

Holy Communion
for the 1st Sunday of Lent
at Home due to Coronavirus COVID-19



The Stour Valley Benefice
The Parishes of Cavendish, Clare, Hundon, Poslingford,
Stoke-by-Clare & Wixoe

- A short introduction to the Season -

The characteristic feel of Lent is one of self-examination, penitence, self-denial, study, almsgiving, in preparation for Easter. It lasts for forty days and forty nights reminding us of Jesus' time spent in the wilderness, being tested by Satan.

It was also the traditional time when candidates for baptism were instructed, and those penitents prepared themselves, through fasting and penance, to be readmitted to communion. The whole Christian community were also invited to join them.

Ashes are an ancient sign of penitence; and so, it has become traditional to begin Lent on 'Ash Wednesday' by being marked in ash with the sign of the cross, although for safety reasons that isn't possible this year.

This season of penitence is demonstrated in our use of the simplest vestments, and many churches are kept bare of flowers and other decorations. The predominant colour of this season is Purple or Violet.


Growing in God

Spiritual Communion

The term 'Spiritual Communion' has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ.

In joining with Revd Mark today as he celebrates the Eucharist from his own home, you too are able to join with him in communion. The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves.

The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.

Welcome and Introduction

Hymn – Praise to the Holiest in the height

sung by St Martin's Voices

- 1 Praise to the Holiest in the height,
and in the depth be praise:
in all his words most wonderful,
most sure in all his ways.
- 2 O loving wisdom of our God!
when all was sin and shame,
a second Adam to the fight
and to the rescue came.
- 3 O generous love! that he, who smote
in man for man the foe,
the double agony in man
for man should undergo;
- 4 And in the garden secretly,
and on the Cross on high,
should teach his brethren, and inspire
to suffer and to die.
- 5 Praise to the Holiest in the height,
and in the depth be praise:
in all his words most wonderful,
most sure in all his ways.

John Henry Newman (1801-1890)

The Gathering

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

All: Amen.

The Greeting

Priest: The Lord be with you.

All: and also with you.

Prayer of Preparation

All: Almighty God, to whom all hearts are open, all desires known, and from who 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

Priest: Our Lord Jesus Christ said: The first commandment is this: 'Hear, O Israel, the Lord our God is 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.

All: Amen. Lord, have mercy.

Priest: Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times we have fallen from temptation into sin.

Kyrie Confessions

Priest: Wash me thoroughly from my wickedness and cleans me from my sin:

Lord, have mercy.

All: Lord, have mercy.

Priest: Make me a clean heart, O God, and renew a right spirit within me:

Christ, have mercy.

All: Christ, have mercy.

Priest: Cast me not away from your presence and take not your holy spirit from me:

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.

(Note: During Lent the Gloria is not said)

The Collect

Priest: Let us pray.

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

All: Amen.

The Liturgy of the Word

Old Testament Reading - Genesis 9.8–17

Then God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you,

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. 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.' 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: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, 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. 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.' 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.'

Priest: This is the word of the Lord

All: Thanks be to God.

Psalm 25.1–9

To you, O Lord, I lift up my soul; O my God, in you I trust; let me not be put to shame; let not my enemies triumph over me.

Let none who look to you be put to shame, but let the treacherous be shamed and frustrated.

Make me to know your ways, O Lord, and teach me your paths.

Lead me in your truth and teach me, for you are the God of my salvation; for you have I hoped all the day long.

Remember, Lord, your compassion and love, for they are from everlasting.

Remember not the sins of my youth or my transgressions, but think on me in your goodness, O Lord, according to your steadfast love.

Gracious and upright is the Lord; therefore shall he teach sinners in the way.

He will guide the humble in doing right and teach his way to the lowly.

All the paths of the Lord are mercy and truth to those who keep his covenant and his testimonies.

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

New Testament Reading - 1 Peter 3.18–22

For 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, in which also he went and made a proclamation to the spirits in prison, 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 people, were saved through water. 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, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

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

Gospel Reading - Mark 1.9–15

Reader: Hear the Gospel of our Lord Jesus Christ according to Mark.
All: Glory to you, O Lord.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. 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. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

Reader: This is the Gospel of the Lord.

