



Holy Communion

for Lent

Welcome to St Paul's.

We hope you feel at home here. Please stay for refreshments after the service and say hello.

If you'd like to find out more about the church, please complete a welcome card – available near the entrance – and we'll be in touch.

This is a service for all ages and having babies and children here is a delight. But the sound is relayed to the hall and parish rooms, which you are welcome to use if you wish. A hearing loop is also installed in church.

If you would like to give during this service, a plate and a card machine are available near the entrance. Please gift aid if you're able to do so.

Lent

The name 'Lent' comes from the Old English word for spring – literally, the time of year when the days start to lengthen. It was adopted by the Church to mark the period of preparation and looking forward to the commemoration of the death of Jesus in Holy Week, and the celebration of his resurrection on Easter Day.

We find this intention reflected in our worship, which seeks a spirit of penitence to contrast with the joyful celebration of Easter. We begin our journey on Ash Wednesday; we end it keeping company with Jesus on the last days before he was crucified on Good Friday. It's a solemn time, which has given rise to the popular idea of 'giving things up' for Lent.

To say it is solemn is not to say it is dreary or dull. Lent has been likened to a lock on a canal. Your boat or barge goes in at the low level. The gate is shut and the water rises. When the lock is full and the other gate is opened you go out – but now on a higher plane.

A warm welcome to all

Hymn *Stand to sing*

Greeting Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
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 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.

Let us confess our sins in penitence and faith,
firmly resolved to keep God's commandments
and to live in love and peace with 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.**

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.

- Collect** *Special prayer for today*
- Sit*
- Storytime** *Children come and sit by the dais steps*
After the story they go to their groups
- First Bible reading** *A reading from the Old Testament / epistle*
For God's holy word,
thanks be to God.
- Hymn** *Stand to sing*
- Remain standing for the gospel reading*

**Gospel
reading**

Praise to you, O Christ, King of eternal glory.
Your word is a lamp to my feet and a light to my path.
Praise to you, O Christ, King of eternal glory.

Hear the gospel of our Lord Jesus Christ,
according to ...

Glory to you, O Lord.

After the reading

This is the gospel of the Lord.

Praise to you, O Christ.

Sit

Sermon

*After the sermon there are two minutes' silence
for reflection*

**Prayers of
intercession**

Let us pray for the Church and for the world,
and let us thank God for his goodness.

Lord, hear us.

Lord, graciously hear us.

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

Stand

**Declaring
our faith**

**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 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.

Please be aware that some people would prefer not to touch

Hymn

The offertory is presented during this hymn

Sit

**Communion
Prayer**

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.

Father, you made the world and love your creation.

You gave your Son Jesus Christ to be our Saviour.

His dying and rising have set us free
from sin and death.

And so we gladly thank you,

with saints and angels praising you, and singing:

Tune 952 in hymnbook

Holy, holy, holy Lord.

God of power and might,

heaven and earth are full of your glory.

Hosanna in the highest.

Blessèd 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.

Great is the mystery of faith:

Christ has died:

Christ is 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 St Paul 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.**

Tune 952 in hymnbook

**Lamb of God, you take away the sins of the world:
have mercy on us.**

**Lamb of God, you take away the sins of the world:
have mercy on us.**

**Lamb of God, you take away the sins of the world:
grant us peace.**

Giving of Communion Draw near with faith.
Receive the body of our Lord Jesus Christ
which he gave for you,
and his blood which he shed for you.
Eat and drink
in remembrance that he died for you,
and feed on him in your hearts
by faith with thanksgiving.

All are welcome to receive Communion or a blessing

Prayer after Communion **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.**

Hymn *After the notices, stand to sing*

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 among you and remain with you always.
Amen.

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

*Refreshments are served at the back of church.
If you are a newcomer or visitor, please come and
say hello to one of the welcome team or clergy.*

Eucharistic Prayer E

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St Matthew with St Paul
Pilgrims on a journey