

ST. MARGARET'S CHURCH  
LOWESTOFT



# Holy Communion

for the season of Lent



**Sunday 16<sup>th</sup> March 2025**  
2<sup>nd</sup> Sunday of Lent

**Mass Setting:** St. Thomas (D. Thorne)

# Holy Communion service for LENT

Deacon Gerda  
Preacher Rev Jim  
President Canon Simon

**WELCOME & Introduction (please remain seated)**

During Lent let us pray to God who meets us in the wilderness of our lives

Creator God,  
Walking in the Garden  
**Breathe life into us**

Tempted God,  
Praying in the desert  
**Breathe life into us**

Suffering God,  
Travelling towards the cross  
**Breathe life into us**

The Lord be with you  
**And also with you.**



**HYMN 494 - I, the Lord of sea and sky.**

**1 I, the Lord of sea and sky,  
I have heard my people cry.  
All who dwell in dark and sin  
My hand will save.  
I who made the stars of night,  
I will make their darkness bright.  
Who will bear my light to them?  
Whom shall I send?**

**Here I am, Lord. Is it I, Lord?  
I have heard You calling in the night.  
I will go, Lord, if You lead me.  
I will hold your people in my heart.**

**2 I, the Lord of snow and rain,  
I have borne my people's pain.  
I have wept for love of them.  
They turn away.  
I will break their hearts of stone,  
Give them hearts for love alone.  
I will speak my Word to them.  
Whom shall I send?**

**Here I am, Lord. Is it I, Lord?  
I have heard You calling in the night.  
I will go, Lord, if You lead me.  
I will hold your people in my heart.**

**3 I the Lord of wind and flame,  
I will tend the poor and lame.  
I will set a feast for them.  
My hand will save.  
Finest bread I will provide  
Till their hearts be satisfied.  
I will give my life to them.  
Whom shall I send?**

**Here I am, Lord. Is it I, Lord?  
I have heard You calling in the night.  
I will go, Lord, if You lead me.  
I will hold your people in my heart.**

## **Prayer of Penitence**

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.

**Amen. Lord, have mercy.**

## **Invitation to CONFESSION**

We come to God from whom no secrets are hidden,  
we bring to God the burdens of our world, and the temptations of our  
hearts and minds.

The sacrifice of God is a broken spirit;  
a broken and contrite heart God will not despise.  
Let us acknowledge our transgressions in penitence and faith.

## **Confession (please sit or kneel)**

**Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly,  
love mercy, and walk humbly with you, our God. Amen.**

## *The Kyrie Eleison*

***Lord, have mercy***  
***Lord, have mercy***

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

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

## **The 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.  
**Amen.**

## **THE COLLECT (Prayer of the week – found on the pew sheet)**

Almighty God,  
by the prayer and discipline of Lent  
may we enter into the mystery of Christ's sufferings,  
and by following in his Way  
come to share in his glory;  
through Jesus Christ our Lord.

## **THE LITURGY OF THE WORD (please sit)**

## **All Age Talk**

**After which the children are going out to their own activities**

## **BIBLE READING(S)**

### **Romans 12: 6-10     Read by Delphine**

We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

#### ***Marks of the True Christian***

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour.

For the word of the Lord.

**Thanks be to God.**

### **HYMN    727 - *May the mind of Christ My Saviour***

***1    May the mind of Christ my Saviour  
Live in me from day to day,  
By his love and power controlling  
All I do or say.***

***2    May the word of God dwell richly  
In my heart from hour to hour,  
So that all may see I triumph  
Only through his power.***

***3    May the peace of God my Father  
Rule my life in everything,  
That I may be calm to comfort  
Sick and sorrowing.***

***4    May the love of Jesus fill me,  
as the waters fill the sea;  
him exalting, self abasing  
this is victory.***

***5    May I run the race before me,  
Strong and brave to face the foe,  
Looking only unto Jesus  
As I onward go.***

Please remain standing for the **GOSPEL READING Matthew 2: 1-12**

Hear the gospel of our Lord Jesus Christ  
according to Matthew.

