

Holy Communion 21st January

The Lord be with you
And also with you

Opening Hymn: 549 Dear Lord and Father of Mankind

1 Dear Lord and Father of mankind,
forgive our foolish ways;
reclothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence, praise.

2 In simple trust like theirs who heard
beside the Syrian sea
the gracious calling of the Lord,
let us, like them, without a word
rise up and follow thee.

3 O Sabbath rest by Galilee,
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!

4 Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace.

5 Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind, and fire,
O still, small voice of calm!

The Collect for Purity (page 201)

**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.**

Hear what our Lord Jesus Christ says: You shall love the Lord your God with all your heart and with all your soul and with all your mind.

This is the first and great commandment. And the second is like it. You shall love your neighbour as yourself.

On these two commandments depend all the law and the prophets.

Matthew 22: 37-39

Lord, have mercy on us, and write these your laws in our hearts.

Confession

God so loved the world that he gave his only Son Jesus Christ, to save us from our sins, to intercede for us in heaven, and to bring us to eternal life.

Let us then confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace:

Almighty God, our heavenly Father, we have sinned in thought and word and deed, and in what we have left undone. We are truly sorry and we humbly repent. For the sake of your Son, Jesus Christ, have mercy on us and forgive us, that we may walk in newness of life to the glory of your name. Amen.

Absolution

Almighty God, who forgives all who truly repent, have mercy on you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

Gloria in Excelsis

Glory to God in the highest, and peace to God's 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.

Collect of the Day

Almighty God, whose Son revealed in signs and miracles the wonder of your saving presence: Renew your people with your heavenly grace, and in all our weakness sustain us by your mighty power; through Jesus Christ our Lord. **Amen**

First Reading- Jonah 3: 1-5, 10

The word of the LORD came to Jonah a second time, saying, ‘Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.’ So Jonah set out and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly large city, a three days’ walk across. Jonah began to go into the city, going a day’s walk. And he cried out, ‘Forty days more, and Nineveh shall be overthrown!’ And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

This is the Word of the Lord

Thanks be to God

Psalm 62: 5-12

- 5 Wait on God alone in stillness, O my soul; ♦
for in him is my hope.
- 6 He alone is my rock and my salvation, ♦
my stronghold, so that I shall not be shaken.
- 7 In God is my strength and my glory; ♦
God is my strong rock; in him is my refuge.
- 8 Put your trust in him always, my people; ♦
pour out your hearts before him, for God is our refuge.
- 9 The peoples are but a breath, the whole human race a deceit; ♦
on the scales they are altogether lighter than air.
- 10 Put no trust in oppression; in robbery take no empty pride; ♦
though wealth increase, set not your heart upon it.
- 11 God spoke once, and twice have I heard the same, ♦
that power belongs to God.
- 12 Steadfast love belongs to you, O Lord, ♦
for you repay everyone according to their deeds.

Glory to the Father, and to the Son, and to the Holy Spirit:

As it was in the beginning, is now, and shall be forever. Amen

Second Reading- 1 Corinthians 7: 29-31

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

This is the Word of the Lord
Thanks be to God

Hymn 219 From Heaven You Came Helpless Babe

1 From Heaven, You came helpless babe
Entered our world, your glory veiled
Not to be served but to serve
And give Your life that we might live

*This is our God, The Servant King
He calls us now to follow Him
To bring our lives as a daily offering
Of worship to The Servant King*

2 There in the garden of tears
My heavy load he chose to bear
His heart with sorrow was torn
"Yet not My will but Yours", He said

3 Come see His hands and His feet
The scars that speak of sacrifice
Hands that flung stars into space
To cruel nails surrendered

4 So let us learn how to serve
And in our lives enthrone Him
Each other's needs to prefer
For it is Christ we're serving

Holy Gospel: Mark 1: 14-20

Hear the Gospel of our Lord Jesus Christ According to Mark:
Glory to you, Lord Jesus Christ

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake—for they were fishermen. And Jesus said to them, 'Follow me and I will make you fish for people.'

And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

This is the Gospel of the Lord

Praise to you, Lord Jesus Christ

Sermon

Nicene Creed

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 by the Holy Spirit of 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.

The Prayers of the People

Prayers for the Church, the World, and the Community, ending with a few moments in silence to lift up our own prayers to God...

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

The Peace

Our Saviour Christ is the Prince of Peace. Of the increase of his government and of peace there shall be no end.

