

# The Church in Westbury Park

## Services for Lent 2021

We will continue our pattern of online worship during the weeks of Lent. We'll send out a new booklet for Holy Week and Easter - so keep your eyes peeled for something coming through the letterbox. Enclosed with this booklet is a Lenten bible reading scheme and a small envelope of ash for use on Ash Wednesday. Please follow the instructions carefully - mix them with vegetable or olive oil not water as using water may cause burns or skin irritation.

All Sunday services will go live on the website <https://westburyparkchurch.org.uk/> at 10.15am on Sunday mornings and will be followed by coffee on Zoom. If you're joining you'll need to follow this link <https://us02web.zoom.us/j/9824656635>. The meeting ID is 982 465 6635 and the password is Alban. If you don't have access to the internet you can phone in on your landline by calling 0203 051 2874. You'll be asked to key in the meeting ID and the passcode 573870 and then you'll be able to join in with everyone else. It will cost you no more than a local call.

If you would like to receive the service on CD or DVD we can organise that for you, just contact Abigail and she will be able to add you to the list of those who receive our worship that way.

You can also dial in from your landline Phone 0117 325 3917 and you will hear a computer-generated voice. When told press any key on your phone keypad. There is then a very long pause before the service starts playing. It will cost the same as a local call. If you have the speaker option, then that is probably the best way to listen. (Listen any time after 11am on Sunday until the Thursday following Sunday).

## Other weekly events

- Monday & Friday      **Compline** on Zoom at 8pm. Meeting ID is: 609 432 5387  
<https://us04web.zoom.us/j/6094325387>. Passcode 5tk63n
- Tuesday            Online '**School of Prayer**' (in the usual Zoom Room) at 3pm.
- Wednesday        **Thought for the Day** with Mike - it's on the website - just where you find the Sunday Services <https://westburyparkchurch.org.uk/>
- Thursday            Online '**School of Prayer**' (in the usual Zoom Room) at 8pm.
- Everyday            You can find Morning Prayer on the website to use any day you want.

# Services for Lent

## **17th February Ash Wednesday**

7.30pm Eucharist and Imposition of Ashes  
(Emma preside and preach)  
Joel 2.1-2, 12-17, John 8.1-11

## **21st February The First Sunday of Lent**

10.15am Morning Prayer (Jan lead, Mike preach)  
Psalm 25.1-9, Genesis 9.8-17, Mark 1.9-15

## **28th February The Second Sunday of Lent**

10.15am Eucharist (Emma preside Margaret preach)  
Genesis 17.1-7, 15, 16, Mark 8.31-38

## **7th March The Third Sunday of Lent**

10.15am Morning Prayer (Dan lead, Mike preach)  
Psalm 19, I Corinthians 1.18-25, John 2.13-22

## **14th March Mothering Sunday**

10.15am Eucharist (Emma preside, Jan preach)  
I Samuel 1.20-28, Luke 2.33-35

## **21st March Passion Sunday**

10.15am Morning Prayer (Jonathan Pye lead and preach)  
Psalm 51.1-13, Jeremiah 31.31-34, John 12.20-33

# **Ash Wednesday 17th February 2021**

## **Welcome and Introduction**

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

## **The Greeting**

Grace, mercy and peace from God our Father  
and the Lord Jesus Christ be with you  
**and also with you.**

Brothers and sisters in Christ, since early days Christians have observed with great devotion the time of our Lord's passion and resurrection. and prepared for this by a season of penitence and fasting.

By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the Gospel, and so grow in faith and in devotion to our Lord.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word.

## **The Collect**

Let us pray for grace to keep Lent faithfully.

*Silence is kept.*

Holy God, our lives are laid open before you.  
rescue us from the chaos of sin  
and through the death of your Son  
bring us healing and make us whole  
in Jesus Christ our Lord. **Amen.**

## **Scripture Reading Joel 2.1-2,12-17**

*At the end of the reading the reader may say*

This is the word of the Lord.

**Thanks be to God.**

## **Gospel Reading John 8.1-11**

Hear the Gospel of our Lord Jesus Christ according to John.

