

# **The Four Parishes Benefice**

## **Service of Holy Communion with Imposition of Ashes**

# **Welcome and notices**

## **The Gathering**

### **Hymn**

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

**Amen.**

### **The Greeting**

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

### **Introduction**

Brothers and sisters in Christ, since early days Christians have observed with great devotion the time of our Lord's passion and resurrection and prepared for this by a season of penitence and fasting.

By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel, and so grow in faith and in devotion to our Lord.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word.

**Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.**

## **The Collect**

Let us pray for grace to keep Lent faithfully.

*Silence is kept.*

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**

#### **Isaiah 58:1-12 (NRSV)**

A reading from the book of the prophet Isaiah.

Shout out, do not hold back!

Lift up your voice like a trumpet!

Announce to my people their rebellion,  
to the house of Jacob their sins.

Yet day after day they seek me  
and delight to know my ways,

as if they were a nation that practiced righteousness  
and did not forsake the ordinance of their God;

they ask of me righteous judgments,  
they delight to draw near to God.

“Why do we fast, but you do not see?

Why humble ourselves, but you do not notice?”

Look, you serve your own interest on your fast day,  
and oppress all your workers.

Look, you fast only to quarrel and to fight  
and to strike with a wicked fist.

Such fasting as you do today  
will not make your voice heard on high.

Is such the fast that I choose,  
a day to humble oneself?

Is it to bow down the head like a bulrush,  
and to lie in sackcloth and ashes?

Will you call this a fast,  
a day acceptable to the LORD?

Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?

Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?  
Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;  
your vindicator shall go before you,  
the glory of the LORD shall be your rear guard.  
Then you shall call, and the LORD will answer;  
you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you,  
the pointing of the finger, the speaking of evil,  
if you offer your food to the hungry  
and satisfy the needs of the afflicted,  
then your light shall rise in the darkness  
and your gloom be like the noonday.  
The LORD will guide you continually,

and satisfy your needs in parched places,  
and make your bones strong;  
and you shall be like a watered garden,  
like a spring of water,  
whose waters never fail.

Your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many generations;  
you shall be called the repairer of the breach,  
the restorer of streets to live in.

This is the word of the Lord.

**Thanks be to God.**

## **Psalmody**

### **Psalm 51:1-18 (NRSV)**

Have mercy on me, O God, in your great goodness;  
according to the abundance of your compassion  
blot out my offences.

Wash me thoroughly from my wickedness  
and cleanse me from my sin.

For I acknowledge my faults  
and my sin is ever before me.

Against you only have I sinned  
and done what is evil in your sight,

So that you are justified in your sentence  
and righteous in your judgement.

**Wash me thoroughly from my wickedness  
and cleanse me from my sin.**

I have been wicked even from my birth,  
a sinner when my mother conceived me.

Behold, you desire truth deep within me  
and shall make me understand wisdom  
in the depths of my heart.

Purge me with hyssop and I shall be clean;  
wash me and I shall be whiter than snow.

Make me hear of joy and gladness,  
that the bones you have broken may rejoice.

**Wash me thoroughly from my wickedness  
and cleanse me from my sin.**

Turn your face from my sins  
and blot out all my misdeeds.

Make me a clean heart, O God,  
and renew a right spirit within me.

Cast me not away from your presence  
and take not your holy spirit from me.

Give me again the joy of your salvation  
and sustain me with your gracious spirit;

**Wash me thoroughly from my wickedness  
and cleanse me from my sin.**

Then shall I teach your ways to the wicked  
and sinners shall return to you.

Deliver me from my guilt, O God,  
the God of my salvation,  
and my tongue shall sing of your righteousness.

O Lord, open my lips  
and my mouth shall proclaim your praise.

For you desire no sacrifice, else I would give it;  
you take no delight in burnt offerings.

The sacrifice of God is a broken spirit;  
a broken and contrite heart,  
O God, you will not despise.

**Wash me thoroughly from my wickedness  
and cleanse me from my sin.**

**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.**

## **New Testament Reading**

### **2 Corinthians 5:20b-6:10 (NRSV)**

A reading from the second letter of Paul to the Corinthians.

We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

As we work together with him, we urge you also not to accept the grace of God in vain. For the Lord says,

“At an acceptable time I have listened to you,  
and on a day of salvation I have helped you.”

See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone’s way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

This is the word of the Lord.

**Thanks be to God.**

# Hymn

## Gospel Reading

### Matthew 6:1-6, 16-21 (NRSV)

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.

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

Hear the Gospel of our Lord Jesus Christ  
according to Matthew.

