

# Parish of St Laurence, Northfield

## Holy Communion during Lent

*According to Order 1 in Common Worship*



Hearing loop available



Please: no photography or recording  
during worship



THE CHURCH  
OF ENGLAND  
BIRMINGHAM

# Welcome

The Sacrament of Communion is placed at the centre of church life at St Laurence Church. For many, the intimate act of sharing the bread and the wine, given freely to us by Christ our Saviour, is central to our coming together with each other and with God.



St Paul wrote to the church in Corinth

‘I received from the Lord what I also passed on to you:

The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.”

In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.’ *1 Corinthians 11.23-26*

In celebrating Holy Communion together we obey Jesus’ command to ‘do this in remembrance of me’. Thus, we welcome each other to this celebration and if you are visiting we warmly welcome you into our fellowship.

Jesus also said to his disciples, ‘Make the children welcome.’

We try to do this at St Laurence: Sunday School is run alongside part of our Sunday morning services (except on the 2<sup>nd</sup> Sunday of the month when we all worship together).



Beyond the organ pipes there is a carpeted area and some books for your use. If you bring toys from home, please try to bring the quieter ones!

St Laurence Church has a toilet with baby-changing facilities. It is situated beyond the choir vestry; children **must always** be accompanied by an adult if they enter the vestry area. If you struggle with steps it may be easier to approach the toilet from the outside door – please ask a church warden for help.



## Introduction to the Season of Lent

Lent may originally have followed Epiphany, just as Jesus' sojourn in the wilderness followed immediately on his baptism, but it soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally been added.

*Now is the healing time decreed for sins of heart and word and deed,  
when we in humble fear record the wrong that we have done the Lord.*

*(Latin, before 12th century)*

As the candidates for baptism were instructed in Christian faith, and as penitents prepared themselves, through fasting and penance, to be readmitted to communion, the whole Christian community was invited to join them in the process of study and repentance, the extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness, being tested by Satan.

Ashes are an ancient sign of penitence; from the middle ages it became the custom to begin Lent by being marked in ash with the sign of the cross. The calculation of the forty days has varied considerably in Christian history. It is now usual in the West to count them continuously to the end of Holy Week (not including Sundays), so beginning Lent on the sixth Wednesday before Easter, Ash Wednesday. Liturgical dress is the simplest possible. Churches are kept bare of flowers and decoration. Gloria in excelsis is not used. The Fourth Sunday of Lent (Laetare or Refreshment Sunday) was allowed as a day of relief from the rigour of Lent, and the Feast of the Annunciation almost always falls in Lent; these breaks from austerity are the background to the modern observance of Mothering Sunday on the Fourth Sunday of Lent.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday. There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy. The Stations of the Cross, made popular in the West by the Franciscans after they were granted custody of the Christian sites in the Holy Land, are the best known.

## Welcome

A *Hymn* may be sung



*Please remain standing*

**All    † In the name of the Father and of the Son  
and of the Holy Spirit. Amen**

The Lord be with you  
**All    and also with you.**

## Summary of the Law

*or the full Ten Commandments on page 16*

Our Lord Jesus Christ said:  
The first commandment is this:  
'Hear, O Israel, the Lord our God is the only Lord.  
You shall love the Lord your God with all your heart,  
with all your soul, with all your mind,  
and with all your strength.'

The second is this: 'Love your neighbour as yourself.'  
There is no other commandment greater than these.  
On these two commandments hang all the law and the  
prophets.

**All    Amen. Lord, have mercy.**

# Confession and Absolution

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil.



Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

*Silence for reflection on the past*

We confess to you our selfishness and lack of love:  
fill us with your Spirit.

*Pause*

Lord, have mercy.  
**Lord, have mercy.**

or



**Kyrie, eleison**  
**Kyrie, eleison**

We confess to you our fear and failure in sharing our faith:  
fill us with your Spirit.

*Pause*

Christ, have mercy.  
**Christ, have mercy.**

or



**Christe, eleison**  
**Christe, eleison**

We confess to you our stubbornness and lack of trust:  
fill us with your Spirit.

