

The First Sunday of Lent

18th February 2024



StMARY *with* StALBAN
PARISH CHURCH *of* TEDDINGTON

THE GATHERING

PROCESSIONAL HYMN

- | | |
|--|---|
| 1. Lord Jesus, think on me,
and purge away my sin;
from earth-born passions set me free,
and make me pure within. | 3. Lord Jesus, think on me,
nor let me go astray;
through darkness and perplexity
point thou the heavenly way. |
| 2. Lord Jesus, think on me,
with many a care opprest;
let me thy loving servant be,
and taste thy promised rest. | 4. Lord Jesus, think on me,
that when the flood is past,
I may the eternal brightness see,
and share thy joy at last |

✠ In the name of the Father, and of the Son, and of the Holy Spirit.

All **Amen.**

The Lord be with you.

All **and also with you.**

The Children's Church leave for their worship.

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

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.

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.

Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry 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 grant that we may serve you in newness of life to the glory of your name. 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.

All Amen.

KYRIE IN ELEISON



Lord, have mer-cy up-on us. Lord, have mer-cy up-on us. Lord, have mer-cy up-on us.

Christ, have mer-cy up-on us. Christ, have mer-cy up-on us. Christ, have mer-cy up-on us.

Lord, have mer-cy up-on us. Lord, have mer-cy up-on us. Lord, have mer-cy up-on us.

THE COLLECT FOR LENT *The Collects are said after a short period of silence*

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 COLLECT FOR THE WEEK

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**

THE LITURGY OF THE WORD

THE FIRST READING – *Genesis 9. 8-17, read by a member of the congregation*

Then God said to Noah and to his sons with him, ⁹‘As for me, I am establishing my covenant with you and your descendants after you, ¹⁰and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. ¹¹I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.’ ¹²God said, ‘This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: ¹³I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. ¹⁴When I bring clouds over the earth and the bow is seen in the clouds, ¹⁵I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. ¹⁶When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.’ ¹⁷God said to Noah, ‘This is the sign of the covenant that I have established between me and all flesh that is on the earth.’

This is the word of the Lord, **Thanks be to God**

THE PSALM – *Psalms 25. 1-9*

- 1 To you, O Lord, I lift up my soul; O my God, in you I trust; ♦
let me not be put to shame; let not my enemies triumph over me.
- 2 **Let none who look to you be put to shame, ♦**
but let the treacherous be shamed and frustrated.

- 3 Make me to know your ways, O Lord, ♦
and teach me your paths.
- 4 **Lead me in your truth and teach me, ♦
for you are the God of my salvation; for you have I hoped all the
day long.**
- 5 Remember, Lord, your compassion and love, ♦
for they are from everlasting.
- 6 **Remember not the sins of my youth or my transgressions, ♦
but think on me in your goodness, O Lord, according to your
steadfast love.**
- 7 Gracious and upright is the Lord; ♦
therefore shall he teach sinners in the way.
- 8 **He will guide the humble in doing right ♦
and teach his way to the lowly.**
- 9 All the paths of the Lord are mercy and truth ♦
to those who keep his covenant and his testimonies.
- Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

THE SECOND READING – *1 Peter 3. 18-22, read by the subdeacon*

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, ¹⁹in which also he went and made a proclamation to the spirits in prison, ²⁰who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. ²¹And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, ²²who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

This is the word of the Lord,

All Thanks be to God

THE GOSPEL READING – *Mark 1.9–15*

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

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

✠ Hear the Gospel of our Lord Jesus Christ according to Mark.

All Glory to you, O Lord.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. ¹¹And a voice came from heaven, ‘You are my Son, the Beloved; with you I am well pleased.’

And the Spirit immediately drove him out into the wilderness. ¹³He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, ¹⁵and saying, ‘The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.’

This is the Gospel of the Lord.

All Praise to you, O Christ.

THE SERMON

THE NICENE CREED

Let us declare our faith in God, Father, Son and Holy Spirit.

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

We pray to the Lord for courage to give up other things and to give ourselves to him this Lent.

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

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

THE LITURGY OF THE SACRAMENT

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.

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

Let us offer one another a sign of peace.

