

ST. MARGARET'S CHURCH
LOWESTOFT



Holy Communion

for the season of Lent



Sunday 6th April 2025
5th Sunday of Lent – Passion Sunday
Mass Setting: St. Thomas (D. Thorne)

Communion service for LENT

APCM Sunday – shorter service

Presiding & preaching 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 144 - How deep the Father's love

***How deep the Father's love for us,
how vast beyond all measure,
that he should give his only Son
to make a wretch his treasure.
How great the pain of searing loss;
the Father turns his face away,
as wounds which mar the chosen One
bring many souls to glory.***

***Behold the man upon a cross,
my sin upon his shoulders;
ashamed, I hear my mocking voice
call out among the scoffers.
It was my sin that held him there,
until it was accomplished;
his dying breath has brought me life —
I know that 'it is finished.'***

***I will not boast in anything,
no gifts, no power, no wisdom;
but I will boast in Jesus Christ,
his death and resurrection.
Why should I gain from his reward?
I cannot give an answer;
but this I know with all my heart,
his wounds have paid my ransom.***

Stuart Townend (b.1963)

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)

Choir Motet: *A Lent Prose*

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)

Gracious Father,
you gave up your Son
out of love for the world:
lead us to ponder the mysteries of his passion,
that we may know eternal peace
through the shedding of our Saviour's blood,
Jesus Christ our Lord. **Amen.**

HYMN 585 - All I once held dear

*All I once held dear,
built my life upon,
all this world
reveres,
and wars to own,
all I once thought gain
I have counted loss;
spent and worthless now,
compared to this.*

*Knowing you, Jesus,
knowing you,
there is no greater
thing.
You're my all, you're the best,
you're my joy, my righteousness,
and I love you, Lord.*

*Now my heart's desire
is to know you more,
to be found in
you
and known as yours.
To possess by faith
what I could not earn,
all-surpassing gift
of righteousness.*

*Knowing you, Jesus,
knowing you,
there is no greater
thing.
You're my all, you're the best,
you're my joy, my righteousness,
and I love you, Lord.*

***Oh, to know the power
of your risen life,
and to know you
in
your sufferings.
To become like you
in your death, my Lord,
so with you to live
and never die.***

***Knowing you, Jesus,
knowing you,
there is no greater
thing.
You're my all, you're the best,
you're my joy, my righteousness,
and I love you, Lord.***

Graham Kendrick (b. 1950)

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Please remain standing for the **GOSPEL READING John 12: 1-8**

Hear the gospel of our Lord Jesus Christ
according to St John.

Glory to you, O Lord.

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, 'Why was this perfume not sold for three hundred denarii and the money given to the poor?' (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, 'Leave her alone. She bought it so

that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me.'

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON Canon Simon

PRAYERS OF INTERCESSION Led by Christine (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.

Notices & time of sharing

THE PEACE (please stand)

These words may be used

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

Let us offer one another a sign of peace.

OFFERTORY HYMN 732 - *My Jesus, my saviour*

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

***My Jesus, my Saviour,
Lord, there is none like you.
All of my days I want to praise
the wonders of your mighty love.***

***My comfort, my shelter,
tower of refuge and strength,
let every breath, all that I am,
never cease to worship you.***

***Shout to the Lord all the earth, let us sing
power and majesty, praise to the King.
Mountains bow down
and the seas will roar
at the sound of your name.***

***I sing for joy at the work of your hands.
Forever I'll love you, forever I'll stand.
Nothing compares to the promise I have in you.***

Darlene Zschech (b. 1965)

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: A Prayer of St. Richard of Chichester

Hymn 146 - Jesus Christ, I think upon your sacrifice

***Jesus Christ, I think upon your sacrifice;
you became nothing, poured out to death.
Many times I've wondered at your gift of life
and I'm in that place once again,
I'm in that place once again.
And once again I look upon
the cross where you died.
I'm humbled by your mercy
and I'm broken inside.
Once again I thank you,
once again I pour out my life.***

***Now you are exalted to the highest place,
King of the heavens, where one day I'll bow.
But for now I marvel at this saving grace
and I'm full of praise once again,
I'm full of praise once again.
And once again I look upon
the cross where you died.
I'm humbled by your mercy
and I'm broken inside.
Once again I thank you,
once again I pour out my life.***

***Thank you for the cross,
thank you for the cross,
thank you for the cross, my friend.
Thank you for the cross,
thank you for the cross,
thank you for the cross, my friend.***

***And once again I look upon
the cross where you died.
I'm humbled by your mercy
and I'm broken inside.
Once again I thank you,***

once again I pour out my life.

Matt Redman (b.1974)

POST COMMUNION PRAYER

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

Lord Jesus Christ,
you have taught us
that what we do for the least of our brothers and sisters
we do also for you:
give us the will to be the servant of others
as you were the servant of all,
and gave up your life and died for us,
but are alive and reign, now and for ever.

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 588 - And can it be

*And can it be that I should gain
an interest in the Saviour's blood!
Died he for me, who caused his pain!
For me, who him to death pursued?
Amazing love! How can it be
that thou, my God, shouldst die for me?
Amazing love! How can it be
that thou, my God, shouldst die for me?*

*2 'Tis mystery all! the Immortal dies:
Who can explore his strange design?
In vain the firstborn seraph tries
to sound the depths of love divine!
'Tis mercy all! Let earth adore,
let angel minds inquire no more.
'Tis mercy all! Let earth adore,
let angel minds inquire no more.*

*3 He left his Father's throne above
so free, so infinite his grace;
emptied himself of all but love,
and bled for Adam's helpless race;
'tis mercy all, immense and free,
for, O my God, it found out me.
'tis mercy all, immense and free,
for, O my God, it found out me.*

*4 Long my imprisoned spirit lay,
fast bound in sin and nature's night;
thine eye diffused a quickening ray;
I woke, the dungeon flamed with light;
my chains fell off, my heart was free,
I rose, went forth, and followed thee.
my chains fell off, my heart was free,
I rose, went forth, and followed thee.*

*5 No condemnation now I dread;
Jesus, and all in him, is mine;*

*alive in him, my living Head,
and clothed in righteousness divine,
bold I approach the eternal throne,
and claim the crown, through Christ my own.
bold I approach the eternal throne,
and claim the crown, through Christ my own.*

CHARLES WESLEY (1707-1788)

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.

