



The Benefice of Lostwithiel Parishes

St Veep

A Eucharist for Lent

LENT WORSHIP

The Gathering

The congregation stands for the processional hymn

In the name of the Father
and of the Son
and of the Holy Spirit

All Amen

Invitation to Confession

Compassion and forgiveness belong to the
Lord our God, though we have rebelled against
him. Let us then renounce our wilfulness and
ask his mercy by confessing our sins in
penitence and faith

Confessions

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.

Lord, have mercy.

Lord, have mercy.

We confess to you our stubbornness
and lack of trust:

Fill us with your Spirit.

Lord, have mercy.

Lord, have mercy.

Absolution

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 everlasting life

All Amen

The Collect

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are
penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ your Son your Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

The Liturgy of the word

Please sit for the readings

Readings

At the end This is the word of the Lord

All Thanks be to God

Gradual Hymn

The Gospel Reading

We remain standing for the reading of the Gospel

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

Psalm 95.3,8

Hear the Gospel of our Lord Jesus Christ
according to N

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

At the end

This is the Gospel of the Lord

All Praise to you O Christ

Address

The Creed

We stand to affirm our faith in the words of the Creed

All 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,
and his kingdom will have no end.

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 and Intercession

Please sit or kneel for our time of prayer and intercession

We pray that the Lord will give us courage to
give up those things that would hinder our walk
with him, and to give ourselves to him this Lent.

Give your Church the courage to give up her
preoccupation with herself and to give more
time to your mission in the world.

[We pray for...]

May the blood and water flowing from the side
of Jesus bring forgiveness to your people
and help us to face the cost of proclaiming
salvation

Lord meet us in the silence...

All give us strength and hear our prayer

Give your world the courage to give up war,
bitterness and hatred, and to seek peace.

[We pray for...]

May the shoulders of the risen Jesus, once scourged by soldiers, bear the burden of political and military conflict in our world.
Lord meet us in the silence...

All give us strength and hear our prayer

Give us the courage to give up quarrels, strife and jealousy in our families, neighbourhoods and communities.

[We pray for...]

May the presence of the risen Jesus, his body once broken and now made whole, bring peace and direction as we live with one another.

Lord meet us in the silence...

All give us strength and hear our prayer

Give us the courage to give up our selfishness as we live for others, and to give time, care and comfort to the sick.

[We pray for...]

May the wounded hands of Jesus bring his healing touch, and the light of his presence fill their rooms.

Lord meet us in the silence...

All give us strength and hear our prayer

Give us the courage to give up our fear of death and to rejoice with those who have died in faith.

[Especially we hold ... in our minds.]

May the feet of the risen Lord Jesus, once nailed to the cross, walk alongside the dying and bereaved in their agony, and walk with us and all your Church through death to the gate of glory.

Lord meet us in the silence...

**All give us strength and hear our prayer,
here and in eternity.**

Amen

The Liturgy of the Sacrament

The Peace

We stand for the peace and share peace by shaking hands with those around us

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, who has given us access to his grace. *Romans 5.1,2*

The peace of the Lord be always with you

All And also with you

Offertory Hymn

*The altar is prepared. Bread and wine are placed upon it.
The gifts of the people are received and blessed*

The Eucharistic Prayer

God of mercy and compassion,
your Word calls us home to faith and love#
accept all we offer you this day;
in the name of Jesus Christ the Lord.
Amen

And now we give you thanks
because each year you give us this joyful season
when we prepare to celebrate the paschal
mystery with mind and heart renewed.
You give us a spirit of loving reverence for you
and of willing service to our neighbour.
As we recall the saving acts that give new life in
Christ, you bring the image of your Son to
perfection within our hearts

All The Lord be with you
And also with you

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

All 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 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:

**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.**

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:]
**All 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 [N and] all the
saints, may praise and glorify you for ever,
through Jesus Christ our Lord;
by whom, and with whom, and in whom,
by the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever.

All Amen

Let us pray now with confidence the prayer our Saviour
taught us

All Our Father who art in heaven....

Agnus Dei

**All Lamb of God,
you take away the sins of the world,
have mercy on us**

**Lamb of God,
you take away the sins of the world,
have mercy on us**

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

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 and 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 from 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

Please come forward to either receive communion if it is your tradition or a blessing

Collect

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 endeavour
to follow the blessed steps of his most holy life;
through Jesus Christ our Lord.

Post Communion Prayer

All Lord God,
you have renewed us the the
living bread from heaven;
by it you nourish our faith,
increase our hope,
and strengthen our love:
teach us always to hunger for him who is the
true and living bread,
and enable us to live by every word
that proceeds from out of your mouth;
through Jesus Christ our Lord.
Amen.

Notices

Hymn

Dismissal and Final 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,
rest and remain with you,
now and always.

All Amen.

Dismissal

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

The Season of Lent

Lent may originally have followed Epiphany, Just as Jesus' sojourn in the wilderness followed immediately on his baptism, but it soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who have been excluded from the Church's fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent - self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally be added.

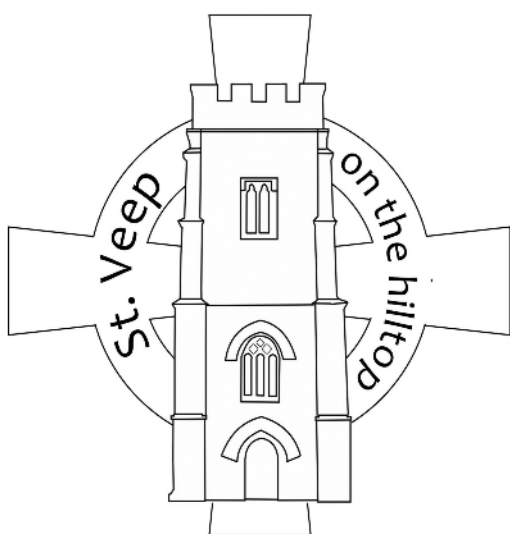
Now is the healing time decreed for sins of heart and word and deed, when we in humble fear record the wrong that we have done the Lord.

(Latin, before 12th century)

As the candidates for baptism were instructed in Christian faith, and as penitents prepared themselves, through fasting and penance, to be readmitted to communion, the whole Christian community was invited to join them in the process of study and repentance, then extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness, being tested by Satan.

Ashes are an ancient sign of penitence; from the middle ages, it became the custom to begin Lent by being marked in ash with the sign of the cross. The calculation of the forty days has varied considerably in Christian history. It is now usual in the West to count them continuously to the end of Holy Week (not including Sundays), so beginning Lent on the sixth Wednesday before Easter, Ash Wednesday. Liturgical dress is the simplest possible. Churches are kept bare of flowers and decoration. Gloria in excelsis is not used. The fourth Sunday of Lent (Laetare or Refreshment Sunday) was allowed as a day of relief from the rigour of Lent, and the Feast of the Annunciation almost always falls in Lent; these breaks from austerity are the background to the modern observance of Mothering Sunday on the Fourth Sunday of Lent.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gave to the fifth Sunday its name of Passion Sunday. There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy. The Stations of the Cross, made popular in the West by the Franciscans after they were granted custody of the Christian sites in the Holy Land, are the best known.



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