

Father, all-powerful and ever-living God, we do well always and everywhere to give you thanks through Jesus Christ our Lord. 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 as we prepare to celebrate the Easter feast with joyful hearts and minds.

Now, we bless you for your mercy and join with saints and angels for ever praising you and *singing*:

All 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.**

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.✠ Christ is the bread of life:

All say: When we eat this bread and drink this cup, we proclaim your death, Lord Jesus, until you 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 Mary, virgin Mother of God, St Thomas the Apostle and our patron, 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. **All Amen.**

The Lord's Prayer

Lord Jesus, remember us in your kingdom and teach us to pray.

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 *Breaking the consecrated host, the priest says:* 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.

The priest says **The Invitation to Communion**

✠ 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 to receive you, but only say the word, and I shall be healed.

The Agnus Dei is sung as the administration of Holy Communion begins

All 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.

During Holy Communion a recorded Anthem: Show me your hands sung by our choir.

Prayer after Communion

Let us pray

All God of our pilgrimage, you have fed us with the bread of heaven.

Refresh and sustain us as we go forward on our journey, in the name of Jesus Christ our Lord. Amen.

The Lord be with you

All And with thy spirit

The Blessing & Dismissal

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

Go in peace to love and serve the Lord.

All In the name of Christ, Amen.

The Mass ends, as the altar party leave to William Byrd's 'Ave verum' sung by St Thomas' Choir.

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The altar party enter in silence.

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

The Lord be with you **All And also with you.**

The Welcome followed by the First Hymn

Introduction

The priest explains the meaning of Lent, inviting the people to observe it faithfully, saying,

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.

All say The Trisagion

Holy God, holy and strong, holy and immortal, have mercy upon us.

The priest introduces a period of silent prayer with the words

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.

All Amen.

The Liturgy of the Word

First Reading read by Fade Solanke-Mitterer Joel 2. 12-17

¹²Yet even now, says the LORD, return to me with all your heart, with fasting, with weeping, and with mourning;¹³rend your hearts and not your clothing. Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.¹⁴Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD, your God?¹⁵Blow the trumpet in Zion; sanctify a fast; call a solemn assembly;¹⁶gather the people. Sanctify the congregation; assemble the aged; gather the children, even infants at the breast. Let the bridegroom

leave his room, and the bride her canopy.¹⁷ Between the vestibule and the altar let the priests, the ministers of the LORD, weep. Let them say, "Spare your people, O LORD, and do not make your heritage a mockery, a byword among the nations. Why should it be said among the peoples, 'Where is their God?'"

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

Psalm 51 is sung by Roger Grange & David Gilbert

The Response All: Have mercy on us, Lord for we have sinned.

Have mercy on me, O God, in your great love;
In your compassion blot out my offences.

Wash me thoroughly from my guilt, and cleanse me from my sin.

Have mercy on us, Lord, for we have sinned.

To you I confess my faults, For they stare me in the face:
Against you it is that have I sinned, and done evil in your sight.

Have mercy on us, Lord, for we have sinned.

Make me a clean heart, O God, and renew a right spirit within me.
Cast me not out of your sight, and take not your holy spirit from me.

Have mercy on us, Lord, for we have sinned.

Uphold me with your might, and strengthen me with perseverance:
Open my lips, O Lord, and my mouth shall declare your praise.

Have mercy on us, Lord, for we have sinned.

The acclamation heralds 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.

All Praise to you, O Christ, King of eternal glory.

Hear the Gospel of our Lord Jesus Christ according to Matthew

All ✠✠✠Glory to you, O Lord.

^{16.14} "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

²⁴ "So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. ³ But when you give alms, do not let your left hand know what your right hand is doing, ⁴ so that your alms may be done in secret; and your Father who sees in secret will reward you. ⁵⁴ "And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. ⁶ But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. ¹⁶⁴ "And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

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

Sermon

The Liturgy of Penitence

Silence is kept.

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your holy word.

All Holy God, holy and strong, holy and immortal, have mercy upon us.

Silence is kept.

Make our hearts clean, O God;

All and renew a right spirit within us.

All Almighty God, our heavenly Father, we have sinned against you through our own fault, in thought and word and deed, and in what we have left undone.

We are heartily sorry, and repent of all our sins.

For your Son our Lord Jesus Christ's sake, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.

Dear friends in Christ,

I invite you to take your 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. **All Amen.**

The priest and people then make a cross on their foreheads using the ash as the priest says.

Remember that you are dust, and to dust you shall return.

Turn away from sin and be faithful to Christ.

The Lent Prose is then sung by David Gilbert & Roger Grange.

The Response All: Hear us, O Lord, have mercy upon us: for we have sinned against thee.

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 sinned against thee.

O thou chief cornerstone, 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 sinned against thee.

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 sinned against thee.

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 sinned against thee.

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 sinned against thee.

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. **All Amen.**

The Liturgy of the Sacrament

Introduction to the Peace during Lent

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 also with you.

Let us offer one another a sign of peace.

The Offertory Hymn

**Jesu, lover of my soul, Let me to thy bosom fly,
While the nearer waters roll, While the tempest still is high.
Hide me, O my Saviour, hide, Till the storm of life is past;
Safe into the haven guide; O receive my soul at last.**

**Other refuge have I none, Hangs my helpless soul on thee;
Leave, ah! leave me not alone, Still support and comfort me.
All my trust on thee is stayed, All my help from thee I bring;
Cover my defenceless head With the shadow of thy wing.**

**Thou, O Christ, art all I want, More than all in thee I find;
Raise the fallen, cheer the faint, Heal the sick, and lead the blind.
Just and holy is thy name, I am all unrighteousness;
False and full of sin I am; Thou art full of truth and grace.**

**Plenteous grace with thee is found, Grace to cover all my sin;
Let the healing streams abound, Make and keep me pure within.
Thou of life the fountain art, Freely let me take of thee;
Spring thou up within my heart; Rise to all eternity.**

Offertory Prayer over the Gifts

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.

All Amen.

The Eucharistic Prayer

The Lord be with you. **All And with Thy spirit.**

Lift up your hearts.

All We lift them up unto the Lord.

Let us give thanks unto our Lord God.

All It is meet and right so to do.