

Benefice of Arlesey and Astwick



The Eucharist in the season of Lent

HOLY COMMUNION

Holy Communion, also known as the Eucharist (meaning thanksgiving), Lord's Supper, Last Supper or the Mass, is the service in which Christians recall the final supper that Jesus shared with his disciples, the night before his crucifixion.

It is something that our Lord commanded us to do in remembrance of him (1 Cor 11:25, Luke 22:19). There are accounts of the Last Supper in Matthew 26:17f, Mark 14:22f, Luke 22:14f and 1 Cor 11:17f and for most of the Church's 2000+ year history this act of remembrance has been central to its regular worship.

At Christmas time we think of God becoming man in Jesus, the incarnation (being made flesh) and the Eucharist continues that process as the spirit of Christ is present with us, symbolised in the bread and wine, flesh and blood, of the sacrament.

In his everyday life, Jesus made himself available to everyone, young and old, and especially those who were considered to be on the fringe or even outside 'respectable' society.

His life touched, challenged, healed, transformed and saved everyone with whom he came into contact and was open to him.

Therefore, in our Eucharist, the sacrament is available for everyone to receive if they wish. Please do come up to receive the bread and wine during communion. If, however, you would prefer, for whatever reason, not to receive the sacrament, please come for a blessing. You can indicate that this is what you want by keeping your hands low in front of you and your head bowed.

We hope and pray that whatever your circumstances you will be open to the spirit of Christ present in this place and receive his blessing on your life and for those you serve in his name.

LENT

Lent is a 'penitential season' in the Church's year, when we prepare to celebrate God's wonderful redemption at Easter, and the resurrected life that we live in Christ.

Traditionally it has been marked by penitential prayer, fasting, and almsgiving.

Most Christian churches focus on Lent as a time of prayer, especially penance, repenting for failures and sin as a way to focus on the need for God's grace. It is really a preparation to celebrate God's marvellous redemption at Easter, and the resurrected life that we live, and hope for, as Christians.

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NOTICES

Lent Study, Tuesday evenings, starting 23rd Feb

Please follow this link to log into the Zoom session; <https://qrsecured.com/givtpx>

Coffee mornings/evenings on Zoom;

Tues 10.30am, Thurs 7.30pm <https://qrsecured.com/gisbyr>

Great St Peter's Quiz

Friday 19th March, 7 for 7.30pm on Zoom. Tickets available at;

<http://www.arlesey.org.uk/OnlineShop.aspx>

Online giving now available at; <https://qrsecured.com/evkfch>

Covid 19

- There are some restrictions in place –
 - social distancing
 - no hymn singing,
 - no use of books (we will give you a service sheet which please take home and dispose of),
 - we do not exchange the peace
 - Masks are now required as well
 - Socialising before or after the service is not permitted
- Please stay in your seats for communion unless directed otherwise.
- When you enter Church please be sure to keep 2m at least from members of other households. The sides-person will show you where you can sit.
- For 'trace and track' purposes we will be keeping a note of people's names and contact numbers. If you should develop symptoms of Corona virus during the week please let me know so that we can take appropriate action.
- At St Peter's we will use a one-way system, so please enter by the North door (Vicar's Inn side) and leave by the South door.
- There is a sanitisation point just inside both doors.
- We will not be serving refreshments after the service yet, and if you think you may need water during the service please bring your own supply.

Web; www.arlesey.org.uk

Facebook; <https://www.facebook.com/stpetersarlesey>

Before the service starts please keep a few moments of quiet, both for your own preparation for the service and so that others can do so too.

This prayer may be helpful to you now, and indeed every day;

*O Lord, empty me of all that is not of you,
that I may be a channel of your grace
to those whom you call me to serve.*

The Gathering

Welcome and Greeting; we stand

Hymn

*'Lift up your hearts!' We lift them, Lord, to thee;
here at thy feet none other may we see:
'lift up your hearts!' E'en so, with one accord,
we lift them up, we lift them to the Lord.*

*Above the level of the former years,
the mire of sin, the slough of guilty fears,
the mist of doubt, the blight of love's decay,
O Lord of light, lift all our hearts to-day.*

*Above the swamps of subterfuge and shame,
the deeds, the thoughts, that honour may not name,
the halting tongue that dares not tell the whole,
O Lord of truth, lift every Christian soul.*

*Lift every gift that thou thyself hast given:
low lies the best till lifted up to heaven;
low lie the bounding heart, the teeming brain,
till, sent from God, they mount to God again.*

*Then, as the trumpet-call in after years,
'Lift up your hearts!' rings pealing in our ears,
still shall those hearts respond with full accord,
'We lift them up, we lift them to the Lord!'*

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

Amen

The Lord be with you
and also with you.

