

St Michael and All Angels Mill Hill



The first Sunday of Lent

Sunday 9th March 2025

10:30 am



London Pro Arte Choir



Saturday 22 March 2025 at 7:30pm

St Michael's Church, Flower Lane, Mill Hill NW7 2JA

Puccini – Messa di Gloria Verdi – Stabat Mater and works by Rossini, Puccini, Verdi



Phoebe Tak Man Chow - Organ

Tom Winpenny - Conductor

Tickets: £20; under 18 years - free
from www.lpac.org.uk or phone 020 8420 7238
or on the door



www.facebook.com/londonproarte



www.instagram.com/londonproarte

The Processional Hymn (NEH 67)

Please stand

Forty Days and Forty Nights
Thou wast fasting in the wild,
Forty days and forty nights
Tempted and yet undefiled.

2 Sunbeams scorching all the day,
Chilly dewdrops nightly shed,
Prowling beast about thy way,
Stones thy pillow, earth thy bed.

3 Let us thine endurance share,
And awhile from joys abstain,
With thee watching unto prayer,
Strong with thee to suffer pain.

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

5 So shall we have peace divine,
Holier gladness over shall be,
Round us too shall angels shine,
Such as ministered to thee.

6 Keep, O keep us, Saviour dear,
Ever constant by thy side,
That with thee we may appear
At the eternal Eastertide.

The Greeting

In the name of the Father,
and of the Son,
and of the Holy Spirit.

All: Amen.

The Lord be with you

All: And also with you.

Father Steven introduces the service

Prayer of Preparation

**All: Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord. Amen.**

Prayers of Penitence

In a moment of quietness, let us prepare ourselves to celebrate the sacred mysteries by calling to mind the ways in which we have failed God and our neighbour, and then 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.

**All: Almighty God, our heavenly Father,
 we have sinned against you
 and against our neighbour
 in thought and word and deed,
 through negligence, through weakness,
 through our own deliberate fault.
 We are truly sorry
 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 grant that we may serve you
 in newness of life
 to the glory of your name. Amen.**

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.

All: Amen.

Kyrie

The musical notation for the Kyrie consists of two staves in 6/8 time. The first staff has four measures with lyrics: "Lord have mer-cy," "Lord have mer-cy," "Lord have mer-cy," and "Christ have mer-cy,". Above the first three measures are the labels "Choir", "All", and "Choir" respectively. The second staff has five measures with lyrics: "Christ havemer-cy," "Christ havemer-cy," "Lord havemer-cy," "Lord havemer-cy," and "Lord havemer-cy". Above the last two measures are the labels "All" and "Choir" respectively. A small "GW" is written at the end of the second staff.

The Lent Prose



Hear us, O Lord, have mercy upon us:
for we have sinned against thee.

**All: Hear us, O Lord, have mercy upon us:
for we have sinned against thee.**

To thee redeemer, on thy throne of glory:
lift we our weeping eyes in holy pleadings;
listen, O Jesu, to our supplications.

**All: Hear us, O Lord, have mercy upon us:
for we have sinned against thee.**

O thou chief Corner-stone, Right Hand of the Father,
Way of Salvation, Gate of Life Celestial:
cleanse thou our sinful souls from all defilement.

**All: Hear us, O Lord, have mercy upon us:
for we have sinned against thee.**

Collect

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
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.

All: Amen.

First Reading

Please be seated

Deuteronomy 26: 1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, ²you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. ³You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.' ⁴When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, ⁵you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. ⁶When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, ⁷we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. ⁸The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; ⁹and he brought us into this place and gave us this land, a land flowing with milk and honey. ¹⁰So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. ¹¹Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

This is the word of the Lord.

All: Thanks be to God.

Psalm 91 v1-2, 9-16

You, O Lord are my re-fuge, my God in whom I put my trust.

R You, O Lord, are my refuge, my God in whom I put my trust.

- ¹ He who dwells in the shelter of the Most High :
abides under the shadow of the Almighty,
- ² He shall say to the Lord
‘You are my refuge and my stronghold :
my God in whom I put my trust.’ **R**
- ⁹ Because you have made the Lord your refuge :
and the Most High your habitation.
- ¹⁰ There shall no evil happen to you :
neither shall any plague come near your dwelling. **R**
- ¹¹ For he shall give his angels charge over you :
to keep you in all your ways.
- ¹² They shall bear you in their hands :
lest you dash your foot against a stone. **R**
- ¹³ You shall tread upon the lion and adder :
you shall trample the young lion
and the serpent under your feet.
- ¹⁴ Because he is bound to me in love,
therefore will I deliver him :
I will protect him, because he knows my name. **R**
- ¹⁵ He shall call upon me and I will answer him :
I am with him in trouble,
I will rescue him and bring him to honour.
- ¹⁶ With long life will I satisfy him :
and show him my salvation.’ **R**

Second Reading

Romans 10: 8b-13

‘The word is near you,
on your lips and in your heart’

(that is, the word of faith that we proclaim);
⁹because if you confess with your lips that Jesus is Lord
and believe in your heart that God raised him from the dead,
you will be saved.

