

SUNG MASS on the FIRST SUNDAY IN LENT Year C

Sunday, 9th March 2025, 10.30am

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 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.

**Lord! Who throughout these forty days,
For us did fast and pray,
Teach us with You to mourn our sins,
And close by You to stay.**

2.

**As You with Satan did contend,
And did the victory win,
Oh, give us strength in You to fight,
In You to conquer sin.**

3.

**As You did hunger bear, and thirst,
So teach us, gracious Lord,
To die to self, and chiefly live
By Your most holy Word.**

4.

**And through these days of penitence,
And through Your Passion-tide,
Yea, evermore, in life and death,
Jesus with us abide.**

5.

**Abide with us, that so, this life
Of suffering overpast,
An Easter of unending joy
We may attain at last!**

words: Claudia Frances Hernaman 1838-1898

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

The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

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

Deuteronomy 26:4-10

The confession of faith of the chosen people.

A reading from the book of Deuteronomy.

Moses spoke to the people: 'The priest shall take the basket from your hand and set it down before the altar of the Lord your God. And you shall make response before the Lord your God, "A wandering Aramean was my father. And he went down into Egypt and sojourned there, few in number, and there he became a nation, great, mighty, and populous. And the Egyptians treated us harshly and humiliated us and laid on us hard labour. Then we cried to the Lord, the God of our fathers, and the Lord heard our voice and saw our affliction, our toil, and our oppression.

And the Lord brought us out of Egypt with a mighty hand and an outstretched arm, with great deeds of terror, with signs and wonders. And he brought us into this place and gave us this land, a land flowing with milk and honey. And behold, now I bring the first of the fruit of the ground, which you, O Lord, have given me." And you shall set it down before the Lord your God and worship before the Lord your God.'

The word of the Lord.

Thanks be to God.

Responsorial Psalm

Psalm 91(90):1-2. 10-11. 12-13. 14-15. R/. cf. 15b

The choir sings the response and then all repeat:

R/. Be with me, O Lord, in my distress.

He who dwells in the shelter of the Most High and abides in the shade of the Almighty, says to the LORD, 'My refuge, my stronghold, my God in whom I trust!' **R/.**

Upon you no evil shall fall,
no plague approach your tent.
For you has he commanded his angels
to keep you in all your ways. **R/.**

They shall bear you upon their hands,
lest you strike your foot against a stone.
On the lion and the viper you will tread,
and trample the young lion
and the serpent. **R/.**

Since he clings to me in love, I will free him,
protect him, for he knows my name.
When he calls on me, I will answer him;
I will be with him in distress;
I will deliver him, and give him glory. **R/.**

Second Reading

Romans 10:8-13

The confession of faith of believers in Christ.

A reading from the letter of St. Paul to the Romans.

Brothers and Sisters: What does Scripture say? 'The word is near you, in your mouth and in your heart' (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, 'Everyone who believes in him will not be put to shame.' For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. For, 'everyone who calls on the name of the Lord will be saved.'

The word of the Lord.

Thanks be to God.

STAND

Gospel Acclamation

Matthew 4:4b

The Choir sings:

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

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

One does not live by bread alone,
but by every word that comes forth
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 Luke. **Glory to you, O Lord.**

Gospel

Luke 4:1-13

*'Jesus was led by the Spirit in the wilderness
and tempted by the devil'*

At that time: Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were over, he was hungry.

The devil said to him, 'If you are the Son of God, command this stone to become bread.' And Jesus answered him, 'It is written, "Man shall not live by bread alone."'

And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, 'To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.' And Jesus answered him, 'It is written, "You shall worship the Lord your God, and him only shall you serve."'

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to guard you", and "On their hands they will bear you up, lest you strike your foot against a stone."'

And Jesus answered him, 'It is said, "You shall not put the Lord your God to the test."'

And when the devil had ended every temptation, he departed from him until an opportune time.

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

STAND

**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:

Lord, in your mercy.

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 Prayers, and all
respond: **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.*

*A cash collection is taken.
Alternatively, a donation can be
made via the electronic Giving
Station near the main door or by
scanning this QR code with your
smartphone's camera.*



tune: Cross of Jesus (NEH 461i)

1.

There's a wideness in God's mercy,
Like the wideness of the sea;
There's a kindness in his justice,
Which is more than liberty.

2.

There is no place where earth's sorrows
Are more felt than up in heaven;
There is no place where earth's failings
Have such kindly judgment given.

3.

For the love of God is broader
Than the measure of man's mind;
And the heart of the Eternal
Is most wonderfully kind.

4.

But we make his love too narrow
By false limits of our own;
And we magnify his strictness
With a zeal he will not own.

5.

There is plentiful redemption
In the blood that has been shed;
There is joy for all the members
In the sorrows of the Head.

6

There is grace enough for thousands
Of new worlds as great as this;
There is room for fresh creations
In that upper home of bliss.

