

ST MARY DE CASTRO: SUNG MASS ON SUNDAY 1 MARCH
THE SECOND SUNDAY OF LENT

WELCOME

We would like to extend a warm welcome to all visitors to St Mary's. If you are a baptized member of the Church of England, or of any other Church that subscribes to the doctrine of the Holy Trinity, you are very welcome to receive communion this morning. If you do not wish to take communion, but would like to receive a blessing, please come forward and cross your arms over your chest.

THE PREPARATION

The organ will start to play from five minutes before the start of the service. During this time the following prayers may help members of the congregation with their preparation.

Collect for Purity: Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of my heart by the inspiration of thy Holy Spirit, that I may perfectly love thee, and worthily magnify thy holy name; through Christ our Lord. Amen.

Give us, O God, a heart transformed by grace and a life inspired by humility. Grant us fullness of faith, firmness of hope and fervency of love. Let our one desire be conformity to your perfect will: through Christ our Lord. Amen

St Thomas More, quoted in Christopher Jamison OSB: Finding the Language of Grace

INTROIT HYMN

At the entry of the Altar Party all STAND and sing the Introit Hymn. If you are able, please remain standing until the first reading.

NEH 357

- | | |
|---|--|
| 1. FATHER, hear the prayer we offer:
Not for ease that prayer shall be,
But for strength that we may ever
Live our lives courageously. | 3. Not for ever by still waters
Would we idly rest and stay;
But would smite the living fountains
From the rocks along our way. |
| 2. Not for ever in green pastures
Do we ask our way to be;
But the steep and rugged pathway
May we tread rejoicingly. | 4. Be our strength in hours of weakness,
In our wanderings be our guide;
Through endeavour, failure, danger,
Father, be thou at our side. |

THE GREETING

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

All Amen.

Priest The Lord be with you

All and with thy spirit.

THE PENITENTIAL RITE

Priest My brothers and sisters,
as we prepare to celebrate the presence of Christ
in word and sacrament, let us call to mind
and confess our sins.

All Almighty God, our heavenly Father,
we have sinned against thee
and against our neighbour,
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are heartily sorry and repent of all our sins.
For the sake of thy Son Jesus Christ,
who died for us, forgive us all that is past,
and grant that we may serve thee in newness of life
to the glory of thy name. Amen.

THE 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.

Choir Kyrie, eleison. Kyrie, eleison. Kyrie, eleison.
Christe, eleison. Christe, eleison. Christe, eleison.
Kyrie, eleison. Kyrie, eleison. Kyrie, eleison.

KYRIE ELEISON (CHOIR)

(Lord, have mercy.)

(Christ, have mercy.)

(Lord, have mercy.)

THE COLLECT

Priest Let us pray.

Almighty God, who showest to them that be in error the light of thy truth, to the intent that they may return into the way of righteousness: grant unto all them that are admitted into the fellowship of Christ's religion, that they may eschew those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever.

All Amen.

THE LITURGY OF THE WORD

FIRST READING

SIT

A reading from the book of Genesis (Genesis 12. 1-4a)

The LORD said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.'

So Abram went, as the LORD had told him; and Lot went with him.

This is the word of the Lord.

All Thanks be to God.

THE PSALM (CHOIR)

Psalm 121

I will lift up mine eyes | unto the | hills : from | whence | cometh my | help?

My help cometh | even from the | Lord : who hath | made | heaven and | earth.

He will not suffer thy | foot to be | moved : and he that | keepeth thee | will not | sleep.

Behold, he that | keepeth | Isra-el : shall | neither | slumber nor | sleep.

The Lord him- | self is thy | keeper : the Lord is thy defence up- | on thy | right | hand;

So that the sun shall not | burn thee by | day : nei- | ther the | moon by | night.

The Lord shall preserve thee from | all | evil : yea it is even | he that shall | keep thy | soul.

The Lord shall preserve thy going out and thy | coming | in : from this time | forth for | ever- | more.

A reading from the letter of Paul to the Romans (Romans 4. 1-5, 13-17)

What are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations')—Abraham believed in the presence of the God who gives life to the dead and calls into existence the things that do not exist.

