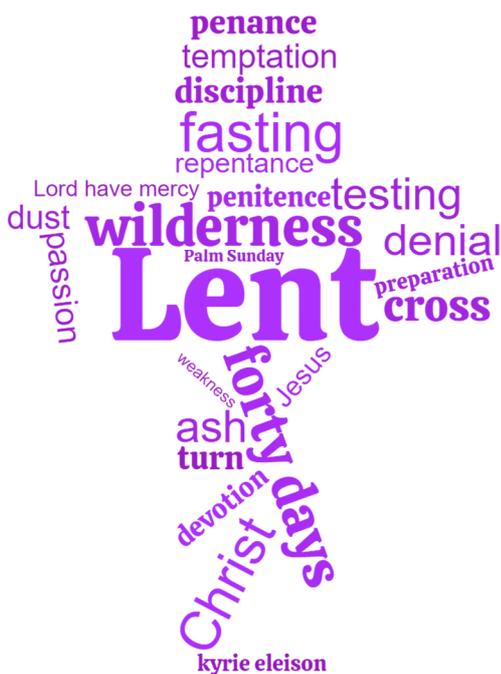


# DIOCESE OF ELY



# ST ANDREW'S GIRTON



# HOLY COMMUNION IN LENT

## Welcome to this service from St Andrew's Church

*If you are new or visiting please make yourself known to the ministers or sidespeople. We'd love to say "Hello".*

Lent may originally have followed Epiphany, just as Jesus' sojourn in the wilderness followed immediately on his baptism, but it soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter.

The whole Christian community is invited to join in the process of study and repentance, the extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness, being tested by Satan.

Ashes are an ancient sign of penitence; from the middle ages it became the custom to begin Lent by being marked in ash with the sign of the cross. The calculation of the forty days has varied considerably in Christian history. It is now usual in the West to count them continuously to the end of Holy Week (not including Sundays), so beginning Lent on the sixth Wednesday before Easter, Ash Wednesday. Liturgical dress is the simplest possible. Churches are kept bare of flowers and decoration.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday.

# The Gathering

*A hymn may be sung.*

## The Greeting

Grace, mercy and peace,  
from God our Father  
and the Lord Jesus Christ  
be with you.

**And also with you.**

*Words of welcome may be said.*

## 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

*A minister invites the people to confess their  
sins and then we pray:*

Wash away all my iniquity  
and cleanse me from my sin:  
Lord, have mercy.  
**Lord, have mercy.**

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

Create in me a clean heart, O God,  
and renew a steadfast spirit within me:  
Lord, have mercy.  
**Lord, have mercy.**

*(cf Ps. 51)*

*The Trisagion may be used:*

**Holy God,  
Holy and strong,  
Holy and immortal,  
Have mercy upon us.**

*The president proclaims God's forgiveness.*

## The Collect

*The president introduces a period of silent  
prayer with the words*

Let us pray for the grace to keep Lent  
faithfully.

*Silence is kept before the prayer for the day.*

# The Liturgy of the Word

## Readings

*Either one or two readings from Scripture  
precede the Gospel. At the end of each:*

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

*A hymn may be sung before the Gospel.*

## Gospel reading

*Please stand.*

*An acclamation may herald the Gospel:*

Praise to you, O Christ, King of eternal glory.  
The Lord is a great God.  
O that today you would listen to his voice.  
Harden not your hearts.  
**Praise to you, O Christ,  
King of eternal glory.**

*When the Gospel is announced:*

Hear the Gospel of our Lord Jesus Christ  
according to N.

**Glory to you, O Lord.**

*At the end:*

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## The Sermon

*Please sit down.*

## The Creed

*The Nicene Creed may be declared.*

*Please stand.*

**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

*These responses may be used:*

Lord, in your mercy: **hear our prayer.**

**(or)**

Lord of compassion: **in your mercy hear us.**

*And at the end:*

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

# The Liturgy of the Sacrament

## The Peace

*A minister introduces the peace, then says:*

The peace of the Lord be always with you  
**and also with you.**

Let us offer one another a sign of peace.

