

**Book of Common Prayer**  
**HOLY COMMUNION**  
**28 February 2021**

**WELCOME**

**HYMN**

**Ye holy angels bright,**  
Who wait at God's right hand,  
Or through the realms of light  
Fly at your Lord's command,  
Assist our song,  
For else the theme  
Too high doth seem  
For mortal tongue.

Ye blessed souls at rest,  
Who ran this earthly race  
And now, from sin released,  
Behold your Savior's face,  
His praises sound,  
As in his sight  
With sweet delight  
Ye do abound.

Ye saints, who toil below,  
Adore your heavenly King,  
And onward as ye go  
Some joyful anthem sing;  
Take what he gives  
And praise him still,

Through good or ill,  
Who ever lives!

My soul, bear thou thy part,  
Triumph in God above:  
And with a well-tuned heart  
Sing thou the songs of love!  
Let all thy days  
Till life shall end,  
Whate'er he send,  
Be filled with praise!

**LORDS PRAYER** *said by priest*

**COLLECT FOR PURITY** *together*  
ALMIGHTY God, unto whom all  
hearts be open, all desires  
known, and from whom no  
secrets are hid: Cleanse the  
thoughts of our hearts by the  
inspiration of thy Holy Spirit,  
that we may perfectly love  
thee, and worthily magnify thy  
holy Name; through Christ our  
Lord. Amen.

**At the Reading of the Law**

Lord, have mercy upon us, and  
incline our hearts to keep this  
law.

## At 10<sup>th</sup> commandment

Lord, have mercy upon us, and write all these thy laws in our hearts we beseech these.

### COLLECT

ALMIGHTY God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. Amen.

### Old Testament:

*Genesis 4 v 1-12*

Adam<sup>[a]</sup> made love to his wife Eve, and she became pregnant and gave birth to Cain.<sup>[b]</sup> She said, "With the help of the LORD I have brought forth a man."<sup>2</sup> Later she gave birth to his brother Abel.

Now Abel kept flocks, and Cain worked the soil.<sup>3</sup> In the course of time Cain brought some of the

fruits of the soil as an offering to the LORD.<sup>4</sup> And Abel also brought an offering—fat portions from some of the firstborn of his flock. The LORD looked with favour on Abel and his offering,<sup>5</sup> but on Cain and his offering he did not look with favour. So Cain was very angry, and his face was downcast.

<sup>6</sup> Then the LORD said to Cain, "Why are you angry? Why is your face downcast?<sup>7</sup> If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."

<sup>8</sup> Now Cain said to his brother Abel, "Let's go out to the field."<sup>[c]</sup> While they were in the field, Cain attacked his brother Abel and killed him.

<sup>9</sup> Then the LORD said to Cain, "Where is your brother Abel?"

"I don't know," he replied. "Am I my brother's keeper?"

<sup>10</sup> The LORD said, "What have you done? Listen! Your brother's blood cries out to me from the ground. <sup>11</sup> Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood from your hand. <sup>12</sup> When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth."

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

### **GRADUAL**

**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.

O loving wisdom of our God!  
When all was sin and shame,  
a second Adam to the fight  
and to the rescue came.

O wisest love! that flesh and  
blood,  
which did in Adam fail,  
should strive afresh against the  
foe,

should strive and should  
prevail;

And that a higher gift than  
grace  
should flesh and blood refine,  
God's presence and his very  
self,  
and essence all-divine.

And in the garden secretly,  
and on the cross on high,  
should teach his brethren, and  
inspire  
to suffer and to die.

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.

### **GOSPEL: Mark 8 v31-end**

*At the Gospel Announcement*  
Glory be to thee, O Lord

<sup>34</sup> Then he called the crowd to  
him along with his disciples and  
said: "Whoever wants to be my  
disciple must deny themselves  
and take up their cross and  
follow me. <sup>35</sup> For whoever  
wants to save their life<sup>[b]</sup> will

lose it, but whoever loses their life for me and for the gospel will save it. <sup>36</sup> What good is it for someone to gain the whole world, yet forfeit their soul? <sup>37</sup> Or what can anyone give in exchange for their soul? <sup>38</sup> If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father's glory with the holy angels."

