

SHARED MINISTRY IN EXNING AND NORTH NEWMARKET

THE FIRST SUNDAY OF LENT

21 FEBRUARY 2021



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Greeting

In the name of the Father, and of the Son, and of the Holy ✕ Spirit.
Amen.

The Lord be with you;
and also with you.

Prayer of Preparation

All **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

Our Lord Jesus Christ said:
The first commandment is this:

'Hear, O Israel, the Lord our God is the only Lord.
You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all your strength.'

The second is this: 'Love your neighbour as yourself.'

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

The sacrifice of God is a broken spirit;

a broken and contrite heart God will not despise.

Let us come to the Lord, who is full of compassion,

and acknowledge our transgressions in penitence and faith.

Confession

All **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.
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.**

All **Kyrie, eleison
Kyrie, eleison
Christe, eleison
Christe, eleison
Kyrie, eleison
Kyrie, eleison**

Absolution

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.

Collect

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

First Reading

¹⁸ For Christ also suffered^[a] for sins once for all, the righteous for the unrighteous, in order to bring you^[b] to God. He was put to death in the flesh, but made alive in the spirit, ¹⁹ in which also he went and made a proclamation to the spirits in prison, ²⁰ who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. ²¹ And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for^[c] a good conscience, through the resurrection of Jesus Christ, ²² who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

1 Peter 3.18-22

This is the word of the LORD

All: Thanks be to God

Gradual Psalm

The mighty one, God the LORD,
speaks and summons the earth
from the rising of the sun to its setting.

- ² Out of Zion, the perfection of beauty,
God shines forth.
- ³ Our God comes and does not keep silence,
before him is a devouring fire,
and a mighty tempest all around him.
- ⁴ He calls to the heavens above
and to the earth, that he may judge his people:
- ⁵ 'Gather to me my faithful ones,
who made a covenant with me by sacrifice!'
- ⁶ The heavens declare his righteousness,
for God himself is judge.

Psalm 25.1-9

Gospel Reading

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.

The Lord be with you; **and also with you**

Hear the ✕ Gospel of our Lord Jesus Christ according to Mark.

Glory to you, O Lord.

⁹ In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰ And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. ¹¹ And a voice came from heaven, 'You are my Son, the Beloved;^[a] with you I am well pleased.' ¹² And the Spirit immediately drove him out into the wilderness. ¹³ He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. ¹⁴ Now after John was arrested, Jesus came to Galilee, proclaiming the good news^[b] of God,^[c] ¹⁵ and saying, 'The time is fulfilled, and the kingdom of God has come near;^[d] repent, and believe in the good news.'

Mark 1.9-15

This is the Gospel of the Lord.

Praise to you, O Christ.

Address

An address is given.

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.

Intercessions

With confidence and trust let us pray to the Father.
For the one holy catholic and apostolic Church ...
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For the mission of the Church,
that in faithful witness it may preach the gospel
to the ends of the earth,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For those preparing for baptism [and confirmation] ...
and for their teachers and sponsors,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For peace in the world ...
that a spirit of respect and reconciliation may grow
among nations and peoples,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For the poor, the persecuted, the sick, and all who suffer ...
for refugees, prisoners, and all in danger;
that they may be relieved and protected,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For those whom we have injured or offended,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For grace to amend our lives and to further the reign of God,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

In communion with all those who have walked in the way of holiness ...
let us pray to the Father.
Lord of compassion,

in your mercy hear us.


God our Father,
in your love and goodness
you have taught us to come close to you in penitence
with prayer, fasting and generosity;
accept our Lenten discipline,
and when we fall by our weakness,
raise us up by your unfailing mercy;
through Jesus Christ our Lord.

Amen.

The Peace

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
and also with you.

Let us offer one another a sign of peace. 
All may express a virtual sign of peace.

Prayer over the Offerings

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.

As the monetary offerings are presented, the celebrant may say:

God of mercy and compassion,
your Word calls us home to faith and love.
accept all we offer you this day;
in the name of Jesus Christ the Lord.

Eucharistic Prayer

The Lord be with you;

and also with you.

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.

It is indeed right and good
to give you thanks and praise,
almighty God and everlasting Father,
through Jesus Christ your Son.
For in these forty days
you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline
we may grow in grace
and learn to be your people once again.
Through fasting, prayer and acts of service
you bring us back to your generous heart.
Through study of your holy word
you open our eyes to your presence in the world
and free our hands to welcome others
into the radiant splendour of your love.
As we prepare to celebrate the Easter feast
with joyful hearts and minds
we bless you for your mercy
and join with saints and angels
for ever 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.

Lord, you are holy indeed, the source of all holiness; grant that by the power
of your Holy Spirit, and according to your holy will, these gifts of bread and
wine may be to us the body and blood of our Lord Jesus Christ;
who, in the same night that he was betrayed,

took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.
In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:
Drink this, all of you; this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins;
do this, as often as you drink it, in remembrance of me.

Great is the mystery of faith:
Christ has died, Christ is risen, Christ will come again.

And so, Father, calling to mind his death on the cross, his perfect sacrifice
made once for the sins of the whole world; rejoicing in his mighty
resurrection and glorious ascension, and looking for his coming in glory, we
celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving, we bring before
you this bread and this cup and we thank you for counting us worthy to stand
in your presence and serve you. Remember, Lord, your Church in every land.
Reveal her unity, guard her faith, and preserve her in peace.

Send the Holy Spirit on your people and gather into one in your kingdom all
who share this one bread and one cup, so that we, in the company of the
Blessed Virgin Mary, St Agnes, St Etheldreda, St Martin, St Nicholas, St Philip
and all the saints, may praise and glorify you for ever, through Jesus Christ our
Lord; by whom, and with whom, and in whom, in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father, for ever and ever. **Amen.**

The Lord's Prayer

Let us pray with confidence as our Saviour has taught us:

Our Father, ...

Breaking of the Bread

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

Though we are many, we are one, body,

because we all share in one bread.

Jesus, Lamb of God, have mercy on us.

Jesus, Bearer of our sins, have mercy on us.

Jesus, Redeemer of the world, grant us peace.

Invitation to Communion

Jesus is the Lamb of God that 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.**

A Prayer of Humble Access is said:

**Most merciful Lord,
your love compels us to come in.
Our hands were unclean,
our hearts were unprepared;
we were not fit
even to eat the crumbs from under your table.
But you, Lord, are the God of our salvation,
and share your bread with sinners.
So cleanse and feed us
with the precious body and blood of your Son,
that he may live in us and we in him;
and that we, with the whole company of Christ,
may sit and eat in your kingdom.
Amen.**

The Holy Communion at this time is received in the form of the bread only.

Prayer after Communion

Let us pray. Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,

may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

**All 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.**

Blessing

The Lord be with you;
and also with you.

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing ...
Amen.

Dismissal

Go in the peace of Christ.
Thanks be to God.

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