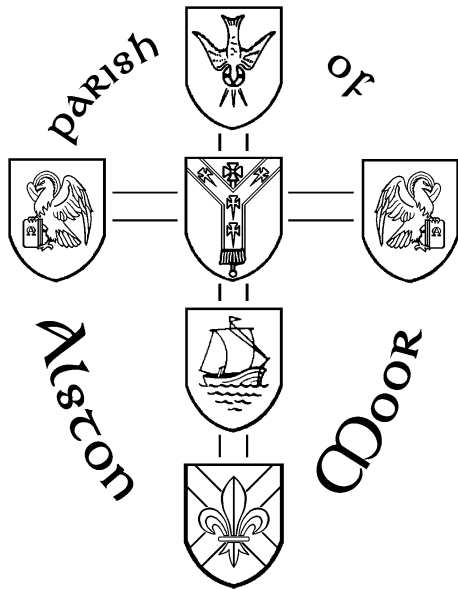


Sung Eucharist

in Lent & Passiontide

"Mass for St Giles" – Malcolm Archer



Welcome

If you have a query,
please speak to the welcomer on duty,
who will be glad to help you.

Prayer Requests

If you would like us to pray for someone or
something specific during the service,
please speak to the welcomer.

A Word to Children

You are very welcome at all our services.
We want you to feel comfortable
and able to join in,
and we don't mind a bit of noise!

If you are onsite

Standing, sitting, kneeling

This booklet suggests where to stand (to praise God), to sit (to receive from God) and to kneel (to ask from God).

But feel free to stand, sit or kneel at any time, as you are most comfortable.

Gluten Free Wafers

All our wafers are gluten free.

Communion Wine

Our communion is organically and ethically produced and fairly traded.

Loop System

This church is equipped with a loop system: please set hearing aids to the "T" position.

Receiving Communion

You are welcome to share bread and wine with us if you do so in any Christian church – or to receive a blessing if you prefer.

If you need assistance to get to the altar, or need to receive communion in your pew, please speak to the welcomer.

Livestreaming

This service will be livestreamed on Zoom and YouTube. If you prefer not to be filmed, please ask the welcomer where to sit.



If you are joining in online

Where to find us

Find us on Zoom (Meeting 357 123 751) or at www.alstonmoor.tiny.us/youtube

You may like to prepare ...

- the Easter candle, or another candle, and something to light it with
- a Bible and hymnbook – or today's readings and hymns from our website

Microphones

Please keep your microphone muted, except when joining in the responses or prayers

Livestreaming

The service will be livestreamed on Zoom and YouTube. If you are uncomfortable with being seen online, or on a screen in church, please turn off your camera.

To our Visitors

Thank you
for worshipping with us today.

We thank God
for your presence in worship,
and we invite you to return soon.

Until then, we wish you God speed
and a safe journey.

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Lent

Lent is a season of penitence and preparation, traditionally marked by an emphasis on prayer and fasting. Originally a time of preparation for baptism for new Christians, its value was soon recognized by the whole church.

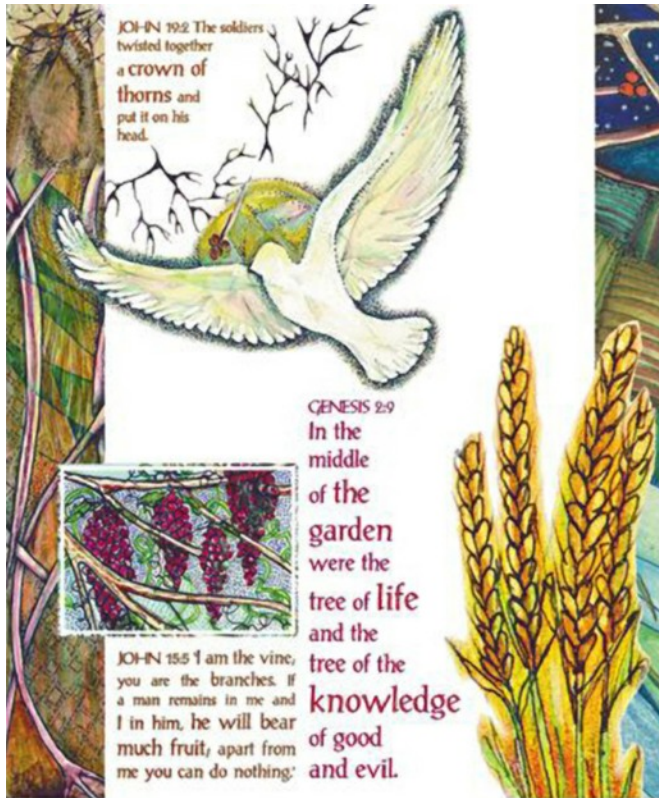
During Lent we remember Jesus' forty days of preparation in the wilderness; and we enter into the mystery of Christ's suffering and death, before the glorious victory of Easter.

