



Welcome to St Alban's

Lent 3

Before the children leave for Children's 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 *John Newton (1725 - 1807)*

**1 Glorious things of thee are spoken,
Zion, city of our God!
He whose word cannot be broken
formed thee for his own abode.
On the Rock of Ages founded,
what can shake thy sure repose?
With salvation's walls surrounded,
thou may'st smile at all thy foes.**

**2 See! The streams of living waters,
springing from eternal love,
well supply thy sons and daughters,
and all fear of want remove;
who can faint, whilst such a river
ever flows their thirst to assuage?
Grace which, like the Lord, the Giver,
never fails from age to age.**

**3 Saviour, if of Zion's city
I, through grace, a member am,
let the world deride or pity,
I will glory in thy name.
Fading is the worldling's pleasure,
all his boasted pomp and show,
solid joys and lasting treasure
none but Zion's children know.**

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)

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.

READINGS FROM SCRIPTURE

Exodus 17.1–7; Romans 5.1–11

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

GRADUAL HYMN *Maria Willis (1824-1908)*

**1 Father, hear the prayer we offer:
not for ease that prayer shall be,
but for strength that we may ever
live our lives courageously.**

**2 Not for ever in green pastures
do we ask our way to be;
but the steep and rugged pathway
we may tread rejoicingly.**

**3 Not for ever by still waters
would we idly rest and stay;
but would smite the living fountains
from the rocks along our way.**

**4 Be our strength in hours of weakness,
in our wand'rings be our guide;
through endeavour, failure, danger,
Father, be thou at our side.**

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

John 4.5–42

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 *Horatius Bonar, 1808-1899*

**1 I heard the voice of Jesus say,
"Come unto me and rest;
lay down, thou weary one, lay down,
thy head upon my breast."
I came to Jesus as I was,
weary and worn and sad;
I found in him a resting-place,
and he has made me glad.**

**2 I heard the voice of Jesus say,
"Behold, I freely give
the living water; thirsty one,
stoop down and drink and live."**

I came to Jesus, and I drank
of that life-giving stream.
My thirst was quenched, my soul revived,
and now I live in Him.

3 I heard the voice of Jesus say,
"I am this dark world's light.
Look unto me; thy morn shall rise
and all thy day be bright."
I looked to Jesus, and I found
in him my Star, my Sun;
and in that light of life I'll walk
till travelling days are done.

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.

All baptised Christians who receive communion in their own churches are welcome to receive communion. Anyone may come forward to receive a blessing.

COMMUNION HYMN *Martin J. Nystrom ©1984 Restoration Music Ltd*

**1 As the deer pants for the water,
so my soul longs after you.
You alone are my heart's desire
and I long to worship you.
*You alone are my strength, my shield,
To you alone may my spirit yield.
You alone are my heart's desire
and I long to worship you.***

**2 I want you more than gold or silver,
only you can satisfy.
You alone are the real joy-giver
and the apple of my eye.
*You alone...***

**3 You're my friend and you are my brother,
even though you are a king.
I love you more than any other,
so much more than anything.
*You alone...***

Prayer after Communion

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 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 *William Williams Tr. Peter Williams*

**1 Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty,
hold me with thy powerful hand:
Bread of Heaven, Bread of Heaven,
feed me now and ever more,
feed me now and ever more.**

**2 Open now the crystal fountain,
whence the healing stream doth flow;
let the fiery, cloudy pillar
lead me all my journey through:
Strong Deliverer, strong Deliverer,
be thou still my strength and shield,
be thou still my strength and shield.**

**3 When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,
land me safe on Canaan's side:
songs of praises, songs of praises,
I will ever give to thee,
I will ever give to thee.**

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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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