



**21<sup>st</sup> February 2021**

## **The First Sunday of Lent**

*Our Celebrant is Revd Simon Foster.  
Our Preacher is Mrs Alison Radford.*

### **¶ Welcome and Introduction**

#### **♪ Hymn ♪**

Lead us, heavenly Father, lead us  
o'er the world's tempestuous sea;  
guard us, guide us, keep us, feed us,  
for we have no help but Thee;  
yet possessing every blessing,  
if our God our Father be.

Saviour, breathe forgiveness o'er us:  
all our weakness Thou dost know;  
Thou didst tread this earth before us,  
Thou didst feel its keenest woe;  
lone and dreary, faint and weary,  
through the desert Thou didst go.

Spirit of our God, descending,  
fill our hearts with heavenly joy;  
love with every passion blending,  
pleasure that can never cloy:  
thus provided, pardoned, guided,  
nothing can our peace destroy.

*James Edmeston (1791-1867)*

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

**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.**

### **The Confession and Absolution**

#### **Invitation to confession**

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.

Wash me thoroughly from my  
wickedness  
and cleanse me from my sin.  
Lord, have mercy.

**Lord, have mercy.**

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

**Christ, have mercy.**

Cast me not away from your presence  
and take not your Holy Spirit from me.  
Lord, have mercy.

**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.  
**Amen.**

## The Collect

*A period of silent prayer*

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.  
**Amen.**

## ¶ The Liturgy of the Word

Let us prepare ourselves for the Word  
of God as it comes to us in the reading  
of Holy Scripture.

**Our hearts and minds are open.**

## First Reading

*Genesis 9.8-17*

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.

**Thanks be to God.**

## Second Reading

*1 Peter 3.18-22*

Christ also suffered for sins once for all,  
the righteous for the unrighteous, in  
order to bring you to God. He was put  
to death in the flesh, but made alive in  
the spirit, <sup>19</sup>in which also he went and  
made a proclamation to the spirits in  
prison, <sup>20</sup>who in former times did not  
obey, when God waited patiently in the  
days of Noah, during the building of the  
ark, in which a few, that is, eight persons,  
were saved through water. <sup>21</sup>And  
baptism, which this prefigured, now  
saves you – not as a removal of dirt  
from the body, but as an appeal to God  
for a good conscience, through the  
resurrection of Jesus Christ, <sup>22</sup>who has  
gone into heaven and is at the right

hand of God, with angels, authorities,  
and powers made subject to him.

This is the word of the Lord.

**Thanks be to God.**

## ♪ Song ♪

As the deer pants for the water,  
so my soul longs after You.  
You alone are my heart's desire  
and I long to worship You.

*You alone are my strength, my shield,  
to You alone may my spirit yield.  
You alone are my heart's desire  
and I long to worship You.*

I want You more than gold or silver,  
only You can satisfy.

You alone are the real joy-giver  
and the apple of my eye.

You're my Friend and You're my  
Brother,  
even though You are a King.  
I love You more than any other,  
so much more than anything.

*Martin J. Nystrom (b. 1956) © 1983 Restoration  
Music Ltd Administered by Sovereign Music UK*

## The Gospel

Praise to you, O Christ,  
King of eternal glory.  
**Praise to you, O Christ,  
King of eternal glory.**

The Lord is a great God,  
O that today you would listen to his  
voice. Harden not your hearts.

*cf Psalm 95.3,8*

**Praise to you, O Christ,  
King of eternal glory.**

The Lord be with you  
and also with you.

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

**Glory to you, O Lord.**

*Mark 1.9-15*

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.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## The Sermon

### 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**

We pray to the Lord for courage to give up other things and to give ourselves to him this Lent.

Give your Church the courage to give up her preoccupation with herself and to give more time to your mission in the world.  
Especially we pray for...

May the blood and water flowing from the side of Jesus bring forgiveness to your people and help us to face the cost of proclaiming salvation.

Lord, meet us in the silence,  
**give us strength  
and hear our prayer.**

Give your world the courage to give up war, bitterness and hatred, and to seek peace. Especially we pray for...

May the shoulders of the risen Jesus, once scourged by soldiers, bear the burden of political and military conflict in our world.

Lord, meet us in the silence,  
**give us strength  
and hear our prayer.**

Give us the courage to give up quarrels, strife and jealousy in our families, neighbourhoods and communities.

May the presence of the risen Jesus, his body once broken and now made whole, bring peace and direction as we live with one another.