¹⁰For one believes with the heart and so is justified,
and one confesses with the mouth and so is saved.

¹¹The scripture says,

‘No one who believes in him will be put to shame.’

¹²For there is no distinction between Jew and Greek;
the same Lord is Lord of all and is generous
to all who call on him.

¹³For,

‘Everyone who calls on the name of the Lord
shall be saved.’

This is the word of the Lord.

All: Thanks be to God.



The Gradual Hymn (NEH 382)

Please stand

Jesu, grant me this, I pray,
Ever in thy heart to stay;
Let me evermore abide
Hidden in thy wounded side.

2 If the evil one prepare,
Or the world, a tempting snare,
I am safe when I abide
In thy heart and wounded side.

3 If the flesh, more dangerous still,
Tempt my soul to deeds of ill,
Naught I fear when I abide
In thy heart and wounded side.

4 Death will come one day to me;
Jesu, cast me not from thee:
Dying let me still abide
In thy heart and wounded side.

The Gospel



Prai — se to you O Christ, King of e - ter - nal glo - ry. GW

The Lord be with you

All: And also with you.

Hear the Gospel of our Lord Jesus Christ
according to Luke

All: Glory to you, O Lord.

Luke 4: 1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, ²where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished.

³The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.'

⁴Jesus answered him, 'It is written,

“One does not live by bread alone.” ’

⁵Then the devil led him up and showed him in an instant all the kingdoms of the world.

⁶And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. ⁷If you, then, will worship me, it will all be yours.'

⁸Jesus answered him, 'It is written,

“Worship the Lord your God, and serve only him.” ’

⁹Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, ¹⁰for it is written,

“He will command his angels concerning you, to protect you”,

¹¹and

“On their hands they will bear you up,
so that you will not dash your foot against a stone.” ’

¹²Jesus answered him, 'It is said, “Do not put the Lord your God to the test.” ’ ¹³When the devil had finished every test, he departed from him until an opportune time.

This is the Gospel of the Lord

All: Praise to you, O Christ.

The Sermon

Please be seated

The Creed

Please stand

**All: 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 be seated, or kneel if you prefer

In the power of the Spirit and in union with Christ
let us make our prayer to our heavenly Father.

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

Please pray for those who are sick or housebound

We remember by name:

Anil Ameer Subryan, Anna Morison, Arlen, Ashraf Jafari, Fr Barry Wright, Beryl, Catherine Dalgliesh, Chandralakha and Scott Singh, Christine, Christopher Brown, Chris Robins. Colin Izzard, Colin Power, Claire, Clifford Brown, Crystal, Daniel Ejelonu, Daniel Whittard, David Mulloy, Fr David Sharpe, Fr Desmond Tillyer, Devon White, Edd Heimrich, Edna McGregor, Edward, Evelyn Semlyen, Gail Sparrow, Helen Cloke, Janet B, Jenny Wardle, John, Johnny, Jordan, Judi Bryant, Julian, Katherine Barker, Lauren Reeves, Lisa Sweet, Logan, Mark, Mary Akpieyi, Mandy, Mina and Reginald Apiafi, Muriel Doris Bloch, Nicola, Nicole, Pamela Ashcroft, Pavol Husar, Rachel, Rahema Charles, Ray, Rella Persaud, Remi Babatunde, Robert Winston, Saffron Leigh, Sandra, Sarah, Sebastian, Susan and Vanessa Husarov, Susan Paterson, Taiwo Odebode, Thelma Martin, Valerie Snowden, Venita Delpino, Victoria.

We remember those who have recently departed this life:

Oliver Donald, Janet Logan and Kefa Sewagudde Mpundu.

And those whose anniversaries of death fall at this time:

Sue St John, Andrew Barton, Charles Thomas Davis, Doris Jell, Oku Akinyemi and Lawrence Martin.

May they rest in peace,

All: And rise in glory.