In keeping with the reflective mood of the season, the church is stripped of flowers and the hangings are in sombre purple.

This penitential tone is apparent in the prayers and readings. In particular we pray *Kyrie Eleison*, "Lord, have mercy" (or "Lord, you are merciful") – a prayer which is simultaneously a petition and thanksgiving; an acknowledgment of what God has done, is doing, and will continue to do.



i We start this service by greeting one another in God's name; we 'clear the decks' by receiving God's forgiveness for our sins, and those of the world; we acknowledge God's mercy as we sing the *Kyrie Eleison*; and we pray the Collect (prayer for the week) which gathers up our thoughts and prayers.



¶ Gathering as God's People

The Welcome

We stand as the ministers enter

Welcome in the name of Christ.

God's grace, mercy and peace be with you.

All and also with you.

Words of welcome or introduction may be said

- ◆ We come from diverse lives to meet with God. Let us recognize God's presence among us.

Silence is kept.

- ◆ Whether present in this building, or joining in online

All We are united in the love of Christ.

We light the Paschal Candle in church, and our candles at home, as a sign of Christ's presence among us

A hymn is sung

Prayer of Preparation

All Lord,
direct our thoughts,
and teach us to pray.
Lift up our hearts to worship you
in spirit and in truth,
through Jesus Christ our Lord.
Amen.



Saying Sorry, Being Forgiven

The **Comfortable Words** may be said

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

Matthew 11.28

- ◆ Hear also 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 also 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.

¶ Leaving in God's Strength

i At the beginning of the service, we
gathered as one body, to be fed spiritually
by God's word as we heard and reflected on
the Scriptures, and by the body and blood of
Jesus as we received bread and wine.

Now we prepare to disperse, strengthened
anew to serve all God's people, for whose sake
Christ gave his life, in our daily lives.

We stand

A hymn is sung

The Lord be with you
All And also with you.

*The priest uses one of these or another suitable
blessing*

Lent 1-4

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross,
and follow him; ...

Lent 5

Christ crucified draw you to himself,
to find in him a sure ground for faith,
a firm support for hope,
and the assurance of sins forgiven; ...

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 peace to love and serve the Lord.



All In the name of Christ. A - men.



Prayers after Communion

We kneel

*The **Post-Communion Prayer** may be said*

Then all say one of these prayers

Either

All Eternal God,
comfort of the afflicted
and healer of the broken,
you have fed us
at the table of life and hope:
teach us the ways
of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son,
Jesus Christ our Lord.
Amen.

Or

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.

***Banns of Marriage** may be published
and **Notices** may be given out*

The Confession & Absolution

These or other appropriate words are said

- ◆ The sacrifice of God is a broken spirit;
a broken and contrite heart
God will not despise.
Let us come to the Lord,
who is full of compassion,
and acknowledge our transgressions
in penitence and faith.

We kneel

All Father eternal,
giver of light and grace,
we have sinned against you
and against our neighbour,
in what we have thought,
in what we have said and done,
through ignorance, through weakness,
through our own deliberate fault.
We have wounded your love,
and marred your image in us.
We are sorry and ashamed,
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 lead us out from darkness,
to walk as children of light.
Amen.

