

# The Holy Communion

## First Sunday of Sunday

### 21 February 2021

#### GATHERING IN GOD'S NAME

*(Please stand)*

*Hymn* Forty days and forty nights

1 Forty days and forty nights  
you were fasting in the wild,  
forty days and forty nights  
tempted, and yet undefiled:

2 let us your endurance share  
and from earthly greed abstain,  
with you watching unto prayer,  
with you strong to suffer pain

3 And if Satan on us press  
flesh or spirit to assail,  
Victor in the wilderness,  
grant we may not faint or fail.

4 Keep, O keep us, Saviour dear,  
ever constant by your side,  
that with you we may appear  
at the eternal Eastertide.



The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

**And also with you.**

*Sentence* The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news. *Mark 1.15*

**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.**

## **Invitation to Confession**

Compassion and forgiveness belong to the Lord our God, though we have rebelled and wandered far off.

*Silence may be kept.*

Let us then ask for mercy, confessing our sins in penitence and faith.

**Merciful God, our maker and our judge,  
we have sinned against you in thought, word, and deed,  
and in what we have failed to do:  
we have not loved you with our whole heart;  
we have not loved our neighbours as ourselves;  
we repent, and are sorry for all our sins.  
Father, forgive us.  
Strengthen us to love and obey you in newness of life;  
through Jesus Christ our Lord. Amen.**

## *The Absolution*

Almighty God,  
who has promised forgiveness to all who turn to him in faith:  
pardon you and set you free from all your sins,  
strengthen you in all goodness  
and keep you in eternal life,  
through Jesus Christ our Lord. **Amen.**

**Lord, have mercy  
Christ, have mercy  
Lord, have mercy**

**Holy God, Holy and mighty, Holy and immortal,  
Have mercy on us.**

### **Prayer of the Day**

God of the new and eternal covenant,  
as the forty days of the great flood  
swept away the world's corruption  
and watered new beginnings of righteousness and life:  
grant to us, who are washed clean and born again  
in the saving flood of baptism, the wellspring of your grace,  
that your gift of new life may flourish once again;  
through Jesus Christ our Redeemer,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. Amen.

*(Sit for the readings)*

### **THE MINISTRY OF THE WORD**

*(Silence may follow each reading.)*

**First Reading** A reading from the book Genesis(9.8-17)

<sup>8</sup> Then God said to Noah and to his sons with him, <sup>9</sup> 'As for me, I am establishing my covenant with you and your descendants after you, <sup>10</sup> and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. <sup>11</sup> I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' <sup>12</sup> God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: <sup>13</sup> I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. <sup>14</sup> When I bring clouds over the earth and the bow is seen in the clouds, <sup>15</sup> I will remember my covenant that is between me

and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. <sup>16</sup> When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' <sup>17</sup> God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

Hear the Word of the Lord

**Thanks be to God**

**Responsorial Psalm**

**Psalm 25** (1-10, APBA p.244)

<sup>1</sup> In you, O Lord my God, have I put my hope:

in you have I trusted, let me not be ashamed,  
nor let my enemies triumph over me.

<sup>2</sup> **Let none who wait for you be put to shame:**

**but let those that break faith  
be confounded and gain nothing.**

<sup>3</sup> Show me your ways, O Lord:

and teach me your paths.

<sup>4</sup> **Lead me in the ways of your truth, and teach me:**

**for you are the God of my salvation.**

<sup>5</sup> In you have I hoped all the day long:

because of your goodness, O Lord.

<sup>6</sup> **Call to mind your compassion and your loving-kindness:**

**for they are from of old.**

<sup>7</sup> Remember not the sins of my youth,

nor my transgressions:  
but according to your mercy think on me.

<sup>8</sup> **Good and upright is the Lord:**

**therefore will he direct sinners in the way.**

<sup>9</sup> The meek he will guide in the path of justice:

and teach the humble his ways.

<sup>10</sup> **All the paths of the Lord are faithful and true:**

**for those who keep his covenant and his commandments.**

**Second Reading** A reading from St Paul's 1<sup>st</sup> letter to St Peter (3.18-22)

<sup>18</sup> For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, <sup>19</sup> in which also he went and made a proclamation to the spirits in prison, <sup>20</sup> 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. <sup>21</sup> And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, <sup>22</sup> who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Hear the Word of the Lord

**Thanks be to God**

*(Stand for the Gospel)*

**The Gospel Reading**

The Lord be with you.

**And also with you.**

The Gospel of our Lord Jesus Christ according to Mark (1.9-15)

**Glorify to you Lord Jesus Christ.**

<sup>9</sup> In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. <sup>10</sup> 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. <sup>11</sup> And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' <sup>12</sup> And the Spirit immediately drove him out into the wilderness. <sup>13</sup> He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. <sup>14</sup> Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, <sup>15</sup> and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

*After the Gospel, the reader says*

This is the Gospel of the Lord,

**praise to you Lord Jesus Christ.**

*Silence may follow.*

*(Stand for the Creed)*

Let us together affirm the faith of the Church:

**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 of the Holy Spirit and the virgin Mary  
and became truly human.**

**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.**

## THE PRAYERS OF THE PEOPLE

*(Sit or kneel for the prayers)*

*The minister says*

Let us pray for the world and for the Church.

*After each prayer*

Lord, in your mercy,

**Hear our prayer.**

*The prayers conclude with this prayer.*

Almighty God, you have promised to hear our prayers.

