



St Hilda's  
Ashford

# St Hilda's News



Photo credit – Chris Maddock

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If you would like help or to speak to a member of the ministry team please contact:

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- Father Joseph can be contacted on  
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[www.sthilda.org](http://www.sthilda.org)

We are looking for more contributions from the St Hilda's community, if you would like to contribute, please either call, email or send an article to the Parish Office.

## Note from the Editor

Welcome to the first Newsletter of 2021, sincere apologies for not being able to publish one sooner, but unfortunately during the whole of January our household was in self-isolation as we received not 1 but 4 different positive tests. The 3 younger members of the household who tested positive all displayed relatively minor symptoms and are in the main back to normal. The 4<sup>th</sup> positive test was myself, and I displayed several symptoms of which I am on the road to recovery from, though it is slow. Denise, who was one of the lucky ones to have avoided the virus will share below a few words of how we managed to live in self-isolation for a month!

Throughout, the NHS were absolutely fantastic, after receiving a positive test I received 3 calls over the course of the 10-day period checking up on my symptoms and well-being as well as receiving various text messages, in addition, when things got a little more complicated as the number of positive tests increased, the advice provided by the helpline was very useful. Finally, without getting too political, I think that the government has also done a great job, firstly in the efficiency of the testing stations and receiving results back within 24 hours, but also the rollout of the vaccine which I'm sure many have already received or certainly know a number of people who have received their first dose. There is a light at the end of this very long tunnel!

**I would like to send a huge thank you to everyone for the many calls and messages checking how we are all fairing.**

### Self-isolation merry go round in the Buttigieg home

Life in the Buttigieg household has not been dull since the start of 2021, although it has been limited.

It all started when one of our children and their partner got 'tagged' as having had contact with a positive case by their NHS track & trace app. This meant that they went to have a test. When one came back positive and one negative, it meant that we had to quarantine the positive case, (known as patient zero). The negative case got lucky – they lost their bedroom and got an airbed in the study to sleep on and the job of running up and down stairs to provide waitress service to the patient which was a tray left at the closed door with their food.

With that, 4 of the remaining 5 went to have a test as being Christmas & New Year we had been spending a lot more time together. Here the story repeats, 1 of the 4 are positive. Child number 2 loses their room and gets an airbed in the living room and becomes the next to provide room service to a closed door.

The rest of us just have even longer to stay in. About a week later Darran started to develop symptoms and a test reveals that he too has the joy of a room to himself, meals at the door and room service provided by me. I get a camp bed at the other end of the living room with 'waiter' number 2.

Patient 'zero' ends their quarantine and is allowed to return to work. Before they return to work the waiter & waitress are requested to test, unfortunately the waitress is now positive so patient zero gets to reverse roles to become a waiter and gets the airbed in the study.

Patient 1 gets to return to work, after one day they are starting to show symptoms (having been totally without any symptoms through their confinement) a further test is asked for by 119 and comes back positive (as expected as signs of covid can last in the body for up to 90 days). We all then get to start another 10 days self-isolation at home.

We all manage 7 days of freedom until another 10 days are then given to patient 'zero' and their waitress as their apps notify them again that they have had contact with a positive case.

We have found TV series' to binge watch (ask for recommendations), baking to do and puzzles in confinement but we all missed the opportunity just to be out. The best day was when it snowed and most of us went in the back garden to build 'Snovid' our self- isolation snowman.

As of today (Monday 15<sup>th</sup>) we are now all allowed out at the same time. 3 of us have been very lucky not to have caught covid but the symptoms and effects have been very varied and one of our poor patients still can't taste or smell.

We would like to thank all of those who offered help through this and made sure we didn't starve.



