Welcome to our Parish Eucharist today - please help us to help you by observing the following throughout:

• It is mandatory to wear a face covering/mask in church unless you are exempt.
• Sit on your own, or with members of your household/bubble, in one of the marked socially distanced places.
• Say (not sing) the congregational responses in a normal conversational tone not in a loud voice.
• Stay in your place Holy Communion will be brought to you.
• Take very great care, by maintaining social distancing both inside and outside S Lawrence’s.

Our Maximum Capacity is 50 for Eucharists, 30 for Funerals and 6 for Weddings and Baptisms.

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**Entrance Antiphon**  
Cf. Ps 26: 8-9

Of you my heart has spoken, Seek his face.  
It is your face, O Lord, that I seek;  
hide not your face from me.

In the name of the Father,  
and of the Son,  

The Lord be with you  
And also with you

**Introduction**

The readings for the second Sunday of Lent follow the same pattern over the three years of the liturgical cycle. The first reading is always about Abraham. The Gospel is always the story of the transfiguration, this year in Mark’s version.

**Penitential Act**

We call to mind our sins and ask God's forgiveness.

Lord Jesus, you are the Word made flesh.  
Lord, have mercy.  
**Lord, have mercy.**

Lord, Jesus, you are the light of the world.  
Christ, have mercy.  
**Christ, have mercy.**

Lord Jesus, you are the beloved Son of God the Father.  
Lord, have mercy.  
**Lord, have mercy.**
Collect
O God, who have commanded us

to listen to your beloved Son,
be pleased, we pray,
to nourish us inwardly by your word,
that, with spiritual sight made pure,
we may rejoice to behold your glory.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the
unity of the Holy Spirit,
God, for ever and ever.

First Reading Genesis 22:1-2,9-13,15-18

The sacrifice of Abraham, our father in faith

God put Abraham to the test. ‘Abraham, Abraham’ he called. ‘Here I am’ he replied. ‘Take your
son,’ God said ‘your only child Isaac, whom you love, and go to the land of Moriah. There you
shall offer him as a burnt offering, on a mountain I will point out to you.’

When they arrived at the place God had pointed out to him, Abraham built an altar there,
and arranged the wood. Then he bound his son Isaac and put him on the altar on top of the
wood. Abraham stretched out his hand and seized the knife to kill his son.

But the angel of the Lord called to him from heaven. ‘Abraham, Abraham’ he said. ‘I am here’
he replied. ‘Do not raise your hand against the boy’ the angel said. ‘Do not harm him, for now
I know you fear God. You have not refused me your son, your only son.’ Then looking up,
Abraham saw a ram caught by its horns in a bush. Abraham took the ram and offered it as a
burnt-offering in place of his son.

The angel of the Lord called Abraham a second time from heaven. ‘I swear by my own self –
it is the Lord who speaks – because you have done this, because you have not refused me your
son, your only son, I will shower blessings on you, I will make your descendants as many as the
stars of heaven and the grains of sand on the seashore. Your descendants shall gain possession
of the gates of their enemies. All the nations of the earth shall bless themselves by your
descendants, as a reward for your obedience.’

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

Responsorial Psalm 115(116):10,15-19

R/ I will walk in the presence of the Lord in the land of the living.

I trusted, even when I said:
‘I am sorely afflicted,’
O precious in the eyes of the Lord
is the death of his faithful. R/

Your servant, Lord, your servant am I;
you have loosened my bonds.
A thanksgiving sacrifice I make;
I will call on the Lord’s name. R/
My vows to the Lord I will fulfil
before all his people,
in the courts of the house of the Lord,
in your midst, O Jerusalem.

**Second Reading** Romans 8:31-34  
_God did not spare his own Son_

With God on our side who can be against us? Since God did not spare his own Son, but gave him up to benefit us all, we may be certain, after such a gift, that he will not refuse anything he can give. Could anyone accuse those that God has chosen? When God acquits, could anyone condemn? Could Christ Jesus? No! He not only died for us – he rose from the dead, and there at God’s right hand he stands and pleads for us.

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

**Gradual Hymn** (sadly said NOT sung owing to Covid Regulations)

_Forty days and forty nights_  
_Thou wast fasting in the wild;_  
_Forty days and forty nights_  
_Tempted, and yet undefiled._

_Shall not we Thy sorrow share,_  
_And from earthly joys abstain,_  
_Fasting with unceasing prayer,_  
_Glad with Thee to suffer pain?_

_And if Satan vexing sore,_  
_Flesh or spirit should assail,_  
_Thou, his Vanquisher before,_  
_Grant we may not faint or fail._

_SO shall we have peace divine;_  
_Holier gladness ours shall be;_  
_Round us, too, shall angels shine,_  
_Such as minister’d to Thee._

_Keep, O keep us, Saviour dear,_  
_Ever constant by Thy side;_  
_That with Thee we may appear_  
_At th’ eternal Eastertide._

**Gospel Acclamation**  
Mt 17:5  
_Glory and praise to you, O Christ!_  
_From the bright cloud the Father’s voice was heard:_  
_‘This is my Son, the Beloved. Listen to him.’_
Glory and praise to you, O Christ!

