



Welcome to St Alban's

Lent 1

Before the children leave for Junior Church we pray together....

**Dear God, this church is a family.
Help us to learn together, to worship together,
to share together and to pray together.
In Jesus' name. Amen.**

OPENING HYMN George Hunt Smyttan adapted M Forster ©1999 Kevin Mayhew Ltd

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

**2 Let us thy endurance share,
and from earthly greed abstain,
with thee watching unto prayer,
with thee strong to suffer pain.**

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

**4 Keep, O keep us, Saviour dear,
ever constant by thy side,
that with thee we may appear
at the eternal Eastertide.**

We are gathered together as one body...

† 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.

CONFESSION

God our Father, we come to you in sorrow for our sins.

**Father eternal,
giver of light and grace,
we have sinned against you and against our neighbour,
in what we have thought,
in what we have said and done,
through ignorance, through weakness,
through our own deliberate fault.**

**We have wounded your love,
and marred your image in us.
We are sorry and ashamed, and repent of all our sins.
For the sake of your Son Jesus Christ, who died for us,
forgive us all that is past;
and lead us out from darkness to walk as children of light.
Amen.**

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 (The special prayer of the day)

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves
in obedience to your Spirit;

and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

READINGS FROM SCRIPTURE

Genesis 2.15-17; Romans 5.12-19

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

GRADUAL HYMN Terry Coelho ©1972 Maranatha Music

**Father we adore you,
lay our lives before you;
how we love you.**

**Jesus, we adore you.
lay our lives before you,
how we love you.**

**Spirit, we adore you,
lay our lives before you,
how we love you.**

THE GOSPEL

We remain standing for the Gospel reading and sing...

Hear us, O Lord, have mercy upon us, for we have sinned against thee.



Hear us, O Lord, have mer-cy up - on us: for we have sinned a - gainst thee.

Hear the Gospel of our Lord Jesus Christ according to Matthew.
Glory to you, O Lord.

Matthew 4.1–11

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

THE SERMON

THE NICENE CREED *Please stand if you are able*

**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;
he 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

We meet in the name of Christ and we share his peace.
The peace of the Lord be always with you. **And also with you.**

Let us offer one another a sign of peace.

OFFERTORY HYMN *Robert Grant (1779-1838)*

**1 O worship the King all glorious above;
O gratefully sing his power and his love:
our shield and defender, the ancient of days,
pavilioned in splendour, and girded with praise.**

**2 O tell of his might, O sing of his grace,
whose robe is the light, whose canopy space.
His chariots of wrath, the deep thunder-clouds form,
and dark is his path on the wings of the storm.**

**3 The earth, with its store of wonders untold,
almighty, thy power hath founded of old;
hath 'stablished it fast by a changeless decree,
and round it hath cast, like a mantle, the sea.**

**4 Thy bountiful care what tongue can recite?
It breathes in the air, it shines in the light;
it streams from the hills, it descends to the plain,
and sweetly distils in the dew and the rain.**

**5 Frail children of dust, and feeble as frail,
in thee do we trust, nor find thee to fail;
thy mercies how tender, how firm to the end!
Our maker, defender, redeemer, and friend.**

**6 O measureless might, ineffable love,
while angels delight to hymn thee above,
thy humbler creation, though feeble their lays,
with true adoration shall sing to thy praise.**

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:

We sing **Holy, holy, holy, Lord God of Power,
Lord God of might, Lord God of power and might.
Heaven and earth are full of your glory.
Hosanna in the highest.
Hosanna, hosanna, hosanna in the highest.**

**Blessed, blessed, blessed,
blessed is he who comes in the name,
who comes in the Lord's own name.
Hosanna, hosanna, hosanna in the highest.
Hosanna, hosanna, 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.

We sing **Dying you destroyed our death,
 rising you restored our life.
 Lord Jesus, come, come in glory.**

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.**

We sing **Jesus, Lamb of God, bearer of our sin;
Jesus, saviour:
Hear our prayer, hear our prayer;
through this bread and wine we share
may we be your sign of peace everywhere.**

Invitation to communion

Draw near with faith. Receive the body of our Lord Jesus Christ
which he gave for you, and his blood which he shed for you.
Eat and drink in remembrance that he died for you,
and feed on him in your hearts by faith with thanksgiving.

*Any member of the congregation may receive a blessing. All baptised Christians who
receive communion in their own churches may receive communion.*

COMMUNION HYMN *James Edmeston (1791-1867)*

**1 Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing
if our God our Father be.**

**2 Saviour, breathe forgiveness o'er us;
all our weakness thou dost know,
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint and weary,
through the desert thou didst go.**

**3 Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy;
thus provided, pardoned, guided,
nothing can our peace destroy.**

Prayer after Communion

Lord God,
you have renewed us with the living bread from heaven;
by it you nourish our faith,
increase our hope, and strengthen our love:
teach us always to hunger for him
who is the true and living bread,
and enable us to live by every word
that proceeds from out of your mouth;
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 of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

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

CLOSING HYMN *G W Kitchin & M Newbolt*

***Lift high the cross, the love of Christ proclaim,
till all the world adore his sacred name.***

**1 Come Christians, follow where our saviour trod,
our King victorious, Christ the Son of God:**

Lift high...

**2 Led on their way by this triumphant sign,
The hosts of God in conquering ranks combine:**

Lift high...

**3 From North and South, from east and west they raise
in growing unison their song of praise:**

Lift high...

**4 O Lord, once lifted on the glorious tree,
as thou hast promised, draw us unto thee:**

Lift high...

**5 Let every race and every language tell
of him who saves our soul from death and hell:**

Lift high...

**6 From farthest regions let them homage bring,
and on his cross adore their Saviour King:**

Lift high...

**7 Set up thy throne, that earth's despair may cease
beneath the shadow of its healing peace:**

Lift high...

**8 For thy blest cross which doth for all atone
creation's praises rise before thy throne:**

Lift high...

Regular services and events at St Alban's

SUNDAY SERVICE:

Sung Eucharist 9:45am weekly

WEEKDAY SERVICE:

Thursday 9:30am Said Eucharist
followed by Heart of Welcome Café 10am-12pm

Saturday Prayer Breakfast 9.30am next one Saturday 14th March

Tiny Toes Toddler Group every Monday in term time, 9.30 – 11am



Celebrating God's Love
in the Heart of our
Community

St Alban's contact details

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