am to sin,  
And outward things are strong,  
Do thou, O Lord, keep watch within,  
And save my soul from wrong**

**4.**

**Still let me ever watch and pray,  
And feel that I am frail;  
That if the tempter cross my way,  
Yet he may not prevail.**

*words: Isaac Williams 1802-65*



*Please stay for refreshments  
after Mass today*

*Do leave a 50p donation  
IF YOU ARE ABLE*

## **NOTICES THIS WEEK:**

Apologies that last Sunday the wrong list of anniversaries of death was printed.

### **THURSDAYS IN LENT**

From 22nd February: 7.30pm Mass, fellowship and study. See flyer. We are hosting this Thursday, so please offers of hot soup, cheese, bread and fruit to Fr Jason. PLEASE NOTE: there will be no 10am Mass this Thursday.

### **FRIDAYS IN LENT**

Stations of the Cross on each Friday in Lent at 7pm. If you would like to read at Stations over the coming weeks, please sign the list at the back of Church.

### **LENT EXTRA MAGAZINE**

These are for sale at the back of the Church: containing 47 daily reflections to help you get ready, remain hopeful and faithful this Lent.

### **CHARITY OF THE MONTH**

Guide Dogs for The Blind provide mobility to the blind and partially sighted. The Charity raises awareness and campaigns for the visually impaired. Guide dogs form partnership with their owners giving commands and encouragement and telling the dog which way to go. This can offer people a unique and effective way of getting about independently. The service campaigns for the rights of people who are blind and partially sighted to have the same freedom of movement as everyone else. [www.guidedogs.org.uk](http://www.guidedogs.org.uk)

### **FOOD BANK**

Please continue to remember the food bank when you shop. Everything welcome!



# WILLEDEN LENT TALKS

22nd February  
St Andrew's, Kingsbury  
NW9 8RZ

29th February  
St Mary's, Willesden  
NW10 2TS

7th March  
St Matthew's, Willesden  
NW10 4AU

14th March  
St Andrew's, Willesden Green  
NW10 2QS

Come and walk the  
Way of the Cross this Lent  
Mass 7.30pm, followed by talk  
All welcome!



Guild Church of St Andrew Holborn  
Holborn Circus, London, EC4A 3AF  
*Bishop Jonathan's Church*

21st February  
Quiet Evening  
6.30pm to 9.00pm

*Mass, Soup, Silence, Confessions,  
Exposition, Compline & Benediction  
addresses by the Bishop of London*

*All welcome!*



*St Mary-at-Kenton*

Missa Cantata

VOTIVE MASS OF THE HOLY CROSS  
*sung by the Willan Singers*

*Missa brevis in a minor*

Claudio Casciolini (1697–1760)

Sunday, 3rd of March, 2024  
*Six o'clock in the evening*

# DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

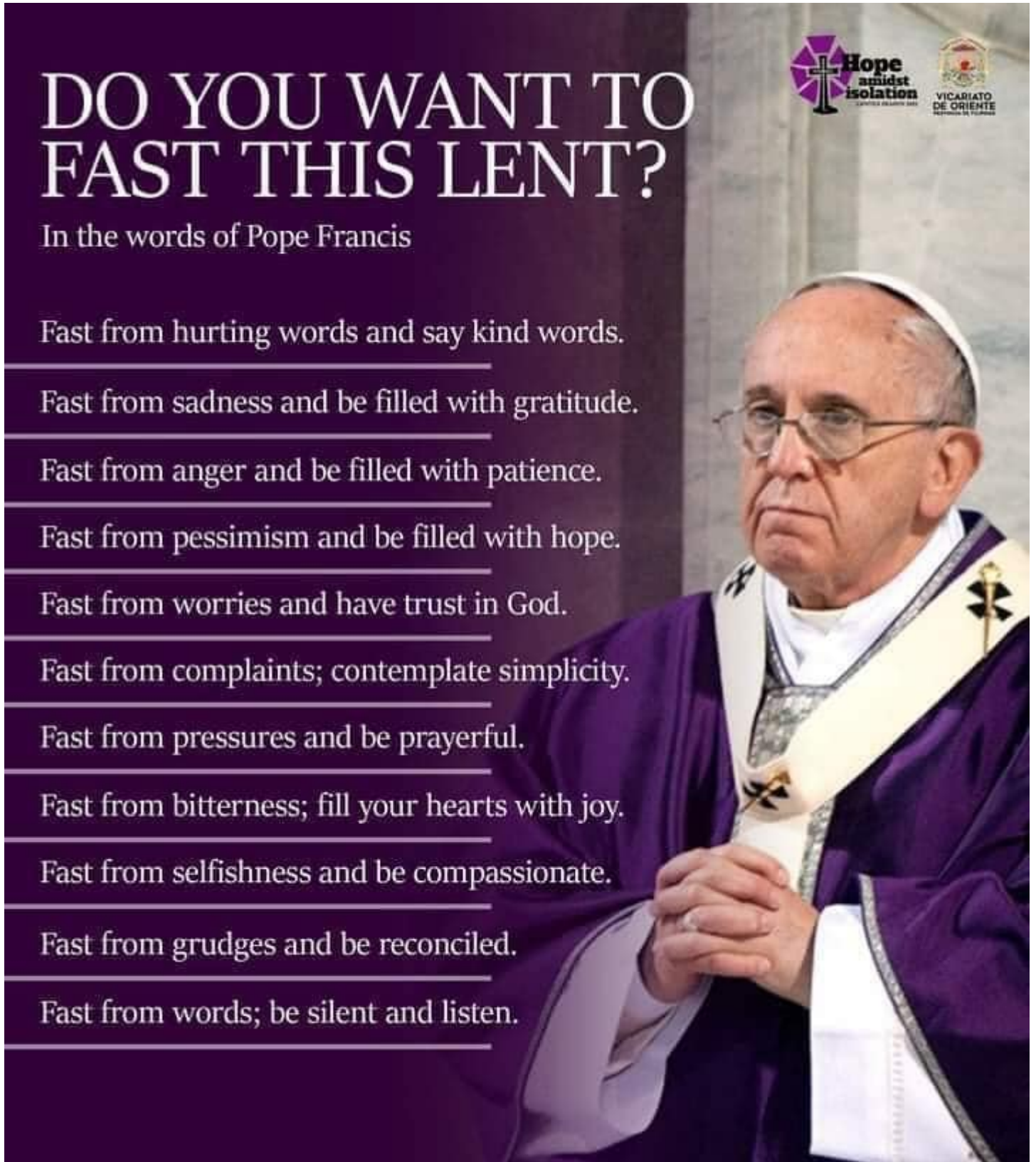
Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