The Gospel
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.

Mark 9:2-10  This is my Son, the Beloved
Jesus took with him Peter and James and John and led them up a high mountain where they could be alone by themselves. There in their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them. Elijah appeared to them with Moses; and they were talking with Jesus. Then Peter spoke to Jesus: ‘Rabbi,’ he said ‘it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.’ He did not know what to say; they were so frightened. And a cloud came, covering them in shadow; and there came a voice from the cloud, ‘This is my Son, the Beloved. Listen to him.’ Then suddenly, when they looked round, they saw no one with them any more but only Jesus.

As they came down from the mountain he warned them to tell no one what they had seen, until after the Son of Man had risen from the dead. They observed the warning faithfully, though among themselves they discussed what ‘rising from the dead’ could mean.

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

The Sermon

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**  These responses may be used

Lord, in your mercy (or) Lord, hear us.  
hear our prayer. (or) Lord, graciously hear us.

**And at the end**

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

**The Peace**

Since we are justified by faith, we have peace with God through our Lord Jesus Christ.

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

Pray, my brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.
**Prayer over the Offerings**
May this sacrifice, O Lord, we pray, cleanse us of our faults and sanctify your faithful in body and mind for the celebration of the paschal festivities.
Through Christ our Lord. **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 truly right and just, our duty and our salvation, always and everywhere to give you thanks, holy Father, almighty and eternal God, through Jesus Christ our Lord.

His fast of forty days established this season of self-denial. By rejecting all the devil’s temptations he has taught us to rid ourselves of the leaven of malice, and so to celebrate the paschal mystery in sincerity and truth, until we come at last to the eternal feast of heaven.

And so we join the throng of saints and angels as they sing the unending hymn of your praise:

**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.
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 Our Blessed Lady, S Paul,
S Lawrence 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,
al 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, 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.

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.

Lamb of God,
you take away the sin of the world,
have mercy on us.

Lamb of God,
you take away the sin of the world,
have mercy on us.

Lamb of God,
you take away the sin of the world,
grant us peace.

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.

Communion Antiphon   Mt 17: 5
This is my beloved Son, with whom I am well pleased;
listen to him.

Prayer after Communion
As we receive these glorious mysteries,
we make thanksgiving to you, O Lord,
for allowing us while still on earth
to be partakers even now of the things of heaven.
Through Christ our Lord. Amen.
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.

Final Blessing
May God the Father watch over you.
May the Son of God free you from sin.
May the Spirit of God comfort you.
And may almighty God bless you, the Father, the Son and the Holy Spirit. Amen.

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

Background on the Gospel Reading
On the second Sunday of Lent in each Lectionary cycle, the Gospel reading proclaims the story of Jesus’ Transfiguration. This event is reported in each of the Synoptic Gospels—Matthew, Mark, and Luke. This year, in Lectionary Cycle B, we hear Mark’s report of this event.

The context for Mark’s Transfiguration story is similar to that found in both Matthew’s and Luke’s Gospel. The Transfiguration occurs after Peter’s confession that Jesus is the Messiah and Jesus’ prediction about his passion. After this, in each of these Gospels, there is also a discussion of the cost of discipleship.

In each case, Jesus takes three of his disciples—Peter, James, and John—to a high mountain. While they are there, Elijah and Moses appear with Jesus. In Matthew’s and Mark’s Gospel, there is reference to a conversation among Jesus, Elijah, and Moses, but only Luke’s Gospel includes the detail that this conversation is about what Jesus will accomplish in Jerusalem.

Elijah and Moses are significant figures in the history of Israel. Moses led the Israelites from slavery in Egypt and received from Yahweh the Ten Commandments. In appearing with Jesus at his Transfiguration, Moses represents the Law that guides the lives of the Jewish people. Elijah is remembered as one of the most important prophets of Israel who helped the Israelites stay faithful to Yahweh. Some Jews believed that Elijah’s return would signal the coming of the Messiah for the Jewish people. This belief is evidenced in the question posed by Jesus’ disciples after they have witnessed the Transfiguration. The appearance of these two important figures from Israel’s history with Jesus signifies Jesus’ continuity with the Law and with the prophets and that Jesus is the fulfillment of all that was promised to the people of Israel.

On seeing Jesus with Elijah and Moses and having witnessed his Transfiguration, Peter offers to
construct three tents for them. Mark reports that the disciples are terrified by what they have witnessed and that Peter’s offer is made out of confusion. We also notice that Peter has reverted from his earlier confession that Jesus is the Messiah, calling Jesus rabbi instead. As if in reply to Peter’s confusion, a voice from heaven speaks, affirming Jesus as God’s Son and commanding the disciples to obey him. This voice from heaven recalls the voice that was heard at Jesus’ baptism.