OFFERTORY HYMN

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

2. Sunbeams scorching all the day,
chilly dew-drops nightly shed,
prowling beasts about thy way;
stones thy pillow, earth thy bed.

3. Shall not we thy sorrows share,
And from earthly joys abstain,
fasting with unceasing prayer,
glad with thee to suffer pain?

4. And if Satan vexing sore,
flesh or spirit should assail,
thou his vanquisher before,
grant we may not faint nor fail.

5. So shall we have peace divine;
holier gladness ours shall be,
round us too shall angels shine,
such as ministered to thee.

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

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

The Lord be with you

All and also with you.

Lift up your hearts.

All We lift them to the Lord.

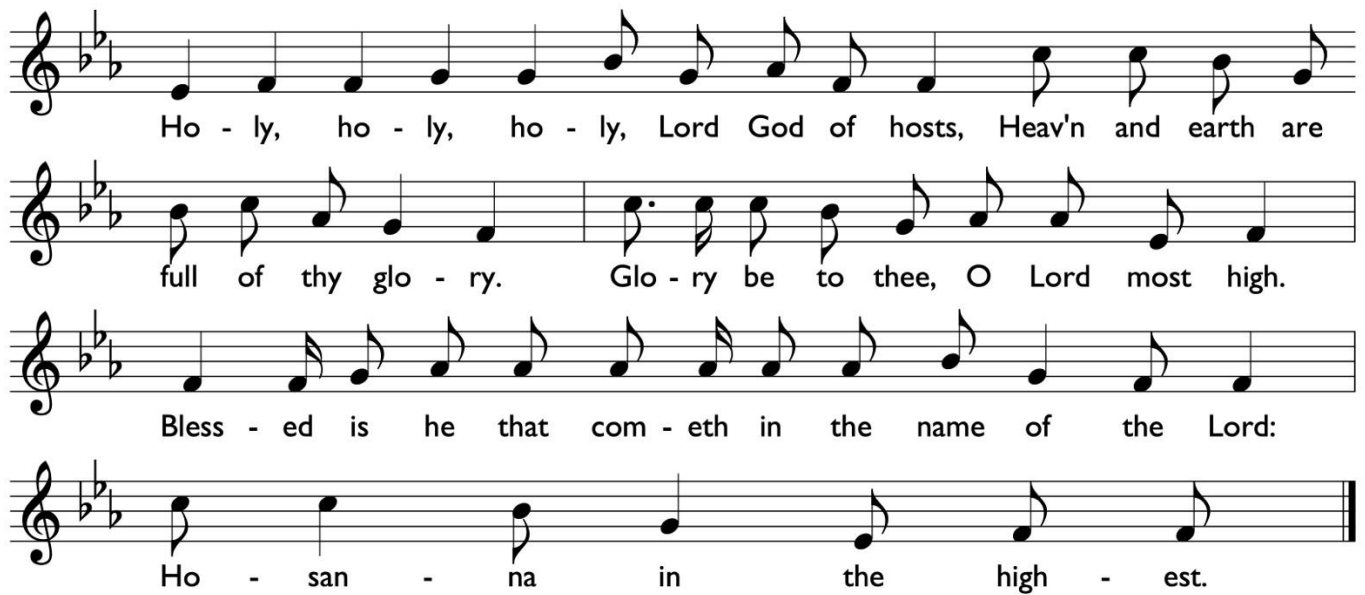
Let us give thanks to the Lord our God.

All It is right to give thanks and praise.

It is indeed right, it is our duty and our joy, at all times and in all places to give you thanks and praise, holy Father, heavenly King, almighty and eternal God, through Jesus Christ our Lord.

And now we give you thanks because you give us the spirit of discipline, that we may triumph over evil and grow in grace, as we prepare to celebrate the paschal mystery with mind and heart renewed.

Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and *singing*:



Or, if said:

**All Holy, holy, holy Lord; God of power and might
Heaven and earth are full of your glory
Hosanna, hosanna, hosanna in the highest!
✠ Blessed is he who comes in the name of the Lord.
Hosanna, hosanna, hosanna in the highest!**

All glory be to you, our heavenly Father, who, in your tender mercy, gave your only Son our Saviour Jesus Christ to suffer death upon the cross for our redemption; who made there by his one oblation of himself once offered a full, perfect and sufficient sacrifice, oblation and satisfaction for the sins of the whole world; he instituted, and in his holy gospel commanded us to continue, a perpetual memory of his precious death until he comes again.

Hear us, merciful Father, we humbly pray, and grant that, by the power of your Holy Spirit ✠, we receiving these gifts of your creation, this bread and this wine, according to your Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed body and blood;

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.*

Let us proclaim the mystery of faith:

**All Christ has died:
Christ is risen:
Christ will come again.**

Therefore, Lord and heavenly Father, in remembrance of the precious death and passion, the mighty resurrection and glorious ascension of your dear Son Jesus Christ, we offer you through him this our sacrifice of praise and thanksgiving.

Grant that by his merits and death, and through faith in his blood, we and all your Church may receive forgiveness of our sins and all other benefits of his passion.

Although we are unworthy, through our manifold sins, to offer you any sacrifice, yet we pray that you will accept this the duty and service that we owe. Do not weigh our merits, but pardon our offences, and fill us all who share in this holy communion with your grace and heavenly blessing;

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 LORD'S PRAYER

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.

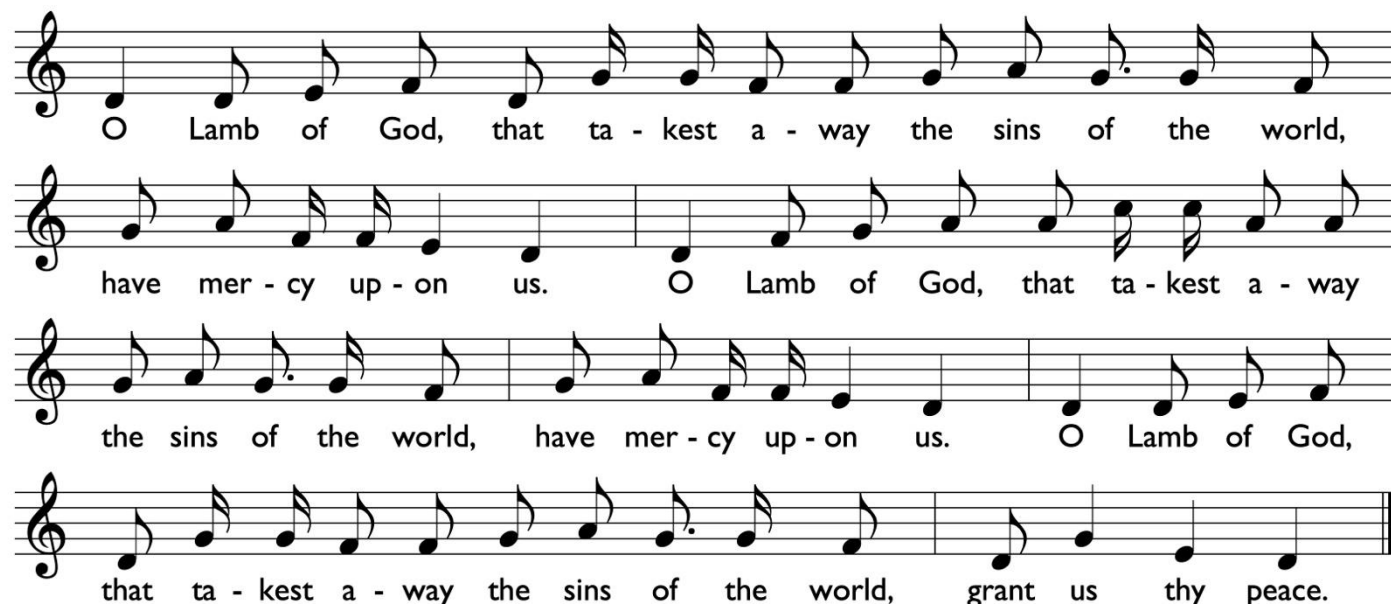
And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever.

Amen.

