



Christ Church

St Leonards on Sea



The First Sunday of Lent

Sung Mass

With Sunday School

10.30am

Sunday 22nd February

Welcome to Christ Church!

Whoever you are and wherever you are from, know you are very welcome to join us for our worship this morning.

The Blessed Sacrament is exposed for Adoration on the Altar from 10am, during which time we also offer Morning Prayer.

All are welcome to join, using the booklets at the back of church.

If you do not wish to pray, please keep a prayerful silence so as not to disturb others at prayer & preparing for Mass

Please remember to be reverent when Our Lord is exposed on the altar and not to disrespect Him.

After the Mass, please join us for refreshments at the back of church.

Children & families are very welcome here: our Sunday School meets at the back of Church and there is also a 'Children's Chapel' space with books and toys in the South Aisle, for young children and their parents to use at any point during Mass. Toilets are available at the back of church and in the crypt, accessed via the stairs at the end of the South Aisle.

During the Mass - *'Talk to God before Mass, and each other afterwards!'*

Please follow the directions to *sit, stand or kneel in italics* and join with the words in bold. Please remember that people are trying to pray before Mass, so keep silence as much as possible and don't disturb those at prayer. Please also remember that the time after receiving Holy Communion is for prayer and contemplation – not to have conversations.

Holy Communion

At the Giving of Holy Communion, if you are confirmed and wish to receive the Sacrament, please come forward to receive Communion via the main aisle following the directions of the sidesmen.

Everyone is very welcome to come forward for a blessing: if you would like one, please bow your head.

Holy Communion is offered at the communion rail in both forms. Please kneel, unless you are unable. The Host is received on the tongue, (or if preferred on the hands). If you wish to receive from the Chalice, please assist the Eucharistic Ministers by guiding the Chalice towards your lips and not bowing your head forward.

Stay in touch:

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Please stand when the bell rings for the entrance of the sanctuary party

Introit Hymn

1. 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.

2. 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.

3. 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.

4. 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.

The Lent Prose is sung as the altar is censed

The Greeting

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



A-men.

The Lord be with you.



And also with you.

The Priest introduces the Mass and invites the children of the parish come forward to receive their bible and blessing, and the items to prepare their altar.

The Penitential Rite: The Asperges

Dear brothers and sisters let us humbly beseech the Lord our God to bless this water he has created, which will be sprinkled on us as a memorial of our Baptism. May he help us by his grace to remain faithful to the Spirit we have received.

All pray in silence briefly. The Priest then continues:

Almighty ever-living God, who willed that through water, the fountain of life and the source of purification, even souls should be cleansed and receive the gift of eternal life; be pleased, we pray, to bless [+] this water, by which we seek protection on this your day, O Lord. Renew the living spring of your grace within us and grant that by this water we may be defended from all ills of spirit and body, and so approach you with hearts made clean and worthily receive salvation. Through Christ our Lord.

Amen.

While the Choir sings the chant, the Priest sprinkles himself and the people.

Antiphon: Thou shalt purge me, O Lord, with hyssop, and I shall be clean: thou shalt wash me, and I shall be whiter than snow.

Have mercy upon me, O God: after thy great goodness.

Glory be to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now and ever shall be, world without end. Amen.

Antiphon: Thou shalt purge me, O Lord, with hyssop, and I shall be clean: thou shalt wash me, and I shall be whiter than snow.

The Priest pronounces the 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 life eternal; through Jesus Christ our Lord. Amen

The Priest sings the Collect:

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.
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.

Amen

THE LITURGY OF THE WORD

Genesis 2:7-9; 3:1-7 Romans 5:12, 17-19 Matthew 4:1-11

Please sit for the readings

First Reading A reading from the Book of Genesis

The word of the Lord **Thanks be to God**

Psalm 32 vv.1-6 R/ Forgive me, O Lord, the guilt of my sin

1 Happy the one whose transgression is forgiven, and whose sin is covered.

2 Happy the one to whom the Lord imputes no guilt, and in whose spirit there is no guile.

3 For I held my tongue; my bones wasted away through my groaning all the day long.

4 Your hand was heavy upon me day and night; my moisture was dried up like the drought in summer.

5 Then I acknowledged my sin to you and my iniquity I did not hide.

6 I said, 'I will confess my transgressions to the Lord,' and you forgave the guilt of my sin.

Second Reading A reading from Letter to the Romans

The word of the Lord **Thanks be to God**

Please stand for the Gospel Acclamation.

Alleluia, alleluia, alleluia! Alleluia, alleluia, alleluia!