7

If our love were but more simple,
We should take him at his word;
And our lives would be all gladness
In the joy of Christ our Lord.

words: F. W. Faber 1814-63

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 *cf. Psalm 90:4*

The Lord will conceal you with his pinions,
and under his wings you will trust.

A bell is rung and the people receive communion.

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: Caithness (NEH 414)

1.

**O for a closer walk with God,
A calm and heavenly frame;
A light to shine upon the road
That leads me to the Lamb!**

2.

**Return, O holy Dove, return,
Sweet messenger of rest:
I hate the sins that made thee mourn,
And drove thee from my breast.**

3.

**The dearest idol I have known,
Whate'er that idol be,
Help me to tear it from thy throne,
And worship only thee.**

4.

**So shall my walk be close with God,
Calm and serene my frame;
So purer light shall mark the road
That leads me to the Lamb.**

words: William Cowper 1731-1800

tune: Father, we adore you (100FF 31)

1.

**Father, we adore you,
Lay our lives before you.
How we love you.**

2.

Jesus, we adore you,

3.

Spirit, we adore you,

words and music: Terrye Coelho b.1952

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: Mannheim (NEH 393)

1.

**Lead us, heavenly Father, lead us
O'er the world's tempestuous sea;
Guard us, guide us, keep us, feed us,
For we have no help but thee;
Yet possessing every blessing,
If our God our Father be.**

2.

**Saviour, breathe forgiveness o'er us,
All our weakness thou dost know;
Thou didst tread this earth before us,
Thou didst feel its keenest woe;
Self denying, death defying,
Thou to Calvary didst go.**

3.

**Spirit of our God, descending,
Fill our hearts with heavenly joy;
Love with every passion blending
Pleasure that can never cloy;
Thus provided, pardoned, guided,
Nothing can our peace destroy.**

words: James Edmeston 1791-1867



*Please stay for refreshments
after Mass today
Do leave a 50p donation
IF YOU ARE ABLE*

NOTICES THIS WEEK:

LENT STUDY COURSE

On Thursdays in Lent, from 13th March: 7.30pm Mass, fellowship and study. See the flyer. We are hosting this Thursday week, so offers of cheese, bread and fruit please, as well as tea and coffee volunteers. NB: there will be no 9.30 service or 10am Mass this week.

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.

CHARITY OF THE MONTH

The Diocese of London has been in a Companion Link partnership with the Anglican Church in Mozambique and Angola since 1995. This Lent, we are raising money to support our brothers and sisters in Africa.

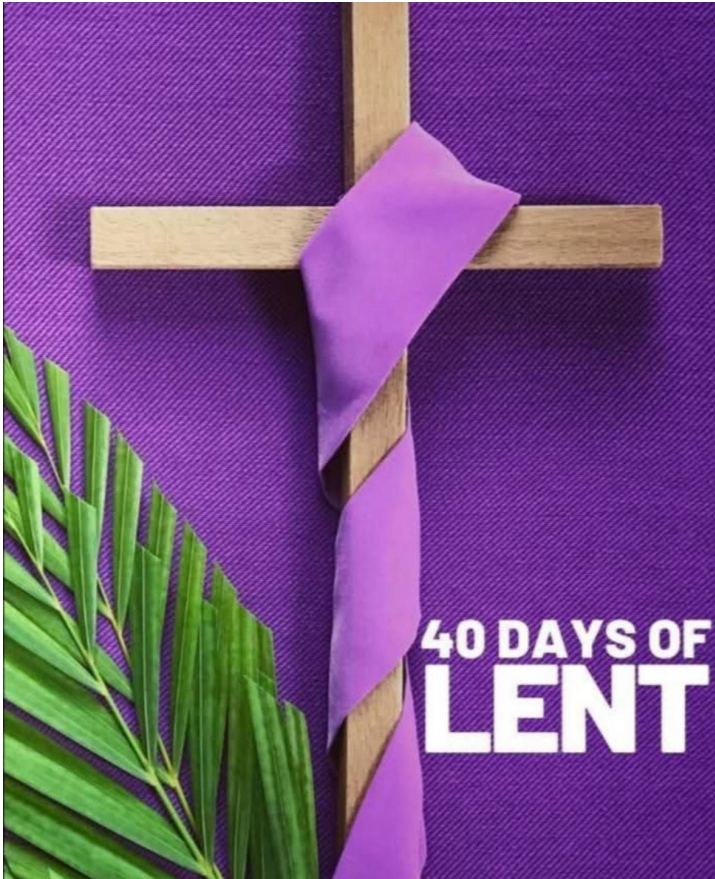
These countries, particularly vulnerable to the impacts of climate change, provide a unique context for reflection during Lent as we consider Climate Justice and the challenge of living out the Fifth Mark of Mission: to strive to safeguard the integrity of creation and sustain and renew the life of the Earth.

You can read about the challenges our African partners face on the Diocese of London website. The three projects we are raising for are:

- 1) Cyclone emergency response in Nampula
- 2) Green Anglican projects in Inhambane
- 3) Drought relief in Southern Angola

www.london.anglican.org/lentappeal2025

Last month we collected: £184.54 for WaterAid – thank you!