All: Praise to you, O Christ.

The Creed

All: 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

For resistance to temptation and obedience of life, let us pray to the Lord.

May God's people, baptised in the name of the Holy Trinity, hold fast to the faith they have professed. Keep the Church safe in purity of doctrine and holiness of life. May the Holy Spirit come down in power to be her guide and lead her away from temptation.

We ask that the divine love may be victorious over all evil in the world. Where human authority leads people astray and power is wrongly used, may the power of Christ drive away temptation and cleanse the nations with the sacred water of his baptism.

As the Father rejoiced in the work of the Incarnate Son, may we receive grace to live as those who are pleasing to him in our own time. Bless this community, its homes and its places of work with the protection of the divine love.

Have mercy on those who are in the wilderness places of this world, assailed by the wild beasts of doubt and temptation. Bring them safely through their trouble, feed those who are hungry in their bodies or in their minds and lead them into the way where they may know and embrace your love.

Give rest to all who have passed through the temptations of this life and now are free from all its dangers. Let their praise be joined with the song of the angels who ministered to the Incarnate Lord and now adore him in his glory.

May these our prayers be acceptable in the name of Jesus Christ, the Son, the Beloved.

Intercessor: Merciful Father,

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

The Liturgy of the Sacrament

The Peace

Priest: 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)*

The peace of the Lord be always with you

All: and also with you.

Preparation of the Altar

Priest: God of our journey, as we walk with you on your path of obedience, sustain us on our way and lead us to your glory; through Jesus Christ our Lord.

All: Amen.

The Eucharistic Prayer

Priest: The Lord be with you

All: and also with you.

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:

**All: Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna, Hosanna, Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna, Hosanna, Hosanna in the highest.**

Priest: 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.

Therefore, heavenly Father, we remember his offering of himself made once for all upon the cross; we proclaim his mighty resurrection and glorious ascension;

we look for the coming of your kingdom, and with this bread and this cup we make the memorial of Christ your Son our Lord.

Great is the mystery of faith:

**All: Christ has died:
Christ is risen:
Christ will come again.**

Priest: 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:

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

The Lord's Prayer

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

**All: 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

Priest: We break this bread to share in the body of Christ.

**All: Though we are many, we are one body,
because we all share in one bread.**

The Agnus Dei

**All: 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.**

Giving of Communion

Priest: 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: 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.**

Prayer after Communion

Priest: 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.

All: 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 – Be thou my guardian and my guide

sung by St Martin's Voices

- 1 Be thou my guardian and my guide,
and hear me when I call;
let not my slippery footsteps slide,
and hold me lest I fall.
- 2 The world, the flesh, and Satan dwell
around the path I tread;
O save me from the snares of hell,
thou quickener of the dead.
- 3 And if I tempted am to sin,
and outward things are strong,
do thou, O Lord, keep watch within,
and save my soul from wrong.
- 4 Still let me ever watch and pray,
and feel that I am frail;
that if the tempter cross my way,
yet he may not prevail.

Isaac Williams (1802-1865)

The Dismissal

Priest: 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.

Priest: Go in peace to love and serve the Lord.

All: In the name of Christ. Amen.

Although we are not all able to meet in church for services, it is important to remember that the work of the Church continues, and sadly so do many of the ongoing costs in maintaining our historic buildings as well as supporting the ministry in this benefice and the wider church. We remain heavily dependent upon the generosity of those from our congregations, such as yourself to continue to help us make Jesus known to all, as well as helping to ensure that we are available for weddings, funerals and baptisms and many other occasions for future generations. If you are able to make a gift please contact your church warden or Revd Mark.

Remember that if you are able, please Gift Aid your donation as it means that we can claim an extra 25p for every £1 you donate from the Government at no extra cost to you – resulting in your £20 donation now being worth £25!

If you wish to donate regularly to your church, please consider signing up to the Parish Giving Scheme, please ask one of the churchwardens for a pack or sign up online at: www.parishgiving.org.uk/donors/find-your-parish/

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(February 2021)

#LIVE LENT



God's Story
Our Story



A free phone line of hymns,
reflections and prayers



THE CHURCH
OF ENGLAND



Faith in Later Life