THE BREAKING OF THE BREAD

Every time we eat this bread and drink this cup,
All we proclaim the Lord's death until he comes.

AGNUS DEI



GIVING OF COMMUNION

Jesus is the Lamb of God who takes away the sin of the world. Blessed are those who are called to his supper.

All Lord, I am not worthy to receive you, but only say the word, and I shall be healed.

Everyone is welcome to come forward for Holy Communion or a blessing. Please note that we no longer intinct (dip the bread).

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.**

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 Notices are given, and Children's Church share their worship

SENDING OUT

POST-COMMUNION HYMN

1. Baptised by John, Christ heard God's word,
'You are my own dear Son'
- The one by whose obedience
God's kingdom must be won.
So in the Holy Spirit's strength
The tempter's power Christ braved,
To find for us the way of truth
By which we can be saved.
2. In Judah's desert Christ remained
In lonely thought and prayer,
And struggled with temptation's wiles
To tell foul things from fair.
To grasp and hold the scriptures' sense
Our Lord in fasting sought;
To purge his mind of false desires
For forty days he fought.
3. To turn the stones to loaves of bread,
His hungry mouth to feed,
And win the people by an end
To poverty and need
Would leave us limited and shrunk
- Mere hungry mouths to fill:-
For people in need, to find true life,
To hear and trust God's will.
4. To stand upon the temple's top,
To jump and come safe down
Would shock the people into faith
and bring the Christ his crown:
- But mesmerised by miracle
We still would be mere slaves,
For it is trust in god's free love
That liberates and saves.
5. To win the kingdoms of the earth,
To wield imperial might,
To crush God's foes by force of arms,
By force impose the right:
Christ turned from this temptation too,
As really Satan's way,
And God alone, by faith and love
He called us to obey.
6. And in humble trust and love
God's way to life he trod,
Opened himself to suffering
To make us heirs of God:
Obedient, he gave his life;
God's Son, he bore our pains;
He set us free, he conquered death:
As God, in love he reigns

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.






All **Amen.**


Go in peace to love and serve the Lord.

All **In the name of Christ. Amen**

The ministers and people depart.


Notices



TODAY Welcare Lent Lunch	Join us for lunch, with speaker Anna Khan (CEO of Welcare). Margaret's preserves on sale. Head over to the Parish Hall straight on from this service. Donations requested.
Judith Good	The Funeral Service for the late Judith Good, our dear friend, will be held at 1.00pm on Monday 11 th March, St Mary with St Alban Church. Everyone is welcome to attend, and the service will also be livestreamed. May Judith rest in peace.
Six-week Lent Course <i>Seeking God the Creator</i> Wednesday 21st February Also 28 th Feb, 6, 13, 20 and 27 th March	Click on these QR Codes for your invitation. A course of reflections on the Collect for Ash Wednesday with the same course being run on the mornings as on Zoom so pick and choose which suits you best each week: <div><div><u>In person</u> Mina Hogan Rm 11.30am-1.00pm</div><div></div><div><u>Zoom</u> online 7.30-9.00pm</div><div></div></div>
Lent Appeal 2024 Donate via QR code 	The Appeal this year is for Building Anew. This project will make our historic parish church a more hospitable place by building much-needed facilities and improving accessibility, to make it truly welcoming for all and fit for purpose, today and into the future. Use the QR code on the right to find out more about Building Anew and to see the different ways to give. If you feel that you <u>cannot</u> donate to <i>Building Anew</i> , please consider a donation to Welcare (local) and/or ALMA (international), please mark your gifts accordingly. Thank you all to all who make a sacrificial gift of any kind this Lent. 
Teddington's Biggest Tea Party	<i>Get together to give together.</i> Please host a tea party to help raise funds for Building Anew. Pick up a leaflet or follow the QR code for more details and a really simple scone recipe. 
Electoral Roll	This year's Electoral Roll revision is now taking place ahead of our APCM on Sunday 17 March. Please complete the form on back page if you're new and have been worshipping here 6 months or more, or have moved recently. The last full revision was in 2019.
Monday 19th February Tuesday 20th February Thursday 22nd February Tuesday 27th February	Community Café 1.30-4.30pm - Peter & Paul Centre Memory Café 1.30-3.00pm - Peter & Paul Centre Churchyard Gardening 10.00am and also on Saturday 24 th Parish Social Shambles Restaurant 10.30am

