



## Holy Communion for LENT

Sunday 18 February 1<sup>st</sup> Sunday in Lent

### WELCOME & Introduction

During Lent let us pray to God who meets us in the wilderness of our lives

Creator God,  
Walking in the Garden  
**Breathe life into us**

Tempted God,  
Praying in the desert  
**Breathe life into us**

Suffering God,  
Travelling towards the cross  
**Breathe life into us**

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



**HYMN 128 - Jesu, lover of my soul.**

Jesu, lover of my soul,  
let me to thy bosom fly,  
while the nearer waters roll,  
while the tempest still is high:  
hide me, O my Saviour, hide,  
till the storm of life is past;  
safe into the haven guide,  
O receive my soul at last.

Other refuge have I none,  
hangs my helpless soul on thee;  
leave, ah! leave me not alone,  
still support and comfort me!  
All my trust on thee is stayed;  
all my help from thee I bring;  
cover my defenceless head  
with the shadow of thy wing.

Thou O Christ, art all I want,  
More than all in thee I find,  
Raise the fallen, cheer the faint,  
Heal the sick, and lead the blind.  
Just and holy is they name,  
I am all unrighteousness,  
False and full of sin I am,  
Thou art full of truth and grace.

Plenteous grace with thee is found,  
grace to cleanse from every sin;  
let the healing streams abound,  
make and keep me pure within.  
Thou of life the fountain art,  
freely let me take of thee:  
spring thou up within my heart,  
rise to all eternity.

## Prayer of Penitence

Our Lord Jesus Christ said:

The first commandment is this:

'Hear, O Israel, the Lord our God is the only Lord.  
You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.'

The second is this:

'Love your neighbour as yourself.'

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**Amen. Lord, have mercy.**

## Invitation to CONFESSION

We come to God from whom no secrets are hidden,  
we bring to God the burdens of our world, and the temptations of our hearts  
and minds.

The sacrifice of God is a broken spirit;  
a broken and contrite heart God will not despise.  
Let us acknowledge our transgressions in penitence and faith.

## Confession *(please sit or kneel)*

**Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy  
forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly,  
love mercy,  
and walk humbly with you, our God. Amen.**

## *The Kyrie Eleison*

***Lord, have mercy***

***Lord, have mercy***

***Christ, have mercy.***

***Christ, have mercy***

***Lord, have mercy.***

***Lord, have mercy***

## **The Absolution**

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

## **THE COLLECT** (*Prayer of the week - found on the pew sheet*)

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.

## **THE LITURGY OF THE WORD**

### **READINGS**

#### **Genesis 9.8-17 Read by Gill**

Then 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.'

For the word of the Lord.

**Thanks be to God.**

### **1 Peter 3.18-end read by Kathryn**

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

For the word of the Lord.

**Thanks be to God.**

### **HYMN 702 - Lead us, heavenly Father, lead us**

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.

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;  
lone and dreary, faint and weary  
through the desert thou didst go.

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.

Please remain standing for the **GOSPEL READING**

Hear the gospel of our Lord Jesus Christ  
according to St. Mark.

***Glory to you, O Lord.***

### **Mark 1.9-15**

In those days Jesus came from Nazareth of Galilee and was baptized 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 for 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.'

This is the Gospel of the Lord.

***Praise to you, O Christ.***

**SERMON**

*We stand to affirm our Faith using the words of the **NICENE CREED***

**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 (Please sit or kneel)**

**Led by Revd. Pauline**

*These responses may be used*

Lord, in your mercy

**hear our prayer.**

*at the end*

Merciful Father,

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

*Banns of Marriage, Notices & time of sharing*

## **THE PEACE (please stand)**

*These words may be used*

Not an easy peace  
Not an insignificant peace  
Not a half-hearted peace  
But the peace of our Lord Jesus Christ be with you  
**And also with you**

Let us offer one another a sign of peace.

## **OFFERTORY HYMN 121 - Forty days and forty nights.**

**Forty days and forty nights  
Thou wast fasting in the wild;  
forty days and forty nights  
tempted and yet undefiled.**

**Sunbeams scorching all the day,  
chilly dew-drops nightly shed,  
prowling beasts about thy way,  
stones thy pillow, earth thy bed.**

**Shall not we thy sorrows share  
and from earthly joys abstain,  
fasting with unceasing prayer,  
glad with thee to suffer pain.**

**And if Satan, vexing sore,  
Flesh or spirit should assail,  
Thou, his vanquisher before,  
Grant we may not faint nor fail.**

**So shall we have peace divine  
holier gladness, ours shall be;  
round us too shall angels shine,  
such as ministered to thee.**

**Keep, O keep us, Saviour dear,  
ever constant by thy side;  
that with thee we may appear  
at the eternal Eastertide.**



(During the hymn the bread & wine are brought forward, and the altar is prepared)

With this bread that we bring  
**we shall remember Jesus.**

With this wine that we bring  
**we shall remember Jesus.**

Bread for his body, wine for his blood, gifts from God to his table we bring.  
**we shall remember Jesus.**

**EUCCHARISTIC PRAYER (please sit or kneel)**

**(The Choir may remain standing)**

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,  
it is our duty and our joy,  
At all times and in all places  
To give you thanks and praise,  
Holy Father, heavenly King,  
Almighty and eternal God,  
Through Jesus Christ your Son our Lord.

