



Welcome to St Alban's

Trinity Sunday

OPENING HYMN *Reginald Heber (1783 - 1875)*

1 Holy, holy, holy! Lord God Almighty!
Early in the morning our song shall rise to thee:
Holy, holy, holy, merciful and mighty,
God in three persons, blessed Trinity!

2 Holy, holy, holy! all the saints adore thee,
casting down their golden crowns around the glassy sea;
Cherubim and seraphim falling down before thee,
which wert, and art, and ever more shall be.

3 Holy, holy, holy! Though the darkness hide thee,
though the eye of sinful man thy glory may not see;
only thou art holy, there is none beside thee,
perfect in power, in love and purity.

4 Holy, holy, holy, Lord God Almighty!
All thy works shall praise thy name in earth, and sky, and sea:
Holy, holy, holy, merciful and mighty,
God in three persons, blessed Trinity!

† 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 CONFESSON

We have too often exchanged the worship of the living God for idols of our own imagining.
As we gather to offer our praises to the holy and undivided Trinity, and to worship him in
spirit and in truth, let us call to mind our sins.

Father, you come to meet us when we return to you:
Lord, have mercy. **Lord, have mercy.**

Jesus, you died on the cross for our sins:
Christ, have mercy. **Christ, have mercy.**

Spirit, you give us life and peace:
Lord, have mercy. **Lord, have mercy.**

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**

GLORIA

**Glory to God in the highest,
and peace to his people on earth.**
**Lord God, heavenly King, almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.**
**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world: have mercy on us;
you are seated at the right hand of the Father: receive our prayer.**

**For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

THE COLLECT

Holy God, faithful and unchanging:
enlarge our minds with the knowledge of your truth,
and draw us more deeply into the mystery of your love,
that we may truly worship you, Father, Son and Holy Spirit,
one God, now and for ever. **Amen.**

NEW TESTAMENT READING

Romans 8. 12-17

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh—¹³ for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. ¹⁴ For all who are led by the Spirit of God are children of God. ¹⁵ For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, ‘Abba! Father!’ ¹⁶ it is that very Spirit bearing witness with our spirit that we are children of God, ¹⁷ and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.

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

THE GOSPEL

John 3.1-7

Alleluia, alleluia. Alleluia. Hear the Gospel of our Lord Jesus Christ according to John.
Glory to you, O Lord.

Now there was a Pharisee named Nicodemus, a leader of the Jews. ² He came to Jesus by night and said to him, ‘Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.’ ³ Jesus answered him, ‘Very truly, I tell you, no one can see the kingdom of God without being born from above.’ ⁴ Nicodemus said to him, ‘How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?’ ⁵ Jesus answered, ‘Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. ⁶ What is born of the flesh is flesh, and what is born of the Spirit is spirit. ⁷ Do not be astonished that I said to you, “You must be born from above.”’

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

THE SERMON

THE APOSTLES' CREED

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. 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

Peace to you from God our heavenly Father.
Peace from his Son Jesus Christ who is our peace.
Peace from the Holy Spirit, the life-giver.

The peace of the triune God 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, our duty and our joy, always and everywhere to give you thanks, holy
Father, almighty and eternal God. For with your only-begotten Son and the Holy Spirit you
are one God, one Lord. All that you reveal of your glory, the same we believe of the Son and
of the Holy Spirit, without any difference or inequality. We, your holy Church, acclaim you,
Father of majesty unbounded, your true and only Son, worthy of all worship, and the Holy
Spirit, advocate and guide. Three Persons we adore, one in being and equal in majesty. And
so with angels and archangels, with cherubim and seraphim, we sing for ever of your glory:

**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.**

Rejoicing in the presence of God here among us, 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

Almighty and eternal God,
you have revealed yourself as Father, Son and Holy Spirit,
and live and reign in the perfect unity of love:
hold us firm in this faith,
that we may know you in all your ways
and evermore rejoice in your eternal glory,
who are three Persons yet one God, 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

God the Holy Trinity make you strong in faith and love,
defend you on every side,
and guide you in truth and peace;
and the blessing ...

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

CLOSING HYMN *Charitie Lees Bancroft (1841-1892)*,

**1 Before the throne of God above
I have a strong and perfect plea;
A great High Priest whose name is love
who ever lives and pleads for me.
My name is graven on His hands,
my name is written on His heart.
I know that while in heav'n He stands
no tongue can bid me thence depart.
No tongue can bid me thence depart.**

**2 When Satan tempts me to despair
and tells me of the guilt within,
upward I look and see Him there,
who made an end of all my sin.
Because the sinless Saviour died
my sinful soul is counted free:
For God the Just is satisfied
to look on Him and pardon me.
To look on Him and pardon me.**

**3 Behold Him there, the risen Lamb,
my perfect, spotless righteousness.
The great unchangeable I AM,
the King of glory and of grace.
One with himself I cannot die,
my soul is purchased by his blood;
my life is hid with Christ on high,
with Christ, my Saviour and my God,
with Christ my Saviour and my God.**

**4 I bow before the cross of Christ,
and marvel at this love divine;
God's perfect Son was sacrificed
to make me righteous in God's eyes.
This river's depths I cannot know
but I can glory in its flood,
the Lord Most High has bowed down low
and poured on me his glorious love,
and poured on me his glorious love.**

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