Please turn to face the Gospel, proclaimed from the midst of the people

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

Hear the Gospel (✠) of Our Lord Jesus Christ (✠) according to St Matthew (✠) **Glory to you, O Lord.**

The Gospel of the Lord **Praise to you, Lord Jesus Christ**

Please sit for the Homily - The homily is followed by a time of silent reflection.

The Creed – *please stand.*

I believe in God the Father almighty,
maker of heaven and earth:
and in Jesus Christ his only Son our Lord,

*who was conceived by the Holy Ghost, (all bow)
born of the Virgin Mary,*

suffered under Pontius Pilate,
was crucified, dead, and buried.

He descended into hell;

the third day he rose again from the dead;

he ascended into heaven,

and sitteth on the right hand of God the Father almighty;

from thence he shall come to judge the quick and the dead.

I believe in the Holy Ghost;

the holy catholic Church;

the communion of saints;

the forgiveness of sins;

the resurrection of the body, ✠

and the life everlasting. Amen.

Please remain standing for the **Intercessions**

After each petition: Lord, in your mercy **Hear our prayer.**

As we pray for the dead: Rest eternal, grant unto them O Lord,
and let light perpetual shine upon them.

After the final petition we entrust all our prayer and petitions to the unceasing prayers of the Saints in heaven, especially to the Blessed Virgin Mary who we greet saying: **Hail Mary, full of grace, the Lord is with thee; Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.**

The Priest concludes the prayer, and all respond: **Amen**

The Peace

The Priest introduces the peace, then shares it with the people

The peace of the Lord be always with you **And also with you.**

Let us offer one another a sign of peace

All share a sign of peace with those near them

Please then sit for the offertory hymn as bread and wine are brought forward for the preparation of the altar.

During this hymn a collection is taken towards the costs of Christ Church's ministries – if you don't have cash, there is a contactless reader by the entrance or you can donate online here:

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THE LITURGY OF THE SACRAMENT

Please stand when the congregation is censed by the thurifer.

Offertory Hymn

1. O for a heart to praise my God,
A heart from sin set free;
A heart that always feels thy
blood
So freely spilt for me:

2. A heart resigned, submissive,
meek,
My dear Redeemer's throne;
Where only Christ is heard to
speak,
Where Jesus reigns alone:

3. A humble, lowly, contrite
heart,
Believing, true, and clean,
Which neither life nor death can
part
From him that dwells within:

4. A heart in every thought
renewed,
And full of love divine;
Perfect, and right, and pure, and
good,
A copy, Lord, of thine.

5. My heart, thou know'st, can
never rest
Till thou create my peace;
Till of mine Eden repossess,
From self, and sin, I cease.

6. Thy nature, gracious Lord,
impart,
Come quickly from above;
Write thy new name upon my
heart,
Thy new best name of love.

Pray, my brothers and sisters, that my sacrifice and yours may be acceptable to God our 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.

The Priest offers the Prayer over the Gifts, and all respond. Amen.

Eucharistic Prayer

The Lord be with you

And also with you

Lift up your hearts

We lift them up to the Lord

Let us give thanks to the Lord our God

It is right to give Him thanks and praise

The Priest continues with the Opening (Preface) of the Prayer of Thanksgiving at the end of which the choir leads the Sanctus

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.

Please kneel as the Priest continues the Prayer of Thanksgiving.

He first invokes the Holy Spirit to sanctify the offerings of bread and wine.

He then recalls the Lord's actions the night before he died. A bell is rung as the Priest elevates the consecrated Host and Chalice.

He then says:

Great is the mystery of faith.

Christ has died. Christ is risen. Christ will come again.

The Priest continues with the Eucharistic Prayer.

At the end, all respond:



A-men.

The Lord's Prayer

Please remain kneeling as all pray:

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.

As the Priest breaks the Host, he says:

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.

As the Body of Christ is broken, the choir lead the Agnus Dei

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.

Giving of Communion

***Please remain kneeling** as the Priest shows the Body of Christ*

Behold the Lamb of God. Behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Before coming forward to receive Holy Communion, all pray together:

We do not presume to come to this thy table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We

are not worthy so much as to gather up the crumbs under thy table.

But thou art the same Lord whose nature is always to have mercy.

Grant us therefore, gracious Lord, so to eat the flesh of thy 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.

As the Priest receives Holy Communion, a bell is rung & the people begin to come forward. If you are confirmed and wish to receive Holy Communion, please come forward via the main aisle, following the directions of the stewards.

All are welcome to come forward for a blessing: if you would like one, please bow your head.