### **Glory to you, O Lord.**

“Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

“So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

“And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash



your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## **Sermon**

### **The Liturgy of Penitence**

#### **Self-examination and Confession**

Let us now call to mind our sin and the infinite mercy of God.

God the Father,  
**have mercy on us.**

God the Son,  
**have mercy on us.**

God the Holy Spirit,  
**have mercy on us.**

Holy, blessed and glorious Trinity,  
**have mercy on us.**

From all evil and mischief;  
from pride, vanity, and hypocrisy;  
from envy, hatred, and malice;  
and from all evil intent,  
**good Lord, deliver us.**

From sloth, worldliness and love of money;  
from hardness of heart  
and contempt for your word and your laws,  
**good Lord, deliver us.**

From sins of body and mind;  
from the deceits of the world,  
the flesh and the devil,  
**good Lord, deliver us.**

In all times of sorrow;  
in all times of joy;  
in the hour of death,  
and at the day of judgement,  
**good Lord, deliver us.**

By the mystery of your holy incarnation;  
by your birth, childhood and obedience;  
by your baptism, fasting and temptation,  
**good Lord, deliver us.**

By your ministry in word and work;  
by your mighty acts of power;  
and by your preaching of the kingdom,  
**good Lord, deliver us.**

By your agony and trial;  
by your cross and passion;  
and by your precious death and burial,  
**good Lord, deliver us.**

By your mighty resurrection;  
by your glorious ascension;  
and by your sending of the Holy Spirit,  
**good Lord, deliver us.**

Give us true repentance;  
forgive us our sins of negligence and ignorance  
and our deliberate sins;

and grant us the grace of your Holy Spirit  
to amend our lives according to your holy word.

**Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.**

*Silence is kept.*

Make our hearts clean, O God;  
**and renew a right spirit within us.**

**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.**

## **The Imposition of Ashes**

Dear friends in Christ,  
I invite you to receive these ashes  
as a sign of the spirit of penitence  
with which we shall keep this season of Lent.

God our Father,  
you create us from the dust of the earth:  
grant that these ashes may be for us  
a sign of our penitence  
and a symbol of our mortality;  
for it is by your grace alone  
that we receive eternal life  
in Jesus Christ our Saviour.

**Amen.**

*The president and people receive the imposition of ashes*

Remember that you are dust,  
and to dust you shall return.  
Turn away from sin and be faithful to Christ.

God our Father,  
the strength of all who put their trust in you,  
mercifully accept our prayers;  
and because, in our weakness,  
we can do nothing good without you,  
grant us the help of your grace,  
that in keeping your commandments  
we may please you, both in will and deed;  
through Jesus Christ our Lord.

**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  
**and also with you.**

Let us offer one another a sign of peace.

# Hymn

## Prayer of Preparation

Merciful Father,  
turn us from sin to faithfulness  
and from disobedience to love,  
and prepare us to celebrate  
the death and resurrection of Christ our Saviour  
who is alive and reigns, now and for ever.

**Amen.**

## The Eucharistic Prayer

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 saying:

**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.**

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 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.

**Amen.**

## **The Lord's Prayer**

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

## **Breaking of the Bread**

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

## **The Agnus Dei**

**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**

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed are those who are called to his supper.  
**Lord, I am not worthy to receive you,**  
**but only say the word, and I shall be healed.**



## Prayer after Communion

*Silence is kept.*

Almighty God,  
you have given your only Son to be for us  
both a sacrifice for sin  
and also an example of godly life:  
give us grace  
that we may always most thankfully receive  
these his inestimable gifts,  
and also daily endeavour  
to follow the blessed steps of his most holy life;  
through Jesus Christ our Lord.

**Amen.**

**God of our pilgrimage,  
you have fed us with the bread of heaven.  
Refresh and sustain us  
as we go forward on our journey,  
in the name of Jesus Christ our Lord.  
Amen.**

## The Dismissal

### Hymn

### Responsory

This is love, not that we loved God,  
**but that he loved us and sent his Son.**

He is the sacrifice for our sins,  
**that we might live through him.**

If God loves us so much  
**we ought to love one another.**

If we love one another  
**God lives in us.**

## **The Dismissal Gospel**

Hear the Gospel of our Lord Jesus Christ according to Luke.

**Glory to you, O Lord.**

Which one of you, having a hundred sheep and losing one of them, does not leave the ninety-nine in the wilderness and go after the one that is lost until he finds it? When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbours, saying to them,

‘Rejoice with me, for I have found my sheep that was lost.’

Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## **The Blessing**

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

**Amen.**

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

**Amen.**

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

**Amen.**

And the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among us and remain with us always.

**Amen.**

## **The Dismissal**

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

# **Four Parishes Benefice**

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