*All may exchange a sign of peace.*

*A hymn may be sung.*

## Preparation of the Table

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.  
**Amen.**

## The Eucharistic 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 and praise.**

*The priest praises God for his mighty acts.*

... Forever praising you and saying:

**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.**

*The minister continues to praise God, and  
recalls the Last Supper. One of these  
acclamations may be used:*

Great is the mystery of faith:

**Christ has died:**

**Christ is risen:**

**Christ will come again.**

**(or)**

Praise to you, Lord Jesus:

**Dying you destroyed our death,**

**rising you restored our life:**

**Lord Jesus, come in glory.**

*The minister continues the prayer.*

## The Lord's Prayer

Lord Jesus, remember us in your kingdom  
and teach us to 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

Every time we eat this bread  
and drink this cup  
**we proclaim the Lord's death  
until he comes.**

## Agnus Dei

*The Agnus Dei may be said or sung:*

**Lamb of God,  
you take away the sin of the world,  
have mercy upon us.**

**Lamb of God,  
you take away the sin of the world,  
have mercy upon us.**

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

## Giving of Communion

Jesus is the Lamb of God who takes away the sin of the world. Blessed are those who are called to his supper.

**Lord, I am not worthy to receive you,  
but only say the word and I shall be healed.**

*All baptised Christians are welcome to receive Holy Communion. Please follow the directions of the stewards. If you would prefer a blessing please leave your hands by your sides.*

*A hymn may be sung or music may be played while the people receive.*

## Prayer after Communion

*Once all have received, silence may be kept. After the Post Communion prayer we pray:*

**God of our pilgrimage,  
you have fed us with the bread of heaven.  
Refresh and sustain us  
as we go forward on our journey,  
in the name of Jesus Christ our Lord. Amen.**

## The Dismissal

## The Blessing

*Please stand.*

May God the Father,  
who does not despise the broken spirit,  
give to you a contrite heart.

**Amen.**

May Christ the Son,  
who bore our sins in his body on the tree,  
heal you by his wounds.

**Amen.**

May the Holy Spirit,  
who leads us into all truth,  
speak to you words of pardon and peace.

**Amen.**

And the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**Amen.**

*A hymn may be sung.*

## The Dismissal

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

*The ministers and people depart.*

*Please say hello to us if you're new! Coffee may be served in the North Room.*



**ST ANDREW'S GIRTON**

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## Ash Wednesday Penitence

Let us now call to mind our sin  
and the infinite mercy of God.

God the Father, **have mercy on us.**

God the Son, **have mercy on us.**

God the Holy Spirit, **have mercy on us.**

Trinity of love, **have mercy on us.**

**Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.**

We have not loved you with our whole  
heart, and mind, and strength. We have not  
loved our neighbours as ourselves.

We have not forgiven others,  
as we have been forgiven.

**Lord, have mercy.**

We have been deaf to your call to serve,  
as Christ served us.

We have not been true to  
the mind of Christ.

We have grieved your Holy Spirit.

**Lord, have mercy.**

We confess to you, Lord:

all our past unfaithfulness: the pride,  
hypocrisy and impatience of our lives.

**Lord, have mercy.**

Our self-indulgent appetites and ways, and  
our exploitation of other people.

**Lord, have mercy.**

Our anger at our own frustration  
and our envy of those  
more fortunate than ourselves.

**Lord, have mercy.**

Our intemperate love of worldly goods and  
comforts and our dishonesty in daily life and  
work. **Lord, have mercy.**

Our negligence in prayer and worship and  
our failure to commend the faith that is in  
us. **Lord, have mercy.**

**Accept our repentance, Lord:**

for the wrongs we have done, for our  
blindness to human need and suffering, and  
our indifference to injustice and cruelty.

**Accept our repentance, Lord.**

For all false judgements, for uncharitable  
thoughts towards our neighbours and for  
our prejudice and contempt towards those  
who differ from us.

**Accept our repentance, Lord.**

For our waste and pollution of your creation  
and our lack of concern for those who come  
after us. **Accept our repentance, Lord.**

Restore us, good Lord,  
and let your anger depart from us.

**Favourably hear us, for your mercy is great.**

Accomplish in us the work of your salvation,  
**that we may show your glory in the world.**

By the cross and passion of your Son our  
Lord, **bring us with all your saints to the joy  
of his resurrection.**

*Silence is kept.*

**We have not loved you with our whole  
heart. We have not loved our  
neighbours as ourselves.**

**In your mercy**

**forgive what we have been,**

**help us to amend what we are,**

**and direct what we shall be;**

**that we may do justly, love mercy,**

**and walk humbly with you, our God. Amen.**

