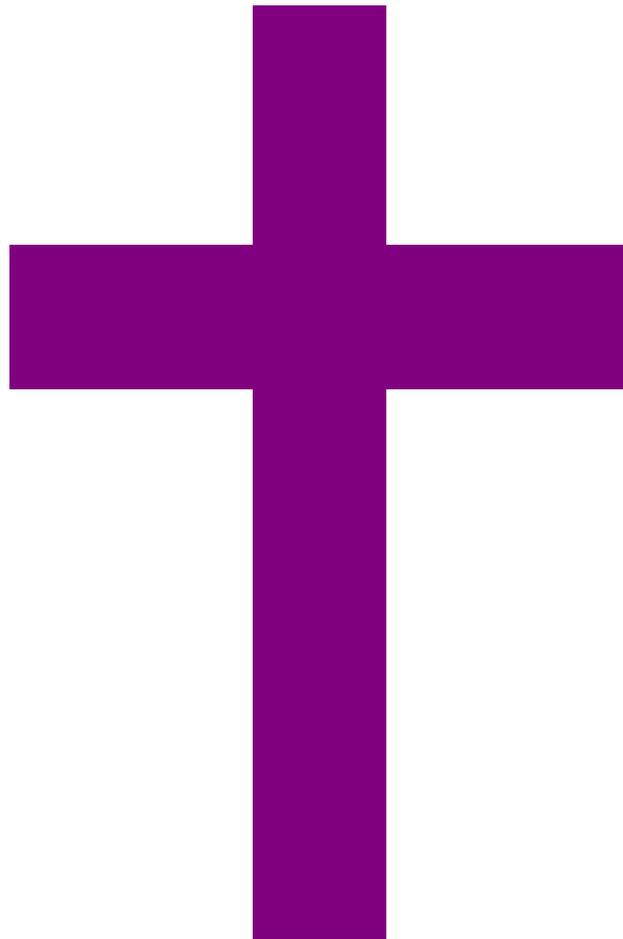


**St John the Evangelist
Great Stanmore**



**Online
Holy Communion
In 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 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 customary to begin Lent by being marked in ash with the sign of the cross. The calculation of 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 observances 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.

ORDER OF SERVICE

The people are welcomed and the first hymn is announced.

Opening Hymn

INTRODUCTION

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

Priest Grace, mercy and peace
 from God our Father
 and the Lord Jesus Christ
 be with you
All **and also with you.**

Prayer of Preparation

All **Almighty God,**
 to whom all hearts are open,
 all desires known,
 and from whom no secrets are hidden:
 cleanse the thoughts of our hearts
 by the inspiration of your Holy Spirit,
 that we may perfectly love you,
 and worthily magnify your holy name;
 through Christ our Lord.
 Amen.

Prayers of Penitence

Priest 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.

Priest 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.
cf Psalm 51:17

Sit or kneel

**All Most merciful God,
Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved you with our whole heart.
We have not loved our neighbours as ourselves.
In your mercy
forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly,
love mercy,
and walk humbly with you, our God.
Amen.**

Choir Lord, have mercy.
All Lord, have mercy.

Choir Christ, have mercy.
All Christ, have mercy.

Choir Lord, have mercy.
All Lord, have mercy.

Priest 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.
All Amen.

The Collect

The Priest introduces a period of silent prayer and says the Collect following which we all say the Ash Wednesday Collect together.

Priest Let us pray for grace to keep Lent faithfully.

Silence is kept.

**All Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
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.**

THE LITURGY OF THE WORD

Old Testament Reading

At the end

Reader
All This is the word of the Lord
Thanks be to God.

New Testament Reading

At the end

Reader
All This is the word of the Lord
Thanks be to God.

Gospel Reading

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

At the end

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

Sermon

**All 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

Priest In the power of the Spirit and in union with Christ,
let us pray to the Father.

Sit or kneel

Almighty God, our heavenly Father,
you promised through your son Jesus Christ
to hear us when we pray in faith.

The following responses may be used

All Lord, in your mercy
hear our prayer.

(or)

Lord, hear us
Lord, graciously hear us.

At the end

Rejoicing in the fellowship of *N* and all your saints,
we commend ourselves and the whole creation
to your unfailing love.

All Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

THE LITURGY OF THE SACRAMENT

The Peace

Priest Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.
Romans 5:1-2

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

Priest Let us offer one another a sign of peace.

All may exchange a sign of peace.

Preparation of the Table

Priest 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.

All **Amen.**

The Eucharistic Prayer

Priest The Lord is here.
All **His Spirit is with us.**

Priest Lift up your hearts.
All **We lift them to the Lord.**

Priest Let us give thanks to the Lord our God.
All **It is right to give thanks and praise.**

Priest 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
ever praising you and 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.**

Sit or kneel

Priest

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.

Priest Christ is the bread of life:

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

Priest 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 [N 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,
forever and ever.

All **Amen.**

The Lord's Prayer

Priest Lord Jesus, remember us in your kingdom
and teach us to 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.

Breaking of the Bread

The priest breaks the consecrated bread.

Priest Every time we eat this bread
and drink this cup

All We proclaim the Lord's death
until he comes.

All 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.

Giving of Communion

Priest 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 following prayer may be said

**All We do not presume
to come to this your table, merciful Lord,
trusting in our own righteousness,
but in your manifold and great mercies.
We are not worthy
so much as to gather up the crumbs under your table.
But you are the same Lord
whose nature is always to have mercy.
Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ
and to drink his blood,
that our sinful bodies may be made clean by his body
and our souls washed
through his most precious blood,
and that we may evermore dwell in him, and he in us.
Amen.**

The priest and people receive communion.

Prayers after Communion

The priest will say the post communion prayer.

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 Blessing

Priest 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.

All **Amen.**

Closing Hymn

The Dismissal

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

Common Worship: Services and Prayers for the Church of England, material from which is included in this service, is copyright © The Archbishops' Council 2000.

Common Worship: Times and Seasons, material from which is included in this service, is copyright © The Archbishops' Council 2006.