*Pause*

Lord, have mercy.  
**Lord, have mercy.**

or



**Kyrie, eleison**  
**Kyrie, eleison**

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** (*Special Prayer for this service*)

*This can be found on the white notices sheet*



Let us pray (*remain standing*)

*At the end we all say* **Amen**

*Please be seated. At 8.30am service the Sunday School gathers at the chancel step for prayer prior to moving to the vestry. A chant may be sung.*



## The Liturgy of the Word

### **Bible Reading(s)**

*These can be found on the white notices sheet*

*At the end the reader may say*

This is the word of the Lord.

**All Thanks be to God**



**A Chant or Hymn or Psalm may be sung**



### **Gospel Reading**

*Please stand if you are able*

The Lord be with you

**All and also with you.**

Praise to you, O Christ, King of eternal glory.

The Lord is a great God,

O that today you would listen to his voice.

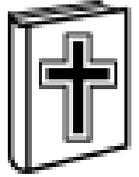
Harden not your hearts.

*cf Psalm 95.3,8*

**All Praise to you, O Christ, King of eternal glory.**

Hear the Gospel of our Lord Jesus Christ according to N.  
**All Glory to you, O Lord**

*The Gospel reading can be found on the white notices sheet*



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

*Please be seated. At the 10am service the Sunday School gathers at the chancel step for prayer prior to moving to the vestry. We normally repeat the previous chant*



## **Sermon**

*The sermon will be followed by a short time of silence*

## **Apostles' Creed** *Please stand*

Let us profess our faith together

**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

Let us pray to the Father, who loved the world so much that he sent his only Son to give us life.

*Please sit or kneel*

*The prayers usually include these concerns and may follow this sequence:*

*The Church of Christ*

*Creation, human society, the Sovereign and those in authority*

*The local community*

*Those who suffer*

*The communion of saints*



*These or other responses may be used*

*All*      Lord, in your mercy      or      Lord hear us  
**hear our prayer**                                      **Lord graciously hear us**

## The Lord's Prayer

Standing at the foot of the cross, as our Saviour taught us, so we pray

*All*      **Our Father,**  
**who art in heaven,**  
**hallowed be thy name;**  
**thy kingdom come;**  
**thy will be done;**  
**on earth as it is in heaven.**  
**Give us this day our daily bread.**  
**And forgive us our trespasses,**  
**as we forgive those who trespass against us.**  
**And lead us not into temptation;**  
**but deliver us from evil.**  
**For thine is the kingdom,**  
**the power and the glory,**  
**for ever and ever. 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.

*cf Romans 5.1,2*

All The peace of the Lord be always with you  
**and also with you.**

Let us offer one another a sign of peace.

*We exchange a sign of peace with those around us.*



## The Liturgy of the Sacrament

### The Preparation of the Table

during which a **Hymn** may be sung



*The table is prepared and bread and wine are placed upon it.*

*The gifts of the people are gathered and presented.*



*If you are a UK tax payer please place your gift in a yellow envelope **and** complete the details on the front. This enables your offering to be increased by 25%*

### Taking of the Bread and Wine

*Please remain standing if able*



With this bread that we bring  
**we shall remember Jesus.**  
With this wine that we bring  
**we shall remember Jesus.**  
Bread for his body,  
wine for his blood, gifts from  
God to his table we bring.  
**We shall remember Jesus.**

Or

God of mercy and compassion,  
your Word calls us home to  
faith and love. accept all we offer  
you this day; in the name of  
Jesus Christ the Lord. **Amen.**

# The Eucharistic Prayer

*(Eucharist means Thanksgiving)*

*(Prayer B)*

The Lord is here

All **His Spirit is with us**

Lift up your hearts.

All **We lift them to the Lord.**

Let us give thanks to the Lord our God.

All **It is right to give thanks and praise.**



*Ash Wednesday – Lent 4*

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 & 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 *saying/singing*

*From Lent 5 (Passion Sunday)*

It is indeed right and just, our duty and our salvation, always and everywhere to give you thanks, holy Father, almighty and eternal God, through Jesus Christ our Lord.