**Glory to you, O Lord.**

*At the end*

This is the Gospel of the Lord

**Praise to you, O Christ.**

## **Sermon**

## **The Liturgy of Penitence**

### **Self-Examination and Confession**

Let us now call to mind our sin and the infinite mercy of God.

*All Kneel*

God the Father,  
**have mercy on us.**

God the Son,  
**have mercy on us.**

God the Holy Spirit,  
**have mercy on us.**

Trinity of love,  
**have mercy on us.**

**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, mind, and strength.

We have not loved our neighbours as ourselves.

We have not forgiven others, as we have been forgiven.

**Lord, have mercy.**

We have been deaf to your call to serve, as Christ served us.

We have not been true to the mind of Christ.

We have grieved your Holy Spirit.

**Lord, have mercy.**

We confess to you, Lord all our past unfaithfulness: the pride, hypocrisy,  
and impatience of our lives,

**Lord, have mercy.**

We confess to you, Lord our self-indulgent appetites and ways, and our  
exploitation of other people,

**Lord, have mercy.**

We confess to you, Lord our anger at our own frustration, and our envy of  
those more fortunate than ourselves,

**Lord, have mercy.**

We confess to you, Lord our intemperate love of worldly goods and  
comforts, and our dishonesty in daily life and work,

**Lord, have mercy.**

We confess to you, Lord our negligence in prayer and worship, and our failure to commend the faith that is in us,  
**Lord, have mercy.**

Accept our repentance, Lord ...

for the wrongs we have done, for our blindness to human need and suffering, and our indifference to injustice and cruelty,  
**Accept our repentance, Lord.**

For all false judgments, for uncharitable thoughts toward our neighbours, for our prejudice and contempt toward those who differ from us,  
**Accept our repentance, Lord.**

For our waste and pollution of your creation, and our lack of concern for those who come after us,  
**Accept our repentance, Lord.**

Restore us, good Lord, and let your anger depart from us;  
**Favourably hear us, for your mercy is great.**

Accomplish in us the work of your salvation,  
**That we may show your glory in the world.**

By the cross and passion of your Son our Lord,  
Bring us with all your saints to the joy of his resurrection.

*Silence*

### **The Imposition of Ashes**

*The president says*

Dear friends in Christ, I invite you to receive these ashes as a sign of the spirit of penitence with which we shall keep this season of Lent.

God our Father, you create us from the dust of the earth. grant that these ashes may be for us a sign of our penitence and a symbol of our mortality; for it is by your grace alone that we receive eternal life in Jesus Christ our Saviour. **Amen.**

*The president and people receive the imposition of ashes, at the imposition these words are said.*

Remember that you are dust, and to dust you shall return.  
Turn away from sin and be faithful to the Christ.

*When all have received the imposition of ashes, the president says*

The Lord enrich you with his grace,  
and nourish you with his blessing;  
the Lord defend you in trouble and keep you from all evil;  
the Lord accept your prayers,  
and absolve you from your offences,  
for the sake of Jesus Christ, our Saviour. **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.**

*The president takes the bread and wine.*

Wise and gracious God, you spread a table before us;  
nourish your people with the word of life  
and the bread of heaven. **Amen.**

### **The 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.

Praise to you, Lord Jesus:  
**Dying you destroyed our death,  
rising you restored our life:  
Lord Jesus, come in glory.**

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.

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 Alban 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**

Lord Jesus, remember us in your Kingdom and teach us 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.  
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 Breaking of the Bread**

*The president breaks the consecrated bread.*

Every time we eat this bread and drink this cup.

