

Lent

SUNDAY EUCHARIST

St Andrew's Church

@alexparkparish
www.alexandrapark.org

The Sunday Eucharist in Lent

Welcome to St Andrew's, the Parish Church of Alexandra Park.

The Eucharist is central to our worship together. Below is an outline of the service which includes the congregation's responses in **bold**. Please participate in as much or as little as you wish. The clergy are always available afterwards to chat or pray with you.

Lent may originally have followed Epiphany, just as Jesus' stay in the wilderness followed immediately on from his baptism, but it soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent; self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has been added.

As the candidates for baptism were instructed in Christian faith, and as penitents prepared themselves, through fasting and penance, to be readmitted to communion, the whole Christian community was invited to join them in the process of study and repentance, the extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness being tested.

Ashes are an ancient sign of penitence; from the middle ages it became the custom to begin Lent by being marked in ash with the sign of the cross. The calculation of the forty days has varied considerably in Christian history. It is now usual in the West to count them continuously to the end of Holy Week (not including Sundays), so beginning Lent on the sixth Wednesday before Easter, Ash Wednesday. Liturgical dress is the simplest possible. Churches are kept bare of flowers and decoration. The Gloria in excelsis is not used. The Fourth Sunday of Lent (Laetare or Refreshment Sunday) was allowed as a day of relief from the rigour of Lent, and the Feast of the Annunciation almost always falls in Lent; these breaks from austerity are the background to the modern observance of Mothering Sunday on Lent 4.

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 gave to the Fifth Sunday its name of Passion Sunday. There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy. The Stations of the Cross, made popular in the West by the Franciscans after they were granted custody of the Christian sites in the Holy Land, are the best known.

'Lent reminds us that we come through death to life, through denial of self to our true selves, and it helps us start the process, so that we may be ready for the final Easter when we rise in glory and freedom to live for eternity in the love of God' - Herbert McCabe O.P. (God Still Matters).

The Gathering (*We stand as the bell is rung to sing the Lent Prose. Hymn numbers can be found on the hymn boards or on the weekly news sheet in addition to the readings and prayers for the Sunday*)

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

1. To thee, Redeemer, on thy throne of glory: lift we our weeping eyes in holy pleadings: listen, O Jesu, to our supplications.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

2. O thou chief Corner-stone, Right Hand of the Father: Way of Salvation, Gate of Life Celestial: cleanse thou our sinful souls from all defilement.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

3. God, we implore thee, in thy glory seated: bow down and hearken to thy weeping children: pity and pardon all our grievous trespasses.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

4. Sins oft committed now we lay before thee: with true contrition, now no more we veil them: grant us, Redeemer, loving absolution.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

5. Innocent, captive, taken unresisting: falsely accused, and for us sinners sentenced, save us, we pray thee, Jesu our Redeemer.

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

The Greeting (*The celebrant welcomes the people and introduces the Eucharist*)

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

Amen.

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

And also with you.

Prayer of Preparation (*We prepare to make our confession*)

**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 act of confession)

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.

The Kyrie Eleison (sung)

CONGREGATION

JAMES MACMILLAN
(1985, rev. 1996)

Kyrie

Andante

10 Organ

mp Lord - have mer - cy, Lord have mer - cy. *mf* Christ have

mer - cy, Christ have mer - cy. *mp* Lord have mer - cy, Lord have mer - cy.

The Collect (sung) (The prayer of the Church for the day is sung - see reading sheet)

Amen.

The Liturgy of the Word (We sit for readings from the scriptures)

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

The Gospel Reading *(We stand as the gospel acclamation is sung)*

The Lord be with you: **And also with you.**

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 *(Sit)*

The Creed *(We stand to proclaim the faith of the Church)*

**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 sit, stand or kneel to pray for the needs of the world, for all in authority, for this community, for the Church and for ourselves. The Litany is prayed on Ash Wednesday and the First Sunday of Lent)*

Lord in your mercy: **Hear our prayer**

OR

Lord hear us: **Lord, graciously hear us.**

At the end of the prayers:

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

The Peace *(We stand to exchange a sign of peace with one another)*

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.**

Offertory Hymn *(See hymn board)*

Prayer at the Preparation of the Table *(See reading sheet)*

Amen.