Merciful Father

**All: Accept these prayers for the sake of your son
our saviour Jesus Christ. Amen.**

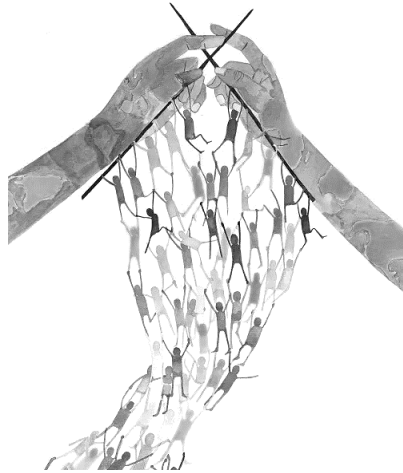
The Peace

Please stand

We are the body of Christ.
In the one Spirit we were all baptized into one body.
Let us then pursue all that makes for peace
and builds up our common life.

The Peace of the Lord be always with you
All: And also with you.

Let us offer one another a sign of peace
All may exchange a sign of peace.



The Offertory Hymn (NEH 339)

Be thou my vision, O Lord of my heart,
Be all else but naught to me, save that thou art,
Be thou my best thought in the day and the night,
Both waking and sleeping, thy presence my light.

2 Be thou my wisdom, be thou my true word
Be thou ever with me, and I with thee, Lord,
Be thou my great Father, and I thy true son,
Be thou in me dwelling, and I with thee one.

3 Be thou my breastplate, my sword for the fight,
Be thou my whole armour, be thou my true might,
Be thou my soul's shelter, be thou my strong tower,
O raise thou me heavenward, great Power of my power.

4 Riches I heed not, nor man's empty praise,
Be thou my inheritance now and always,
Be thou and thou only the first in my heart,
O Sovereign of heaven, my treasure thou art.

5 High King of heaven, thou heaven's bright Sun,
O grant me its joys after vict'ry is won,
Great Heart of my own heart, whatever befall,
Still be thou my vision, O Ruler of all.

The Preparation of the Altar

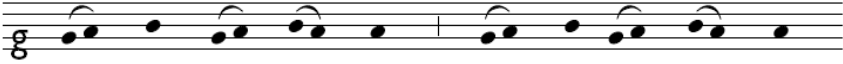
Blessed are you, Lord God of all creation:
through your goodness we have this bread to offer you,
which earth has given and human hands have made.
It will become for us the bread of life

All: Blessed be God forever.

Blessed are you, Lord God of all creation:
through your goodness we have this wine to offer you,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

All: Blessed be God forever.

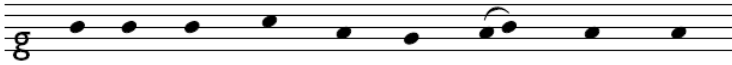
The Eucharistic Prayer



The Lord be with you **R.** and al-so with you.



Lift up your hearts. **R.** **We lift them to the Lord.**



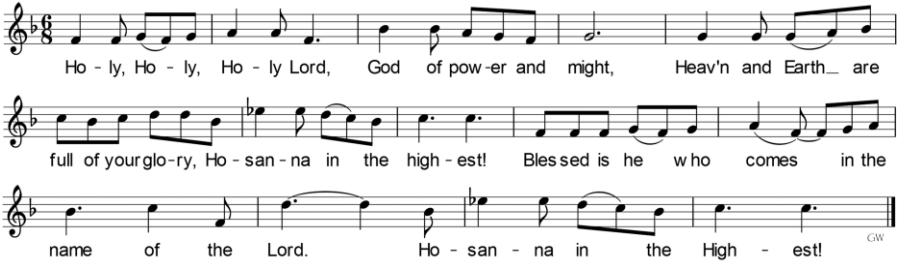
Let us give thanks to the Lord our God.



R. **It is right to give thanks and praise.**

It is indeed right and good
to give you thanks and praise,
almighty God and everlasting Father,
through Jesus Christ your Son.
For in these forty days
you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline
we may grow in grace
and learn to be your people once again.
Through fasting, prayer and acts of service
you bring us back to your generous heart.
Through study of your holy word
you open our eyes to your presence in the world and free our
hands to welcome others into the radiant splendour of your love.
As we prepare to celebrate the Easter feast
with joyful hearts and minds
we bless you for your mercy and join with saints and angels
for ever praising you and singing:

Sanctus



Ho - ly, Ho - ly, Ho - ly Lord, God of pow - er and might, Heav'n and Earth... are
full of your glo - ry, Ho - san - na in the high - est! Blessed is he who comes in the
name of the Lord. Ho - san - na in the High - est! GW

Please be seated, or kneel if you prefer

Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;
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.

