

ST. MARGARET'S CHURCH  
LOWESTOFT



# Holy Communion

for the season of Lent



**Sunday 8<sup>th</sup> March**

3<sup>rd</sup> Sunday of Lent

Mass Setting: St. Thomas (D. Thorne)

# Holy Communion service for LENT

Deacon Sue  
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.**

**Faith seekers go to the Church centre**



**HYMN 2 - Christ, whose glory fills the skies.**

***1 Christ, whose glory fills the skies,  
Christ the true, the only Light,  
Sun of Righteousness, arise!  
Triumph o'er the shades of night:  
Dayspring from on high, be near;  
Daystar, in my heart appear.***

***2 Dark and cheerless is the morn  
unaccompanied by thee;  
joyless is the day's return,  
till thy mercy's beams I see,  
till they inward light impart,  
glad my eyes, and warm my heart.***

***3 Visit then this soul of mine!  
Pierce the gloom of sin and grief  
Fill me, radiancy divine;  
scatter all my unbelief;  
more and more thyself display,  
shining to the perfect day.***

CHARLES WESLEY (1707-1788)

## **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)**

Eternal God,  
give us insight  
to discern your will for us,  
to give up what harms us,  
and to seek the perfection we are promised  
in Jesus Christ our Lord.

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

### **BIBLE READING(S)**

#### **New Testament: Romans 5: 1-11 Read by Helen S**

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person - though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

For the word of the Lord.

**Thanks be to God.**

**HYMN 598 - Before the throne of God**

**1 Before the throne of God above  
I have a strong, a perfect plea:  
a great High Priest, whose name is Love,  
whoever lives and pleads for me.  
My name is graven on his hands,  
my name is written on his heart;  
I know that while in heaven he stands  
no tongue can bid me thence depart,  
no tongue can bid me thence depart.**

**2 When Satan tempts me to despair,  
and tells me of the guilt within,  
upward I look, and see him there  
who made an end of all my sin.  
Because the sinless Saviour died,  
my sinful soul is counted free;  
for God, the Just, is satisfied  
to look on him and pardon me,  
to look on him and pardon me.**

**3 Behold him there! the risen Lamb!  
my perfect, spotless Righteousness,  
the great unchangeable I AM,  
the King of glory and of grace!  
One with my Lord, I cannot die;  
my soul is purchased by his  
blood;  
my life is hid with Christ on high,  
with Christ, my Saviour and my God,  
with Christ, my Saviour and my God.**

CHARITIE LEES DE CHENEZ (1841–1923)

Please remain standing for the **GOSPEL READING**

**Gospel: John 4: 5-42**

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

**Glory to you, O Lord.**

### **Jesus and the Samaritan woman - *From John 4: 5 - 42***

**Narrator** In Samaria Jesus came to a town named Sychar, which was not far from the field that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by the journey, sat down by the well. It was about noon. A Samaritan woman came to draw some water, and Jesus said to her:

**Jesus** Give me a drink of water.

**Narrator** His disciples had gone into town to buy food. Now Jews will **not** use the same cups and bowls that Samaritans use. [So the woman answered:]

**Woman** You are a Jew, and I am a Samaritan—so how can you ask me for a drink?

**Jesus** If only you knew what God gives and who it is that is asking you for a drink, you would ask him, and he would give you life-giving water.

**Woman** Sir, you haven't got a bucket, and the well is deep. Where would you get that life-giving water? It was our ancestor Jacob who gave us this well; he and his sons and his flocks all drank from it. You don't claim to be greater than Jacob, do you?