**We proclaim the Lord's death until he comes.**

### **The Giving of Communion**

Jesus is the Lamb of God  
who 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.**

*Because of the new ways we are currently called to be church we are not able to meet together and receive the bread and wine. The president will receive it on behalf of all of us and we each receive the sacrament spiritually - in a practise known as spiritual reception which has been practised for hundreds of years by those who for many reasons are unable to be at church.*

## **Act of Spiritual Reception**

**In union, dear Father, with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood, I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us. Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence. Amen**

## **Prayer after Communion**

*Silence is kept.*

Almighty God, you have given your only Son to be for us both a sacrifice for sin and also an example of godly life. give us grace that we may always most thankfully receive these his inestimable gifts, and also daily endeavour to follow the blessed steps of his most holy life; through Jesus Christ our Lord. **Amen.**

## **Responsory**

This is love, not that we loved God,  
**but that he loved us and sent his Son.**  
He is the sacrifice for our sins,  
**that we might live through him.**  
If God loves us so much  
**we ought to love one another.**  
If we love one another  
**God lives in us.**

## **Dismissal Gospel**

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

Which one of you, having a hundred sheep and losing one of them, does not leave the ninety-nine in the wilderness and go after the one that is lost until he finds it? When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbours, saying to them, "Rejoice with me, for I have found my sheep that was lost." Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.

This is the Gospel of the Lord  
**Praise to you, O Christ.**

## **Blessing**

May God the Father, who does not despise the broken spirit,  
give to you a contrite heart. **Amen.**

May Christ, who bore our sins in his body on the tree,  
heal you by his wounds. **Amen.**

May the Holy Spirit, who leads us into all truth,  
speak to you words of pardon and peace. **Amen.**

And the blessing of God Almighty, Father, Son and Holy Spirit  
Be with you and those that you love, now and always. **Amen**

## **Dismissal**

Go in the joy and peace of Christ.  
**Thanks be to God.**

# Morning Prayer for Lent

## Preparation

O Lord, open our lips  
**and our mouth shall proclaim your praise.**  
Hear our voice, O Lord, according to your faithful love,  
**according to your judgement give us life.**

Blessed are you, God of compassion and mercy,  
to you be praise and glory for ever.  
In the darkness of our sin, your light breaks forth like the dawn  
and your healing springs up for deliverance.  
As we rejoice in the gift of your saving help,  
sustain us with your bountiful Spirit  
and open our lips to sing your praise.  
Blessed be God, Father, Son and Holy Spirit.  
**Blessed be God for ever.**

## Psalm 51 – A song of Penitence

*We say together Psalm 51*

1 Have mercy on me, O God, in your great goodness;  
according to the abundance of your compassion  
blot out my offences.  
2 Wash me thoroughly from my wickedness  
and cleanse me from my sin.  
3e For I acknowledge my faults  
and my sin is ever before me.  
4 Against you only have I sinned  
and done what is evil in your sight,  
5 So that you are justified in your sentence  
and righteous in your judgement.  
6 Cast me not away from your presence  
and take not your holy spirit from me.  
7 Give me again the joy of your salvation  
and sustain me with your gracious spirit;  
8 Then shall I teach your ways to the wicked  
and sinners shall return to you.  
9 Deliver me from my guilt, O God,  
the God of my salvation,  
and my tongue shall sing of your righteousness.

*Psalm 51. 1-5, 12-15*

**Glory to the Father and to the Son and to the Holy Spirit;  
as it was in the beginning is now and shall be for ever.  
Amen.**

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*Silence is kept.*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you; now and for ever.

**Amen.**

### **Prayers of Penitence**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

We confess to you our selfishness and lack of love:  
fill us with your Spirit. Lord, have mercy.

**Lord, have mercy.**

We confess to you our fear and failure in sharing our faith:  
fill us with your Spirit. Christ, have mercy.

**Christ, have mercy.**

We confess to you our stubbornness and lack of trust:  
fill us with your Spirit. Lord, have mercy.

**Lord, have mercy.**

May God who loved who loved the world so much  
that he sent his Son to be our Saviour  
forgive *us our* sins and make us holy to serve him in the world,  
through Jesus Christ our Lord. **Amen**

### **The Word of God**

#### **Psalmody**

*The appointed psalmody is said*

*Each psalm may end with*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

#### **Bible Readings**

*After each reading this response may be used*

This is the word of the Lord.

