

The Parish of East Preston with Kingston

St Mary the Virgin

Church of England, Diocese of Chichester



The Holy Eucharist in Lent

Common Worship: Order One

Lent is the time of preparation for Easter. It's an opportunity to take a serious look at our spiritual lives - time for spring cleaning. We are encouraged to look at the habits and patterns we're setting - with regard to our time, our money, our praying, our loving, our talents, our worship etc. And we're encouraged to ask whether these habits and patterns are helpful, positive and good, or whether we could improve on them.

As an echo of the way in which Jesus withdrew into the desert for 40 days in preparation for his ministry, in the Church we "give up" flowers; we give up saying or singing the Gloria and we give up the word "Alleluia". But Lent is not just about giving things up - it can be just as much about actively taking something on! Never mind giving up chocolate, wine or coffee - what about us sitting down and looking at our prayer life?; what about committing to a Lent group?; what about reading a particular book or trying a new pattern of praying? That's much more challenging!

In the Early Church Lent was a time of preparation for the newly converted (who would be baptized at Easter) and penitence for the truly sorry (who, through sin were disciplined by being temporarily excluded from the Church).

Gradually the Church came to recognise that, by a careful keeping of these days, all Christians might take to heart the call to repentance and assurance of forgiveness proclaimed in the gospel, and so grow in faith and in devotion to our Lord.

Lent may be a sombre time, but it's not a depressed time; it may be penitential, but it's not self-condemnatory; it may be plain but it is not joyless. Lent is reflective, realistic and offers many opportunities for growth.

Lots of resources are available: Lent groups; an examination of conscience exercise; the ministry of reconciliation; the opportunity to speak to your priest; recommended reading - if you're bewildered, please ask!

The Church is made up of fallible human beings and we are still discovering, exploring and marvelling in God's love for us - so please forgive us if we get in the way of you meeting Jesus...

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The prayers at the beginning and end of this booklet are culled from various sources, including:

Cloth for the Cradle, the Wild Goose Worship Group, © Iona Community 1998

The SPCK book of Christian Prayer 1995

The New Women Included, St Hilda Community SPCK 1996

Janet Morley *All Desires Known* SPCK 1992

+ Andrew Burnham A *Manual of Anglo-Catholic Devotion* Canterbury Press 2001

Opening Prayers © International Commission on English in the Liturgy, Canterbury Press 1999

Welcome!

When we come together to break bread and share wine as Jesus told us to do, we're stepping into a stream of prayer and worship which crosses all time and all geographical locations. The very stones around you are soaked with the prayers of those who've worshipped here down the years - as indeed our presence today will leave an invisible mark on this building. We join with angels and archangels and all the company of heaven to praise Jesus Christ - so no matter what numbers look like we're never in the minority!

Before the service starts we invite you to spend time prayerfully surrendering to the power of the Holy Spirit, asking that He may direct our worship, open our minds to the scriptures, prepare our hearts and minds to meet Jesus in communion, and that He may equip and empower us to leave this place to live out what we experience here in the rest of our lives.

These prayers and thoughts may help:

Glorious God, your thoughts are not our thoughts,
neither our your ways our ways.

You look at the ugliest soul
and see, still unstirred,
the wings of an angel.

We scan the finest of our neighbours anxious to find the flaw.

You view time in the context of eternity,
you find a place for waiting, for yearning;
even for suffering and dying.

We demand instant results

and look for tomorrow before savouring today.

You know that only one who suffers
can ultimately save - that is why
you walk the way of the cross.

We fear vulnerability which defies our power
that is why we allow for crucifixion.

Your thoughts are not our thoughts
neither our your ways our ways.

So we pray, forgive in us what has gone wrong;
repair in us what is wasted;
reveal in us what is good.

[Wild Goose Worship Group]

Joy with peace,
amendment of life,
time for repentance
the grace and comfort
of the Holy Spirit
and perseverance in all good works;
grant us, O almighty and merciful Lord.

[Enriching the Christian Year]

* * *

We pray for the Church, tempted like its Head.

When the Church seeks political power;

Jesus stay with us.

When the Church longs to become wealthy;

Jesus speak to us.

When the Church strives to impress with splendour;

Jesus give us simplicity.

When the Church wanders from the way of sacrifice;

Jesus hold us.

When the Church listens to the call for cheap grace;

Jesus keep us true to your way.

[Bernard Thorogood]

* * *

Lent is a time for clarity, as when the bare boughs of winter show us the true shape of the tree in austere beauty. We ask for grace to clear away the clutter of our lives in order to see the underlying pattern.

[The St Hilda Community]

* * *

O God, my dark silence;
whose love enfolded me
before I breathed alone;
whose hands caressed me
while I was still unformed;
to whom I have been given
before my heart remembers;
who knew me speechless;
whose touch unmakes me;
whose stillness finds me
for ever unprepared...

[Janet Morley]

Before the service starts you are invited to pray quietly - you may find one of the prayers at the beginning of this booklet helpful. A bell may ring to indicate that the procession is ready and we will STAND to sing our first HYMN.

