

ST MARY DE CASTRO: SUNG MASS ON SUNDAY 8 MARCH
THE THIRD 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 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.

Hope is central to Christian life. It is not wishful thinking or passive optimism, but confident trust in God's faithfulness.

Canon Sarah Gill, Canon Missioner at Leicester Cathedral

THE LENT PROSE

Prior to the beginning of the service, the choir will sing the Lent Prose:

Hear us, O Lord, have mercy upon us : for we have sinnèd against thee.

1. To thee, Redeemer, on thy throne of glory : lift we our weeping eyes in holy pleadings :
listen, O Jesu, to our supplications.
Hear us, O Lord, have mercy upon us : for we have sinnèd against thee.
2. O thou chief Corner-stone, Right Hand of the Father : Way of Salvation, Gate of Life Celestial :
cleanse thou our sinful souls from all defilement.
Hear us, O Lord, have mercy upon us : for we have sinnèd against thee.
3. God, we implore thee, in thy glory seated : bow down and hearken to thy weeping children :
pity and pardon all our grievous trespasses.
Hear us, O Lord, have mercy upon us : for we have sinnèd against thee.
4. Sins oft committed now we lay before thee : with true contrition, now no more we veil them :
grant us, Redeemer, loving absolution.
Hear us, O Lord, have mercy upon us : for we have sinnèd against thee.
5. Innocent, captive, taken unresisting :
falsely accused, and for us sinners sentenced, save us, we pray thee, Jesu our Redeemer.
Hear us, O Lord, have mercy upon us : for we have sinnèd against thee.

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 76

- | | |
|---|---|
| 1. TAKE up thy cross, the Saviour said,
If thou wouldst my disciple be;
Deny thyself, the world forsake,
And humbly follow after me. | 4. Take up thy cross then in his strength,
And calmly every danger brave;
'Twill guide thee to a better home,
And lead to victory o'er the grave. |
| 2. Take up thy cross; let not its weight
Fill thy weak spirit with alarm;
His strength shall bear thy spirit up,
And brace thy heart, and nerve thine arm. | 5. Take up thy cross, and follow Christ,
Nor think till death to lay it down;
For only he who bears the cross
May hope to wear the glorious crown. |
| 3. Take up thy cross, nor heed the shame,
Nor let thy foolish pride rebel;
The Lord for thee the Cross endured,
To save thy soul from death and hell. | 6. To thee, great Lord, the One in Three,
All praise for evermore ascend;
O grant us in our home to see
The heavenly life that knows no end. |

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, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ thy Son our Lord, 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 Exodus (Exodus 17. 1-7)

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the LORD?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the LORD, 'What shall I do with this people? They are almost ready to stone me.' The LORD said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the LORD, saying, 'Is the LORD among us or not?'

This is the word of the Lord.

All Thanks be to God.

THE PSALM (CHOIR)

Psalm 95

O come let us | sing un-to the | Lord : let us heartily rejoice in the | strength of | our sal- | vation.
Let us come before his | presence with | thanks-giving : and shew ourselves | glad in | him with | psalms.
For the Lord is a | great | God : and a great | King a- | bove all | gods.
In his hand are all the | corners of the | earth : and the strength of the | hills is | his | also.
The sea is his and | he | made it : and his | hands pre- | pared the dry | land.
O come let us worship and | fall | down : and kneel be- | fore the | Lord our | Maker.
For he is the | Lord our | God : and we are the people of his pasture | and the | sheep of his | hand.
To-day if ye will hear his voice | harden not your | hearts : as in the provocation, and as in the day
of temp- | tation | in the | wilderness;
When your | fathers | tempted me : prov-ed | me and | saw my | works.
Forty years long was I grieved with this gener- | ation and | said : It is a people that do err in their hearts,
for they | have not | known my | ways;
Unto whom I | swore in my | wrath : that they should not | enter | into my | rest.

SECOND READING

A reading from the letter of Paul to the Romans (Romans 5. 1-11)

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

This is the word of the Lord.

All **Thanks be to God.**

GRADUAL HYMN

STAND

NEH 75

- | | | | |
|----|---|----|---|
| 1. | O THOU who dost accord us
The highest prize and guerdon,*
Thou hope of all our race,
Jesu, do thou afford us
The gift we ask of pardon
For all who humbly seek thy face. | 2. | With whispered accusation
Our conscience tells of sinning
In thought and word and deed;
Thine is the restoration,
The work of grace beginning
For souls from every burden freed. |
|----|---|----|---|

**guerdon* = a reward, recompense

/continued 

3. For who, if thou reject us,
Shall raise the fainting spirit?
'Tis thine alone to spare:
That thou to life elect us
Through our Redeemer's merit,
Shall be thy people's lowly prayer.

4. O Trinity most glorious,
Thy pardon free bestowing,
Defend us evermore;
That in thy courts victorious,
Thy love more truly knowing,
We may with all thy saints adore.

THE GOSPEL

Priest The Lord be with you

All and with thy spirit.

Priest Hear the Gospel of our Lord Jesus Christ according to John (John 4. 5-42)

All ✠ **Glory be to thee, O Lord.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.' Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.'

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him.

Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

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Many Samaritans from that city believed in Jesus because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

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.

continued 

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.

PRAYERS OF INTERCESSION

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.

A&M 86

1. SAVIOUR, when in dust to thee
Low we bow the adoring knee;
When, repentant, to the skies
Scarce we lift our weeping eyes;
O, by all thy pains and woe
Suffered once for man below,
Bending from thy throne on high,
Hear our solemn litany.
2. By thy helpless infant years,
By thy life of want and tears,
By thy days of sore distress
In the savage wilderness;
By the dread, mysterious hour
Of the insulting tempter's power:
Turn, O turn a favouring eye,
Hear our solemn litany.
3. By thine hour of dire despair;
By thine agony of prayer;
By the Cross, the nail, the thorn,
Piercing spear, and torturing scorn;
By the gloom that veiled the skies
O'er the dreadful Sacrifice:
Listen to our humble cry,
Hear our solemn litany.
4. By thy deep expiring groan;
By the sad sepulchral stone;
By the vault whose dark abode
Held in vain the rising God:
O, from earth to heaven restored,
Mighty, re-ascended Lord,
Listen, listen to the cry
Of our solemn litany.

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.

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.

AGNUS DEI (CHOIR)

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.

Lord, we beseech thee, grant thy people grace to withstand the temptations of the world, the flesh and the devil, and with pure hearts and minds to follow thee, the only God; 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.

POST COMMUNION HYMN

STAND

NEH 376

1. I HEARD the voice of Jesus say,
'Come unto me and rest;
Lay down, thou weary one, lay down
Thy head upon my breast.'
I came to Jesus as I was,
Weary, and worn, and sad;
I found in him a resting-place,
And he has made me glad.
2. I heard the voice of Jesus say,
'Behold, I freely give
The living water, thirsty one;
Stoop down, and drink, and live.'
I came to Jesus, and I drank
Of that life-giving stream;
My thirst was quenched, my soul revived,
And now I live in him.
3. I heard the voice of Jesus say,
'I am this dark world's Light;
Look unto me, thy morn shall rise,
And all thy day be bright.'
I looked to Jesus, and I found
In him my Star, my Sun;
And in that light of life I'll walk
Till travelling days are done.

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.