Great is the mystery of faith:

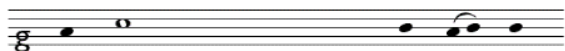


Christ has died, Christ is ri - sen; Christ will come a - gain. GW

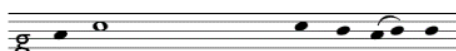
And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.


Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of the Blessed Virgin Mary,
St Michael and all the angels and saints,
may praise and glorify you for ever,
through Jesus Christ our Lord;



by whom, and with whom, and in whom,



in the unity of the Ho-ly Spi-rit,



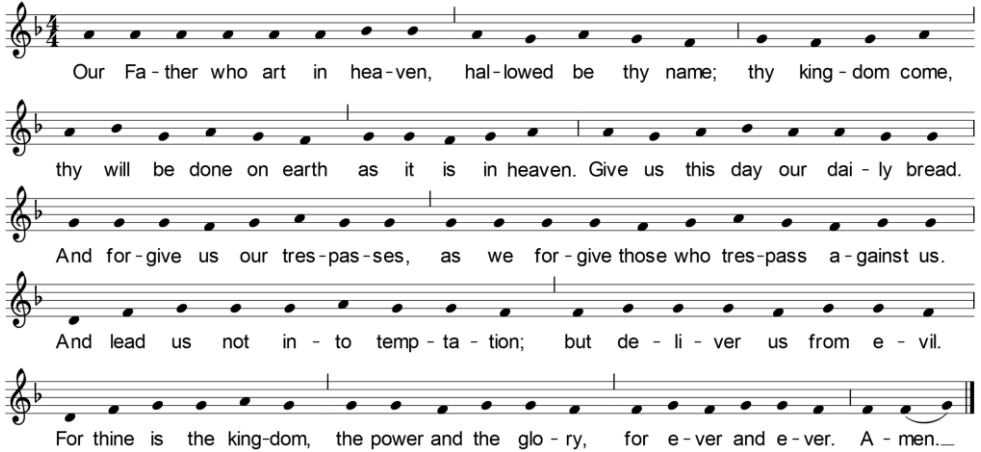
all honour and glory be yours, al-migh-ty Fa-ther,



for ev-er and ev-er. **A-men.**

The Lord's Prayer

As our Saviour taught us so we pray:




Our Fa - ther who art in hea - ven, hal - lowed be thy name; thy king - dom come,
thy will be done on earth as it is in heaven. Give us this day our dai - ly bread.
And for - give us our tres - pas - ses, as we for - give those who tres - pass a - gainst us.
And lead us not in - to temp - ta - tion; but de - li - ver us from e - vil.
For thine is the king - dom, the power and the glo - ry, for e - ver and e - ver. A - men...

The Breaking of the Bread

We break this bread to share in the body of Christ

All: Though we are many, we are one body,
because we all share in one bread.

Agnus Dei



Choir: Lamb of God, you take a-way the sins of the world, *All:* have mer - cy on us.
All: Lamb of God, you take a-way the sins of the world, have mer - cy on us
All: Lamb of God, you take a-way the sins of the world, Grant us peace. CW

Invitation to Communion

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

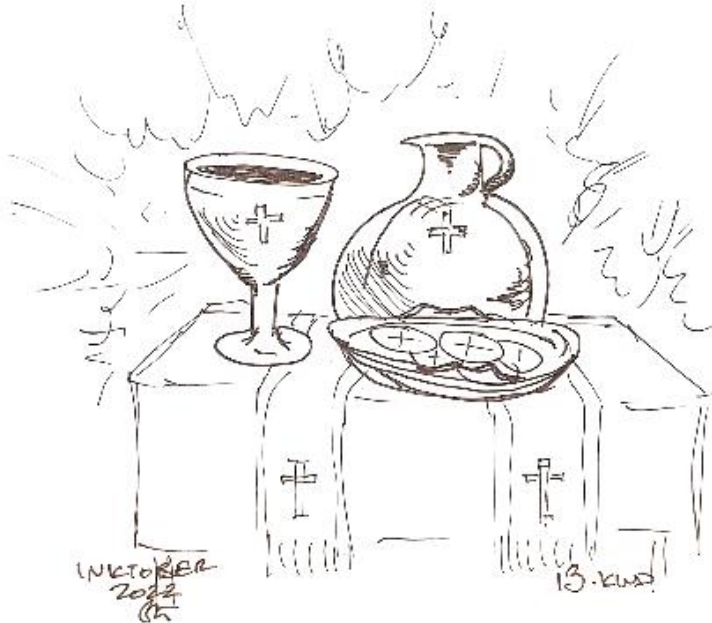
**All: Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

The Communion

*Communicant members of all Christian Churches are warmly
welcome to receive Holy Communion.*

Any member of the congregation may receive a blessing.

