



# Welcome to St Alban's

## 3<sup>rd</sup> Sunday of Lent

OPENING HYMN ©Bernardette Farrel, OCP Publications

**1 Longing for light, we wait in darkness.  
Longing for truth, we turn to you.  
Make us your own, your holy people,  
light for the world to see.**

*Christ, be our light! Shine in our hearts.  
Shine through the darkness.  
Christ, be our light!  
Shine in your church gathered today.*

**2 Longing for peace, our world is troubled.  
Longing for hope, many despair.  
Your word alone has pow'r to save us.  
Make us your living voice.**

*Christ, be our light...*

**3 Longing for food, many are hungry.  
Longing for water, many still thirst.  
Make us your bread, broken for others,  
shared until all are fed.**

*Christ, be our light...*

**4 Longing for shelter, many are homeless.  
Longing for warmth, many are cold.  
Make us your building, sheltering others,  
walls made of living stone.**

*Christ, be our light...*

**5 Many the gifts, many the people,  
many the hearts that yearn to belong.  
Let us be servants to one another,  
making your kingdom come.**

*Christ, be our light...*

† In the name of the Father and of the Son and of the Holy Spirit. **Amen.**  
The Lord be with you. **And also with you.**

## INVITATION TO CONFESSION

The sacrifice of God is a broken spirit; a broken and contrite heart God will not despise. Let us come to the Lord, who is full of compassion, and acknowledge our transgressions in penitence and faith.

Lord Jesus, illuminate the darkness in our hearts:  
Lord, have mercy. **Lord, have mercy.**

Lord Jesus, open our eyes to your saving love:  
Christ, have mercy. **Christ, have mercy.**

Lord Jesus, unstop our ears to hear your living word:  
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 life eternal, through Jesus Christ our Lord.  
**Amen.**

## THE COLLECT

Eternal God,  
give us insight  
to discern your will for us,  
to give up what harms us,  
and to seek the perfection we are promised  
in Jesus Christ our Lord. **Amen.**

## OLD TESTAMENT READING

Exodus 20. 1-17

Then God spoke all these words:

<sup>2</sup>I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; <sup>3</sup>you shall have no other gods before me.

<sup>4</sup>You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. <sup>5</sup>You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, <sup>6</sup>but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

<sup>7</sup>You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

<sup>8</sup> Remember the sabbath day, and keep it holy. <sup>9</sup> For six days you shall labour and do all your work. <sup>10</sup> But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. <sup>11</sup> For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

<sup>12</sup> Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

<sup>13</sup> You shall not murder.

<sup>14</sup> You shall not commit adultery.

<sup>15</sup> You shall not steal.

<sup>16</sup> You shall not bear false witness against your neighbour.

<sup>17</sup> You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

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

THE GOSPEL  
Mark 8.31-end

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.

Hear the Gospel of our Lord Jesus Christ according to Mark.

**Glorify to you, O Lord.**

The Passover of the Jews was near, and Jesus went up to Jerusalem. <sup>14</sup> In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. <sup>15</sup> Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. <sup>16</sup> He told those who were selling the doves, 'Take these things out of here! Stop making my Father's house a market-place!' <sup>17</sup> His disciples remembered that it was written, 'Zeal for your house will consume me.'

<sup>18</sup> The Jews then said to him, 'What sign can you show us for doing this?' <sup>19</sup> Jesus answered them, 'Destroy this temple, and in three days I will raise it up.' <sup>20</sup> The Jews then said, 'This temple has been under construction for forty-six years, and will you raise it up in three days?' <sup>21</sup> But he was speaking of the temple of his body. <sup>22</sup> After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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

THE SERMON

## THE NICENE CREED

**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

*RESPONSE:* Lord, in your mercy...**hear our prayer.**

*At the end of the prayers we say together:*

**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,  
who has given us access to his grace.

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

## THE PREPARATION OF THE TABLE

Blessed are you, Lord God of all creation.  
Through your goodness we have this bread to offer, which earth has given and human  
hands have made, it will become for us the bread of life.  
**Blessed be God forever.**

Blessed are you, Lord God of all creation.  
Through your goodness we have this wine to offer, fruit of the vine and work of human  
hands. It will become for us the cup of salvation.  
**Blessed be God forever.**

## THE EUCHARIST

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 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 a 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 singing:

**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.**

We praise and bless you, loving Father, through Jesus Christ, our Lord; and as we obey his command, send your Holy Spirit, that broken bread and wine outpoured may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends and, taking bread, he praised you.

He broke the bread, gave it to them and said:  
Take, eat; this is my body which is given for you;  
Do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:  
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.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice made once for all upon the cross.  
Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection until he comes in glory.

Great is the mystery of faith  
**Christ has died: Christ is risen: Christ will come again.**

Lord of all life, help us to work together for that day  
when your kingdom comes and justice and mercy will be seen in all the earth.  
Look with favour on your people,  
gather us in your loving arms  
and bring us with the Blessed Virgin Mary, St Alban and all the saints  
to feast at your table in heaven.

Through Christ, and with Christ, and in Christ, in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father, for ever and ever. **Amen.**

As our Saviour taught us so we pray:

**Our Father in heaven, hallowed be your name;  
Your kingdom come, your will be done;  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins, as we forgive those who sin against us.  
Lead us not into temptation; but deliver us from evil.  
For the kingdom, the power and the glory are yours,  
now and for 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.**

God's holy gifts for God's holy people.

**Jesus Christ is holy, Jesus Christ is Lord, to the glory of God the Father.**

*The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members.*

*In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.*

An Act of Spiritual Communion

**My Jesus, I believe that you are present in the Holy Sacrament of the altar.  
I love you above all things and I passionately desire to receive you into my soul.  
Since I cannot now receive you sacramentally, come spiritually into my soul  
so that I may unite myself wholly to you now and for ever. Amen.**

POST COMMUNION PRAYERS

Merciful Lord,  
grant your people grace to withstand the temptations  
of the world, the flesh and the devil,  
and with pure hearts and minds to follow you,  
the only God;  
through Jesus 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.**

THE BLESSING AND 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.  
**In the name of Christ. Amen.**

CLOSING HYMN *Caroline Maria Noel (1817-1877)*

**1 At the name of Jesus every knee shall bow,  
every tongue confess him King of glory now:  
'Tis the Father's pleasure we should call him Lord,  
who from the beginning was the mighty Word.**

**2 At his voice creation sprang at once to sight:  
all the angel faces, all the hosts of light,  
thrones and dominations, stars upon their way,  
all the heavenly orders in the great array.**

**3 Humbled for a season, to receive a name  
from the lips of sinners unto whom he came,  
faithfully he bore it spotless to the last,  
brought it back victorious, when from death he passed.**

**4 Bore it up triumphant with its human light,  
through all ranks of creatures to the central height,  
to the throne of Godhead, to the Father's breast;  
filled it with the glory of that perfect rest.**

**5 Name him, Christians, name him, with love as strong as death,  
but with awe and wonder and with bated breath:  
He is God the Saviour, He is Christ the Lord,  
ever to be worshipped, trusted, and adored**

**6 In your hearts enthrone him, there let him subdue  
all that is not holy, all that is not true.  
Crown him as your captain in temptation's hour;  
let his will enfold you in his light and power.**

**7 Christians, this Lord Jesus shall return again,  
with his Father's glory, with his angel train;  
for all wreaths of empire meet upon his brow,  
and our hearts confess him King of glory now.**

**Website: [www.stalbansgossopsgreen.co.uk](http://www.stalbansgossopsgreen.co.uk)  
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