

Saint Mary's Holy Communion 21 February 2021

WELCOME:

The Lord is here
His Spirit is with us.

HYMN:

**He who would valiant be
'gainst all disaster**
Let him in constancy follow the
Master
There's no discouragement shall
make him once relent
His first avowed intent to be a
pilgrim

Who so beset him round with
dismal stories
Do but themselves confound - his
strength the more is
No foes shall stay his might;
though he with giants fight
He will make good his right to be a
pilgrim

Since, Lord, Thou dost defend us
with Thy Spirit
We know we at the end, shall life
inherit
Then fancies flee away! I'll fear not
what men say
I'll labor night and day to be a
pilgrim

CONFESSION: *introduction*
Lord God, we have sinned
against you;
we have done evil in your
sight.

We are sorry and repent.
Have mercy on us according to
your love.

Wash away our wrong doing
and cleanse us from our sin.
Renew a right spirit within us
and restore to us the joy of
your salvation, through Jesus
Christ our Lord. Amen.

ABSOLUTION & COLLECT *Lent 1*

EPISTLE: James 4 v 4-10

SONG:

Everything's on the altar now
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GOSPEL: Mark 1 v 12-15

This is the gospel of the Lord
Praise to you O Christ

ADDRESS: *Tim Ward*

SONG: Purify my heart,

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APOSTLE'S CREED

**I believe in God the Father
Almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his only son, our Lord.
He was conceived by the Holy Spirit,
born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father.
and he will come again to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church the communion of saints,
the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

PRAYERS: Catherine Ward

THE PEACE: introduction

The Peace of the Lord be always with you. **And also with you.**

OFFERTORY HYMN

Forty days and forty nights,
Thou was fasting in the wild
Forty days and forty nights,
Tempted and yet undefiled.

Sunbeams scorching all the day;
Chilly dew drops nightly shed;
Prowling beasts about thy way;

Stones thy pillow, earth thy bed.

Shall not we thy sorrows share,
And from earthly joys abstain,
Fasting with unceasing prayer
Glad with thee to suffer pain?

And if Satan vexing sore,
Flesh or spirit should assail,
Thou, his vanquisher before,
Grant we may not faint nor fail.

So shall we have peace divine;
Holier gladness ours shall be;
Round us too shall angels shine,
Such as ministered to thee.

Keep O keep us, Saviour dear,
Ever constant by thy side;
That with thee we may appear
At the eternal Eastertide.

THANKSGIVING PRAYER:

The Lord is here

His Spirit is with us

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 & praise.

It is right to praise you, Father,
Lord of all creation;
in your love you made us for
yourself. When we turned away
you did not reject us,
but came to meet us in your Son.

You embraced us as your children and welcomed us to

sit and eat with you.

In Christ you shared our life that we might live in him and he in us.

He opened his arms of love upon the cross and made for all the perfect sacrifice for sin.

On the night he was betrayed, at supper with his friends he took bread, and gave you thanks; he broke it and gave it to them, saying: Take, eat; this is my body which is given for you; do this in remembrance of me.

Father, we do this in remembrance of him: his body is the bread of life.

At the end of supper, taking the cup of wine, he gave you thanks, and said: Drink this, all of you; this is my blood of the new covenant, which is shed for you for the forgiveness of sins; do this in remembrance of me.

Father, we do this in remembrance of him: his blood is shed for all.

As we proclaim his death and celebrate his rising in glory, send your Holy Spirit that this bread and this wine may be to us the body and blood of your dear Son.

As we eat and drink these holy

gifts make us one in Christ, our risen Lord.

With your whole Church throughout the world we offer you this sacrifice of praise and lift our voice to join the eternal song of heaven:

**Holy, holy, holy Lord,
God of power and might,
Heaven and earth are full of
your glory.
Hosanna in the highest.**

LORD'S PRAYER:

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

Though we are many we are one body because we all share in the one bread.

Draw near with faith....

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.**

NOTICES & BLESSING

HYMN: Be thou my vision, O

Lord of my heart,
Naught be all else but to me, save
that Thou art;

Thou my best thought in the day
and the night, Waking and
sleeping, Thy presence my light.

Be Thou my wisdom, be Thou my
true word, I ever with Thee and
Thou with me, Lord;
Thou my great Father, and I Thy
true heir; Thou in me dwelling, and
I in Thy care.

Be Thou my breastplate, my sword
for the fight;

Be Thou my armour, and be Thou
my might;

Thou my soul's shelter, and be
Thou my high tower:

Raise Thou me heav'nward, O
Power of my power.

Riches I need not, nor all the
world's praise:

Thou mine inheritance through all
my days;

Thou and Thou only the first in my
heart: High king of heaven, my
treasure Thou art.

High King of heaven, when battle
is done,

Grant heaven's joys to me O bright
heav'n's sun;

Christ of my own heart, whatever
befall,

Still be my vision, O Ruler of all.

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

In the name of Christ, Amen.