*Denise*

*If you managed to follow all that – Well Done.*

*For info – Patient zero is our daughter's partner, patient 1 is our son's partner, the waitress was our daughter and the first waiter our eldest son.*

## COMING HOME

Following Fr Joseph's kind words welcoming us in a recent newsletter and at the end of a service, I thought I would take this opportunity to introduce ourselves. I have recently retired from parish ministry and, having now moved to Ashford, I am happy to help Fr Joseph with occasional services (the role of an area dean can be very demanding). Liz and I have already started to get to know a few people and are very grateful for the warm welcome.

I have deep roots in this area. My paternal grandparents lived in Worple Avenue more than a century ago, my parents were married at St Peter's, Staines, and I was baptised at St Hilda's. My baptism certificate tells me the officiant was the Revd A R Royall, 'Curate'. I wonder if any of our more senior members remember him? In those days St Hilda's was not



yet a parish church in its own right. By chance, he did his theological training at the same institution as me - the Queen's College, Birmingham - but a generation earlier.

As a teenager I was part of the enormous youth work at All Saints, Laleham, and my mother's ashes are buried in the churchyard there. She was a regular attender at Christ Church, Staines.

I attended Buckland school and then Hampton before training to teach at Brighton College of Education. I taught for five years at high schools in Luton and Newbury prior to ordination training at Queen's, where I met and married Liz who was on the administrative staff there. Though a native Brummie, you would be hard-pressed to detect the accent! We then headed north to Lancashire where I served as a curate and then a vicar for a total of twelve years. All three of our daughters were born there. Liz qualified and worked as a Careers Officer for Lancashire County Council.

Then it was back down south to Bagshot with our Lancashire lasses, where I served as vicar for nine years. That was followed by a brief one-year spell as the chaplain of St Mary's School Wantage before the school closed precipitating another move - this time to East Anglia.

I took over an eight-parish benefice deep in rural Suffolk. Yes, I had eight church buildings, eight PCCs with sixteen churchwardens (which we never actually achieved), eight APCMs which we managed to reduce to four, eight harvest suppers to attend - four of them on the same evening in one particular year (shades of the Vicar of Dibley), half a dozen fetes, and many social events. It was actually great fun. What could be better than roaming around eight rural villages on a summer's day! (I will draw a veil over being unable to get up our drive in winter). We spent thirteen happy years there.

Most clergy these days are expected to take on something in addition to their parish responsibilities (ask Fr Joseph) and for me it was education - both children and adults. I served for many years on the Diocesan Board of Education, and as a school governor in different types of schools. I was also a tutor consecutively for three regional courses training people for ministry, both lay and ordained, and did a brief stint as a rural (area) dean.

Retiring and moving house in the midst of a pandemic was a challenge. For my final service at the beginning of August all the parishes came together for an outdoor Eucharist followed by a socially-distanced picnic in the glorious sunshine. It was a marvellous way to go out. And now here we are back in Ashford. I still have one or two old friends in the area and Liz and I look forward to making many new ones.

*Fr Steve Brian*

## Church of England reveals progress as it targets net-zero carbon emissions by 2030

The first findings from a study to capture carbon impacts in the Church of England have been published, a year on from a vote committing the Church to net-zero carbon emissions by 2030.



The findings show five per cent of churches sampled were already net-zero carbon. While a 12.5 per cent carbon reduction has already been made across the country, when compared with a comparative, although smaller, 2006 study.

The report suggests there is still significant scope for churches to install cleaner technologies to reduce their carbon impacts with just one per cent of churches having installed solar panels to date.

Becky Clark, Director of Churches and Cathedrals for the Church of England spoke to Premier about the progress made so far and how churches can do more.

"The thing about the net zero target is that it comes from a deeply theological Christian place. Christians are called to care for and to safeguard God's creation. It's the fifth mark of mission, but it's much more about just being about the UK, this is about being global neighbours and trying to support the global climate crisis, which of course, is impacting some of the most deprived in the world the most. So from that perspective, it's really important that churches do their part and that we see it in that perspective, on a local basis.