- Jesus** Whoever drinks this water will be thirsty again, but whoever drinks the water that I will give him will never be thirsty again The water that I will give him will become in him a spring which will provide him with life-giving water and give him eternal life
- Woman** Sir, give me that water! Then I will never be thirsty again, nor will I have to come here to draw water.
- Jesus** Go and call your husband, and come back.
- Woman** I haven't got a husband.
- Jesus** You are right when you say you haven't got a husband. You have been married to five men, and the man you live with now is not really your husband. You have told me the truth.
- Woman** I see you are a prophet, sir. My Samaritan ancestors worshipped God on this mountain, but you Jews say that Jerusalem is the place where we should worship God.
- Jesus** Believe me, woman, the time will come when people will not worship the Father either on this mountain or in Jerusalem. You Samaritans do not really know whom you worship; but we Jews know whom we worship, because it is from the Jews that salvation comes. But the time is coming and is already here, when by the power of God's Spirit people will worship the Father as he really is. offering him the true worship that he wants. God is Spirit, and only by the power of his Spirit can people worship him as he really is
- Woman** I know that the Messiah will come, and when he comes, he will tell us everything, (**pause**)

**Jesus** (slowly) I am he, I who am talking with you.

**Narrator** At that moment Jesus' disciples returned, and they were greatly surprised to find him talking with a woman. But none of them said to her, 'What do you want?' or asked him, 'Why are you talking with her?' (**pause**) Then the woman left her water jar, went back to the town, **and** said to the people there:

**Woman** Come and see the man who told me everything I have ever done.  
Could he be the Messiah?

**Narrator** So they left the town and went to Jesus. Many of the Samaritans in that town believed in Jesus because the woman had said:

**Woman** He told me everything I have ever done.

**Narrator** So when the Samaritans came to him, they begged him to stay with them, and Jesus stayed there two days. Many more believed because of his message, and they said to the woman:  
We believe now, not because of what you said, but because we ourselves have heard him.  
And we know that he really is the Saviour of the world.

This is the Gospel of the Lord.

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

**SERMON Canon Simon**

*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 Gerda  
(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.**

Faith seekers return from their activity

***Banns of Marriage, 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**

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

OFFERTORY HYMN 629 - Father, hear the prayer we offer

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

***1 Father, hear the prayer we offer:  
not for ease that prayer shall be,  
but for strength, that we may ever  
live our lives courageously.***

***2 Not for ever in green pastures  
do we ask our way to be ;  
but the steep and rugged pathway  
may we tread rejoicingly.***

***3 Not forever by still waters  
would we idly rest and stay;  
but would smite the living fountains  
from the rocks along our way.***

***4 Be our strength in hours of weakness,  
in our wanderings be our Guide;  
through endeavour, failure, danger,  
Father, be thou at our side.***

LOVE MARIA WILLIS (1824-1908)

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.

**Anthem:** Author of Life Divine (McDowall)

**HYMN 429 - Bread is blessed and broken**

***1 Bread is blessed and broken,  
wine is blessed and  
poured:  
take this and remember  
Christ the Lord.***

***2 Share the food of heaven  
earth cannot afford.  
Here is grace in essence -  
Christ the Lord.***

***3 Know yourself forgiven,  
find yourself restored,  
meet a friend for ever -  
Christ the Lord.***

***4 God has kept his promise  
sealed by sign and word:  
here, for those who want him -  
Christ the Lord.***

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

## **POST COMMUNION PRAYER**

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

Merciful Lord, grant your people grace  
to withstand the temptations  
of the world, the flesh and the devil,  
and with pure hearts and minds to follow you,  
the only God; 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 805 - There is a Redeemer**

**1 There is a redeemer,  
Jesus, God's own son,  
precious Lamb of God, Messiah,  
Holy One.**

**Thank you, O my Father,  
for giving us your Son,  
and leaving your Spirit  
till the work on earth is done**

**2 Jesus my redeemer,  
name above all names,  
precious Lamb of God, Messiah.  
O for sinners slain.**

**Thank you, O my Father,  
for giving us your Son,  
and leaving your Spirit  
till the work on earth is done**

**3 When I stand in glory,  
I will see his face,  
and there I'll serve my King for ever,  
in that holy place.**

**Thank you, O my Father,  
for giving us your Son,  
and leaving your Spirit  
till the work on earth is done**

## **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.***