*This is the gospel of the Lord*  
Praise be to thee O Christ

**NICENE CREED** *together*  
I BELIEVE in one God the Father Almighty, Maker of heaven and earth, And of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of his Father before all worlds, God of God, Light of Light, Very God of very God, Begotten, not made, Being of one substance with the Father, By whom all things were made:

Who for us men and for our salvation came down from heaven, And was incarnate by the Holy Ghost of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: Whose kingdom shall have no end.

And I believe in the Holy Ghost, The Lord and giver of life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets. And I believe one Catholick and Apostolick Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the life of the world to come. Amen.

**SERMON: Kevin Durban  
Jackson**

**OFFERTORY HYMN** *while  
priest prepares the table*  
**Jesus is Lord!**

**INTERCESSIONS Sandra Cooke**

**CONFESSION**

*Priest's introduction then:*  
ALMIGHTY God, Father of our  
Lord Jesus Christ, Maker of all  
things, Judge of all men: We  
acknowledge and bewail our  
manifold sins and wickedness,  
Which we from time to time  
most grievously have  
committed, By thought, word,  
and deed, Against thy Divine  
Majesty, Provoking most justly  
thy wrath and indignation  
against us. We do earnestly  
repent, And are heartily sorry  
for these our misdoings; The  
remembrance of them is  
grievous unto us; The burden  
of them is intolerable. Have  
mercy upon us, Have mercy  
upon us, most merciful Father;

For thy Son our Lord Jesus  
Christ's sake, Forgive us all that  
is past; And grant that we may  
ever hereafter Serve and  
please thee In newness of life,  
To the honour and glory of thy  
Name; Through Jesus Christ  
our Lord. **Amen.**

**COMFORTABLE WORDS**

**SURSUM CORDA**

*Lift up your hearts.*  
We lift them up unto the Lord.  
*Let us give thanks unto our  
Lord God.*  
It is meet and right so to do.

**SANCTUS**

*THEREFORE with Angels and  
Archangels, and with all the  
company of heaven, we laud  
and magnify thy glorious  
Name; evermore praising thee,  
and saying:*  
Holy, holy, holy, Lord God of  
hosts, heaven and earth are  
full of thy glory: Glory be to  
thee, O Lord most High. Amen.

## **HUMBLE ACCESS** *together*

WE do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies.

We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord, whose property is always to have mercy: Grant us therefore, gracious Lord, so to eat the flesh of thy 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 of CONSECRATION**

*At the end all say*

Amen

*As the priest receives the bread and wine please also say*

Amen.

## **LORD'S PRAYER** *together*

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

## **PRAYER OF OBLATION or THANKSGIVING**

### **BLESSING**

#### ***HYMN:***

**God is Love: let heav'n adore him;**

God is Love: let earth rejoice;  
let creation sing before him,  
and exalt him with one voice.

He who laid the earth's  
foundation,

he who spread the heav'ns  
above,

he who breathes through all  
creation,

he is Love, eternal Love.

God is Love: and he enfoldeth  
all the world in one embrace;  
with unfailing grasp he holdeth  
every child of every race.  
And when human hearts are  
breaking  
under sorrow's iron rod,  
then they find that selfsame  
aching  
deep within the heart of God.

God is Love: and though with  
blindness  
sin afflicts the souls of all,  
God's eternal loving-kindness  
holds and guides us when we  
fall.  
Sin and death and hell shall  
never  
o'er us final triumph gain;  
God is Love, so Love for ever  
o'er the universe must reign.

## **NOTICES**

### **DISMISAL**

*Go in peace to love and serve  
the Lord*

In the name of Christ Amen

Do join us for coffee on Zoom  
after the service,  
If you have not been sent a link  
email

[vicar@stmaryswalberton.org.uk](mailto:vicar@stmaryswalberton.org.uk)