

5th February 2023

Eucharist
Ordinary Season
3rd Sunday before Lent



Welcome and notices

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

Opening Hymn

Stand

- 1 Praise, my soul, the King of heaven;
to his feet thy tribute bring;
ransomed, healed, restored, forgiven,
who like me his praise should sing?
Alleluia, alleluia,
praise the everlasting King.
- 2 Praise him for his grace and favour
to our fathers in distress;
praise him still the same for ever,
slow to chide, and swift to bless:
Alleluia, alleluia,
glorious in his faithfulness.
- 3 Father-like he tends and spares us;
well our feeble frame he knows;
in his hands he gently bears us,
rescues us from all our foes:
Alleluia, alleluia,
widely as his mercy flows.
- 4 Angels, help us to adore him,
ye behold him face to face;
sun and moon, bow down before him,
dwellers all in time and space:
Alleluia, alleluia,
praise with us the God of grace.

*Henry Francis Lyte (1793-1847))
(Public Domain)*

All Grace, mercy and peace from God our Father and the Lord Jesus Christ 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

Sit

God so loved the world that he gave his only Son Jesus Christ to save us from our sins, to be our advocate in heaven, and to bring us to eternal life.

Let us confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all.

All Father eternal, giver of light and grace,
we have sinned against you and against our neighbour,
in what we have thought,
in what we have said and done,
through ignorance, through weakness,
through our own deliberate fault.
We have wounded your love,
and marred your image in us.
We are sorry and ashamed,
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past;
and lead us out from darkness
to walk as children of light. Amen.

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.

Gloria in Excelsis

Stand

We sing the Gloria

All Glory to God, Glory to God,
Glory to God in the highest.
Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,

we worship you, we give you thanks,
we praise you for your glory.

Glory to God, Glory to God,
Glory to God in the highest.

Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.

Glory to God, Glory to God,
Glory to God in the highest.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.

Glory to God, Glory to God,
Glory to God in the highest.

The Collect

The president introduces a period of silent prayer with the words 'Let us pray'

Eternal God, whose Son went among the crowds and brought healing with his touch:
help us to show his love, in your Church as we gather together, and by our lives as
they are transformed into the image of Christ our Lord.

All

Amen.

The Liturgy of the Word

Sit

Old Testament Reading

Isaiah 58:1-12

Shout out, do not hold back!
Lift up your voice like a trumpet!
Announce to my people their rebellion,
to the house of Jacob their sins.
Yet day after day they seek me
and delight to know my ways,
as if they were a nation that practiced righteousness
and did not forsake the ordinance of their God;
they ask of me righteous judgments,
they delight to draw near to God.
“Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?”
Look, you serve your own interest on your fast day,
and oppress all your workers.
Look, you fast only to quarrel and to fight
and to strike with a wicked fist.

Such fasting as you do today
will not make your voice heard on high.
Is such the fast that I choose,
a day to humble oneself?
Is it to bow down the head like a bulrush,
and to lie in sackcloth and ashes?
Will you call this a fast,
a day acceptable to the Lord?

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?
Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the Lord shall be your rear guard.
Then you shall call, and the Lord will answer;
you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,
if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday.
The Lord will guide you continually,
and satisfy your needs in parched places,
and make your bones strong;
and you shall be like a watered garden,
like a spring of water,
whose waters never fail.
Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.

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

All

New Testament Reading

1 Corinthians 2:1-16

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him" – these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. [And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

"For who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.

This is the word of the Lord.

All

Thanks be to God.

Gradual Hymn

- 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 brethren, and 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.

Gospel Reading

Stand

Gospel Acclamation

Alleluia, alleluia.

I am the way, the truth, and the life, says the Lord.

No one comes to the Father except through me.

All **Alleluia**

Hear the Gospel of our Lord Jesus Christ according to *Matthew*
Glory to you, O Lord.

All

Matthew 5:13-20

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

"You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

"Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

At the end

This is the Gospel of the Lord.

All **Praise to you, O Christ.**

Sermon

Sit

The Creed

Stand

The president says

Let us declare our faith in God, Father, Son and Holy Spirit.

The Nicene Creed

All **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

Sit

All Lord, in your mercy
 Hear our prayer.

And at the end

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

The Peace

Stand

The president may introduce the Peace with one of these or another sentence

God is love and those who live in love live in God
 and God lives in them.

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

We are not able to shake hands or move from our seat but we can greet each other by turning to our neighbour and offering words or a sign of peace.

Let us offer one another a sign of peace.

Offertory Hymn

- 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.

Preparation of the Table

Taking of the Bread and Wine

Blessed are you, Lord God of all creation:
Through your goodness we have this bread to set before you,
which earth has given and human hands have made.
It will become for us the bread of life.