"Yes, there's lots of things that churches can do that are small measures that make a big difference. But one of the biggest things that we've seen in this recent study that makes the biggest difference to overall carbon footprint is changing your energy supplier to a 100 per cent, green supplier, parish buying have a tariff that churches can sign up to, that's been negotiated specifically to be a green tariff. So it's a really easy thing for local churches to do. And if all of our churches were on green electricity tariffs, we could cut the carbon that we've measured this year by another quarter."

On 12 February 2020, the General Synod committed the Church to reducing carbon emissions to net-zero by 2030. A detailed definition of net-zero was finalised in the autumn. This followed a major consultation with dioceses and cathedrals.

Encouragement has also been given to the network of Church schools. St Andrew's CofE (VA) Primary School in Chedworth has been awarded a £120,000 as part of the Government's Public Sector Decarbonisation Scheme and is on course to become one of the first net-zero carbon schools in the country.

In order to assist churches in their efforts, The Energy Footprint Tool (EFT) was launched in January 2020. It's a simple dashboard which has been piloted by churches keen to reduce their carbon footprint. The tool provides advice to parishes who have entered their data

about how to take further steps. It also features an appliance-style energy rating showing how the church compares to others of a similar size.

Becky Clark added that although committing the Church to net-zero carbon emissions by 2030 is an ambitious target, she is confident it is achievable.

"It is ambitious, but we've got to be ambitious. There is no other option here. We are called on by God to care for his creation and this is imperative. Things like the covid crisis are going to look insubstantial compared to the impact that climate crisis has if we don't tackle it, so we are prayerfully and joyfully able to embrace the possibilities of reaching this target. And yes, what is a very ambitious amount of time but having seen how many churches have engaged at grassroots, with this energy tool, with the initiatives, the webinars and training we've done in the last year, the fact that this groundswell of desire to do this didn't come from the national church, it came from parishes, it came from diocesan Synod, I am confident that we will be able to do it.

The lead bishop for the environment, Nicholas Holtam, the Bishop of Salisbury welcomed the commitment shown by churches across England who have used the tool.

He said in a statement: "Committing the Church of England to become net-zero by 2030 has emphasised the urgency of the climate crisis. It has inspired us all to pick up the pace in the care of God's creation.

"There has been a magnificent response already, but it is sobering to realise how much more is needed. The Energy Footprint Tool, good advice and some excellent case studies are available to stimulate, encourage and help.

"We need to be working at this in every Church community - churches, chaplaincies, schools, homes and offices - as we move towards our 2030 target for the sake of the world God loves."

Lord,

We give thanks for the Church of England's commitment to reducing its carbon footprint and for this practical show of love for your world and creation.

Please help churches to take steps over the coming years to ensure the Church of England hits its target of net-zero carbon emissions by 2030.

Amen

## Amen

I read with despair how a Pastor ended his prayers at a session of the American Congress this week with, "We ask it in the name of the monotheistic God... God known by many names and by many different faiths. Amen, and awoman". He also mentioned the Hindu God, Brahmin.

Why exactly he did this I have not heard. It came after a committee proposed changes in house rules to "honour all gender identities", and eliminate gendered words like "mother," "father," "he," and "she" in favour of gender-neutral terms.

**Amen** means SO BE IT! We use the Latin version. The original Hebrew is *āmán*. It is recorded in the book of Deuteronomy chapter 27

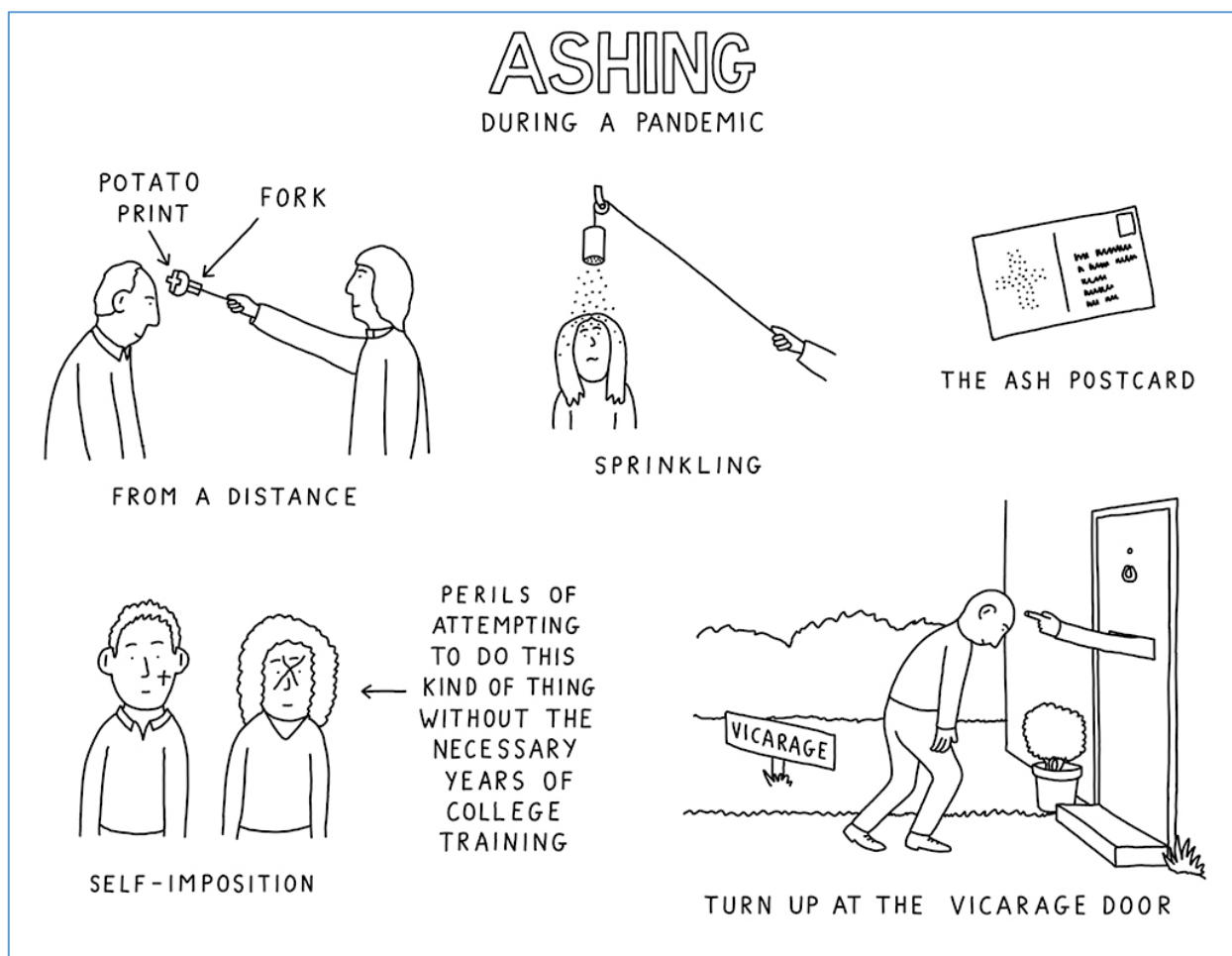
<sup>14</sup> The Levites shall recite to all the people of Israel in a loud voice:

<sup>15</sup> "Cursed is anyone who makes an idol—a thing detestable to the LORD, the work of skilled hands—and sets it up in secret."

Then all the people shall say, "Amen!" (NRSV translation).

I was going to write at length about gender use in relation to our worship - but took a deep breath and left it as to just say let's understand the words we use.

*Rosalyn Young*



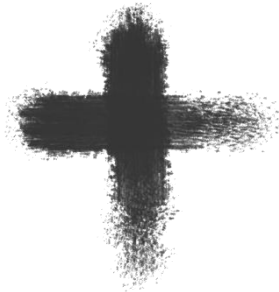
### Lent, 17 February – 3 April

Lent has **40** days



Pancake Day/ Shrove Tuesday comes the day before Lent.

Lent starts on



Ash Wednesday.

1st Sunday of Lent is day of



celebration and so doesn't count as one of the days of Lent.

2nd Sunday of Lent



day off

3rd Sunday of Lent



day off

4th Sunday of Lent



day off also known as

*Mothering Sunday* or *Refreshment Sunday*



5th Sunday of Lent



day off

6th Sunday of Lent



day off start of Holy Week

Thursday of Holy Week



Maundy Thursday

Good Friday



Easter Eve Low Saturday

LENT ENDS

EASTER DAY



This year Lent begins on 17<sup>th</sup> Feb and Ends on 3<sup>rd</sup> April -  
46 days take out the 6 Sundays and don't ever include Easter Day!

**Lent** - From the Anglo Saxon: a combination of *Lenc* - \_ meaning long and *ten* meaning day. As the days are getting longer as move into Spring. A time of fasting, self-denial, spiritual growth, conversion and simplicity. A time to clear out all that hinders our personal and corporate relationship with Jesus Christ and our service to him. It was also a time when nes Christiands were prepared for Baptism on Easter Eve,

**40 days** - Noah on ark for / Jesus in the Wilderness /Moses on Mount Sinai before being given the Commandments /40 years of the Exodus in the Wilder ness

**Shrove Tuesday** - shrove – to shrive - be forgiven of one's sins by the priest in church. The pancake was using up foods before fasting began for lent so using eggs meat fats and dairy products.

**Ash Wednesday** – church service at which marked with the sign of the cross using ashes, burnt from the previous year's palm crosses, as a sign of repentance and a reminder of our mortality and also of our baptism. Sackcloth and ashes an ancient sign of repentance.

**Mothering Sunday** - Middle Sunday in this period – was a day of refreshment and remembering and celebrating Mother Church. Also, later a day off for servants – they often went home and took a posy as a gift for their mother.

**Maundy Thursday** - Maundy comes from an ancient word to beg – following on from John 13:34 "I give unto you that you love one another as I have loved you" developed a tradition of giving to the poor on that day.

The washing of feet by the priest is a re-enactment of the washing of the disciples' feet at the last Supper

Also celebrates the command from Jesus to share regularly in the sharing of bread and wine as he had done with them at the Passover Meal.

**Good Friday** - Death of Christ on the cross. Good because of what it represents – Christ dying for our sins.

**Easter** - The word Easter comes from the Anglo-Saxon Goddess of spring - who dies back into the earth and comes back to life in Spring. This of course is resurrection to new life

During Lent there will be a series of short reflections based on the writings of Julian of Norwich. So here is a brief introduction to Julian of Norwich.

## Julian of Norwich

She was born in Norwich 1342 lived till about 1420 some 80 years. Though there is evidence she lived to 87. But this is not certain.

Her given name is not known but became known as Julian because she lived as an anchoress at the church of St Julian

The 14<sup>th</sup> Century was a time of turbulence with Norwich devastated by 3 bad periods of the Black Death there was also the Peasants Revolt and there was great poverty and still slavery and serfdom.

As an anchoress she lived in a single room or cell with three windows and was built on the side of the Church off Raven Road in the commercial district of Norwich.

Her burial place is not known.



She was the first woman to write a book in English language for she was not unlettered but she had not been schooled in Latin.

The book is *The Revelation of Divine Love*

Julian had been lying ill for some time tender by her mother and friends. On the 4<sup>th</sup> night a priest gave her the last rites. 2 days later the priest returned with a serving boy to be present at her death. Holding a cross before her he bade look upon the likeness of her Maker and Saviour and draw comfort from it. All appeared dark that night except a ray of light illuminated the figure on the cross. After relapsing to the point of death her pain suddenly left her and was as well as she had ever been. The revelations followed.

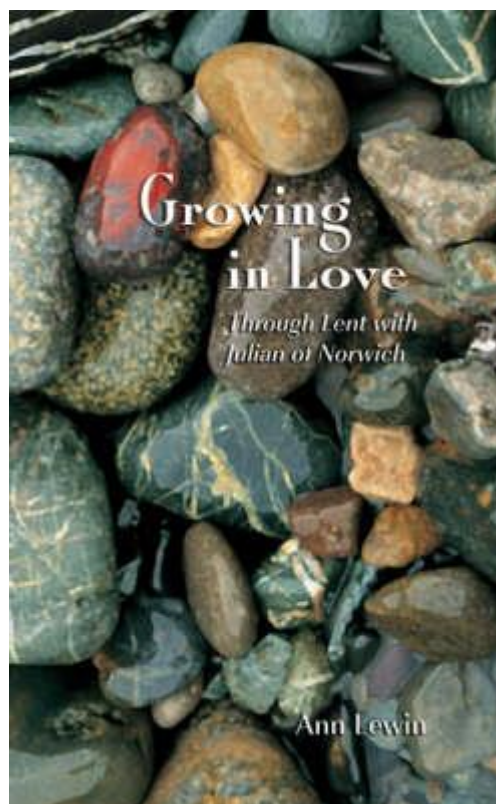
The *Revelation Of Divine Love* contains 16 visions. 15 revealed between 4.00am and 9 am on 8<sup>th</sup> May 1373 and the 16<sup>th</sup> the next evening. They were written down when they were fresh in her mind. A longer version was written in 1393 where thinking out in prayer the meaning of these visions and she received inward teaching to help her understand their full meaning.

## Growing in Love

### Lent 1 Coping with troubled times

How apt that I returned to this Lent study book originally published in 2006. It speaks so deeply into what we are experiencing at the moment with the effects of a worldwide disease. It is based on the writings of Julian of Norwich from the 14thC when the Black Death had three rampant charges through Norwich in 21 years, where she was an anchoress.

There have always been troubled times for mankind: disease, natural disasters, famine and war. Our generation is no different. All these still exist. As I write a sliding glacier has caused a dam to break with the result of loss of life in Northern India. A look at the News will give you so much more to reflect on. If we look at the Psalms we see that there is a great recognition that the world is not as God intended it to be, and we struggle with all that is wrong in the world to see where God is in the midst of the chaos. But the psalmists also sets his belief "*that ultimately God is the rock on whom we depend, and that God's faithfulness is to be trusted.*" p11



Julian found God's love for all in the vision of a hazelnut.

*"I saw that [our Lord] is to us everything which is good and comforting for our help. He is our clothing, who wraps and enfolds us for love, embraces us and shelters us, surrounds us for his love, which is so tender that he may never desert us. And so in this sight I saw that he is everything which is good, as I understand.*

*And in this he showed me something small, no bigger than a hazelnut, lying in the palm of my hand....*

*In this little thing I saw three properties. The first is that God made it, the second is that God loves it, the third is that God preserves it. But what did I see in it? It is that God is the creator and protector and the lover."* LT ch5

This doesn't negate the fact that the world is not as it should be. And we have our part to play. This we can do through prayer, as shown by the Psalmists.

For Julian we are partners with God:

*"(God) teaches us to pray and to have firm trust that we shall have what we pray for, because everything which is done would be done, even though we had never prayed for it. But God's love is so great that he regards us as partners in his good work, and so he moves us to pray for what it pleases him to do ..."* ST ch10

So, through intercessions we come to God in prayer. But we place ourselves as partners, *"putting our energy alongside God in transforming the world into God's Kingdom of justice, peace and wholeness."* p13

But why haven't things changed down the centuries? God wants us to work with him but he doesn't force us to do so. But there are those who powerfully use their free will to work against all that God wants for us.