The Eucharistic Prayer (sung)

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.**

The prayer continues '...for ever praising you and singing':

Sanctus and Benedictus*

Moderato

10 *mp* Ho - ly, Ho - ly, Ho - ly_ Lord, God of_

19 *mf* power and might. Heav'n and earth are full of your glo-ry. Ho - san - na in_ the

28 *ff* high - est. Bles-sed is he, O bles-sed is_ he who comes in the name of the Lord._

Ho - san - na in the high - est, ho - san - na_ in_ the high - est.

The prayer continues '...Great is the mystery of faith':

ACCLAMATION 1

Maestoso

[Organ] *f*

Christ has died: Christ is_ ri-sen: Christ will come a - gain.

At the end of the prayer all respond: **Amen.**

The Lord's Prayer

Let us pray with confidence as our Saviour has taught us:

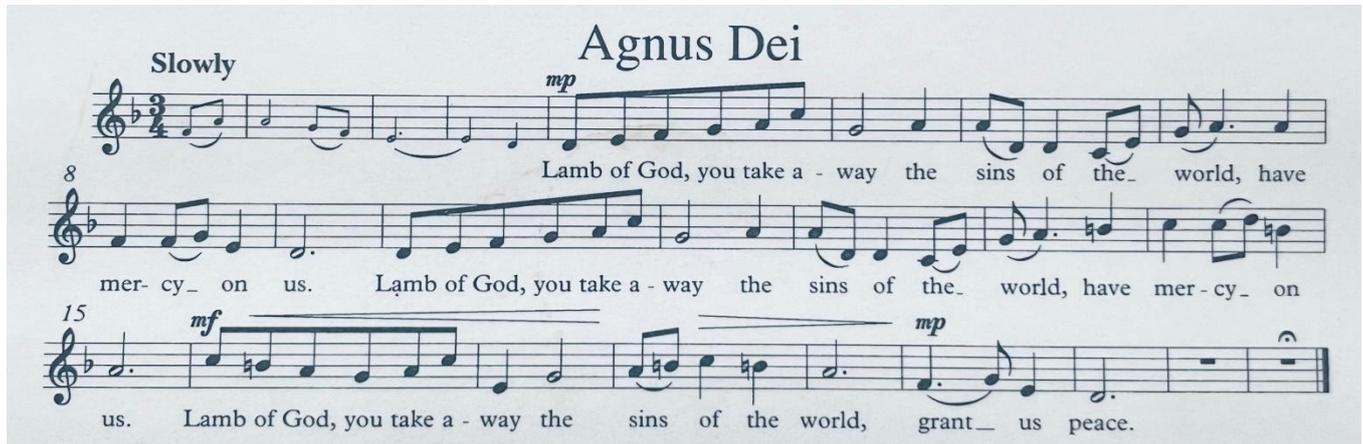
**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is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

Breaking of the Bread

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 (sung)



The image shows a musical score for the Agnus Dei. It consists of three staves of music. The first staff is marked "Slowly" and "mp" (mezzo-piano). The second staff is marked "mp" and contains the lyrics: "Lamb of God, you take a - way the sins of the world, have mer - cy - on us." The third staff is marked "mf" (mezzo-forte) and "mp" and contains the lyrics: "Lamb of God, you take a - way the sins of the world, grant - us peace." The score is in 3/4 time and G major.

Giving of Communion

Behold the Lamb of God, behold him 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.

(All who are baptised and ordinarily receive Holy Communion in their own church are welcome to receive here. Alternatively, you are invited to come forward for a blessing)

Prayer of Humble Access

**We do not presume
to come to this your table, merciful Lord,
trusting in our own righteousness,
but in your manifold and great mercies.**

**We are not worthy
so much as to gather up the crumbs under your table.
But you are the same Lord
whose nature is always to have mercy.**

**Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ
and to drink his blood,
that our sinful bodies may be made clean by his body
and our souls washed through his most precious blood,
and that we may evermore dwell in him, and he in us.
Amen.**

Communion Hymn (See hymn board)

Prayer after Communion (We stand as the celebrant prays the set prayer for the day - see reading sheet)

Amen.

**Almighty God,
we thank you for feeding us
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.**

Notices (We sit for the notices some of which are also printed on the weekly news sheet)

The Blessing and Dismissal (Stand)

The Lord be with you: **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, the Father, the Son and the Holy Spirit be
among you and remain with you always: **Amen.**

Recessional Hymn (See hymn board)

Refreshments are always served after the service at the back of church.

Please do join us if you can.

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Thank you for your generosity.

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The Parish of Alexandra Park

