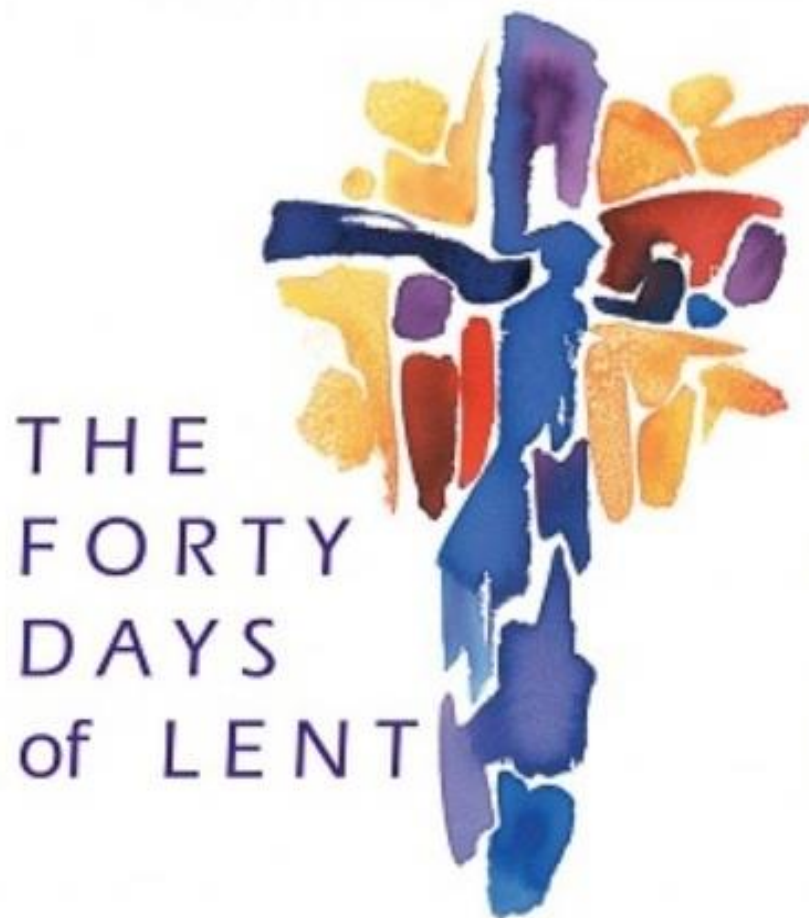


The Holy Eucharist

First Sunday of Lent



Church of the Resurrection
and St Barnabas, Eastlands

A place of worship and welcome, sharing Christ's love

LENT

During Lent, the Christian community is invited to participate in a time of self-examination, self-denial, almsgiving, penitence, study and preparation for Easter. The forty days of Lent reminds us of the forty days that Jesus spent in the wilderness, being tested by Satan.

Our worship liturgy is more sparse during Lent: if we were in church, we wouldn't have flowers or other decorations; the Gloria is not said and we refrain from saying 'Alleluia'. We can, however, look forward to the Fourth Sunday of Lent, Laetare or Refreshment Sunday, as a day of relief from the rigours of Lent.

The Gathering

*Gathering Hymn – Forty days and forty nights
sung by St Martin's Voices*

- 1** **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 dew-drops nightly shed;
prowling beasts 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 ours 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.**

George Hunt Smyttan (1822-1870), Francis Pott (1832-1909)

*Words of welcome and introduction may be said, then the
president says*

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

All Amen.

The Greeting

The Lord be with you

All and also with you.

The Prayer of Preparation

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.

All Amen. Lord, have mercy.

Prayers of Penitence

Compassion and forgiveness
belong to the Lord our God,
though we have rebelled against him.

Let us then renounce our wilfulness and ask his mercy by
confessing our sins in penitence and faith.

Silence is kept followed by Kyrie Confession.

Wash away all my iniquity
and cleanse me from my sin:

Lord, have mercy.

All Lord, have mercy.

Against you, you only have I sinned
and done what is evil in your sight:
Christ, have mercy.

All Christ, have mercy.

Create in me a pure heart, O God,
and renew a steadfast spirit within me:
Lord, have mercy.

All Lord, have mercy.

The president pronounces Absolution.

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 says the Collect, and all responds **Amen.***

The Liturgy of the Word

First and Second Reading

At the end the reader says

This is the word of the Lord.

All Thanks be to God.

Gospel Reading

The words of the acclamation are said, and all responds

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

Hear the Gospel of our Lord Jesus Christ according to *N.*

All Glory to you, O Lord.

At the end

This is the Gospel of the Lord.

All Praise to you, O Christ.

Sermon

The Creed

Let us declare our faith in God.

**All 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

Prayers end

Merciful Father

**All accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

Hymn - *Jesu, lover of my soul* *sung by St Martin's Voices*

- 1 Jesu, lover of my soul,
let me to thy bosom fly,
while the gath'ring 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 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.**

Charles Wesley (1707-1788)

The Liturgy of the Sacrament

The Peace

Since we are justified by faith,
we have peace with God
through our Lord Jesus Christ,
who has given us access to his grace.
The peace of the Lord be always with you

All and also with you.

The Offering

You are encouraged to continue to give for your church even when we are unable to meet in our church building. May these words encourage you to continue to put the money in your envelopes or set up a Standing Order via your bank:

"Excel in this grace of giving" (2 Cor. 8:7)

*"It's not how much we give, but how much love we put into giving"
(Mother Theresa)*

Offertory Prayer

**All Gracious God, accept these gifts,
and with them our lives,
to be used in your service;
through Jesus Christ our Lord.
Amen.**

Preparation of the Table

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

All Amen.

The Eucharistic Prayer (Prayer E)

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.

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 saying:

**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.**

We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command,
send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.

On the night before he died
he had supper with his friends
and, taking bread, praised you.
He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them and said:
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.

So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice
made once for all upon the cross.
Bringing before you the bread of life and cup of salvation, we
proclaim his death and resurrection
until he comes in glory.

Great is the mystery of faith:

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

Lord of all life, help us to work together for that day
when your kingdom comes
and justice and mercy will be seen in all the earth.
Look with favour on your people,
gather us in your loving arms
and bring us with *St Barnabas* and all the saints
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, O loving Father,
for ever and ever.

All Amen.

The Lord's Prayer

Lord Jesus, remember us in your kingdom and teach us to pray.

**All Our Father in heaven,
hallowed be your name;
your kingdom come;
your will be done;
on earth as it is in heaven.
Give us this day 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,
for ever and ever.
Amen.**

Breaking of the Bread

Every time we eat this bread
and drink this cup,

All we proclaim the Lord's death until he come.

The Agnus Dei is said

**All 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.**

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 President receives the Body and the Blood on behalf of the
people. The president lifts the priest wafer and says before
receiving the bread*

The Body of Christ.

All Amen.

The president lifts the wine and says before receiving the wine

The Blood of Christ.

All Amen.

*The people are encouraged to say these words of Act of Spiritual
Communion:*

**My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things,
and desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.**

Prayer after Communion

*The president says the Post Communion prayer to which all respond **Amen**. Then the following prayer is said*

All 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

Notices

Blessing

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.**

Final Hymn – Lead us, heavenly Father, lead us
sung by St Martin's Voices

- 1 Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.**
- 2 Saviour, breathe forgiveness o'er us;
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
self denying, death defying,
thou to Calvary didst go.**
- 3 Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.**

James Edmeston (1791-1867)

The Sending Out

Our worship has ended, our service begins.
Go in peace to love and serve the Lord.

All In the name of Christ. Amen.

A Journey Through Lent



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