

Eucharist – Lent 1

21th February 2021

OPENING HYMN: O for a closer walk with God

sung by St Martin's Voices

- 1 O for a closer walk with God,
a calm and heavenly frame,
a light to shine upon the road
that leads me to the Lamb.
- 2 Return, O holy Dove! return,
sweet messenger of rest!
I hate the sins that made Thee mourn,
and drove Thee from my breast.
- 3 The dearest idol I have known,
whate'er that idol be,
help me to tear it from Thy throne,
and worship only Thee.
- 4 So shall my walk be close with God,
calm and serene my frame;
so purer light shall mark the road
that leads me to the Lamb.

William Cowper (1731-1800)

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

Amen.

The Lord be with you.
and also with you.

PRAYERS OF PENITENCE

The people are invited to reflect on their sins. We keep a few moments of silence to remember before God our faults and the things we have done that are wrong. God promises us forgiveness, healing and a fresh start when we confess our sins in faith and penitence.

**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.**

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.

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.
Amen.

NEW TESTAMENT READING - 1 Peter 3:18-end

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.

This is the word of the Lord.
Thanks be to God.

GOSPEL READING Mark 1:9-15

Hear the Gospel of our Lord Jesus Christ according to Mark.
Glory to you, O Lord.

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

APOSTLES CREED

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.**

**On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.**

Amen.

PRAYERS OF INTERCESSION

Response:

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

THE PEACE

The priest introduces the peace.

The peace of the Lord be always with you
and also with you.

Let us offer one another a sign of peace.

HYMN: Father, hear the prayer we offer
sung by St Martin's Voices

- 1 Father, hear the prayer we offer:
not for ease that prayer shall be,
but for strength that we may ever
live our lives courageously.
- 2 Not for ever in green pastures
do we ask our way to be;
but the steep and rugged pathway
may we tread rejoicingly.
- 3 Not for ever by still waters
would we idly rest and stay;
but would smite the living fountains
from the rocks along our way.
- 4 Be our strength in hours of weakness,
in our wanderings be our guide;
through endeavour, failure, danger,
Father, be thou at our side.

Love Maria Willis (nee Whitcomb) (1824-1908), Samuel Longfellow (1819-1892)

THE EUCHARISTIC PRAYER

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.

The priest praises God for his mighty acts and we respond:

**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 priest recalls the Last Supper.

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

The Prayer continues.

At the end we respond:

Amen.

THE LORD'S PRAYER

As our Saviour taught us, so we pray

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.

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.

Lamb of God,

you take away the sins of the world,

have mercy on us.

Lamb of God,

you take away the sins of the world,

have mercy on us.

Lamb of God,

you take away the sins of the world,

grant us peace.

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.**

GIVING OF COMMUNION

You are invited to use the prayer for Spiritual Communion below asking Jesus to be with you now.

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother, may I know you more clearly,
love you more dearly,
and follow you more nearly, day by day.
Amen.

The anthem is sung Walk humbly with your God by Archer.

PRAYER AFTER COMMUNION

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.

THE BLESSING

A blessing is given.

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

HYMN: Guide me, O thou great Redeemer
sung by St Martin's Voices

1 Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty,
hold me with thy powerful hand:
bread of heaven,
feed me now and evermore.

2 Open now the crystal fountain
whence the healing stream doth flow;
let the fiery, cloudy pillar
lead me all my journey through:
strong deliverer,
be thou still my strength and shield.

3 When I tread the verge of Jordan
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side:
songs of praises
I will ever give to thee.

Arglwydd arwain drwy'r anialwch William Williams (1717-1791)
Translated by Peter Williams (1727-1796)

The ministers depart. An organ voluntary is played.

Spiritual Communion.

The term 'Spiritual Communion' has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ. The form of prayer offers Christians an opportunity to give thanks for their communion with him, particularly at times when they would ordinarily be present at the Eucharist.

The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves. Making a Spiritual Communion is particularly fitting for those who cannot receive the sacrament at the great feasts of the Church, and it fulfils the duty of receiving Holy Communion 'regularly, and especially at the festivals of Christmas, Easter and Whitsun or Pentecost' (Canon B 15).

The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.