<p><i>Music for Lenten Reflection</i> Sunday 24 March 6.30pm</p>	<p>Following on from last year's successful Lenten concert, Teddington Churches' Singers and Teddington Consort are putting on this similar event: featuring Faure Requiem and other beautiful music for the season by Purcell, Byrd, Weelkes, Britten, Saunders, Gibbons and Gjeilo. The performance is taking place at Ss. Philip and James Church, Hounslow Road, Whitton, TW2 7DY. Money raised will go towards our Building Anew project. It promises to be a wonderful and moving evening. Starting at 6.30pm, with refreshments to follow. Tickets are on sale now, please use the QR code above, or go to ChurchSuite: £15 adults, £10 students, £5 U18s.</p> 
<p>World Day of Prayer Friday 1st March 10.30am</p>	<p>St Mary's, Church St, Twickenham TW1 3NJ. Our nearest service for this annual, global, ecumenical movement of informed worship and prayerful action. Everyone and anyone is welcome: all ages. This year's theme is 'Bear with one another in love' and was written by the Christian women in Palestine before the current troubles started. Do come and hear from and pray with these women. Refreshments will follow the service.</p>
<p>Service Booklet</p>	<p>A copy of this service booklet is available on the Church Services page on our website so you can follow at home, or if you prefer, in future to use in the service rather than a paper copy.</p>

Ways to donate to us

St Mary with St Alban Building Anew




Vicar The Rev'd David Cloake 07729 944769 vicar@teddingtonparish.org
Parish Office open T, W, F. 10am-2.00pm: 020 8943 2262 enquiries@teddingtonparish.org
www.teddingtonparish.org **X** @TW11parish  @teddingtonparish  Teddington Parish



**Application for Enrolment on the
Church Electoral Roll of the Parish of:**

Full name:

Full address:

..... Post code:

I declare that

** Those who
become 16
during the
next twelve
months may
complete the
form and
become
eligible to be
entered on
the roll on
their
sixteenth
birthday.*

**Tick one
only of
boxes 2A,
2B or 2C.**

1

I am baptised and am aged 16 or over (or become 16* on

2A

☐

I am a member of the Church of England (or of a Church in communion with the Church of England) and am resident in the parish.

or

2B

☐

I am a member of the Church of England (or of a Church in communion with the Church of England) and, not being resident in the parish, I have habitually attended public worship in the parish during the period of six months prior to enrolment.

or

2C

☐

I am a member in good standing of a Church (not in communion with the Church of England) which subscribes to the doctrine of the Holy Trinity and also declare myself to be a member of the Church of England and I have habitually attended public worship in the parish during the period of six months prior to enrolment.

**I declare that the above answers are true and I apply
for inclusion on the Church Electoral Roll of the
parish.**

Signed: _____ Date: _____

PTO

Notes

1. The only Churches at present in communion with the Church of England are other Anglican Churches and certain foreign Churches.
2. Membership of the Electoral Roll is also open to members in good standing of a Church not in communion with the Church of England which subscribes to the doctrine of the Holy Trinity where those members are also prepared to declare themselves to be members of the Church of England.
3. Every six years a new roll is prepared and those on the previous roll are informed so that they can re-apply. If you are not resident in the parish but were on the roll as an habitual worshipper and have been prevented by sickness or absence or other essential reason from worshipping for the past six months, you may write "would" before "have habitually attended" on the form and add "but was prevented from doing so because..." and then state the reason.
4. If you have any problems over this form, please approach the clergy or lay people responsible for the parish, who will be pleased to help you.
5. In this form "parish" means ecclesiastical parish.

Additional information

(This is not part of the statutory application form)

It would be very helpful for pastoral and communication purposes to have your email address and telephone number, although this is optional.

This information, if given, will not appear on the published electoral roll. The information will be used only to facilitate communication with you within the Church, for example by your parish priest or bishop, and will not otherwise be shared with third parties.

Email address:

Telephone number: