



# LENT

Pray + Fast + Give

Welcome to  
**The Mass**  
*in Lent with Choir*

# During Lent ...

*... our statues and the Cross are veiled in the final week - Passion Week*

This may seem odd in a penitential season that focuses on the Cross.

After the Crucifixion the Church claimed the cross as a symbol of victory - victory over death - replacing the shame of this ultimate symbol of death, thus we sing the wonderful hymn, *Lift high the cross*. In Lent, then, we veil the victory of the cross and the images of the saints who are the example of those whose eternal lives continue in heaven and on whom we rely in their prayers for us so that they might be revealed, as they truly are, living, resurrected examples of the church triumphant, at Easter.

*Alleluias are avoided*

.... as is the singing of the *Gloria*. These terms of rejoicing are, like the statues and images of the victory of the Prince of Peace, muted, in anticipation of Easter.

*....Purple is the predominant colour of the season*

Purple is the colour of royalty, an expensive hue, but in Lent it speaks of a kingdom not of this world, but a kingdom bought at the cost of the Passion. Thus purple is the colour of the bruises and dried blood of the crucifixion.

## The Stations of the Cross

The Stations of the Cross are used in the season of Lent. These are important visual realisations of the Passion. If you have not yet seen them in church, do look for these. [See Pews News for when this will be offered.](#)

## A Penitential Season

Lent affords us the opportunity to reflect upon our faith and the cost of the Passion. It is an opportunity for critical reflection of self, our faith and how we live out our faith. A season to *Pray, Fast and Give*. Do consider joining the Lent group and to refresh your giving to the church.

¶ Please **STAND** for the entry of the priest and **HYMN**

## The Gathering

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

All Amen.

Priest The Lord be with you:

All And also with you.

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.

## Confession

Priest 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.

¶ Please **SIT OR KNEEL** as the choir sings a setting of *Kyrie  
eleison, Christe eleison, Kyrie eleison. Lord have mercy upon us, Christ  
have mercy upon us, Lord have mercy upon us.*

## First Week of Lent

We have listened to the tempting voice  
and repeated our habitual follies.

Lord, have mercy

*All* **Lord, have mercy**

Priest We have been presented with times of testing  
and we have run to safety.

Christ, have mercy

*All* **Christ, have mercy**

Priest Lord, we have been faced by inevitable trials  
and we have shut our eyes in denial.

Lord, have mercy

*All* **Lord, have mercy**

## Second Week of Lent

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**

## Third Week of Lent

Wash away all my iniquity  
and cleanse me from my sin:

Lord, have mercy.

*All*      **Lord, have mercy**

Against you, you only have I sinned  
and done what is evil in your sight:

Christ, have mercy.

*All*      **Christ, have mercy**

Create in me a pure heart, O God,  
and renew a steadfast spirit within me:

Lord, have mercy.

*All*      **Lord, have mercy**

## Fourth Week of Lent

We confess to you our selfishness  
and lack of love: fill us with your Spirit.

Lord, have mercy.

*All*      **Lord, have mercy**

We confess to you our fear and failure  
in sharing our faith: fill us with your Spirit.

Christ, have mercy.

*All*      **Christ, have mercy**

We confess to you our stubbornness and lack of trust:  
fill us with your Spirit.

Lord, have mercy.

*All*      **Lord, have mercy**

## Fifth Week of Lent

We have kept silent when we should have spoken  
Lord, have mercy.

*All*      **Lord, have mercy**

We have spoken when we have kept silence  
Christ, have mercy.

*All*      **Christ, have mercy**

We have been guilty of denial and betrayal  
Lord, have mercy.

*All*      **Lord, have mercy**

### Absolution

Priest      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 Prayer for the day is offered by the priest and to which we all say, Amen.*

## The Signs of the Passion

### Lent I: The coins of betrayal

Living Presence, give us the will to refuse the temptations of power and money. Give us grace to live simply, gently and honestly. We pray in the name of the One who bore the cost of love to the end.

### Lent II: The robe

Living Presence, enfold those who cry out  
In their distress, give comfort to the grieving  
And courage to the weakening, that in  
The suffering and dying, despair may be  
Banished and the comfort of your  
Enfolding presence be known. We pray in  
The spirit of the bearer of our pain.

### Lent III: The crown of thorns

Intimate Presence, flesh of our flesh, earth of  
Our earth. Give us strength to withdraw the  
hurts we imprint on others and to put on the  
crown of humility, service and love. We pray  
in the name of the King of peace.

### Lent IV: The Nails

Pierced one, by your agony and  
cruel nails guide my eyes to see  
those whom I pierce with my  
judgements, action or inaction  
and with Mary may we love you  
with all our heart. We pray in  
name of the bearer of our sins.

### Lent V: The Spear

Living Presence, disarm the  
mighty of this world, calm fears  
and empower those whom you  
call to be wounded healers  
for the sake of the world you  
lived and died for, flesh of our  
flesh.

## The Liturgy of the Word

¶ Please SIT

A reading from the OLD TESTAMENT  
(see *Pews News for the text*)

*At the end of which, the reader says,*  
Lector For the word of the Lord.  
All Thanks be to God.

