



# Welcome to St Alban's

## 5<sup>th</sup> Sunday of Lent

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OPENING HYMN *George Hunt Smyttan ad. Michael Forster ©1999 Kevin Mayhew Ltd*

**1 Forty days and forty nights  
you were fasting in the wild;  
forty days and forty nights,  
tempted still, yet unbeguiled.**

**2 Sunbeams scorching all the day,  
chilly dew-drops nightly shed,  
prowling beasts about your way,  
stones your pillow, earth your bed.**

**3 Let us your endurance share,  
and from earthly greed abstain,  
with you vigilant in prayer,  
with you strong to suffer pain.**

**4 Then if evil on us press,  
flesh or spirit to assail,  
victor in the wilderness,  
help us not to swerve or fail.**

**5 So shall peace divine be ours;  
holy gladness, pure and true:  
come to us angelic powers,  
such as ministered to you.**

**6 Keep, O keep us, Saviour dear,  
ever constant by your side,  
that with you we may appear  
at the eternal Eastertide.**

† 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

Gracious Father,  
you gave up your Son out of love for the world:  
lead us to ponder the mysteries of his passion,  
that we may know eternal peace  
through the shedding of our Saviour's blood,  
Jesus Christ our Lord. **Amen.**

## OLD TESTAMENT READING

Jeremiah 31.31-34

<sup>31</sup> The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. <sup>32</sup> It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD.

<sup>33</sup> But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. <sup>34</sup> No longer shall they teach one another, or say to each other, 'Know the LORD', for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

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

## THE GOSPEL

John 12.20-33

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.**

<sup>20</sup> Now among those who went up to worship at the festival were some Greeks. <sup>21</sup> They came to Philip, who was from Bethsaida in Galilee, and said to him, 'Sir, we wish to see Jesus.' <sup>22</sup> Philip went and told Andrew; then Andrew and Philip went and told Jesus. <sup>23</sup> Jesus answered them, 'The hour has come for the Son of Man to be glorified. <sup>24</sup> Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if

it dies, it bears much fruit. <sup>25</sup> Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. <sup>26</sup> Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

<sup>27</sup> 'Now my soul is troubled. And what should I say—"Father, save me from this hour"? No, it is for this reason that I have come to this hour. <sup>28</sup> Father, glorify your name.' Then a voice came from heaven, 'I have glorified it, and I will glorify it again.' <sup>29</sup> The crowd standing there heard it and said that it was thunder. Others said, 'An angel has spoken to him.' <sup>30</sup> Jesus answered, 'This voice has come for your sake, not for mine. <sup>31</sup> Now is the judgement of this world; now the ruler of this world will be driven out. <sup>32</sup> And I, when I am lifted up from the earth, will draw all people to myself.'

<sup>33</sup> He said this to indicate the kind of death he was to die.

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

Lord Jesus Christ,  
you have taught us  
that what we do for the least of our brothers and sisters  
we do also for you:  
give us the will to be the servant of others  
as you were the servant of all,  
and gave your life and died for us,  
but are alive and reign, now and for ever. **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

The love of the Lord Jesus draw you to himself;  
the power of the Lord Jesus strengthen you in his service;  
the joy of the Lord Jesus fill your hearts.  
And the blessing ...

Go in peace, to love and serve the Lord.  
**In the name of Christ. Amen.**

#### CLOSING HYMN *Isaac Watts (1674-1748)*

**1 When I survey the wondrous cross  
on which the Prince of Glory died,  
my richest gain I count but loss,  
and pour contempt on all my pride.**

**2 Forbid it, Lord, that I should boast,  
save in the death of Christ my God:  
all the vain things that charm me most,  
I sacrifice them to his blood.**

**3 See from his head, his hands, his feet,  
sorrow and love flow mingled down:  
did e'er such love and sorrow meet,  
or thorns compose so rich a crown?**

**4 Were the whole realm of nature mine,  
that were an offering far too small;  
love so amazing, so divine,  
demands my soul, my life, my all!**

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