*Those wishing to receive a blessing should please bring this
order of service with them.*



The Communion Hymn (NEH 62)

Ah, holy Jesu, how hast thou offended,
That man to judge thee hath in hate pretended?
By foes derided, by thine own rejected,
O most afflicted.

2 Who was the guilty? Who brought this upon thee?
Alas, my treason, Jesu, hath undone thee.
'Twas I, Lord Jesu, I it was denied thee:
I crucified thee.

3 Lo, the good Shepherd for the sheep is offered;
The slave hath sinned, and the Son hath suffered;
For man's atonement, while he nothing heedeth,
God intercedeth.

4 For me, kind Jesu, was thy incarnation,
Thy mortal sorrow, and thy life's oblation;
Thy death of anguish and thy bitter passion,
For my salvation.

5 Therefore, kind Jesu, since I cannot pay thee,
I do adore thee, and will ever pray thee,
Think on thy pity and thy love unswerving,
Not my deserving.

The Post Communion Prayer

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.

All: Amen.

**All: 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.**

Notices

The Blessing

Please stand

The Lord be with you

All: And also with you.

The peace of God,
which passes all understanding,
keep your hearts and minds
in the knowledge and love of God,
and of his Son Jesus Christ our Lord;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

All: Amen.

The Recessional Hymn (NEH 383)

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.

- 2 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.
- 3 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 thy name,
I am all unrighteousness;
False and full of sin I am,
Thou art full of truth and grace.
- 4 Plenteous grace with thee is found,
Grace to cover all my 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.

The Dismissal

Go in peace to love and serve the Lord.

All: Thanks be to God.

Services and events this week

- **Today at 6:30pm Be:Loved – a fresh expression of worship in the Hartley Hall foyer**
- **Morning Prayer - Monday to Thursday 10:00am on Zoom only**
- **Tuesday 11th March 7:30pm – “Walking with Jesus” Lent Course at Trinity Church and on Zoom**
- **Weekday Mass – Wednesday at 10:30am on Zoom only
Friday 10:00am on Zoom only**
- **Sunday 16th March – second Sunday of Lent**
8:00am said Mass in the church
10:30am Parish Mass in the church
also streaming on Zoom
12:00 Muddy Church – a gentle walk in Mill Hill Park
and a short time of worship in Arrandene Open Space
6:30pm Be:Loved – a fresh expression of worship
in the Hartley Hall foyer

A Lenten Diet

Fast from Criticism, Feast on Praise.
Fast from Self-Pity, Feast on Joy.
Fast from Ill-Temper, Feast on Peace.
Fast from Resentment, Feast on Contentment.
Fast from Jealousy, and Feast on Love.
Fast from Pride, and Feast on Humility.
Fast from Selfishness, and Feast on Service.
Fast from Fear, and Feast on Faith.

John B Wolf

Lent Course

WALKING WITH
— JESUS —

DAILY INSPIRATION FROM
THE GOSPEL OF JOHN

Tuesdays in Lent at 7:30pm
from 11th March

GREG LAURIE

Trinity Church
100 The Broadway NW7 3TB

Also available on Zoom



SUNDAY 16th MARCH

12noon-2pm

Bring a packed lunch to eat in church and then come on a gentle walk in Mill Hill Park & a short time of worship in Arrandene Open Space.

All Ages Welcome. All Children must be accompanied by a responsible adult.

SMMH.ORG.UK



Community Banquet



Please join us for some home cooked food, hot drinks and fellowship. All are welcome and if you can please bring a dish to share (ingredients must be labelled)

This community banquet is brought to you by the
NW7Hub & St Michael & All Angels, Mill Hill

Next Banquet
Wednesday 19th
March 2025
12.30 Doors Open
1- 2pm Lunch

Future Banquets

12.02.25
19.03.25
16.04.25
14.05.25
18.06.25
16.07.25

Hartley Hall, Flower Lane, NW7 2JA

Spaces are limited so please RSVP by
Tuesday at manisha@nw7hub.org.uk



BE:LOVED

Gospel House Music
#NuWorshipSameJesus

EVERY SUNDAY

6.30-8pm

HARTLEY HALL

FLOWER LANE NW7 2JA

SMMH.ORG.UK