This is the word of the Lord.

All Thanks be to God.

GRADUAL HYMN

STAND**NEH 73**

- | | |
|---|--|
| 1. MY God, I love thee; not because
I hope for heaven thereby,
Nor yet because who love thee not
Are lost eternally. | 4. Then why, O blessèd Jesu Christ,
Should I not love thee well,
Not for the sake of winning heaven,
Or of escaping hell; |
| 2. Thou, O my Jesus, thou didst me
Upon the Cross embrace;
For me didst bear the nails and spear,
And manifold disgrace, | 5. Not with the hope of gaining aught,
Not seeking a reward;
But as thyself hast lovèd me,
O ever-loving Lord! |
| 3. And griefs and torments numberless,
And sweat of agony;
E'en death itself; and all for one
Who was thine enemy. | 6. E'en so I love thee, and will love,
And in thy praise will sing,
Solely because thou art my God,
And my eternal King. |

Priest The Lord be with you

All and with thy spirit.

Priest Hear the Gospel of our Lord Jesus Christ according to John (John 3. 1-17)

All ✠ **Glory be to thee, O Lord.**

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.'

Priest This is the Gospel of the Lord.

All **Praise be to thee, O Christ.**

HOMILY

SIT

A homily may be preached.

THE NICENE CREED (SUNG)

STAND

Priest I believe in one God,
All 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, *(Genuflect or bow)*
and was incarnate by the Holy Ghost of the Virgin Mary,
and was made man, (Stand)

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, the 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 holy catholic and apostolic 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.

KNEEL OR SIT

Priest Let us pray.

After each intention the following responses may be used:

Lord, in thy mercy

All hear our prayer.

(or)

Lord, hear us.

All Lord, graciously hear us.

And at the end:

Priest Merciful Father,

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

THE LITURGY OF THE SACRAMENT

THE PEACE

STAND

This, or another suitable preface to the peace is said:

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.

The peace of the Lord be always with you

All and with thy spirit.

Priest Let us offer one another a sign of peace.

All may exchange a sign of peace.

THE OFFERTORY

During the Offertory Hymn, the gifts of the people are gathered and presented in the Collection.

NEH 74

1. O FOR a heart to praise my God,
A heart from sin set free;
A heart that always feels thy blood
So freely spilt for me:
2. A heart resigned, submissive, meek,
My dear Redeemer's throne;
Where only Christ is heard to speak,
Where Jesus reigns alone:

3. A humble, lowly, contrite heart,
Believing, true, and clean,
Which neither life nor death can part
From him that dwells within:
4. A heart in every thought renewed,
And full of love divine;
Perfect and right and pure and good,
A copy, Lord, of thine.

/continued 

5. My heart, thou know'st, can never rest
Till thou create my peace;
Till of mine Eden repossess,
From self, and sin, I cease.

6. Thy nature, gracious Lord, impart,
Come quickly from above;
Write thy new name upon my heart,
Thy new best name of love.

As each element is received the following may be said:

Priest Blessed art thou, Lord God of all creation:
through thy goodness we have this bread to set before thee,
which earth hath given and human hands have made.
It will become for us the bread of life.

All **Blessed be God for ever.**

Priest Blessed art thou, Lord God of all creation:
through thy goodness we have this wine to set before thee,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

All **Blessed be God for ever.**

Priest Pray, my brothers and sisters, that my sacrifice and yours
may be acceptable to God, the almighty Father.

All **May the Lord accept the sacrifice at thy hands,
to the praise and glory of his Name,
for our good and the good of all his Church.**

The priest says the Prayer over the Gifts, to which all reply: Amen.

THE EUCHARISTIC PRAYER

REMAIN STANDING

The Sursum Corda

Priest The Lord be with you

All **and with thy spirit.**

Priest Lift up your hearts.

All **We lift them up unto the Lord.**

Priest Let us give thanks unto the Lord our God.

All **It is meet and right so to do.**

The Preface

Priest It is very meet, right and our bounden duty,
that we should at all times, and in all places,
give thanks unto thee,
O Lord, holy Father,
almighty, everlasting God,
through Jesus Christ thine only Son our Lord.

