

# Holy Communion

## The First Sunday of Lent

*Please remain muted for our opening music*

### Welcome and Notices

We meet on this first Sunday in Lent  
in the name of + the Father,  
and of the Son and of the Holy Spirit.

*All*    **Amen**

Grace, mercy and peace  
from God our Father  
and the Lord Jesus Christ  
be with you.

*All*    **And also with you.**

### Prayer of Preparation

*All*    **Almighty God,  
to whom all hearts are open, all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.**

### Prayers of Penitence Invitation to confession

Compassion and forgiveness belong to the Lord our God,  
though we have rebelled against him.

Let us then renounce our wilfulness and ask his mercy  
by confessing our sins in penitence and faith.

Wash me thoroughly from my wickedness  
and cleanse me from my sin:

Lord, have mercy.

*All*    **Lord, have mercy.**

Make me a clean heart, O God,  
and renew a right spirit within me:  
Christ have mercy.

*All*    **Christ have mercy.**

Cast me not away from your presence  
and take not your holy spirit from me:

Lord, have mercy.

*All*    **Lord, have mercy.**

Almighty God,  
who forgives all who truly repent,  
have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in life eternal.  
through Jesus Christ our Lord.

*All*    **Amen**

## The Collect

Let us pray.

Almighty Father,  
whose Son Jesus Christ fasted forty days in the wilderness,  
and was tempted as we are, yet without sin:  
give us grace to discipline ourselves in obedience to your Spirit;  
and, as you know our weakness,  
so may we know your power to save;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

*All*    **Amen**

## The First Reading

Genesis 9: 8-17

<sup>8</sup> Then God said to Noah and to his sons with him, <sup>9</sup> "As for me, I am establishing my covenant with you and your descendants after you, <sup>10</sup> and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. <sup>11</sup> I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." <sup>12</sup> God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: <sup>13</sup> I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. <sup>14</sup> When I bring clouds over the earth and the bow is seen in the clouds, <sup>15</sup> I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. <sup>16</sup> When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." <sup>17</sup> God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

This is the word of the Lord.

*All*    **Thanks be to God.**

Praise to you, O Christ, King of eternal glory.  
Your word is a lamp to my feet and a light to my path.  
All **Praise to you, O Christ, King of eternal glory.**

Hear the Gospel of our Lord Jesus Christ, according to Mark.  
All **Glory to you, O Lord.**

Mark 1: 9-15

<sup>9</sup> In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. <sup>10</sup> And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. <sup>11</sup> And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

<sup>12</sup> And the Spirit immediately drove him out into the wilderness. <sup>13</sup> He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

<sup>14</sup> Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, <sup>15</sup> and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

*At the end:*

This is the Gospel of the Lord.  
All **Praise to you, O Christ.**

## The Sermon

## The Nicene Creed

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.**

## **Prayers of Intercession**

Lord, in your mercy  
*All* **hear our prayer.**

*And at the end:*

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

## **The Liturgy of the Sacrament**

## **The Peace**

*Please unmute*

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 the Lord be always with you.  
*All* **and also with you.**

Let us offer one another a sign of peace.

*All may exchange a sign of peace.*

## The Eucharistic Prayer

The Lord be with you.

*All*    **And also with you.**

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.**

*Please mute again*

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 Paschal feast  
with joyful hearts and minds  
we bless you for your mercy  
and join with saints and angels  
for ever praising you and singing:

*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.**

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.  
He broke the bread, gave it to them and said:  
Take, eat; this is my body, which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:  
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.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice  
made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

*All*    **Christ has died:  
Christ is risen:  
Christ will come again.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.

Look with favour on your people,  
gather us in your loving arms  
and bring us with St Mary and all the saints  
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever,

*All*    **Amen.**

## **The Lord's Prayer**

As our Saviour taught us, so we pray.

*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 forever.  
Amen.**

## Breaking of the Bread

*The president 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.**

## Agnus Dei

*All*    **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.**

## Spiritual Communion for those not receiving today

*All*    **Send your Holy Spirit upon us that, though separated by distance,  
we may still, through faith, be partakers in the benefits of Christ's  
offering of his body and his blood.  
This we ask, through the same Jesus Christ our Saviour. Amen.**

## Prayer after Communion

Lord God,  
you have renewed us with the living bread from heaven;  
increase our hope,  
by it you nourish our faith,  
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.

*All*    **Almighty God,  
we thank you for feeding us,  
either physically or spiritually,  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out in the power of your Spirit  
to live and work to your praise and glory. Amen.**

## The Blessing

The peace of God,  
which passes all understanding,  
keep your hearts and minds  
in the knowledge and love of God,  
and of his son, Jesus Christ our Lord;  
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. Amen.**

*Please remain muted until the recessional music is finished.*

*Please do stay after the service for a chat and catch-up – bring your own coffee!*