And now we give you thanks  
Because you give us the spirit of discipline  
That we may triumph over evil and grow in grace  
As we prepare to celebrate the Paschal mystery  
With mind and heart renewed

Therefore, with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
forever praising you and Singing:

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

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;  
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.

Therefore, heavenly Father,  
we remember his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection and glorious ascension;  
we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.

Great is the mystery of faith

***Christ has died:  
Christ is risen:  
Christ will come again.***

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit,  
inspire us with your love  
and unite us in the body of your Son,  
Jesus Christ our Lord.

Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
with all who stand before you in earth and heaven,  
we worship you, Father almighty,  
in songs of everlasting praise:

***Blessing and honour and glory and power  
be yours for ever and ever.  
Amen.***

### **The Lord's Prayer**

As we endure the trials of this world,  
we pray for the coming of God's Kingdom  
in heaven and on earth.

**Our Father in heaven  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins,  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the Kingdom, the power, and the glory are yours  
now and forever. Amen.**

## THE BREAKING OF THE BREAD

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.**

### The 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.*

Draw near with faith.  
Receive the body of our Lord Jesus Christ  
which he gave for you,  
and his blood which he shed for you.  
Eat and drink in remembrance that he died for you,  
and feed on him in your hearts  
by faith with thanksgiving.

*All are welcome to come forward to receive the bread and the wine or a  
blessing, it is helpful for us if you say your name when you come to the front.*

An anthem is usually sung by the Choir and then a **HYMN** is also sung during  
Communion. (Please remain seated)

Anthem:           Lamb of God (Webb)

## **HYMN 373 – Purify my heart**

**Purify my heart,  
let me be as gold and precious silver.  
Purify my heart,  
let me be as gold, pure gold.  
Refiner's fire, my heart's one desire  
is to be holy, set apart for you, Lord.  
I choose to be holy,  
set apart for you, my Master,  
ready to do your will.**

**Purify my heart,  
cleanse me from within and make me holy.  
Purify my heart  
cleanse me from my sin, deep within.  
Refiner's fire, my heart's one desire  
is to be holy, set apart for you, Lord.  
I choose to be holy,  
set apart for you, my Master,  
ready to do your will.**

Brian Doerksen (b. 1965)

## **POST COMMUNION PRAYER**

Said by a minister and found on the weekly pew sheet.

Lord God,  
you have renewed us with the living bread from heaven;  
by it you nourish our faith,  
increase our hope,  
and strengthen our love:  
teach us always to hunger for him who is the true and living bread,  
and enable us to live by every word that proceeds from out of your mouth;  
through Jesus Christ our Lord. Amen

## THANKSGIVING PRAYER

**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.**

## HYMN 646 - God is working his purpose out.

**God is working his purpose out  
as year succeeds to year:  
God is working his purpose out,  
and the day is drawing near;  
nearer and nearer draws the time,  
the time that shall surely be,  
when the earth shall be filled  
with the glory of God  
as the waters cover the sea.**

**From the east to utmost west,  
wherever foot has trod,  
by the mouth of many messengers  
goes forth the voice of God;  
give ear to me, ye continents,  
ye isles, give ear to me,  
that the earth may be filled  
with the glory of God  
as the waters cover the sea.**

**What can we do to work God's work,  
To prosper and increase  
The love of God in all mankind  
the reign of the prince of Peace?  
What can we do to hasten the time,  
the time that shall surely be,  
when the earth shall be filled  
with the glory of God  
as the waters cover the sea.**

March we forth in the strength of God,  
With the banner of Christ unfurled,  
that the light of the glorious gospel of truth  
may shine throughout the world  
fight we the fight with sorrow and sin,  
to set their captives free,  
that earth may filled  
with the glory of God  
as the waters cover the sea.

All we can do is nothing worth  
unless God blesses the deed;  
vainly we hope for the harvest tide  
till God gives life to the seed;  
yet nearer and nearer draws the time,  
the time that shall surely be,  
when the earth shall be filled  
with the glory of God  
as the waters cover the sea.

#### CLOSING PRAYER & BLESSING

Lord, you so loved the world  
That you gave us your son.  
Friends, if God so loved us  
We ought to love one another

The cross  
**We shall take it**

The bread  
**We shall break it**

The pain  
**We shall bear it**

The joy  
**We shall share it**

The Gospel  
**We shall live it**

The love,  
**We shall give it**

The light  
**We shall cherish it**

The dark  
**God shall perish it**

And the blessing of God almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you, be upon those you love, pray for and care for now and for evermore.

**Amen.**

#### THE DISMISSAL

Go in peace to love and serve the Lord.

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

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