**Thanks be to God.**

## **Gospel Cantic**

*We say together The Benedictus (The Song of Zechariah)*

**Blessed are those who hunger and thirst for righteousness,  
for they shall be satisfied.**

*(Passion Sunday)*

**The word of the cross is folly to those who are perishing,  
but to those who are being saved it is the power of God.**

Blessed be the Lord the God of Israel, "  
who has come to his people and set them free.  
He has raised up for us a mighty Saviour, "  
born of the house of his servant David.  
Through his holy prophets God promised of old "  
to save us from our enemies,  
from the hands of all that hate us,  
To show mercy to our ancestors, "  
and to remember his holy covenant.  
This was the oath God swore to our father Abraham: "  
to set us free from the hands of our enemies,  
Free to worship him without fear, "  
holy and righteous in his sight  
all the days of our life.  
And you, child, shall be called the prophet of the Most High, "  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation "  
by the forgiveness of all their sins.  
In the tender compassion of our God "  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the shadow of death, "  
and to guide our feet into the way of peace.

*Luke 1.68-79*

**Blessed are those who hunger and thirst for righteousness,  
for they shall be satisfied.**

*(Passion Sunday)*

**The word of the cross is folly to those who are perishing,  
but to those who are being saved it is the power of God.**

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

## **The Sermon**

## **The Creed**

Let us declare our faith in God

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.**

**On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.**

**Amen.**

## **Prayers of Intercession**

*The response to the bidding*

Lord in your mercy is

**Hear our prayer**

## **The Collect**

*The Collect, (the prayer of the day) is said*

## **The Lord's Prayer**

Gathering our prayers and praises into one,  
as our Saviour taught us, so we 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.**

**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 Conclusion**

May God our Redeemer show us compassion and love.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**

*(Passion Sunday)*

May Christ, who bore our sins on the cross,  
set us free to serve him with joy.

**Amen**

Let us bless the Lord.

**Thanks be to God.**

# Holy Communion for Lent and Passiontide

## Welcome and Introduction

### Prayer

**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.**

### Confession

Lord, you are steadfast in your love and infinite in your mercy;  
you welcome sinners and invite them to be your guests.  
We confess our sins, trusting in you to forgive us.

### Silence

We have yielded to temptation and sinned:  
Lord, have mercy. **Lord, have mercy.**  
We have turned from our neighbours in their need:  
Christ, have mercy. **Christ, have mercy.**  
We have resisted your word in our hearts:  
Lord, have mercy. **Lord, have mercy.**

### Absolution

The almighty and most merciful God  
grant you pardon, forgiveness of all your sins,  
time for true repentance and amendment of life,  
and the grace and comfort of the Holy Spirit. **Amen.**

## The Collect (Special Prayer for the Day)

### A Reading from the Bible

*At the end the reader says*

This is the world of the Lord  
**Thanks be to God**

### Gospel Reading

*Before the Gospel the reader says*

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

*At the end*

This is the Gospel of the Lord  
**Praise to you, O Christ.**

## **Sermon**

### **The Apostles Creed**

**I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ,  
God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose again,  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints, the forgiveness of sins,  
the resurrection of the body, and the life everlasting.  
Amen.**

### **Intercessions**

*Prayers for the Church and the World. At the end of each section a bidding and response may be used.*

Lord in your mercy  
**Hear our Prayer**

*And at the end of the prayers*

Merciful Father  
**Accept these prayers  
For the sake of your Son  
our Saviour Jesus Christ. Amen**

### **The Peace**

*All stand.*

In Christ, God was pleased to reconcile to himself all things,  
whether on earth or in heaven, by making peace through his blood  
which was shed on the cross.  
The peace of the Lord be always with you.  
**And also with you.**

## **The Eucharistic Prayer**

*The presiding minister leads the great prayer of 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 thanks and praise**

Blessing and praise belong to you, gracious and eternal God.

Through your living Word you created all things,

the majesty of the heavens and the glory of the earth.

In your wisdom and goodness you have made all people  
in your image and likeness.