The priest assures us of God's forgiveness, in these or other words

The God of love and power
forgive you and free you from your sins,
heal and strengthen you by his Spirit,
and raise you to new life in Christ our Lord.

All Amen.



Kyrie Eleison

Either we sing



Or we say

- ◆ Lord, have mercy.
- All* Lord, have mercy.
- ◆ Christ, have mercy.
- All* Christ, have mercy.
- ◆ Lord, have mercy.
- All* Lord, have mercy.

The Collect (Prayer for the Week)

After a period of silent prayer the Collect is said, and we respond:

All Amen.



Sharing of Communion

If you are onsite

You are invited to come forward to the altar to receive the bread and wine (if you would do so in any Christian church), or else to receive a blessing.

If you wish to receive a blessing, please keep your hands lowered.

If you are joining in online

You may wish to pray this Act of Spiritual Reception

**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.

after the Prayer of St Richard of Chichester



Invitation to Communion

Either

Draw near with faith.
Receive the body of our Lord Jesus Christ
which he gave for you,
and his blood which he shed for you.
Eat and drink in remembrance
that he died for you,
and feed on him in your hearts
by faith with thanksgiving.

Or

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.**

Prayer of Humble Access

This prayer may be said

All **We do not presume
to come to 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 your 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.**

¶ *Listening & Responding to God*

i We listen to readings from the Old Testament (the ancient Jewish Bible that Jesus himself knew) and/or the New Testament (writings of the early Christians), and from one of the Gospels – accounts of the life and teachings of Jesus.

Through the sermon we explore what these readings mean, and what God might be saying to us through them today.

We respond by affirming the faith we share, as we say the Creed, and by praying for the needs of the world.

Readings

We sit

We hear one or two readings from the Bible

At the end of each, the reader says

Your word is a lamp to our feet
All **and a light to our path.**

A hymn, psalm or canticle may follow each reading

Gospel Reading

We stand

The Gospel may be heralded by an acclamation such as

◆ 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. *cf Psalm 95.3,8*

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

Then

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

All 
Glo-ry to you, O Lord.

At the end

◆ This is the Gospel of the Lord.

All 
Praise to you, O Christ.



Sermon

We sit



Affirming our Faith

We 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.

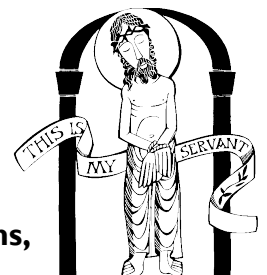
Agnus Dei

Either we sing

All *mp* Lamb of
God, you take a-way the sin, the
sin of the world; *mf* have
mer-cy u-pon us, have mer-cy u-
- pon us, have mer-cy u - pon
mp us. Lamb of God, you
take a - way the sin, the
sin of the world; *mf*
grant us your peace; grant us your
peace; *dim.* grant us your
rall.
mp peace. *p*

Or we say

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 your peace.



The Lord's Prayer

We kneel

We pray the Lord's Prayer, in whichever version or language we wish

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

Either

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.

Or

All 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 for ever.
Amen.



Breaking of the Bread

The priest breaks the consecrated 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.

Praying for the World

We kneel

One of these responses may be used

Lord, in your mercy
All hear our prayer.

Or

Lord, meet us in the silence,
All give us strength and hear our prayer.

Or

By the Saviour's cross and passion,
All Lord, save us and help us.

Or

Lord, your will be done

All Through our lives and by our prayers,
your King - dom come.

The musical notation consists of two staves in G major (one sharp). The first staff has the melody for 'Lord, your will be done'. The second staff has the melody for 'Through our lives and by our prayers, your King - dom come.' The lyrics are written below the notes.

And at the end

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



i We remember Jesus' instruction not to bring gifts to God if we have anything against our brothers or sisters. So we share God's peace with one another before our offerings are brought forward – bread and wine, symbols of human labour, and the money we offer for the church's work.

