

ST. MARGARET'S CHURCH
LOWESTOFT



Holy Communion

for the season of Lent



Sunday 22nd February
1st Sunday in Lent

Mass Setting: St. Thomas (D. Thorne)

Holy Communion service for LENT

Deacon Rachel
Preacher Rev Geoff
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.



During this hymn Faith Seekers go to their activity

HYMN 121 - Forty days and forty nights.

**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 *Shall not we thy sorrows share
and from earthly joys abstain,
fasting with unceasing prayer,
glad 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)
and FRANCIS POTT (1832-1909)**

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)

**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)

Heavenly Father,
your Son battled with the powers of darkness,
and grew closer to you in the desert:
help us to use these days to grow in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord.

THE LITURGY OF THE WORD (please sit)

BIBLE READING

New Testament: Romans 5: 12-19. Read by Kay S

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned - sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

For the word of the Lord.

Thanks be to God.

HYMN 46 - On Jordan's bank

***1 On Jordan's bank the Baptist's cry
announces that the Lord is nigh;
awake and hearken, for he brings
glad tidings from the King of kings.***

***2 Then cleansed be every breast from sin;
make straight the way for God within,
prepare we in our hearts a home
where such a mighty Guest may come.***

***3 For thou art our salvation, Lord,
our refuge and our great reward;
without thy grace we waste away
like flowers that wither and decay.***

***4 To heal the sick stretch out thine hand,
and bid the fallen sinner stand;
shine forth and let thy light restore
earth's own true loveliness once more.***

***5 All praise, eternal Son, to thee,
whose advent sets thy people free;
whom with the Father we adore
and Holy Ghost for evermore.***

CHARLES COFFIN (1676 – 1749)
translated by JOHN CHANDLER (1806 – 1876)

Please remain standing for the **GOSPEL READING**

Gospel: Matthew 4: 1-11

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

Glory to you, O Lord.

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."' "

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."' "

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."' Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON Rev Geoff

*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

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

Faith Seekers return from their activity

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 609 - Christ is the world's light

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

**1 Christ is the world's light, he and none other:
born in our darkness, he became our
brother;
if we have seen him, we have seen the Father:
Glory to God on high.**

**2 Christ is the world's peace, he and none other:
no one can serve him and despise a
brother;
who else unites us, one in God the Father?
Glory to God on high.**

**3 Christ is the world's life, he and none other;
sold once for silver, murdered here, our brother.
He who redeems us, reigns with God the Father:
Glory to God on high.**

**4 Give God the glory, God and none other;
give God the glory, Spirit, Son and Father;
give God the glory, God in man my brother;
Glory to God on high.**

FRED PRATT GREEN (1903–2000)

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)
(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: Bread of the World (Bullard)

HYMN 464 - Sweet sacrament divine

**1 Sweet Sacrament divine,
hid in thine earthly home;
lo! round thy lowly shrine,
with suppliant hearts we come;
Jesus, to thee our voice we raise
In songs of love and heartfelt praise
sweet Sacrament divine.
sweet Sacrament divine.**

**2 Sweet Sacrament of peace,
dear home of every heart,
where restless yearnings cease,
and sorrows all depart.
there in thine ear, all trustfully,
we tell our tale of misery,
sweet Sacrament of peace.
sweet Sacrament of peace.**

**3 Sweet Sacrament of rest,
ark from the ocean's roar,
within thy shelter blest
soon may we reach the shore;
save us, for still the tempest raves,
save, lest we sink beneath the waves:
sweet Sacrament of rest.
sweet Sacrament of rest.**

**4 Sweet Sacrament divine,
earth's light and jubilee,
in thy far depths doth shine
the Godhead's majesty;
sweet light, so shine on us, we pray
that earthly joys may fade away:
sweet Sacrament divine.
sweet Sacrament divine.**

POST COMMUNION PRAYER

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

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.

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 104 - Songs of thankfulness.

**1 Songs of thankfulness and praise,
Jesu, Lord, to thee we raise,
manifested by the star
to the sages from afar;
branch of royal David's stem
in thy birth at Bethlehem:
anthems be to thee address,
God in man made manifest.**

**2 Manifest at Jordan's stream,
Prophet, Priest, and King supreme;
and at Cana wedding-guest
in thy Godhead manifest;
manifest in power divine,
changing water into wine:
anthems be to thee address,
God in man made manifest.**

**3 Manifest in making whole
palsied limbs and fainting soul;
manifest in valiant flight,
quelling all the devil's might;
manifest in gracious will,
ever bringing good from ill:
anthems be to thee address,
God in man made manifest.**

**4 Sun and moon shall darkened be,
stars shall fall, the heavens shall flee;
Christ will then like lightning shine,
all will see his glorious sign;
all will then the trumpet hear,
all will see the Judge appear:
thou by all wilt be confest,
God in man made manifest.**

**5 Grant us grace to see thee, Lord,
mirrored in thy holy word;
may we imitate thee now,
and be pure, as pure art thou;
that we like to thee may be
at thy great Epiphany;
and may praise thee, ever blest,
God in man made manifest.**

CHRISTOPHER WORDSWORTH (1807–1885)

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.