**Grant that what we have asked in faith  
we may by your grace receive,  
through Jesus Christ our Lord. Amen.**

## THE GREETING OF PEACE

We are the body of Christ.

**His Spirit is with us.**

The peace of the Lord be always with you.

**And also with you.**

## THE OFFERTORY

*Hymn* Praise to the Holiest in the height

1. Praise to the Holiest in the height,  
and in the depth be praise:  
in all his words most wonderful,  
most sure in all his ways.

2. O loving wisdom of our God,  
when all was sin and shame,  
a second Adam to the fight  
and to the rescue came.

3. O generous love, that he who smote  
in Man for man the foe,  
the double agony in Man  
for man should undergo,

4. and in the garden secretly,  
and on the cross on high,  
should teach his friends, and thus inspire  
to suffer and to die.

5. Praise to the Holiest in the height,  
and in the depth be praise:  
in all his words most wonderful,  
most sure in all his ways.

*(remain standing for the Great Thanksgiving)*

Blessed are you, Lord, God of all creation.  
Through your goodness we have these gifts to share.  
Accept and use our offerings for your glory  
and for the service of your kingdom.

**Blessed be God for ever.**

## THE GREAT THANKSGIVING

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 our thanks and praise.**

All glory and honour be yours always and everywhere,  
mighty Creator, everliving God.

We give you thanks and praise for your Son,  
our Saviour Jesus Christ,  
who by the power of your Spirit was born of Mary  
and lived as one of us.

He was tempted in every way as we are,

yet he did not sin.  
By his death on the cross  
and rising to new life,  
he offered the one true sacrifice for sin  
and obtained an eternal deliverance for his people.  
By his grace we are able to triumph over every evil,  
and to walk in the way of his love.  
Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
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.**

*(Kneel for the Prayer of Consecration)*

Merciful God, we thank you  
for these gifts of your creation,  
this bread and wine,  
and we pray that by your Word and Holy Spirit,  
we who eat and drink them  
may be partakers of Christ's body and blood.  
On the night he was betrayed Jesus took bread;  
and when he had given you thanks  
he broke it, and gave it to his disciples, saying,  
'Take, eat. This is my body given for you.

Do this in remembrance of me.' 

After supper, he took the cup,  
and again giving you thanks  
he gave it to his disciples, saying,  
'Drink from this, all of you.  
This is my blood of the new covenant  
shed for you and for many

for the forgiveness of sins.

Do this, as often as you drink it, in remembrance of me.' 

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

With this bread and this cup,  
we remember the saving death of your Son,  
his resurrection and ascension,  
and his promise to be with us for ever.

In the power of the Holy Spirit,  
bring us to eternal life with Christ,  
as we look for his coming in glory,  
and for the heavenly banquet  
prepared for all your people.

**Blessing and honour and glory and power  
are yours for ever and ever. Amen.** 

As our Saviour Christ has taught us, we are confident 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.**

**Save us from the time of trial  
and deliver us from evil.**

**For the kingdom, the power, and the glory are yours  
now and for ever. Amen.**

## THE BREAKING OF THE BREAD AND THE COMMUNION

As this broken bread was once many grains,  
which have been gathered together and made one bread:

**so may your Church be gathered  
from the ends of the earth into your kingdom.**

**Jesus, Lamb of God, have mercy on us.**

**Jesus, bearer of our sins, have mercy on us.**

**Jesus, redeemer of the world, grant us your peace.**

The gifts of God for the people of God.

Come let us take this holy sacrament of the body and blood of Christ  
in remembrance that he died for us, and feed on him in our hearts  
by faith with thanksgiving.

*During COVID-19 restrictions we will administer Holy Communion  
under one kind; the bread.*

The body of Christ keep you in eternal life.

**Amen.**

*(Kneel or sit for a time for quiet reflection following Holy Communion)*

**Hymn** God be in my head

God be in my head and in my understanding;  
God be in my eyes and in my looking;  
God be in my mouth and in my speaking;  
God be in my heart and in my thinking;  
God be at my end and at my departing.

**Prayer after Communion**

Compassionate and loving God,  
through your Son Jesus Christ  
you have fed us

and have reconciled your people to yourself.  
Following his example of fasting and prayer,  
may we obey you with willing hearts  
and serve one another in holy love.

## THE SENDING OUT OF GOD'S PEOPLE

Most loving God,

**You send us into the world you love.**

**Give us grace to go faithfully and with courage**

**In the power of your Spirit.**

### **Blessing**

*Stand for the Blessing*

Christ our Saviour draw you to himself, that you may find in him crucified a sure ground for faith, a firm support for hope, and the assurance of sin forgiven [and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. Amen.

Go in peace to love and serve the Lord:

**In the name of Christ. Amen**

*Hymn* Blest are the pure in heart

- 1 Blest are the pure in heart,  
for they shall see our God;  
the secret of the Lord is theirs,  
their soul is Christ's abode.
- 2 The Lord who left the heavens  
our life and peace to bring,  
to dwell in lowliness with men,  
their pattern and their King;
- 3 still to the lowly soul  
he doth himself impart,  
and for his cradle and his throne  
chooseth the pure in heart.
- 4 Lord, we thy presence seek;  
may ours this blessing be:  
give us a pure and lowly heart,  
a temple meet for thee.