Those onsite may then gather at the altar (holy table) to pray the Eucharistic Prayer.

In this great prayer of thanksgiving, we give thanks for all that God has done for us, especially through the life, death and resurrection of Jesus. We remember Jesus' Last Supper with his disciples. And we pray that, by the Holy Spirit, Jesus may be present to us in the bread and wine, and nourish us with his divine life.

¶ **God Present in Bread & Wine**

The Peace

We stand

*The priest introduces the Peace
with these or other suitable words*

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

Romans 5.1,2

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

◆ Let us offer one another a sign of peace.

*All may exchange a sign of peace with immediate
neighbours, for example in sign language, or with a
handshake and greeting such as "Peace be with you"*

Preparation of the Table Taking the Bread and Wine

A hymn is sung

*The gifts of the people (first the bread and wine, then
the collection) may be presented*

The priest takes the bread and wine

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



All **Blessed be God for ever.**

Blessed are you, eternal God,
Source of all creation;
through your goodness
we have this wine to offer,
fruit of the vine and work of human hands.
It will become for us the Lifeblood of the World.

All **Blessed be God for ever.**

Blessed are you, eternal God,
Source of all creation;
through your goodness
we have ourselves to offer,
gift of the womb and shaped by human hands.
We will become for you a Living Body.

All **Blessed be God for ever.**

As we recall the one, perfect
sacrifice of our redemption,
Father, by your Holy Spirit
let these gifts of your creation
be to us the body and blood
of our Lord Jesus Christ;
form us into the likeness of Christ
and make us a perfect offering in your sight.

All **Amen. Come, Holy Spirit.**

Look with favour on your people
and in your mercy
hear the cry of our hearts.
Bless the earth,
heal the sick,
let the oppressed go free
and fill your Church with power
from on high.

All **Amen. Come, Holy Spirit.**

Gather your people
from the ends of the earth
to feast with [N and] all your saints
at the table in your kingdom,
where the new creation
is brought to perfection
in Jesus Christ our Lord;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours,
almighty Father,
for ever and ever.



*After a short period of silent prayer, the service
continues with the Lord's Prayer on page 18*

Lord God, you are the most holy one,
enthroned in splendour and light,
yet in the coming of your Son Jesus Christ
you reveal the power of your love
made perfect in our human weakness.

All Amen. Lord, we believe.

Embracing our humanity,
Jesus showed us the way of salvation;
loving us to the end,
he gave himself to death for us;
dying for his own,
he set us free from the bonds of sin,
that we might rise and reign with him
in glory.

All Amen. Lord, we believe.

On the night he gave up himself for us all
he 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.

All Amen. Lord, we believe.

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.

All Amen. Lord, we believe.

Therefore we proclaim the death
that he suffered on the cross,
we celebrate his resurrection,
his bursting from the tomb,
we rejoice that he reigns
at your right hand on high
and we long for his coming in glory.

All Amen. Come, Lord Jesus.



Eucharistic Prayer

*Either **Prayer 1** or **Prayer 2** (on page 14) is used*

Eucharistic Prayer 1

We remain standing

The Lord is here.

All His Spi - rit is with us.

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.

On the first four Sundays of Lent

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:

On the Fifth Sunday in Lent (Passion Sunday)

It is indeed right and just,
our duty and our salvation,
always and everywhere to give you thanks,
holy Father, almighty and eternal God,
through Jesus Christ our Lord.

For as the time of his passion
and resurrection draws near
the whole world is called
to acknowledge his hidden majesty.

The power of the life-giving cross
reveals the judgement
that has come upon the world
and the triumph of Christ crucified.

He is the victim who dies no more,
the Lamb once slain, who lives for ever,
our advocate in heaven to plead our cause,
exalting us there
to join with angels and archangels,
for ever praising you and singing:



Either we sing

All *f* Ho - ly, ho - ly,
ho-ly Lord, God of power and might,
Heav'n and earth are
full of your glo-ry. Ho - san-na, Ho -
- san-na, *ff* Ho - san-na in the high-est.