All **Blessed be God for ever.**

Blessed are you, Lord God of all creation:
Through your goodness we have this wine to set before you,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

All **Blessed be God for ever.**

The Eucharistic Prayer

All The Lord is here
His Spirit is with us

All Lift up your hearts.
We lift them to the Lord.

All Let us give thanks to the Lord our God.
It is right to give thanks and praise.

Almighty God, good Father to us all, your face is turned towards your world. In love you gave us Jesus your Son to rescue us from sin and death. Your Word goes out to call us home to the city where angels sing your praise. We join with them in heaven's song:

All **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.**

Father of all, we give you thanks for every gift that comes from heaven. To the darkness Jesus came as your light. With signs of faith and words of hope he touched untouchables with love and washed the guilty clean.

All This is his story.
**This is our song:
Hosanna in the highest.**

The crowds came out to see your Son, yet at the end they turned on him. On the night he was betrayed he came to table with his friends to celebrate the freedom of your people.

All This is his story.
**This is our song:
Hosanna in the highest.**

Jesus blessed you, Father, for the food; he took bread, gave thanks, broke it and said: This is my body, given for you all.

Jesus then gave thanks for the wine; he took the cup, gave it and said: This is my blood, shed for you all for the forgiveness of sins.
Do this in remembrance of me.

All This is our story.
**This is our song:
Hosanna in the highest.**

Therefore, Father, with this bread and this cup we celebrate the cross on which he died to set us free. Defying death he rose again and is alive with you to plead for us and all the world.

All This is our story.
**This is our song:
Hosanna in the highest.**

Send your Spirit on us now that by these gifts we may feed on Christ with opened eyes and hearts on fire.

May we and all who share this food offer ourselves to live for you and be welcomed at your feast in heaven where all creation worships you, Father, Son and Holy Spirit:

All **Blessing and honour and glory and power
be yours for ever and ever.
Amen.**

A short period of silence is kept before The Lord's Prayer

Sit

The Lord's Prayer

As our Saviour taught us, so we pray:

All **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**

The president breaks the consecrated bread.

All **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.**

The Agnus Dei may be used as the bread is broken

All **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.**

Giving of Communion

The president invites the congregation to receive communion

Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you. Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

All **We do not presume
to come to this your table, merciful Lord,
trusting in our own righteousness,
but in your manifold and great mercies.
We are not worthy
so much as to gather up the crumbs under your table.
But you are the same Lord
whose nature is always to have mercy.
Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ
and to drink his blood,
that our sinful bodies may be made clean by his body
and our souls washed through his most precious blood,
and that we may evermore dwell in him and he in us.
Amen.**

The President and people receive communion. If you do not wish to receive, you are invited to receive a blessing. Please make this clear by bowing your head at the altar.

PLEASE NOTE:

Bread and wine have been consecrated and are offered. We reiterate that the Church's teaching is that the body and blood of Christ may be completely received in one kind only; i.e. the bread.

Nobody is under any pressure (theologically, morally, socially or psychologically) to receive the cup if you are uneasy about this.

*The practice of the communicant intincting (dipping) the consecrated bread into the chalice is **NOT** permitted on hygiene grounds. If you do not wish to receive either, you are invited to receive a blessing. Please bow your head.*

Post Communion Prayer

Silence is kept.

Merciful Father, who gave Jesus Christ to be for us the bread of life, that those who come to him should never hunger: draw us to the Lord in faith and love, that we may eat and drink with him at his table in the kingdom, where he is alive and reigns, now and for ever.

All

Father of all,
we give you thanks and praise,
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace, and opened the gate of glory.
May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord. Amen.

Final Hymn

Stand

- 1 O thou who camest from above
The fire celestial to impart,
Kindle a flame of sacred love
On the mean altar of my heart!
- 2 There let it for thy glory burn
With inextinguishable blaze,
And trembling to its source return,
In humble prayer and fervent praise.
- 3 Jesus, confirm my heart's desire
To work, and speak, and think for thee;
Still let me guard the holy fire,
And still stir up the gift in me—

4 Ready for all thy perfect will,
My acts of faith and love repeat,
Till death thy endless mercies seal,
And make the sacrifice complete.

Charles Wesley (1707-1788) (PD)

Blessing

Christ, who has nourished us with himself the living bread, make you one in praise and love, and raise you up at the last day; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

All

Amen.

A minister or deacon says

Go in peace to love and serve the Lord.

All

In the name of Christ. Amen.

DIOCESE IN EUROPE

THE CHURCH
OF ENGLAND