For as the time of his passion and resurrection draws near the whole world is called to acknowledge his hidden majesty.

The power of the life-giving cross reveals the judgement that has come upon the world and the triumph of Christ crucified.

He is the victim who dies no more, the Lamb once slain, who lives for ever, our advocate in heaven to plead our cause, exalting us there to join with angels and archangels, for ever praising you and *saying/singing*

All

**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.**



Lord, you are holy indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood of our Lord Jesus Christ;



who, in the same night that he was betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples, saying:  
Take, eat; this is my body  
which is given for you;  
do this in remembrance of me.



In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
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.



Jesus Christ is Lord:

**Lord, by your cross and resurrection  
you have set us free.  
You are the Saviour  
of the world.**

Christ is the bread of life:

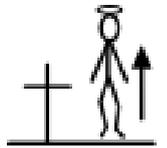
**When we eat this bread  
and drink this cup,  
we proclaim your  
death, Lord Jesus,  
until you come in glory.**



And so, Father, calling to mind his death on the cross,  
his perfect sacrifice made once  
for the sins of the whole world;



rejoicing in his mighty resurrection and glorious  
ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our redemption.



As we offer you this our sacrifice of praise and thanksgiving,  
we bring before you this bread and this cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.



Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of Laurence and all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;



by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever.

**All Amen.**

*The Sanctus bell is sounded*

## The Breaking of the Bread



We break this bread  
to share in the body of Christ.

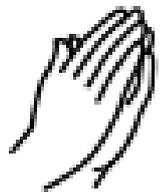
*All* **Though we are many, we are one body,  
because we all share in one bread.**

*We sit or kneel to say or sing the Agnus Dei*



*All* **Lamb of God, you take away the sins of the world:  
have mercy on us  
Lamb of God, you take away the sins of the world:  
have mercy on us  
Lamb of God, you take away the sins of the world:  
grant us peace.**

*This prayer may be said*



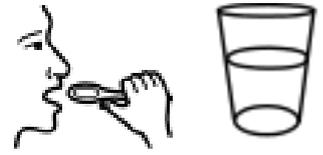
**Most merciful Lord,  
your love compels us to come in.  
Our hands were unclean,  
our hearts were unprepared;  
we were not fit  
even to eat the crumbs from under your table.  
But you, Lord, are the God of our salvation,  
and share your bread with sinners.  
So cleanse and feed us  
with the precious body and blood of your Son,  
that he may live in us and we in him;  
and that we, with the whole company of Christ,  
may sit and eat in your kingdom.  
Amen.**

## Giving of Holy Communion

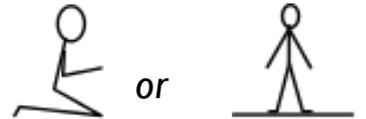
Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you.

Eat and drink

in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.



*The president and people receive communion.*



*If you receive communion in any Christian Church you are welcome to receive communion. You may kneel or stand.*

*Alternatively, please come to the altar to receive a blessing (please bring this booklet with you).*

*Gluten-free wafers are available. Please ask the person administering bread.*

*If you would like communion brought to you in your pew, please let a steward know.*

*During the administration of communion, hymns may be sung.*

*Please join in. The hymn numbers are on the white notices sheet.*



## Prayers for personal use during the administration of Holy Communion

This is the table, not of the church, but of the Lord.

It has been made ready for those who love Him  
and who want to love Him more.

So come, you who have much faith and you who have little,

You who have been here often

and you who have not been for a long time,

You who have tried to follow and you who have failed.

Come, not because I invite you:

it is our Lord.

It is His will that those who want Him should meet Him here.

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May God the Father, who does not despise the broken spirit,  
give to me a contrite heart.

May Christ, who bore our sins in his body on the tree,  
heal me by his wounds.

May the Holy Spirit, who leads us into all truth,  
speak to me words of pardon and peace. Amen.

©CW Times and Seasons adapted

God of our journey,  
as we walk with you on your path of obedience, sustain us on our  
way and lead us to your glory; through Jesus Christ our Lord. Amen.