## **FOR OUR PRAYERS THIS WEEK:**



**We pray for:** Justin, Archbishop of Canterbury, Sarah, Bishop of London, Jonathan, Bishop of Fulham, Catherine, Archdeacon of Northolt, and Sophie & James, Area Deans of Brent.

**For the sick, amongst them:** Annette Maynard, Patricia McGlade, Trevor Mills, Maria Molina, Andrea Minto, Karla Nathan, Anne Price Owen, Peter Woolhead

**Continued prayers in their need for:** Katherine Lewis, Barbara Lynes, Eugene & Roy Malcolm, Thelma Martin, Connie Mengezeleli, Leonora Merritt, Denise Mills, Robin Morgan, Jean Newell, Bridgid Nzekwu, Alexandra Obah, Sunday Ogundere, Dolores Payne, Emma Peryer

**Pray for the recently departed:** Inacin Rodriguez-Lukhezo, John Waller, Jim Litchfield, Catherine McArdle, Brenda Kerr, Leo Albert

### **For those whose anniversary of death occurs this week:**

**18th:** Lorna Allchin (2020)

**19th:** Norman Buck (1972), Lucy Watson (1977), Emily Almond (1982), Ron Edwards (1998), John Trueman (2002)

**20th:** Annie Martin (1952), Nellie Gore (1982), Beverley Bridge (2014) Hyacinth John-Baptiste (2023)

**21st:** Katharine Guthrie, Sam Johnson Paul (2015), Monica Holder (2019), Fr Angelo SSF

**22nd:** Horace Stokes (1965), Phona Barrow (2019)

**24th:** Alan Guthrie

### **Prayers for the week:**

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.

Everywhere and always, O Christ, let us feel your presence, the gift of grace upholding us, the gift of faith strengthening us, our hope fortified and our love reborn. Amen.

*Marie Bernarde Soubirous (1844-1879)*

When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.

*cf. Psalm 90:15-16*

## **SERVICES & EVENTS THIS WEEK:**

### **Monday, 19th February 2024**

*Gospel:* Matthew 25:31-46  
*Pray for:* those in prison  
*Residents of:* Merley Court,  
Mount Drive, Neasden Lane North

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### **Tuesday, 20th February**

#### **8.30am Morning Prayer**

*Gospel:* Matthew 6:7-15  
*Pray for:* those in abusive relationships  
*Residents of:* North Circular Road,  
Old Church Lane, Oxford Place

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### **Wednesday, 21st February**

*Ember Day*

#### **8.30am Morning Prayer**

*Gospel:* Matthew 6:1-6, 16-18  
*Pray for:* those training for priesthood  
*Residents of:* Page Avenue,  
Parkfields Avenue, Peace Grove

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### **Thursday, 22nd February**

**The Chair of St Peter**

#### **8.30am Morning Prayer**

#### **7.30pm Mass & Lent Course** *in St Andrew's, Kingsbury*

*Gospel:* Matthew 16:13-19  
*Pray for:* Pope Francis  
*Residents of:* Pilgrims Way,  
Poplar Grove, Press Road

### **Friday, 23rd February**

*Ember Day*

#### **8.30am Morning Prayer**

**Church cleaning**

#### **7pm Stations of the Cross with Benediction**

*Gospel:* Matthew 5:20-26  
*Pray for:* vocations to the Priesthood  
*Residents of:* Quainton Street,  
Queens Walk, Rawlings Crescent

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### **Saturday, 24th February**

*Ember Day*

#### **8.30am Morning Prayer**

*Gospel:* Matthew 5:43-48  
*Pray for:* the Charity of the Month  
*Residents of:* Rook Close,  
Rossdale Drive, Runbury Circle

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### **Sunday, 25th February**

#### **THE SECOND SUNDAY OF LENT**

#### **9.45am Morning Prayer**

#### **10.30am Sung Mass**

*Gospel:* Mark 9:2-10  
*Pray for:* our parish and people  
*Residents of:* Salmon Street,  
Saltcroft Close, Saxon Road