Lord, meet us in the silence,  
**give us strength  
and hear our prayer.**

Give us the courage to give up our selfishness as we live for others, and to give time, care and comfort to the sick. Especially we pray for...

May the wounded hands of Jesus bring his healing touch, and the light of his presence fill their hearts.

Lord, meet us in the silence,  
**give us strength  
and hear our prayer.**

Give us the courage to give up our fear of death and to rejoice with those who have died in faith.  
Especially we remember...

May the feet of the risen Lord Jesus,  
once nailed to the cross, walk alongside  
the dying and bereaved in their agony,  
and walk with us and all your Church  
through death to the gate of glory.

Lord, meet us in the silence,  
**give us strength  
and hear our prayer,  
here and in eternity.  
Amen.**

## ¶ The Liturgy of the Sacrament

### The Peace

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  
**and also with you.**

Let us offer one another a sign of peace

### ♪ Hymn ♪

Guide me, O thou great Redeemer,  
pilgrim through this barren land;  
I am weak, but Thou art mighty;  
hold me with Thy powerful hand:  
Bread of heaven,  
feed me now and evermore.

Open now the crystal fountain  
whence the healing stream doth flow;  
let the fiery cloudy pillar  
lead me all my journey through:  
strong Deliverer,  
be Thou still my Strength and Shield.

When I tread the verge of Jordan,  
bid my anxious fears subside;  
death of death, and hell's destruction,  
land me safe on Canaan's side;

songs and praises,  
I will ever give to Thee.

*William Williams (1717-1791)  
trans. Peter Williams (1727-1796)*

## The Eucharistic Prayer (E)

The Lord is here.  
**His Spirit is with us.**

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 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 singing:

**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.

Praise to you Lord Jesus:  
**Dying you destroyed our death,  
rising you restored our life:  
Lord Jesus, come in glory.**

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 Matthew 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.  
Amen.**

## **The Lord's Prayer**

As our Saviour taught us, so we pray:

**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 for ever.  
Amen.**

## **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.**

## **Agnus Dei**

**Jesus, Lamb of God,  
have mercy on us.  
Jesus, bearer of our sins,  
have mercy on us.**

**Jesus, redeemer of the world,  
give us your peace.**

## **Invitation to Communion**

Jesus is the Lamb of God  
who takes away the sin of the world.

Blessed are those who are  
called to his supper.

**Lord, I am not worthy  
to receive you,  
but only say the word,  
and I shall be healed.**

### **♪ Hymn ♪**

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

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

Know yourself forgiven,  
find yourself restored,  
meet a friend for ever —  
Christ the Lord.

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) ©  
1989 WGRG, Iona Community (Wild Goose  
Publications 1989)*

## **Prayer after Communion**

*Silence is kept.*

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.

**Amen.**

**God of our pilgrimage,  
you have fed us with the bread of  
heaven. Refresh and sustain us  
as we go forward on our journey,  
in the name of Jesus Christ  
our Lord.**

**Amen.**

### **♪ Song ♪**

Restore, O Lord,  
the honour of Your name!  
In works of sovereign power  
come shake the earth again;  
that all may see,  
and come with reverent fear  
to the living God,  
whose kingdom shall outlast the years.

Restore, O Lord,  
in all the earth Your fame,  
and in our time revive  
the church that bears Your name,  
and in your anger,  
Lord, remember mercy,  
O living God,  
whose mercy shall outlast the years.

Bend us, O Lord,  
where we are hard and cold,  
in Your refiner's fire  
come purify the gold.  
Though suffering comes  
and evil crouches near,  
still our living God  
is reigning, He is reigning here.

Restore, O Lord,  
the honour of your name!  
In works of sovereign power  
come shake the earth again;

that all may see  
and come with reverent fear  
to the living God,  
whose kingdom shall outlast the years.

Graham Kendrick (b. 1950) & Chris Rolinson  
(b. 1958) © 1981 Thankyou Music

## ¶ The Dismissal

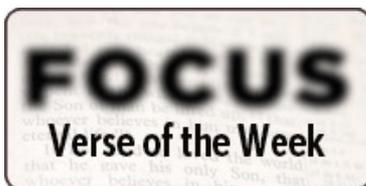
### Blessing

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, and all  
those whom you love and all those for  
whom you pray this day and  
for evermore.

**Amen.**

May we remain in the love, the joy and  
the peace of Christ.

**Thanks be to God.**



Christ also suffered for sins once for all,  
the righteous for the unrighteous, in  
order to bring you to God.

*1 Peter 3.18a*

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