Holy Communion is offered in both forms at the Communion Rail. Please kneel, unless you are unable. The Host is received on the tongue (or, if preferred, on the hands.) If you wish to receive from the Chalice, please assist the Eucharistic Ministers by guiding the Chalice towards your lips and not bowing your head forward. If you don't wish to receive from the Chalice, you can return to your seat after receiving the Host.

Intinction (dipping the Host in the Chalice) is not permitted.

*During the receiving of Holy Communion, the Choir sing an **Anthem**
Do not be afraid - Stopford*

*All then join in the **Communion Hymn***

**1 Sweet Sacrament divine,
Hid in thine earthly home,
Lo, round thy lowly shrine,
With suppliant hearts we come;
Jesu, to thee our voice we raise
In songs of love and heartfelt
praise:
Sweet Sacrament divine.**

**2 Sweet Sacrament of peace,
Dear home for every heart,
Where restless yearnings cease
And sorrows all depart;
There in thine ear all trustfully
We tell our tale of misery:
Sweet Sacrament of peace.**

**3 Sweet Sacrament of rest,
Ark from the ocean's roar,
Within thy shelter blest
Soon may we reach the shore;
Save us, for still the tempest
raves,
Save, lest we sink beneath the
waves:
Sweet Sacrament of rest.**

**4 Sweet Sacrament divine,
Earth's light and jubilee,
In thy far depths doth shine
Thy Godhead's majesty;
Sweet light, so shine on us, we
pray
That earthly joys may fade away:
Sweet Sacrament divine.**

As the Sacred Vessels are cleansed, the Priest & servers lead the people in the Prayer of Thanksgiving after Holy Communion

Almighty God, we thank thee for feeding us with the body and blood of thy Son Jesus Christ. Through him we offer thee our souls and bodies to be a living sacrifice. Send us out in the power of thy Spirit to live and work to thy praise and glory. Amen.

The Priest & servers then return to the Sanctuary for a time of silent prayer.

Please stand for the Priest to sing the Prayer after Communion

Renewed now with heavenly bread,
by which faith is nourished, hope increased,
and charity strengthened,
we pray, O Lord,
that we may learn to hunger for Christ,
the true and living Bread,
and strive to live by every word
which proceeds from your mouth.
Through Christ our Lord.. **Amen**

Please sit for the Notices

Please stand for **The Blessing and Dismissal**

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

Bow your heads and pray for God's blessing

May bountiful blessing, O Lord, we pray,
come down upon your people,
that hope may grow in tribulation,
virtue be strengthened in temptation,
and eternal redemption be assured.
Through Christ our Lord. **Amen**

May the blessing of almighty God, the Father, and the Son, ✠ and the Holy Spirit, come down on you and remain with you forever. **Amen.**

The Mass is ended, let us go in the peace of Christ!

Thanks be to God!

*As the Sanctuary party prepares to depart, all sing the **Recessional Hymn***

**1. Take up thy cross, the Saviour
said,**

**If thou wouldst my disciple be;
Deny thyself, the world forsake,
 And humbly follow after me.**

**2. Take up thy cross; let not its
weight**

**Fill thy weak spirit with alarm;
His strength shall bear thy spirit
up,
 And brace thy heart, and nerve
thine arm.**

**3. Take up thy cross, nor heed
the shame,**

**Nor let thy foolish pride rebel;
The Lord for thee the Cross
endured,
 To save thy soul from death and
hell.**

**4. Take up thy cross then in his
strength,
 And calmly every danger brave;
'Twill guide thee to a better
home,
 And lead to victory o'er the
grave.**

**5. Take up thy cross, and follow
Christ,
 Nor think till death to lay it
down;
For only he who bears the cross
 May hope to wear the glorious
crown.**

**6. To thee, great Lord, the One in
Three,
 All praise for evermore ascend;
O grant us in our home to see
 The heavenly life that knows
no end.**

*As the procession approaches the Image of Our Lady, all turn to focus on the Blessed Virgin as the Priest leads the singing of **the Angelus***

The angel of the Lord brought glad tidings to Mary
And she conceived by the Holy Ghost

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

Behold the handmaid of the Lord **Be it unto me according to thy word**
Hail Mary...

And the Word was made flesh **And dwelt among us.**
Hail Mary....

Pray for us, O holy Mother of God
That we may be worthy of the promises of Christ

*The Priest sings the collect, and all respond **Amen.***

During Lent, there is no Organ Voluntary

Please join us after the Mass for refreshments.

Make sure to take a copy of the 'Week Ahead' booklet which gives details of the times of worship this week at Christ Church, as well as upcoming events.