A Holy Lent

Fasting Checklist

- Give up a type of food you like
- Give up going out to eat
- Give up meat, dairy, soda, etc.
- Give up social media
- Give up video games
- Give up listening to secular music
- Resist gossiping

A Holy Lent

Almsgiving Checklist

- Put aside money for the poor
- Do chores or work without complaining
- Give away clothes you like to the poor
- Double your contribute to the Mass collections basket
- Donate to your favorite Catholic non-profit

A Holy Lent

Prayer Checklist

- Increase your time in Adoration
- Attend an extra daily Mass each week
- Attend Stations of the Cross each week
- Start reading a spiritual book
- Read the Bible for 15 minutes daily
- Pray the Rosary every day



WILLESDEN LENT COURSE

The Nicene Creed, 1700 years on

Come and join us as we explore themes of faith, the creeds, and liturgy, as we mark 1700 years since the formation of the Nicene Creed

Thursday 13th March - 7.30pm
St Andrew, Kingsbury, NW9 8RZ
Theme: The Nature of Faith

Thursday 27th March - 7.30pm
St Matthew, Willesden, NW10 4AU
Theme: Why the Creeds matter

Thursday 20th March - 7.30pm
St Mary, Willesden, NW10 2TS
Theme: The History of the Creeds

Thursday 3rd April - 7.30pm
St Andrew, Willesden Green, NW10 2QS
Theme: The role of Creeds in liturgy

Each session will begin with Mass, followed by refreshments and a talk

FOR OUR PRAYERS THIS WEEK:



We pray for: Sarah, Bishop of London, Jonathan, Bishop of Fulham, Catherine, Archdeacon of Northolt, and Sophie, Area Dean of Brent and James, Assistant Area Dean

For the sick and have asked for our prayers, amongst them: Vashti Brathwaite, Candice, Callender, Olive Fearon, Naomi Gardner, Jacinth Hay, Ron Herbert, Alenka Heyer, Arthur Huggins, Teresa Javorska, Stephen Joseph, Ivor Jevons, Pope Francis

For those who have asked for our continued prayers, amongst them: Cherrittah Beata, Delphine Benjamin, Simon Bento, Pat & Cedric Best, Patience, Sandra and Rihana Boateng, Angela Buncombe, Shelika Campbell, Auldeen Charles, Marva Charles, Tariq Disu, Robinson Egbon, Patience Boateng, Barbara Swaby, Uzo Ugboma

Pray for the recently departed: Emily Albino (13 yrs), Florence Brown

For those whose anniversary of death occurs this week:

9th: Rosalyn Blackwood (2013), John Wellington (2020)

10th: William Smith (1937), Joe Alegbeleye (2017) *onetime Churchwarden 2008-2017*, Margaret Patterson (2021), Pamela Turner (2022)

11th: Laurence Smith (1962), Irene Fox (1998)

13th: Florence Stoward (1987), Neil Lloyd-Williams (2022)

14th: Daniel Visuralingam

15th: Jeannie Toussaint (1991), Cherulanne Kargbo (2015)

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.

Look with divine pity, O God, on the pains of your whole family, and let the passion of Christ and his infinite love make fruitful for good the tribulations of the innocent, the sufferings of the sick, and the sorrowing of the bereaved. Amen.

A French prayer (1915)

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

EVENTS & SERVICES THIS WEEK:

Monday, 10th March

Gospel: Matthew 25:31-46
Pray for: the NHS
Residents of: Dors Close,
Dugolly Avenue, Dunster Drive

Tuesday, 11th March

8.30am Morning Prayer

9.30am Visit by Woodfield School

Gospel: Matthew 6:7-15
Pray for: the lonely and housebound
Residents of: Farnborough Close,
Forty Lane, Gervase Close

Wednesday, 12th March

8.30am Morning Prayer

Gospel: Luke 11:29-32
Pray for: local Food Banks
Residents of: Glenwood Avenue,
Glenwood Grove, Greenhill

Thursday, 13th March

8.30am Morning Prayer

No 9.30am or 10am services

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

Gospel: Matthew 7:7-12
Pray for: the Lent Course
Residents of: Greenhill Way,
Harp Island Close, Harrington Close

Friday, 14th March

8.30am Morning Prayer
6.30pm Evening Prayer
7pm Stations of the Cross
& Benediction

Gospel: Matthew 5:20-26
Pray for: the Emergency Services
Residents of: Havenwood,
Hill Drive, Holden Avenue

Saturday, 15th March

9.30am Fr Jason is saying the Mass
at St. Mary's, Willesden – all welcome

Gospel: Matthew 5:43-48
Pray for: persecuted Christians
Residents of: Janson Close,
Kelly Close, Ken Way

Sunday, 16th March 2025

SECOND SUNDAY
OF LENT

9.45am Morning Prayer

10.30am Sung Mass

Gospel: Luke 9:28-36
Pray for: our parish and people
Residents of: Kings Drive,
Kingsgate, Kingsmere Park