***Glory to you, O Lord.***

In the time of King Herod, after Jesus was born in Bethlehem of Judea, wise men from the East came to Jerusalem, asking, 'Where is the child who has been born king of the Jews? For we observed his star at its rising, and have come to pay him homage.' When King Herod heard this, he was frightened, and all Jerusalem with him; and calling together all the chief priests and scribes of the people, he inquired of them where the Messiah was to be born. They told him, 'In Bethlehem of Judea; for so it has been written by the prophet:

"And you, Bethlehem, in the land of Judah,  
are by no means least among the rulers of Judah;  
for from you shall come a ruler  
who is to shepherd my people Israel."

Then Herod secretly called for the wise men and learned from them the exact time when the star had appeared. Then he sent them to Bethlehem, saying, 'Go and search diligently for the child; and when you have found him, bring me word so that I may also go and pay him homage.' When they had heard the king, they set out; and there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure-chests, they offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they left for their own country by another road.

This is the Gospel of the Lord.

***Praise to you, O Christ.***

**SERMON Rev Jim**

## **Choir - Motet: A Lent Prose**

*We stand to affirm our Faith using the words of the **NICENE CREED***

**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 Led by Sue (Please sit or kneel)**

*These responses may be used*

**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.**



### ***Banns of Marriage,***

I publish the banns of marriage  
between  
Callum Jay Deeks and  
Cecelia Evelyn Knights,  
both of the Parish of St. Michael's in Oulton,  
but with connections to this parish

And also between  
Paul William White and  
Julie Elizabeth Hemmings.  
Both of this Parish,  
but with connections to St. Bartholomew's, Gunton.

If anyone knows any reason in law  
why these couples should not be married  
you must declare it.  
These are all for the 3<sup>rd</sup> time of asking.

Callum and Cecelia  
*Paul & Julie*

### ***Notices & time of sharing***

*Children return*

### **THE PEACE (please stand)**

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 our Lord Jesus Christ be with you  
**And also with you**

**Deacon:** Let us offer one another a sign of peace.

## **OFFERTORY HYMN 791 - *The God of Abraham praise.***

(During the hymn the bread & wine are brought forward, and the altar is prepared]

**1 *The God of Abraham praise  
who reigns enthroned above,  
Ancient of everlasting days,  
and God of love:  
Jehovah, great I  
AM,  
by earth and heaven confest;  
we bow and bless the sacred name  
for ever blest.***

**\*2 *The God of Abraham praise,  
at whose supreme command  
from earth we rise, and seek the joys  
at his right hand:  
we all on earth forsake  
its wisdom, fame, and power;  
and him our only portion make,  
our shield and tower.***

**\*3 *Though nature's strength decay,  
and earth and hell withstand,  
to Canaan's bounds we urge our way  
at his command:  
the watery deep we  
pass,  
with Jesus in our view;  
and through the howling wilderness  
our way pursue.***

**\*4 *The goodly land we see,  
with peace and plenty blest:  
a land of sacred liberty  
and endless rest;  
there milk and honey flow,  
and oil and wine abound,***

*and trees of life for ever grow,  
with mercy crowned.*

*\*5 There dwells the Lord our King,  
the Lord our Righteousness,  
triumphant o'er the world of sin,  
the Prince of peace:  
on Sion's sacred  
height  
his kingdom he maintains,  
and glorious with his saints in light  
for ever reigns.*

*\*6 He keeps his own secure,  
he guards them by his side,  
arrays in garment white and pure  
his spotless Bride:  
with streams of sacred bliss,  
beneath serenest skies,  
with all the fruits of paradise,  
he still supplies.*

*\*7 Before the great Three-One  
they all exulting stand,  
and tell the wonders he hath done  
through all their land:  
the listening spheres  
attend,  
and swell the growing fame,  
and sing in songs which never end  
the wondrous name.*

*8 The God who reigns on high  
the great archangels sing,  
and 'Holy, Holy, Holy,' cry,  
'almighty King,  
who was, and is the same,  
and evermore shall be.  
Jehovah, Father, great I AM,  
we worship thee.'*

*9 Before the Saviour's face  
the ransomed nations bow,  
o'erwhelmed at his almighty grace  
for ever new;*

*he shows his prints of love —  
they kindle to a flame,  
and sound through all the worlds above  
the slaughtered Lamb.*

*10 The whole triumphant host  
give thanks to God on high;  
'hail, Father, Son, and Holy Ghost,'  
they ever cry:  
hail, Abraham's God, and  
mine  
(I join the heavenly lays)  
all might and majesty are thine,  
and endless praise.*