The PSALM (*see Pews News for the text*)

A reading from the NEW TESTAMENT  
(see *Pews News for the text*)

*At the end of which, the reader says,*  
Lector For the word of the Lord.  
All Thanks be to God.

¶ Please STAND for the GRADUAL HYMN

*When the Gospel is announced the reader says*  
Hear the Gospel of our Lord Jesus Christ  
according to Saint N.  
All Glory to you, O Lord.

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

¶ Please SIT

The Homily

## ¶ Please STAND

## The 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.

## The Prayers of the People

¶ Please **SIT OR KNEEL**

Priest In the power of the Spirit and in union with Christ  
let us pray to the Father.

Lord hear us

*All* Lord, graciously hear us

*The Prayers of the People are offered*

We remember before God those whom we love and  
see no longer.

We commend to the Father's keeping, especially ...

Rest eternal grant unto them O Lord

*All* and may light perpetual shine upon them.

May they rest in peace

*All* and rise in glory.

Priest And so aided by the prayers of Our Lady, on whose  
constant intercession we rely, we commend the world  
for which Christ gave His life saying,

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

## 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.

*Romans 5.1,2*

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

*We all may exchange a sign of peace*

## ¶ Please **STAND** for the **OFFERTORY HYMN**

*During which a collection will be taken for the work of the church and good causes. Consider using the Giving envelope so we can be tax efficient or do ask about using the cordless payment machine.*

*Priest*      Pray, brothers and sisters, that my sacrifice and  
                  yours may be acceptable to God, the almighty Father.  
*All*            **May the Lord accept the sacrifice at your hands**  
                  **for our good and the good of all his holy Church.**

## The Eucharistic Prayer

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

Priest Lift up your hearts.  
All **We lift them to the Lord.**

Priest Let us give thanks to the Lord our God.  
All **It is right to give thanks and praise.**

Priest 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*:

**CHOIR** *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.*

## **¶ Please SIT or KNEEL**

**Priest** Lord, you are holy, indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood  
of our Lord Jesus Christ;

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 man  
for the forgiveness of sins.  
Do this, as often as you drink it,  
in remembrance of me.

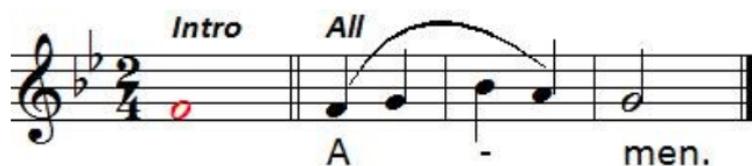
Great is the mystery of faith:



And so, Father, calling to mind his death on the cross,  
his perfect sacrifice made once  
for the sins of the whole world;  
rejoicing in his mighty resurrection  
and glorious ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our redemption.

As we offer you this our sacrifice  
of praise and thanksgiving,  
we bring before you this bread and this cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.

Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of Our Lady, Nicolas,  
George, Catherine, Benedict, Helena and all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;  
by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever.



## The Lord's Prayer

*Priest* At the Saviour's command and formed by Divine teaching we dare to say,

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

*Priest* Deliver us, Lord, we pray, from every evil,  
graciously grant peace in our days,  
that, by the help of your mercy,  
we may be always free from sin and safe  
from all distress, as we await the blessed hope  
and the coming of our Saviour, Jesus Christ.

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

## The Fracture

*Priest* 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.

## Communion

**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.**

## Agnus Dei

**CHOIR** *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.*

*You are welcome to make your communion. Sidespeople will guide you.  
Anyone baptised may receive the Eucharist.*

## Prayer after Communion

*The post Communion Collect is said, followed by this prayer, by priest and people*

**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.**

## The Blessing & Dismissal

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 amongst you and remain with  
you always.

*All*      **Amen**

**¶ Please STAND as we process to the Statue of Our Lady to Sing  
the Angelus**

# Angelus

1. The angel of the Lord brought tidings to Mary: and she conceived by the Ho - ly  
2. Behold the handmaid of the Lord: be it unto me a - cord - ing to thy  
3. And the word was made flesh: and dwelt a - mong

7

Spirit. Hail Mary full of grace the Lord is with Thee Blessed art thou among women and  
word us.

12

blessed is the fruit of thy womb Je - sus; Holy Mary Mother of God, pray for us sinners now

19

and at the hour of our death, A - men Pray for us O Holy Mother of God

25 Response accompanied

That we may be made worthy of the promises of Christ. (Collect) A - men.

**We beseech Thee, O Lord, pour Thy grace into our hearts; that as we have known the incarnation of Thy Son, Jesus Christ, by the message of an angel, so by His Passion and Cross we may be brought to the glory of His Resurrection; through the same Jesus Christ our Lord.**

Priest     The Mass is ended.  
              Go in peace to love and serve the Lord.  
All         In the name of Christ. Amen.

*You are welcome to come to all or some of our*

# *Fridays in Lent:*

*coffee shop from 10*

*10 Stations of the Cross*

*11 Mass*

*12 Lent Lunch*

*1 Lent group reflection*