



# Welcome to St Alban's

## Mothering Sunday/Lent 4

OPENING HYMN *Henry Smith © 1978 Integrity's Hosanna! Music*

**Give thanks with a grateful heart,  
give thanks to the Holy One.  
Give thanks because he's given Jesus Christ, his Son. (Repeat)**

**And now let the weak say, "I am strong",  
let the poor say, "I am rich",  
because of what the Lord has done for us.  
And now let the weak say, "I am strong",  
let the poor say, "I am rich",  
because of what the Lord has done for us.**

**Give thanks with a grateful heart.....**

† 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

God of love,  
passionate and strong,  
tender and careful:  
watch over us and hold us all the days of our life;  
through Jesus Christ our Lord. **Amen.**

## OLD TESTAMENT READING

Exodus 2.1-10

Now a man from the house of Levi went and married a Levite woman. <sup>2</sup>The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. <sup>3</sup>When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. <sup>4</sup>His sister stood at a distance, to see what would happen to him.

<sup>5</sup>The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. <sup>6</sup>When she opened it, she saw the child. He was crying, and she took pity on him. 'This must be one of the Hebrews' children,' she said. <sup>7</sup>Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse the child for you?' <sup>8</sup>Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother. <sup>9</sup>Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and nursed it. <sup>10</sup>When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because', she said, 'I drew him out of the water.'

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

## THE GOSPEL

John 19.25b-27

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 John.

**Glory to you, O Lord.**

Standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. <sup>26</sup>When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' <sup>27</sup>Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

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

Loving God,  
as a mother feeds her children  
you feed us in this sacrament with the food and drink of eternal life:  
help us who have tasted your goodness  
to grow in grace within the household of faith;  
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

May the Father,  
from whom every family  
in earth and heaven receives its name,  
strengthen you with his Spirit in your inner being,  
so that Christ may dwell in your hearts by faith;  
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 Colours of day dawn into the mind,  
The sun has come up, the night is behind.  
Go down in the city, into the street,  
And let's give the message to the people we meet**

*So light up the fire and let the flame burn,  
Open the door, let Jesus return,  
Take seeds of His Spirit, let the fruit grow,  
Tell the people of Jesus, let His love show.*

**2 Go through the park, on into the town;  
The sun still shines on, it never goes down.  
The light of the world is risen again;  
The people of darkness are needing a friend.**

*So light up the fire....*

**3 Open your eyes, look into the sky,  
The darkness has come, the sun came to die,  
The evening draws on, the sun disappears,  
But Jesus is living, His Spirit is near.**

*So light up the fire...*

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