In his Transfiguration, we see an anticipation of the glory of Jesus’ Resurrection. In each of the reports of the Transfiguration, Jesus instructs the disciples to keep secret what they have seen until after the Son of Man has risen from the dead. The disciples’ confusion continues as they wonder what Jesus means by rising from the dead. The disciples cannot possibly understand Jesus’ Transfiguration until they also witness his passion and death. We hear the story of Jesus’ Transfiguration early in Lent, but we have the benefit of hindsight. In our hearing of it, we anticipate Jesus’ Resurrection, even as we prepare to remember Jesus’ passion and death.

#LiveLent 2021: God’s Story, Our Story is The Church of England’s Lent resources theme for 2021, building on the success of recent years. Both the book and the accompanying daily reflections encourage all Christians to think about their calling, how to share their faith and reflect on the difference Christ makes in our lives.

We witness to God’s story and the impact this has made to our story so that others might also find their story taking on new meaning in the light of God’s love. While the current restrictions on daily life necessitated by the pandemic present significant challenges, the suffering and isolation many continue to face make the need for us to share God’s love with our communities greater than ever. Rather than just being a Lenten discipline, this year’s #LiveLent is a joyful invitation to make witness a normal part of the Christian life, the natural overflow of a life lived in devotion to Christ.

What are the key elements of the Lent 2021 resources?
From Ash Wednesday (17 February) to Easter Sunday (4 April), there are six reflections for each week, written by Stephen Hance, the Church of England’s National Lead for Evangelism and Witness. Each reflection includes a short passage from the Bible, a brief exploration of the reading, and a prayer. Additionally, each week has a unifying theme and an action to be taken during the week.

The daily reflections are available through the booklet available to buy direct from Church House Publishing or Amazon. The booklet is also available in a Large Print format. The reflections are also available as a free app (already launched), emails, audio and through the Church of England’s social media accounts. The app version includes a daily Family Activity, offering a simple way to explore a story or a theme from the day’s reflection.
In Your Prayers This Week
Please pray for our Parish and for its needs;

The Sick Those who are known to us personally and those whose names are read out in Church, the patients and staff of The Royal National Orthopaedic Hospital & St Luke’s Hospice, those who live in Henry Nihill House, Knights Court & Whitchurch Lodge the elderly & housebound of our Parish.

The Departed
Recently all those who have died as a result of the Covid -19 pandemic, those who died alone, or through the violence of others and Alan Lambert, Edgar Moses


EASTER FLOWERS It being Lent our Altar Flowers have been removed from Church until Easter to reflect its penitential nature. This gives us an opportunity for the flower fund to recover in time for the splendid displays of Easter! Donations to the flower fund can be made directly to Brenda Marney or via Fr Paul. In previous years we have invited people to donate money in memory of Departed Loved Ones and we have then remembered them at The Eucharist - we will be doing this again this year.

PASTORAL CONCERNS If you have any pastoral concerns or would like to request prayers for yourself or friends/family, then please get in touch using our email or WhatsApp or else speak to the Rector, Fr Paul Reece, after The Eucharist. Please note that Sick List requests can be made only with the knowledge and permission of the person being added to the Sick List. Please do not ask to add anybody to the List without their permission as it contravenes GDPR.

LIVE STREAMING OF SERVICES We use a webcam to record and livestream The Eucharist and other services in this building to help us share our Christian Faith with others who are unable to attend in person. Livestreams and past recordings are placed on our Parish FaceBook and YouTube pages for the general public to see. If you have any concerns about the use of livestreaming during a service or Eucharist, and do not wish to be recorded, then please speak to the Rector, Fr Paul Reece, who will provide you with advice about the best place to sit and/or what you should do. The livestreaming of The Eucharist and services in this building is being carried out in pursuit of our legitimate interests which is to promote and share the Anglican (C of E) faith.
THIS WEEK AT S LAWRENCE LITTLE STANMORE

in church & online
we are an inclusive Anglican Catholic Church (Church of England)
serving Canons Park (HA8) and its surrounding area

28 Sun  SECOND SUNDAY OF LENT
          10:00  The Parish Eucharist

02 Tue   09:30  The Eucharist

04 Thu   18:00  The Eucharist

07 Sun  THIRD SUNDAY OF LENT
          10:00  The Parish Eucharist

Rector & Parish Priest - Fr Paul M Reece
t: 020 8909 5426 (24/7)
e: little.stanmore@london.anglican.org

PAWS FOR THOUGHT aka THE TAIL END
Life is like an ice-cream cone;
just when you think you've got it licked,
it goes and drips all over you!
As found by George & Bertie the Rectory Retrievers

#LIVELENT
God’s Story
Our Story