*The responses in **bold** below we say together.*

The Greeting

You are invited to make the sign of the cross (+) to remind you both of your baptism where your life in Christ began, and of how you seek to deepen your discipleship in this service.

In the name of the + Father the Son and the Holy Spirit
Amen

The Lord be with you
and also with you

(or)

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

The priest may introduce the theme of the mass

Prayers of Penitence

Lent is a penitential season when we try to be extra honest about our faults and failings, asking for God's forgiveness as, in the power of the Holy Spirit, we endeavour to live for Christ in the world.

The prayers of penitence may be introduced with the following words:

The sacrifice of God is a broken spirit; a broken and contrite heart God will not despise. Let us come to the Lord who is full of compassion, and acknowledge our transgressions in penitence and faith.

(and/or)

Let us confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all.

(and/or)

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

**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**

(or)

**Father Eternal, giver of light and grace
we have sinned against you and against our neighbour
in what we have thought in what we have said and done,
through ignorance, through weakness
through our own deliberate fault.
We have wounded your love
and marred your image in us.
We are sorry and ashamed
and repent of all our sins.
For the sake of your Son Jesus Christ
who died for us,
forgive us all that is past;
and lead us out from darkness
to walk as children of light.
Amen.**

(or)

Wash me thoroughly from my wickedness
and cleanse me from my sin*: Lord have mercy
Lord have mercy

Make me a clean heart O God
and renew a right spirit within me: Christ have mercy
Christ have mercy

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

** other invocations may be used*

(or)

Lord have mercy
Lord have mercy

Christ have mercy
Christ have mercy

Lord have mercy
Lord have mercy

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
Amen

The Collect

*Stay STANDING. The President introduces a brief period of silent prayer
with the words "Let us pray". After the collect all respond: **Amen***

SIT for the readings

Readings

At the beginning: A reading from....

At the end: This is the word of the Lord *(or)* For the word of the Lord
Thanks be to God

We STAND to sing a gradual HYMN between the second reading or Psalm and the gospel. The gospel book will be carried to the centre of the church, symbolizing how the gospel of Christ has been taken to the people. We turn to face the gospel and listen for the Word of God.

Gospel Reading

Remain STANDING for the Gospel. There may be a gospel acclamation as follows:

Praise to you O Christ, King of eternal glory
The Lord is a great God, O that today you would listen to his voice.

Praise to you O Christ, King of eternal glory

The Lord be with you
and also with you

+ Hear the Gospel of our Lord Jesus Christ according to *N*
Glory to You, O Lord

You are invited to make the sign of the cross on your forehead, your lips and your heart - symbolizing your desire that God's Word may inform your mind, be on your lips and in your heart.

At the end

This is the Gospel of the Lord
Praise to You, O Christ

You will be invited to SIT for the sermon

Sermon

You will be invited to STAND for the creed

The Creed

The creed may be said in one of the following forms:

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.**

(or)

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 tongue proclaim that Jesus Christ is Lord,
to the glory of God the Father.
Amen**

[cf Philippians 2.6-11]

Prayers of Intercession

In the power of the Spirit and in union with Christ
Let us pray to the Father

The prayers of intercession may include responses such as:

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

Intercession, or “asking” prayer is never done alone, so we join our prayers with the prayers of those in glory with God already; the Church Militant on earth; we join the constant stream of prayer Jesus makes for us to the Father, and we also ask for the prayers of the saints. The following words may be used:

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 hour of our death.

The intercessions may end with these words:

Merciful Father: -
**Accept these prayers
for the sake of your Son
Our Saviour,
Jesus Christ
Amen.**

**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.**

*Remain STANDING as the president continues the Eucharistic Prayer,
which may contain one of the following acclamations:*

[Great is the mystery of faith:]
**Christ has died:
Christ is risen:
Christ will come again**

(or)

[Praise to you, Lord Jesus:]
**Dying you destroyed our death,
rising you restored our life,
Lord Jesus come in glory**

(or)

[Christ is the bread of life:]
**When we eat this bread and drink this cup
we proclaim your death Lord Jesus
until you come in glory**

(or)

[Jesus Christ is Lord:]
**Lord, by your cross and resurrection
you have set us free.
You are the Saviour of the world.**

The Eucharistic Prayer may end with:

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

(or)

with a triumphant **AMEN!**

We say together the Lord's Prayer.

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.**

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**

(or)

Every time we eat this bread
and drink this cup
**we proclaim the Lord's death
until he comes.**

The Agnus Dei may said or sung in one of the following forms:

**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**

(or)

**Jesus Lamb of God
have mercy on us**

**Jesus bearer of our sins
Have mercy on us**

**Jesus, redeemer of the world
grant us peace**

Giving of Communion

The president may use these or other words of invitation:

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 that he lives for you, and feed on him in your hearts by faith with thanksgiving.

(or)

Jesus is the lamb of God who takes away the sin of the world. Blessed are those who are called to his supper.

**Lord I am not worthy to receive you
but only say the word and I shall be healed**

The president and people receive communion with the words “The body of Christ” and “The blood of Christ”, to which the response is “Amen”.

If you wish to receive a blessing, please bring this service book with you and keep your head bowed.