Therefore with saints and angels and with all creation  
we lift up our voices to proclaim the glory of your name:

**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**

Holy and gracious God, we give you thanks and praise

that in the fullness of time you gave your only Son

to share our human nature

and to be tempted in every way as we are, yet without sin;

to set his face resolutely towards Jerusalem

and to be lifted high upon the cross,

that he might draw all creation to himself.

When the hour of his glory came, and loving his own to the end,

he sat with them at supper, took bread and, after giving thanks to you,

he broke it and gave it to his disciples, saying,

‘Take, eat. This is my body which is for you.

Do this in remembrance of me.’

In the same way he took the cup after supper, saying,

‘Drink from this, all of you; this cup is the new covenant in my blood.

Do this, whenever you drink it, in remembrance of me.’

In obedience to his command we recall his suffering and death, his resurrection and ascension, and we look for his coming in glory. Send your Holy Spirit that these gifts of bread and wine may be for us the body and blood of Christ.

In union with Christ's offering for us, we offer ourselves as a holy and living sacrifice. Unite us in love and peace with all your people until, with the whole company of heaven, we are brought into the presence of your eternal glory, through Jesus Christ our Lord.

**Through him, with him, and in him,  
in the unity of the Holy Spirit,  
all honour and glory are yours,  
almighty Father, now and for ever. Amen.**

### **The Lord's Prayer**

We say together the prayer that Jesus gave us:

**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 Breaking of the Bread**

The bread we break is a sharing in the body of Christ.

**Christ is the Bread of Life.**

The cup we take is a sharing in the blood of Christ.

**Christ is the true Vine.**

Come to this sacred table, not because you must but because you may; come, not to declare that you are righteous, but that you desire to be true disciples of our Lord Jesus Christ: come, not because you are strong, but because you are weak; not because you have any claim on heaven's rewards, but because in our frailty and sin you stand in constant need of heaven's mercy and help.

## **The Sharing of the Bread and Wine**

*Because of the ways we are currently called to be church we are not able to meet together and receive the bread and wine. The president will receive it on behalf of all of us and we each receive the sacrament spiritually - in a practise known as spiritual reception which has been practised for hundreds of years by those who for many reasons are unable to be at church.*

## **Act of Spiritual Reception**

**In union, dear Father, with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood, I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us. Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence. Amen**

## **Prayers and Dismissal**

*Silence*

**Gracious God, we thank you that you have nourished us with the bread of life and with the cup of salvation. May we who have received this sacrament be strengthened in your service; we who have sung your praises live in your glory; and we who have known the greatness of your love see you face to face in your kingdom; through Jesus Christ our Lord. Amen.**

## **The Blessing**

Christ crucified draw you to himself,  
To find in him a sure ground for faith,  
A firm support for hope,  
And the assurance of sins forgiven;  
And the blessing of God Almighty,  
The Father, The Son and The Holy Spirit  
be upon you now and remain with you always.  
**Amen**

## **The Dismissal**

Go in peace to love and serve the Lord.  
**In the name of Christ. Amen.**

# **An Order for Night Prayer (Compline) in Lent**

## **The Preparation**

The Lord almighty grant us a quiet night and a perfect end.

**Amen.**

Our help is in the name of the Lord  
**who made heaven and earth.**

*A period of silence for reflection on the past day may follow.*

*The following or other suitable words of penitence may be used*

**Most merciful God,  
we confess to you,  
before the whole company of heaven and one another,  
that we have sinned in thought, word and deed  
and in what we have failed to do.  
Forgive us our sins,  
heal us by your Spirit  
and raise us to new life in Christ. Amen.**

○ God, make speed to save us.

**○ Lord, make haste to help us.  
Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

*The following or another suitable hymn may be sung*

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.

○ Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

## The Word of God

Psalm 139:1-18

1 O Lord, you have searched me out and known me; ♦  
you know my sitting down and my rising up;  
you discern my thoughts from afar.

