



8 am Eucharist  
in Lent

## Introduction to the Season of Lent

The forty days of Lent reflect the forty days Jesus spent in the wilderness after his baptism, being tempted by Satan and preparing for his public ministry. In the Church Lent is a time of preparation for Easter: traditionally new Christians would be baptised during the Easter ceremonies, and those who had been excluded from the Church's fellowship would be reconciled. This history explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally been added.

We begin Lent in ashes, an ancient sign of penitence. With the dominant notes of the season being penitence and preparation, the liturgy is simplified: liturgical dress is plainer, there are no flowers in church, and the *Gloria in Excelsis* is omitted.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gives to the Fifth Sunday its name of Passion Sunday. During Holy Week we are invited to share in Christ's own journey, from the triumphal entry into Jerusalem on Palm Sunday to the desolation of Good Friday and Holy Saturday, and the joyful celebrations of Easter. These services contain some of the most ancient texts used in the Church, and help us to enter more fully into the mystery of God's love for us, shown in the death and resurrection of his Son.

## *The Gathering*

### **The Greeting**

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.

**All Amen.**

The Lord be with you

**All and also with you.**

*Words of welcome or introduction may be said.*

### **Prayers of Penitence**

The sacrifice of God is a broken spirit;  
a broken and contrite heart God will not despise.  
Let us come to the Lord, who is full of compassion,  
and acknowledge our transgressions in penitence and faith.

**All Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you in newness of life  
to the glory of your name.  
Amen.**

Lord have mercy  
**All Lord have mercy**

Christ have mercy  
**All Christ have mercy**

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**

*The Collect is said (see The Messenger) and all respond*

**All Amen.**

## *The Liturgy of the Word*

## **Readings**

*Please sit for a reading from the Old Testament. At the end the reader says*

This is the word of the Lord.

**All Thanks be to God.**

*A Psalm is said.*

*Please sit for a reading from the New Testament. At the end the reader says*

This is the word of the Lord.

**All Thanks be to God.**

## **Gospel Reading**

*Please stand*

The Lord be with you

**All and also with you.**

Hear the Gospel of our Lord Jesus Christ according to N.

**All Glory to you O Lord**

*At the end*

This is the Gospel of the Lord.

**All Praise to you O Christ.**

## **Sermon**

## **The Nicene Creed**

*Please stand*

**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

*Please kneel or sit. And at the end*

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

# *The Liturgy of the Sacrament*

## **The Peace**

*Please stand. The priest introduces the Peace using these or other suitable words*

Christ is our peace.  
He has reconciled us to God in one body by the cross.  
We meet in his name and share his peace.

*All* The peace of the Lord be always with you  
**and also with you.**

## **Preparation of the Altar**

## **Taking of the Bread and Wine**

Blessed are you, Lord God of all creation:  
through your goodness we have this bread to offer,  
which earth has given and human hands have made.  
It will become for us the bread of life.

*All* **Blessed be God for ever.**

Blessed are you, Lord God of all creation:  
through your goodness we have this wine to offer,  
fruit of the vine and work of human hands.  
It will become for us the cup of salvation.

*All* **Blessed be God for ever.**

## Eucharistic Prayer

*Please stand.*

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.**

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 Easter feast  
with joyful hearts and minds  
we bless you for your mercy  
and join with saints and angels,  
for ever praising you and saying:

**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 that comes in the name of the Lord.  
Hosanna in the highest.**

*Please sit or kneel*

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 that 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 the cup of salvation,  
We proclaim his death and resurrection.  
Until he comes in glory.

Let us proclaim the mystery of faith

**All** Christ has died  
Christ has 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 the Blessed Virgin Mary,  
St Anne 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

*The priest invites the congregation to join in saying the Lord's Prayer*

**All** Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.

**For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.**

## **Breaking of the Bread**

Every time we eat this bread  
and drink this cup,  
**All we proclaim the Lord's death  
until he comes.**

**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.**

## **Giving of Communion**

Jesus is the Lamb of God  
who takes away the sin of the world.  
Happy are those who are called to his supper.  
**All Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

*The people receive communion as guided by the sidesmen. Communicant members of other denominations are welcome to receive the Eucharist. Ask a priest at the altar rail if you wish to receive a gluten-free wafer.*

## Prayer after Communion

*Please remain kneeling or seated. The priest says the post communion prayer and then the following is said together.*

**All** Father of all, we give you thanks and praise,  
that when we were still far off  
you met us in your Son and brought us home.  
Dying and living, he declared your love,  
gave us grace, and opened the gate of glory.  
May we who share Christ's body live his risen life;  
we who drink his cup bring life to others,  
we whom the Spirit lights give light to the world.  
Keep us firm in the hope you have set before us,  
so we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord.  
Amen.

*Please sit for the Notices.*

### *The Dismissal*

*The priest uses this or another blessing*

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

Christ give you grace to grow in holiness,  
to deny yourselves, take up your cross, and follow Him;  
and the blessing of God almighty Father, Son and Holy Spirit be  
with you all, now and always.

**All** Amen.

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