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## The Comfortable Words

*(these are much loved quotations from the Bible which were included in the Book of Common Prayer 1662)*

Hear the words of comfort our Saviour Christ says to all who truly  
turn to him: come to me, all who labour and are heavy laden, and I  
will give you rest.

*Matthew 11.28*

God so loved the world that he gave his only-begotten Son, that  
whoever believes in him should not perish but have eternal life.

*John 3.16*

Hear what Saint Paul says: this saying is true, and worthy of full  
acceptance,

that Christ Jesus came into the world to save sinners.

*1 Timothy 1.15*

Hear what Saint John says: if anyone sins, we have an advocate with  
the Father, Jesus Christ the righteous; and he is the propitiation\*  
for our sins.

\*merciful sacrifice *1 John 2.1,2*



## Post Communion Prayers

Let us pray: -

*The priest says the post-communion prayer followed by*

All **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 Dismissal

### The Notices and Banns of Marriage

*Please stand for*

#### The Blessing

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.**

*or*

Christ crucified draw you to himself, to find in him a sure ground for faith, a firm support for hope, and the assurance of sins forgiven;  
and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

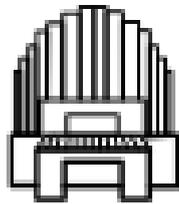


A **Hymn** may be sung

*Please turn to face the centre of the church as the clergy recess*



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



*An organ voluntary is usually played*

Refreshments are served after the 10am service on most Sundays.



**All welcome.**

*There is no charge but smiles and donations are welcome!*

If you have any questions about the service or the Christian faith please speak to one of the ministers or one of the church wardens or welcomers.

## The Ten Commandments

Hear these commandments which God has given to his people, and examine your hearts.

I am the Lord your God: you shall have no other gods but me.  
You shall love the Lord your God with all your heart,  
with all your soul, with all your mind, and with all your strength.

*All* **Amen. Lord, have mercy.**

You shall not make for yourself any idol.  
God is spirit, and those who worship him must worship in spirit and in truth. **Amen...**

You shall not dishonour the name of the Lord your God.  
You shall worship him with awe and reverence. **Amen...**

Remember the Sabbath and keep it holy.  
Christ is risen from the dead: set your minds on things that are above,  
not on things that are on the earth. **Amen...**

Honour your father and mother.  
Live as servants of God; let us work for the good of all,  
especially members of the household of faith. **Amen...**

You shall not commit murder.  
Live peaceably with all; overcome evil with good. **Amen...**

You shall not commit adultery.  
Know that your body is a temple of the Holy Spirit. **Amen...**

You shall not steal.  
Be honest in all that you do, and care for those in need. **Amen...**

You shall not be a false witness.  
Let everyone speak the truth. **Amen...**

You shall not covet anything which belongs to your neighbour.  
Remember the words of the Lord Jesus:  
'It is more blessed to give than to receive.'  
Love your neighbour as yourself, for love is the fulfilling of the law.

*All* **Amen. Lord have mercy upon us,  
and write all these your laws in our hearts, we beseech thee.**

May you know God's continuing presence as you depart.

We invite you to:

*Leave a prayer....*



Prayers are said most days in church.  
Please leave any prayer requests in the basket on the 'Mary altar'  
and /or light a candle at the back of church near the organ pipes.

*Keep in touch....*

website [www.stlaurencenorthfield.org](http://www.stlaurencenorthfield.org)

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<http://bit.ly/StLaurenceFacebook>

*Support St Laurence....*



Standing Order forms and Weekly Planned Giving Envelopes are available

Donations to church can also be made via: -

Just Giving: <http://bit.ly/StLaurenceJustGiving>

by TEXT to 70070

STLA02 (that's zero not the letter O)

followed by a space then one of £1/£2/£3/£4/£5/£10

*Let us know your views ....*



Sign the visitors' book

Review us TripAdvisor: <http://bit.ly/StLaurenceTripAdvisor>

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They are from a selection which is increasingly used in schools and care home.  
They are aimed to assist people facing learning or memory challenges.  
They have been recommended by 'LivabilityUK'