2 You mark out my journeys and my resting place ♦  
and are acquainted with all my ways.

3 For there is not a word on my tongue, ♦  
but you, O Lord, know it altogether.

4 You encompass me behind and before ♦  
and lay your hand upon me.

5 Such knowledge is too wonderful for me, ♦  
so high that I cannot attain it.

6 Where can I go then from your spirit? ♦  
Or where can I flee from your presence?

7 If I climb up to heaven, you are there; ♦  
if I make the grave my bed, you are there also.

8 If I take the wings of the morning ♦  
and dwell in the uttermost parts of the sea,

9 Even there your hand shall lead me, ♦  
your right hand hold me fast.

10 If I say, 'Surely the darkness will cover me ♦  
and the light around me turn to night,'

11 Even darkness is no darkness with you;  
the night is as clear as the day; ♦  
darkness and light to you are both alike.

12 For you yourself created my inmost parts; ♦  
you knit me together in my mother's womb.

13 I thank you, for I am fearfully and wonderfully made; ♦  
marvellous are your works, my soul knows well.

14 My frame was not hidden from you, ♦  
when I was made in secret  
and woven in the depths of the earth.

15 Your eyes beheld my form, as yet unfinished; ♦  
already in your book were all my members written,

16 As day by day they were fashioned ♦  
when as yet there was none of them.

17 How deep are your counsels to me, O God! ♦  
How great is the sum of them!

18 If I count them, they are more in number than the sand, ♦  
and at the end, I am still in your presence.

*At the end of the psalmody, the following is said or sung*  
**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

### **Scripture Reading**

*Short Reading: the following or some other  
(Lent)*

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?

*Isaiah 58. 6,7*

*(Passiontide)*

I will pour out a spirit of compassion and supplication on the house of David and the inhabitants of Jerusalem, so that, when they look on the one whom they have pierced, they shall mourn for him, as one mourns for an only child, and weep bitterly over him, as one weeps over a firstborn.

*Zechariah 12.10*

### **Responsory**

Into your hands, O Lord, I commend my spirit.

**Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

Glory to the Father and to the Son  
and to the Holy Spirit.

**Into your hands, O Lord, I commend my spirit.**

Keep me as the apple of your eye.

**Hide me under the shadow of your wings.**

## **Gospel Canticle**

*The Nunc dimittis (The Song of Simeon) is said or sung  
(Lent)*

**Christ died for us,  
so that, whether we wake or sleep,  
we might live with him.**

*(Passiontide)*

**Christ himself bore our sins in his body on the tree,  
that we might die to sin and live to righteousness.**

- 1 Now, Lord, you let your servant go in peace:  
your word has been fulfilled.
- 2 My own eyes have seen the salvation  
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations  
and the glory of your people Israel.

*Luke 2.29-32*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

*(Lent)*

**Christ died for us,  
so that, whether we wake or sleep,  
we might live with him.**

*(Passiontide)*

**Christ himself bore our sins in his body on the tree,  
that we might die to sin and live to righteousness.**

## **Prayers**

*Intercessions and thanksgivings may be offered here.*

## **Collect** *(Lent)*

Almighty God,  
may we, by the prayer and discipline of Lent,  
enter into the mystery of Christ's sufferings;  
that by following in the Way,  
we may come to share in the glory;  
through Jesus Christ our Lord. **Amen**

**Collect** (*Passiontide*)

Almighty God,  
as we stand at the foot of the cross of your Son,  
help us to see and know your love for us,  
so that in humility, love and joy we may place at his feet  
all that we have and all that we are;  
through Jesus Christ our Saviour. **Amen**

**The Lord's Prayer**

**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 Conclusion**

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**  
Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**  
As the night watch looks for the morning,  
**so do we look for you, O Christ.**  
[Come with the dawning of the day  
**and make yourself known in the breaking of the bread.]**

(*Lent*)

May God bless us,  
that in us may be found love and humility,  
obedience and thanksgiving,  
discipline, gentleness and peace.  
**Amen.**

(*Passiontide*)

May God bless us,  
that in us may be found love and humility,  
obedience and thanksgiving,  
discipline, gentleness and peace.  
**Amen**