*"I was taught that love is our Lord's meaning. And I saw very certainly in this and in everything that before God made us he loved us, which love has never abated and never will be. And in this love he has done all his works and in this love he has made all things profitable to us, and in this love our life is everlasting."* LT ch86

This week you could take some time and reflect if there is anything you would like to pray about and work with God to bring about change in your life, in a small or large way. Nothing is too small, nothing is too big.

Rosalyn Young

## St Hilda's Parish News

### Move for Mind

After the last lockdown, I decided that as an asthmatic it was important for me to reduce my risks from the virus by losing weight and taking exercise and just before Christmas, I completed the 'Couch to 5K' programme. I completed it once before but never managed to motivate myself to continue running and so inevitably returned to the couch! This time I'm aiming to ensure that doesn't happen again by trying to make myself accountable, so please feel free to ask me how my running is going.

I'm also taking part in an ongoing challenge to help motivate me called 'Move for Mind'. So many people have had issues with isolation and depression in 2020, and I'm raising money for the charity Mind so that they can continue to support people in need. I aim to run a cumulative total of 31 miles over the month of January and would appreciate your support and encouragement through messages or if you feel able through sponsorship via my JustGiving page: [https://moveformind.blackbaud-sites.com/fundraising/carolyns-january-motivation?fbclid=IwAR29ZjgnR7riURDJ\\_SvfumvhmO-B\\_oIO2I03STEPcNLH8-EwR0-V4Z9cNvQ](https://moveformind.blackbaud-sites.com/fundraising/carolyns-january-motivation?fbclid=IwAR29ZjgnR7riURDJ_SvfumvhmO-B_oIO2I03STEPcNLH8-EwR0-V4Z9cNvQ)

Thank you,

*Carolyn Clark*

### Spelthorne Litter Pickers

The Spelthorne Litter Pickers is a voluntary group started on Facebook by Shirley Lunn and Jem Jones together with some like-minded residents to organise themselves to deal with the increasing amount of rubbish they were seeing on the streets and other public spaces around the borough.

They first started posting pictures of the work that they were doing in July 2020 and fairly quickly started getting recognition and support from the borough Council. By October the current Mayor, Cllr Colin Barnard was issuing Litter Hero certificates to young people who were helping and being recommended for an award.

Paula and I joined in August when the membership had risen to about 300. Most weekends we now get out for a couple hours in our Hi-Viz tops with grabbers and bright green bags. We mainly work our own road, Stanwell Road, Wellington Road and Fordbridge Park with Minnie the dog. We have strayed as far as Station Crescent and Clockhouse Lane Park to keep it interesting. However, we have also made it our mission to clear the lay-bys at this end of the Staines by-pass. It is a bit like painting the Forth Bridge though. As Paula has said many times, once you have started doing it, you cannot miss it - everywhere! Many times we have been out for a walk and then wished we had our litter picking kit with us.

At the end of a session we register online, the area we have covered, the number of bags we have filled and where we have left the bags for collection, as well as any unusual items we have discovered.



The rubbish ranges from rubber bands left by posties and NO2 canisters (officially sold for frothing cream, but actually used to get a "legal" high) on the street, to freezers and even car and tractor tyres left in lay-bys and gullies. Paula and I found an electronic bathroom scales (still in its box) and a camera tripod in Fordbridge Park just after Christmas. These will be donated to the next Jumble Trail. Perhaps the scales were a Christmas present that someone didn't find funny! Our biggest bug-bear, though, is the number of dog poo bags left full on the pavement. If you are going to go to the trouble of bagging it, why not dispose of it properly?

As the undergrowth has died back, we have excavated hundreds of bottles and cans from the bramble in the parks and gullies, several (odd) shoes, gloves and socks a pair of sunglasses and a china pig. The council are very supportive when we identify and report fly tipping and the NO2 canisters are now being sold for recycling, with the money reinvested in supporting youngsters with addictions.

