



Christ Church

St Leonards on Sea



The Third Sunday of Lent

Sung Mass

With Sunday School

10.30am

Sunday 8th March

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

This evening, we offer Evensong at 6pm followed by a light supper with a Guest Speaker: Stuart Corner, from the Eastbourne Beekeepers Association, who will speak on the 'Curious & Secret Life of the Honey Bee' – please join us!

The penitential nature of this Lenten season is reflected in the greater simplicity of the church & liturgy: music is limited to accompanying our singing, and there are no flowers or other decorations. During Lent there is also no Gloria, and Penitential Rite – where we confess our sins before God – takes the form of the Asperges (Sprinkling with Holy Water)

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 at least 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.

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.

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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**:*

O God, author of every mercy and of all goodness,
who in fasting, prayer and almsgiving
have shown us a remedy for sin,
look graciously on this confession of our lowliness,
that we, who are bowed down by our conscience,
may always be lifted up by your mercy.
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

Exodus 17.3-7 Romans 5.1-2, 5-8 John 4.-5-42

Please sit for the readings

First Reading A reading from the Book of Exodus

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

Psalm 95 vv1-3, 6 R/ O Come let us worship and bow down and kneel before our maker.

1 O come, let us sing to the Lord;

let us heartily rejoice in the rock of our salvation.

2 Let us come into his presence with thanksgiving
and be glad in him with psalms.

3 For the Lord is a great God
and a great king above all gods.

6 Come, let us worship and bow down
and kneel before the Lord our Maker.

Second Reading A reading from Letter to the Romans

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

Please stand for the Gospel Acclamation.

Praise to you, O Christ, King of Eternal Glory! **Praise to you, O Christ,
King of Eternal Glory!**

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 John (✠)
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. Disposer supreme, and judge
of the earth,

Who choosest for thine the
weak and the poor,

To frail earthen vessels, and
things of no worth,

Entrusting thy riches which ay
shall endure;

2. Throughout the wide world
their message is heard,

And swift as the wind it circles
the earth;

It echoes the voice of the
heavenly Word,

And brings unto mortals the
hope of new birth.

3. Their cry thunders forth,
'Christ Jesus is Lord',

Then Satan doth fear, his
citadels fall:

As when those shrill trumpets
were raised at thy word,

And one long blast shattered
proud Jericho's wall.

4. O loud be the call, and stirring
the sound,

To rouse us, O Lord, from sin's
deadly sleep;

May lights which thou kindlest
in darkness around,

The dull soul awaken, her vigil
to keep.

5. All honour and praise, dominion and might,

To thee, Three in One, eternally be,

Who pouring around us thy glorious light,

Dost call us from darkness thy glory to see.

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***

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

**1 WE love the place, O God,
Wherein thine honour dwells;
The joy of thine abode
All earthly joy excels.**

**4 We love thine altar, Lord;
O, what on earth so dear!
For there, in faith adored,
We find thy presence near.**

**2 We love the house of prayer,
Wherein thy servants meet;
And thou, O Lord, art there
Thy chosen flock to greet.**

**5 We love the word of life,
The word that tells of peace,
Of comfort in the strife,
And joys that never cease.**

**3 We love the sacred font,
For there the holy Dove
To pour is ever wont
His blessing from above.**

**6 We love to sing below
For mercies freely given;
But O, we long to know
The triumph-song of heaven!**

**7 Lord Jesus, give us grace
On earth to love thee more,
In heaven to see thy face,
And with thy saints adore.**

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**

As we receive the pledge
of things yet hidden in heaven
and are nourished while still on earth
with the Bread that comes from on high,
we humbly entreat you, O Lord,
that what is being brought about in us in mystery
may come to true completion.
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

Direct, O Lord, we pray, the hearts of your faithful,
and in your kindness grant your servants this grace:
that, abiding in the love of you and their neighbour,
they may fulfil the whole of your commands.

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. In the Cross of Christ I glory,
Towering o'er the wrecks of time;
All the light of sacred story
Gathers round its head sublime.**

**2. When the woes of life o'ertake me,
Hopes deceive and fears annoy,
Never shall the Cross forsake me:
Lo! it glows with peace and joy.**

**3. When the sun of bliss is beaming
Light and love upon my way,
From the Cross the radiance streaming,
Adds more lustre to the day.**

**4. Bane and blessing, pain and pleasure,
By the Cross are sanctified;
Peace is there that knows no measure,
Joys that through all time abide.**

*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.

Evensong is at 6pm this evening, followed by a light supper & guest speaker – all are most welcome.