Either we sing

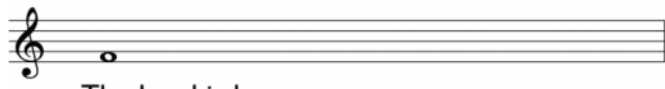
All *f* Ho - ly, ho - ly,
ho-ly Lord, God of power and might,
Heav'n and earth are
full of your glo-ry. Ho - san-na, Ho -
- san-na, *ff* Ho - san-na in the high-est.
A tempo *mf* Bles - sed is he who
comes in the name of the
Lord, the name of the Lord. *f* Ho -
- san - na, Ho - san - na, *ff* Ho -
- san - na in the high - est.

Or we say

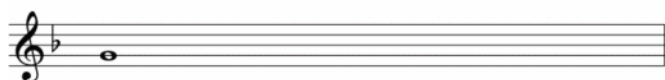
All Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes
in the name of the Lord.
Hosanna in the highest.

Eucharistic Prayer 2

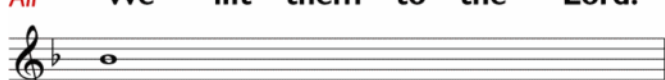
We remain standing

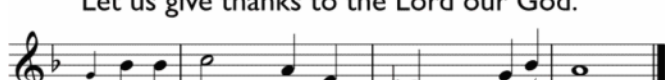

The Lord is here.


All His Spi - rit is with us.


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.

You are worthy of our thanks and praise,
Lord God of truth,
for by the breath of your mouth
you have spoken your word,
and all things have come into being.

You fashioned us in your image
and placed us in the garden of your delight.
Though we chose the path of rebellion
you would not abandon your own.

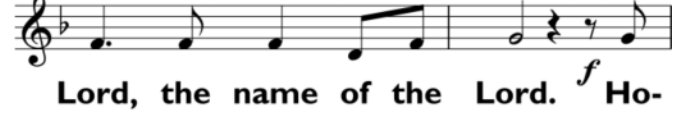
Again and again
you drew us into your covenant of grace.
You gave your people the law
and taught us by your prophets
to look for your reign of justice,
mercy and peace.

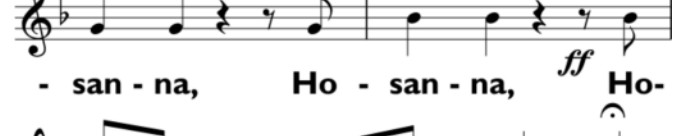
As we watch for the signs
of your kingdom on earth,
we echo the song of the angels in heaven,
evermore praising you and *singing*:




A tempo *mf* Bles - sèd is he who


comes in the name of the


Lord, the name of the Lord. *f* Ho-


- san - na, Ho - san - na, *ff* Ho-


- san - na *rall.* in the high - est.

Or we say

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.

Accept our praises, heavenly Father,
through your Son our Saviour Jesus Christ,
and as we follow his example
and obey his command,
grant that by the power of your Holy Spirit
these gifts of bread and wine
may be to us his body and his blood;
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.

All To you be glory and praise for ever.



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.

All To you be glory and praise for ever.

Therefore, heavenly Father,
 we remember his offering of himself
 made once for all upon the cross;
 we proclaim his mighty resurrection
 and glorious ascension;
 we look for the coming of your kingdom,
 and with this bread and this cup
 we make the memorial
 of Christ your Son our Lord.

◆ Praise to you, Lord Jesus:



Accept through him, our great high priest,
 this our sacrifice of thanks and praise,
 and as we eat and drink these holy gifts
 in the presence of your divine majesty,
 renew us by your Spirit,
 inspire us with your love
 and unite us in the body of your Son,
 Jesus Christ our Lord.

All To you be glory and praise for ever.

Through him, and with him, and in him,
 in the unity of the Holy Spirit,
 with all who stand before you
 in earth and heaven,
 we worship you, Father almighty,
 in songs of everlasting praise:



After a short period of silent prayer, the service continues with the Lord's Prayer on page 18