We are proud that we have kept our walking going through lockdown and not driven anywhere since the middle of the summer. We really feel like Ashford is becoming cleaner.

The membership of the group is now about 650 across Spelthorne and still growing. If you contact them, they will help source Hi-Viz tops and grabbers as well as supply you with the Green bags for the rubbish. All are welcome and you do get a sense of satisfaction when you have cleared an area, as well as a warm glow when random members of the public stop to thank you for what you are doing. So if you fancy some exercise that will leave your neighbourhood a little nicer than when you started, we recommend litter picking. It certainly makes you part of the solution rather than part of the problem.



*Nick Gething*

### **St Hilda's Entertainers Quiz Night**

The Entertainers are holding a quiz night next Thursday 18th Feb at 8pm. It will be a mix of traditional "pub quiz" style questions and "Richard Osman's House of Games" style, just to mix up the format a little.

We would like to extend the invitation to the congregation if anyone would like to join in. The quiz will be done via Zoom, if anyone would like to join, please contact The Entertainers by email [sthildasentertainers@gmail.com](mailto:sthildasentertainers@gmail.com), and the zoom info will be sent out. Should be fun!

***If you have any Parish News you would like to share, then please send them into the Parish Office.***

**Canaan Ministries** are open for any of your Lent needs. Just simply phone or email them and they will look after you.

They sell a vast and diverse number of products; it is difficult to keep everything they sell on their website.

They would like to thank you all for your much-needed continued support.

In addition, please join the (Canaan) Facebook group, as it will be the best way for them to keep everyone up to date in this fast-changing situation that we find ourselves in!

Any other information can be found on their website [www.canaanchristianministries.co.uk/](http://www.canaanchristianministries.co.uk/)

### Isaiah 58:6

Is not this the fast that I choose:  
to loose the bonds of  
injustice,  
to undo the thongs of the  
yoke,  
to let the oppressed go free,  
and to break every yoke?

### Crossroads

The January/February final edition is now available on our website.

## This weeks services

**Ash Wednesday – 17<sup>th</sup> February @7pm**

**Sunday Eucharist – 21<sup>st</sup> February @ 9.30am**

These services can be viewed via our Facebook page, our new YouTube channel (St Hilda's Ashford), and Twitter.

There is no service on Wednesday 24<sup>th</sup> February

Please see our website ([www.sthilda.org](http://www.sthilda.org)) for updates and the weekly service sheet.

## Tea and Chat after Sunday Service

We would like to invite you to join us for a virtual Tea and Chat after the service on **Sunday 21<sup>st</sup> February 2021 at 11.15am**. See below on how to join.

The meeting is hosted by Zoom.

- Download the Zoom app – [www.zoom.us](http://www.zoom.us)
- Click – Join a Meeting
- Enter the Meeting id – **919 1405 7109**
- Enter password – **148279**



**Please hold in your prayers and thoughts this week those who are affected by the Corona Virus as well as the family and friends of those below.**

**The Sick**

James Bedford	Jim Hennessey	Elizabeth Savill-Burgess	Chick Wilson
Michael Browne	Jean Iddiols	Delphine Scrivener	Peter Wilson
Robb Clarke	Jane Johnson	Riley Shaw	Jo Wood
Rebecca Cohen	Pat Kyle	Anne Shenton	Erin
Ann Considine	Libby Mills	Elsie Stone	George
Michael Dixon	Raymond Nation	Roy Stone	Joey
Peter Garner	June Prentice	Sandra Swain	Nic
Eileen Gilbert	John Radford	Rev. Peter Taylor	

**The Recently Departed**

Carol Davies

**Prayer**

Almighty and everlasting God,  
you hate nothing that you have made  
and forgive the sins of all those who are penitent:  
create and make in us new and contrite hearts  
that we, worthily lamenting our sins  
and acknowledging our wretchedness,  
may receive from you, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

Amen