Baptized persons who are communicant members of other Churches which subscribe to the doctrine of the Holy Trinity, and who are in good standing with their own church are welcome to receive Communion. [Canon B15A(b)]

A HYMN may be sung during the distribution of communion. There are some prayers at the back of this booklet which you may wish to use quietly after receiving the sacrament.

Prayer after Communion

Silence is kept. We stay SITTING or KNEELING. A Post Communion prayer may be said. All may say one of these prayers:

**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**

(or)

**Father of all,
we give you thanks and praise
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace and opened the gate of glory.
May we, who share Christ's body, live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord.
Amen.**

The dismissal

The Lord be with you
and also with you

The president pronounces God's blessing, using some appropriate words and ending with

...and the blessing of God Almighty,
the + Father, the Son and the Holy Spirit
be among you and remain with you always
Amen

(Let us) Go in peace to love and serve the Lord
In the name of Christ. Amen

(or)

Go in the peace of Christ
Thanks be to God.

Some Lenten reflections:

It was on the Sunday
that he took on the city.

Religious freaks usually appear in the desert
urging folk to come into the open air
and find God through getting back to nature.
God, you see, doesn't live in the city.
He prefers the smell of a garden to that of a gutter.
He likes to see children jumping streams,
not scavenging dustbins.
And far better in his eyes are lovers lounging in the long grass
than cuddling up in a single bed.

The city is for sin.
God doesn't go there.

The Lord's my Shepherd
not my social worker.
He makes me lie down in green pastures
not psychiatrists' couches.
He leads me beside still waters
not trickles of urine from a beggar's bladder.
And on the mountains are the peace messenger's feet beautiful,
not in the middle of the road.

It was on the Sunday
that he took on the city.

[Wild Goose Worship Group]

* * *

We need time, space, simplicity in our lives - enough bareness to discern
the outline of who we are and how we should live. Let us use Lent as a
time of peace and reflection, in which we withdraw from getting and
spending and desiring and remember the love which upholds us.

[The St Hilda Community]

FASTING & FEASTING

Lent can be more than a time of fasting; it can be a season of feasting.
We can use Lent to fast from certain things and to feast on others. We
can:

Fast from judging others; feast on the Christ dwelling in them.
Fast from emphasis on differences; feast on the unity of life.

Fast from apparent darkness; feast on the reality of light.
Fast from, thoughts of illness; feast on the healing power of God.

Fast from words that pollute; feast on phrases that purify.
Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.
Fast from pessimism; feast on optimism.

Fast from worry; feast on divine order.
Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.
Fast from unrelenting pressure; feast on unceasing prayer.

Fast from hostility; feast on non-resistance.
Fast from bitterness; feast on forgiveness.

Fast from self-concern; feast on compassion for others.
Fast from personal anxiety; feast on eternal truth.

Fast from facts that depress; feast on verities that uplift.
Fast from discouragements; feast on hope.

Fast from lethargy; feast on enthusiasm.
Fast from thoughts that weaken; feast on promises that inspire.

Fast from shadows of sorrow; feast on the sunlight of serenity.
Fast from idle gossip; feast on purposeful silence.

Fast from problems that overwhelm; feast on prayer that under girds.

* * *

Some Prayers you might find useful after Communion

O Lord and heavenly Father, who hast given unto us thy people the true bread that cometh down from heaven, even thy Son Jesus Christ: grant that throughout this Lent our souls may so be fed by him that we may continually live in him and he in us; and that day by day we may be renewed in the spirit by the power of his endless life, who gave himself for us, and now liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. Amen

[Fredrick Macnutt 1873-1949]

* * *

As the days lengthen and the earth spends longer in the light of day, grant that I may spend longer in the light of your presence O Lord, and may those seeds of your Word, which have been long buried within me, grow, like everything around us, into love for you, and love for people; to become a visible declaration of your Lordship in my life. Grant, Father, that this Lent there may be a springtime for my life in Christ. Amen

[Dick Williams]

* * *

Spirit of comfort and longing
enfold my fear
unclothe me of my pride
unweave my thoughts
uncomplicate my heart
and give me surrender
that I may tell my wounds
lay down my work
and greet the dark.

[Janet Morley]

God of times and seasons, you have brought us again to Lent for the study of Your Word, for the remembrance of the temptation of Your Son, and for the contemplation of His cross. The birds know their seasons; forbid that we be blind to our times. Grant us a Lenten blessing, and may no one miss this time of growth. Amen

* * *

Father of light, in you is found no shadow of change but only the fullness of life and limitless truth. Open our hearts to the voice of your Word and free us from the darkness that shadows our vision. Restore our sight that we may look upon your Son who calls us to repentance and a change of heart. Amen

* * *

O God of eternal glory
you anointed Jesus your servant
to bear our sins;
to encourage the weary;
to raise up and restore the fallen.
Keep before our eyes
the splendour of the paschal mystery of Christ;
and, by our sharing in the passion and resurrection,
seal our lives with the victorious sign
of his obedience and exaltation.
We ask this through Christ, our liberator from sin
who lives with you in the unity of the Holy Spirit,
holy and mighty God for ever and ever. Amen

[Collect for Passion Sunday, ICEL]