



# **The Eucharist in Lent**

# Welcome!

You are very welcome to our service today and we are delighted to share our worship with you. Hopefully, you have everything you need – this service booklet, a sheet with the readings on and a hymn book.

Please use this booklet to follow the service – we all join in with the words in **bold**. This booklet suggests where we usually sit/stand/kneel but please do whatever you're most comfortable with. You will see the hymn numbers displayed at the front of church and also on the readings sheet.

If you have children with you then feel free to wander with them during the service. If they are old enough then they will be welcome to go along to Sunday School. The children return to the service at Communion and share their work with us.

Toilets and baby-changing facilities are found at the back of church – please ask a steward for directions and for anything else you need to know.

If you need it, our church has a hearing-aid induction loop fitted.

We hope that you feel welcome here today and enjoy sharing this service with us.

## Lent

In the season of Lent the Church takes on a more sombre feel – there are no flowers, we do not sing the *Gloria* and use different acclamations for the Gospel reading. This is a season of penitence, reflection and self-examination as we prepare for the great joy and celebrations of Easter. Our hymns and readings all reflect the nature of the season.

If you would like to learn more about the Church's year then please speak to one of the clergy team.

# Prayers of Preparation

*You may find these prayers and devotions helpful before the service begins or as you prepare to receive Holy Communion.*

## The Comfortable Words

Hear the words of comfort our Saviour Christ says to all who truly turn to him: Come to me, all who labour and are heavy laden, and I will give you rest.

*Matthew 11.28*

God so loved the world that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life.

*John 3.16*

Hear what Saint Paul says: This saying is true, and worthy of full acceptance, that Christ Jesus came into the world to save sinners.

*1 Timothy 1.15*

Hear what Saint John says: If anyone sins, we have an advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.

*1 John 2.1,2*

## Summary of the Law

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.

*A hymn may be sung as we gather.*

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.**

*Words of welcome or introduction may be said.*

## **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**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times when we have fallen from temptation to sin.

*A short silence for reflection follows.*

*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**

*The Kyrie may be said or sung.*

Lord, have mercy.

*All* **Lord, have mercy.**

Christ, have mercy.

*All* **Christ, have mercy.**

Lord, have mercy.

*All* **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.

*All* **Amen.**

## **The Collect**

*The President introduces a period of silent prayer.*

*The Collect is said and all respond*

*All* **Amen.**

*Please sit.*

# **The Liturgy of the Word**

## **Readings & Sermon**

*Please sit to listen to the readings.*

*At the end of each the reader says*

This is the word of the Lord.

*All* **Thanks be to God.**

*A hymn may be sung as we prepare to hear the Gospel reading.*

*We remain standing and the Gospel is announced.*

Praise to you, O Christ, King of eternal glory.  
The Lord is a great God,  
O that today you would listen to his voice.  
Harden not your hearts.

*All* **Praise to you, O Christ, King of eternal glory.**

Hear the Gospel of our Lord Jesus Christ according to N.  
**Glorify to you, O Lord.**

*All*

*At the end*

This is the Gospel of the Lord.

*All*

**Praise to you, O Christ.**

## **Sermon**

*After the opening prayer please sit for the Sermon.*

## **The Creed**

*On Sundays & Holy Days the Creed is said.*

*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.**



## Preparation of the Table

*A hymn may be sung. The altar is prepared and bread and wine are placed upon it. The gifts of the people may be collected. When all is ready the President prays*

God of our journey,  
as we walk with you on your path of obedience,  
sustain us on our way and lead us to your glory:  
through Jesus Christ our Lord.

*All* **Amen.**

## The Eucharistic Prayer

The Lord be with you

*All* **and also with you.**

Lift up your hearts.

*All* **We lift them to the Lord.**

Let us give thanks to the Lord our God.

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

*The president gives praise for God's mighty acts and all respond*

*All* **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.**

*The president recalls the Last Supper.*

Praise to you, Lord Jesus:

*All* **Dying you destroyed our death,  
rising you restored our life:  
Lord Jesus, come in glory.**

*or*

Great is the mystery of faith:

*All* **Christ had died: Christ is risen: Christ will come again.**



*The prayer continues and leads into the doxology and the response*

*All* **Amen.**

## **The Lord's Prayer**

As our Saviour taught us, so we pray

*Please sit or kneel.*

*All* **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.**

## **Breaking of 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.**

*The Agnus Dei may be said or sung.*

*All* **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.**

## **Giving of Communion**

*The president says this or another suitable 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.**

*All* **We do not presume  
to come this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy  
so much as to gather up the crumbs under your table.  
But you are the same Lord  
whose nature is always to have mercy.  
Grant us, therefore, gracious Lord,  
so to eat the flesh of you dear Son Jesus Christ  
and to drink his blood,  
that our sinful bodies may be made clean by his body  
and our souls washed through his most precious blood,  
and that we may evermore dwell in him, and he in us.  
Amen.**

*Everyone whose custom or tradition is to receive Holy Communion is invited to here. You may prefer to receive a Blessing in which case please bow your head at the altar rail.*

*The President and people receive communion.*

*During the distribution hymns and anthems may be sung. Please use the quiet time to pray and reflect. There is a space to light candles and write prayer at the prayer board.*

## **Prayer after Communion**

*Silence may be kept.*

*The Post Communion prayer is said.*

*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 may be given here and the final hymn may be sung.*

*Please stand.*

## **The Dismissal**

The Lord be with you

*All* **and also with you.**

Christ give you grace to grow in holiness,  
to deny yourselves, take up your cross, and follow him;  
and the blessing of God almighty,  
the Father, the Son and the Holy Spirit,  
be among you and remain with you always.

*All* **Amen.**

Go in the peace of Christ.

*All* **Thanks be to God.**