Prayer of Preparation

**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

Our Lord's Summary of the Law



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.

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.

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 Kyries

Lord, have mercy.
Lord, have mercy.

Christ, have mercy.
Christ, have mercy.

Lord, have mercy.
Lord, have mercy.

the president says



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 for the day

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

Readings; please sit

*A reading from the Old Testament
at the end of the reading*

This is the word of the Lord.
Thanks be to God.

Hymn

*Lord of our life and God of our salvation,
Star of our night and hope of ev'ry nation:
Hear and receive your Church's supplication,
Lord God Almighty.*

*See round your ark the hungry billows curling;
See how your foes their banners are unfurling
And with great spite their fiery darts are hurling,
O Lord, preserve us.*

*Lord, be our light when worldly darkness veils us;
Lord, be our shield when earthly armour fails us;
And in the day when hell itself assails us,
Grant us your peace, Lord:*

*Peace in our hearts, where sinful thoughts are raging,
Peace in your Church, our troubled souls assuaging,
Peace when the world its endless war is waging,
Peace in your heaven.*

We stand to honour the Word of God incarnate in the Good News of the Gospel

when the Gospel is announced the reader says

Hear the Gospel of our Lord Jesus Christ according to N
Glory to you, O Lord.

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

Sermon; please sit

The Creed; please stand

**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 sit or kneel

these or other 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.**

The Liturgy of the Sacrament

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 the Lord be always with you
and also with you.

all may exchange a sign of peace.

Preparation of the Altar

The Offertory

Hymn

*Safe in the shadow of the Lord,
beneath his hand and power,
I trust in him,
I trust in him,
my fortress and my tower.*

*My hope is set on God alone,
though Satan spreads his snare,
I trust in him,
I trust in him,
to keep me in his care.*

*From fears and phantoms of the night,
from foes about my way,
I trust in him,
I trust in him,
by darkness as by day.*

*His holy angels keep my feet
secure from every stone;
I trust in him,
I trust in him,
and unafraid go on.*

*Strong in the everlasting Name,
and in my Father's care,
I trust in him,
I trust in him,
who hears and answers prayer.*

*Safe in the shadow of the Lord,
possessed by love divine,
I trust in him,
I trust in him,
and meet his love with mine.*

Please remain standing

our gifts are offered to God

Look upon us in mercy, not in judgement;
draw us from hatred to love;
make the frailty of our praise a dwelling place for your glory.

the president takes the bread and wine.

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

Blessed be God for ever.

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

Blessed be God for ever.

The Eucharistic Prayer

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 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,
for ever praising you and saying:

**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.**

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.

Great is the mystery of faith

Christ has died:

Christ is risen:

Christ will come again.

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,
with all who stand before you in earth and heaven,
we worship you, Father almighty,
in songs of everlasting praise:

**Blessing and honour and glory and power
be yours for ever and ever. Amen**

The Lord's Prayer; please sit or kneel

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

the president breaks the consecrated 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 may be said

**Jesus, Lamb of God,
have mercy on us.**

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

**Jesus, redeemer of the world,
grant us peace.**



Giving of Communion

The president invites the people to receive the sacrament

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.**

The president and people receive communion.

Chant from Taizé

*Wait for the Lord,
Whose day is near
Wait for the Lord
Keep watch, take heart!*

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.



**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

The Dismissal

Hymn

*Forty days and forty nights
You were fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled.*

*Shall not we Your sorrow share
And from worldly joys abstain,
Fasting with unceasing prayer,
Strong with You to suffer pain?*

*Then, if Satan on us press,
Flesh or spirit to assail,
Victor in the wilderness,
Grant we may not faint nor fail!*

*So shall we have peace divine;
Holier gladness ours shall be.
'Round us, too, shall angels shine,
Such as served You faithfully.*

*Keep, O keep us, Saviour dear,
Ever constant by Your side,
That with You we may appear
At the eternal Eastertide.
The Blessing; please remain standing*

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 among you and remain with you always.
Amen

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