A Proper Preface may be used when appropriate. The priest then concludes with:

Therefore with angels and archangels,
and with all the company of heaven,
we laud and magnify thy glorious Name,
evermore praising thee and singing:

Choir Holy, holy, holy Lord God of hosts,
Heaven and earth are full of thy glory.
Glory be to thee, O Lord most high.
✠ Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.

KNEEL OR SIT

The priest recites the Eucharistic prayer. A bell signals the elevation of the consecrated bread and wine, at which all may make the sign of the cross.

After the elevation of the consecrated wine, the following acclamation is said:

Priest Christ is the bread of life.

All When we eat this bread and drink this cup,
we proclaim thy death, Lord Jesus, until thou comest in glory.

The priest continues the Eucharistic Prayer, concluding with:

by whom and with whom, and in whom,
in the unity of the Holy Spirit, all honour and glory be unto thee,
O Father almighty, world without end.

All Amen.

THE LORD'S PRAYER (SUNG)

Priest As our Saviour Christ hath commanded and taught us, we are bold to say:

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.

Choir O Lamb of God,
that takest away the sins of the world,
have mercy upon us.

O Lamb of God,
that takest away the sins of the world,
have mercy upon us.

O Lamb of God,
that takest away the sins of the world,
grant us thy peace.

GIVING OF COMMUNION

The priest invites the people to communion:

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

All Lord, I am not worthy that thou shouldst come under my roof,
but speak the word only and my soul shall be healed.

Communion is administered in both kinds (bread and wine). If you do not wish to receive wine from the common cup, please leave the altar rail immediately after you have consumed the bread. Please note that intinction (dipping the wafer into the consecrated wine) is not permitted.

Words of distribution are used to which the communicant replies: Amen.

During the giving of communion a motet may be sung by the choir.

POST COMMUNION PRAYER

KNEEL OR SIT

Priest Let us pray.

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.

All Amen.

Priest Almighty God,

All we thank thee for feeding us
with the body and blood of thy Son Jesus Christ.
Through him we offer thee our souls and bodies
to be a living sacrifice.
Send us out in the power of thy Spirit
to live and work to thy praise and glory. Amen.

STAND

HO&N 835

1. WILL your anchor hold in the storms of life,
When the clouds unfold their wings of strife?
When the strong tides lift, and the cables strain,
Will your anchor drift, or firm remain?

*We have an anchor that keeps the soul
Steadfast and sure while the billows roll;
Fastened to the Rock which cannot move,
Grounded firm and deep in the Saviour's love!*

2. Will your anchor hold in the straits of fear,
When the breakers roar and the reef is near?
While the surges rage, and the wild winds blow,
Shall the angry waves then your bark o'erflow?
3. Will your anchor hold in the floods of death,
When the waters cold chill your latest breath?
On the rising tide you can never fail,
While your anchor holds within the veil.
4. Will your eyes behold through the morning light
The city of gold and the harbour bright?
Will you anchor safe by the heavenly shore,
When life's storms are past for evermore?

THE DISMISSAL

Priest The Lord be with you
All and with thy spirit.

Priest The blessing of God almighty,
✠ the Father, the Son, and the Holy Spirit,
be among 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.

THE ANGELUS (SUNG)

Priest The Angel of the Lord brought tidings to Mary

All and she conceived by the Holy Ghost.

Priest Hail Mary, full of grace, the Lord is with thee:

blessed art thou among women and blessed is the fruit of thy womb, Jesus.

All Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death. Amen.

Priest Behold the handmaid of the Lord:

All Be it unto me according to thy word.

Hail Mary...

Priest (*Genuflect or bow*) And the Word was made flesh:

All and dwelt among us. (*Stand*)

Hail Mary...

Priest Pray for us, O Holy Mother of God,

All that we may be made worthy of the promises of Christ.

Priest Pour forth thy grace into our hearts, we beseech thee, O Lord,

that as we have known the Incarnation of thy Son Jesus Christ by the message of an angel,

so by his ✠ Cross and Passion we may be brought unto the glory of his Resurrection;

through the same Jesus Christ our Lord.

All Amen.