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

Offertory Hymn 605 Will You Come and Follow Me?

1 Will you come and follow me If I but call your name?
Will you go where you don't know And never be the same?
Will you let my love be shown, Will you let my name be known,
Will you let my life be grown In you and you in me?

2 Will you leave yourself behind If I but call your name?
Will you care for cruel and kind And never be the same?
Will you risk the hostile stare Should your life attract or scare?
Will you let me answer prayer In you and you in me?

3 Will you let the blinded see If I but call your name?
Will you set the prisoners free And never be the same?
Will you kiss the leper clean, And do such as this unseen,
And admit to what I mean In you and you in me?

4 Will you love the 'you' you hide If I but call your name?
Will you quell the fear inside And never be the same?
Will you use the faith you've found To reshape the world around,
Through my sight and touch and sound In you and you in me?

5 Lord, your summons echoes true When you but call my name.
Let me turn and follow you And never be the same.
In your company I'll go Where your love and footsteps show.
Thus I'll move and live and grow In you and you in me.

Celebrating at the Lord's Table

Be present, be present, Lord Jesus Christ our risen high priest; make yourself known in the breaking of bread. **Amen.**

The Taking of the Bread and Wine about this of

Christ our Passover has been sacrificed for us
therefore let us celebrate the feast.

The Great Thanksgiving

The Lord is here.

His Spirit is with us.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

Father, Lord of all creation,
we praise you for your goodness and your love.
When we turned away you did not reject us.
You came to meet us in your Son,
welcomed us as your children
and prepared a table where we might feast with you.
In Christ you shared our life that we might live in him and he in us.
**He opened wide his arms upon the cross
and, with love stronger than death,
he made the perfect sacrifice for sin.**

Lord Jesus Christ, our redeemer,
on the night before you died
you came to table with your friends.
Taking bread, you gave thanks, broke it
and gave it to them saying,
Take, eat: this is my body which is given for you;
do this in remembrance of me.
**Lord Jesus, we bless you:
you are the bread of life.**

At the end of supper
you took the cup of wine, gave thanks, 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 in remembrance of me.
**Lord Jesus, we bless you:
you are the true vine.**

Praise to you, Lord Jesus Christ:
**dying, you destroyed our death,
rising, you restored our life;
Lord Jesus, come in glory.**

Holy Spirit, giver of life,
come upon us now;
may this bread and wine be to us
the body and blood of our Saviour Jesus Christ.
**As we eat and drink these holy gifts
make us, who know our need of grace,
one in Christ, our risen Lord.**

Father, Son, and Holy Spirit, Blessed Trinity:
with your whole Church throughout the world
we offer you this sacrifice of thanks and praise
and lift our voice to join the song of heaven,
for ever praising you and saying:
Holy, Holy, Holy Lord, God of power and might.
Heaven and earth are full of your glory. Hosanna in the highest.

Thanks be to you, our God, for your gift beyond words.
Amen. Amen. Amen.

The Lord's Prayer

As our Saviour Christ has taught us, so we pray:

**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 Breaking of the Bread

The bread which we break is a sharing in the body of Christ.

We being many are one body, for we all share in the one bread.

The Administration of Holy Communion

Followed by The Great Silence

Post Communion Prayers

Almighty Father, your Son our Saviour Jesus Christ is the light of the world.
May your people, illumined by your word and sacraments, shine with the radiance
of his glory, that he may be known, worshipped, and obeyed to the ends of the
earth; for he is alive and reigns with you and the Holy Spirit, one God, now and
for ever. **Amen**

**Almighty God, we thank you for feeding us with the spiritual food of 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

Christ the Son be manifest to you, that your lives may be a light to the world: and the blessing of God Almighty, the Father, the Son and the Holy Spirit, be with you, and remain with you always. **Amen.**

Closing Hymn: 12 God is our Strength and Refuge

1 God is our strength and refuge,
our present help in trouble,
and we therefore will not fear,
though the earth should change!
Though mountains shake and tremble,
though swirling floods are raging,
God the Lord of hosts is with us evermore!

2 There is a flowing river
within God's holy city;
God is in the midst of her-
she shall not be moved!
God's help is swiftly given,
thrones vanish at his presence-
God the Lord of hosts is with us evermore!

3 Come, see the works of our maker,
learn of his deeds all-powerful:
wars will cease across the world
when he shatters the spear!
Be still and know your creator,
uplift him in the nations-
God the Lord of hosts is with us evermore!

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