Thomas Olivers (1725–1799) based on the Hebrew Yigdal

With this bread that we bring  
**we shall remember Jesus.**

With this wine that we bring  
**we shall remember Jesus.**

Bread for his body, wine for his blood, gifts from God to his table we  
bring.  
**we shall remember Jesus.**

**EUCCHARISTIC PRAYER (please sit or kneel)**

**(The Choir may remain standing)**

The Lord be with you.  
***and also with you***

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.***

It is indeed right,  
it is our duty and our joy,  
At all times and in all places  
To give you thanks and praise,  
Holy Father, heavenly King,  
Almighty and eternal God,  
Through Jesus Christ your Son our Lord.

And now we give you thanks  
Because you give us the spirit of discipline  
That we may triumph over evil and grow in grace  
As we prepare to celebrate the Paschal mystery  
With mind and heart renewed

Therefore, with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
forever praising you and singing:

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



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.



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.

Christ is the bread of life:

***When we eat this bread and drink this cup, we proclaim your death, Lord Jesus, until you come in glory.***

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.

Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
all honour and glory are yours for ever and ever Amen



## **The Lord's Prayer**

As we endure the trials of this world,  
we pray for the coming of God's Kingdom  
in heaven and on earth.

**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.**

## **THE BREAKING OF THE BREAD**

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.**

*The Agnus Dei*

***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.***

This is the table of our Lord, where hurts are healed, and all is made new in the love of God. Come not because it is I who invite you, it is our Lord; It is his will that those who want him should meet him here.

All are welcome to come forward to receive the bread and the wine or a blessing. It is helpful for us if you say your name when you come to the front. The choir will receive Holy Communion first at the High Altar, followed by the rest of the congregation who will receive Holy Communion at the Chancel step.

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.

An anthem is usually sung by the Choir and then a Hymn is also sung during communion (please remain seated)

**Anthem:** Hide not thou thy face (Farrant)



**Hymn 512 - *Christ's is the world in which we move***

**1 Christ's is the world in which we move;  
Christ's are the folk we're summoned to love;  
Christ's is the voice which calls us to care,  
and Christ is the one who meets us here.**

***To the lost Christ shows his face,  
to the unloved he gives his embrace,  
to those who cry in pain or disgrace,  
Christ makes, with his friends, a touching place.***

**2 Feel for the people we most avoid —  
strange or bereaved or never employed.  
Feel for the women and feel for the men  
who fear that their living is all in vain.**

**3 Feel for the parents who've lost their child,  
feel for the women whom men have defiled,  
feel for the baby for whom there's no breast,  
and feel for the weary who find no rest.**

**4 Feel for the lives by life confused,  
riddled with doubt, in loving abused;  
feel for the lonely heart, conscious of sin,  
which longs to be pure but fears to begin.**

John L. Bell (b. 1949) and Graham Maule (b. 1958)

**POST COMMUNION PRAYER**

Said by a minister and found on the weekly pew sheet.

Almighty God,  
you see that we have no power of ourselves to help ourselves:

keep us both outwardly in our bodies,  
and inwardly in our souls;  
that we may be defended from all adversities  
which may happen to the body,  
and from all evil thoughts which may assault and hurt the soul;  
through Jesus Christ our Lord.

### **THANKSGIVING PRAYER**

**In gratitude, in deep gratitude  
for this moment, this meal,  
we give ourselves to you.  
Take us out to live as changed people  
because we have shared the Living Bread  
and cannot remain the same.  
Ask much of us,  
expect much from us,  
enable much by us,  
encourage many through us.  
So, Lord, may we live to your glory,  
both as inhabitants of earth  
and as citizens of heaven. Amen.**

### **HYMN 595 - *Be thou my vision.***

- 1 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 mine 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 son,  
O grant me its joys after victory is won;  
Great heart of my own heart, whatever befall,  
still be thou my vision, O Ruler of all.**

(Irish 8<sup>th</sup> century) Translated by MARY ELIZABETH BYRNE (1880-1931)  
Versified by ELEANOR HENRIETTA HULL (1860-1935)

### **The 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 upon you and remain with you, be upon those you love, pray for and care for now and for evermore. **Amen.**

### **THE DISMISSAL**

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

