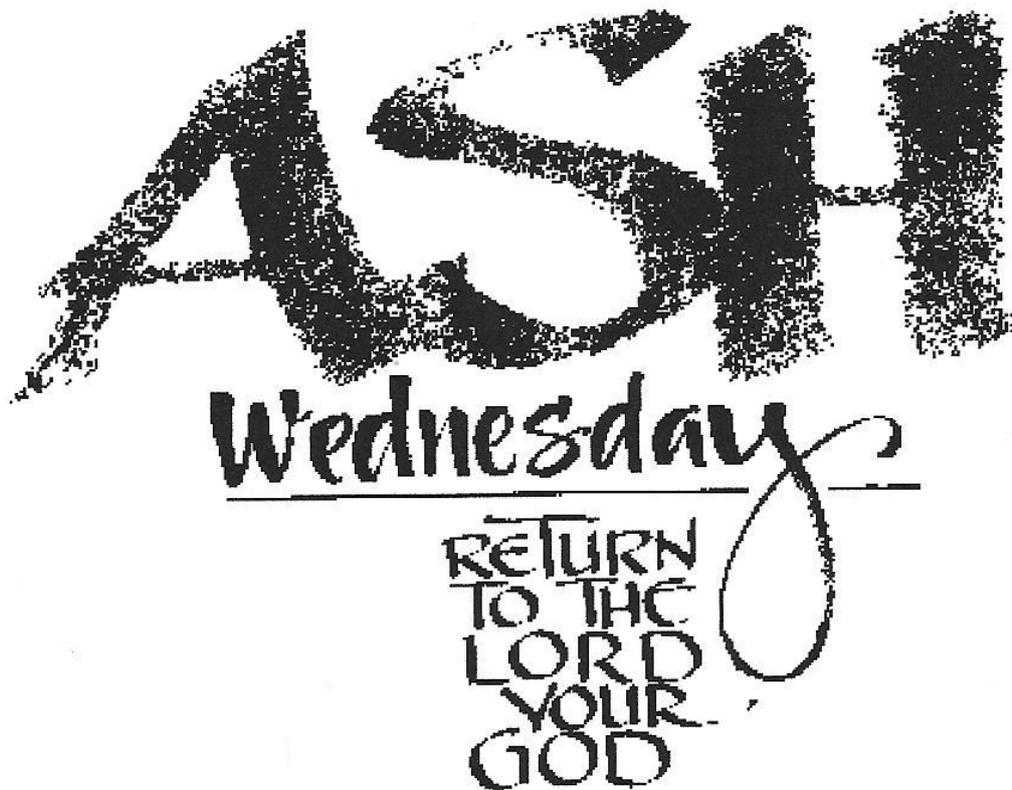


# The Parish of Newport & Carisbrooke with Gatcombe



**A Service of  
Holy Communion**

## GATHERING

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

**All Amen.**

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

**All And also with you**

*Words of Welcome and introduction*

## COLLECT

Let us pray for grace to keep Lent faithfully.

*Silence is kept.*

Holy God,  
our lives are laid open before you:  
rescue us from the chaos of sin  
and through the death of your Son  
bring us healing and make us whole  
in Jesus Christ our Lord.

**All Amen.**

## REFLECTION 1 - BROKEN

I am forgotten as though I were dead; I have become like broken pottery.

Psalm 31:12

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

Psalm 51:17

Cast your burden upon the Lord:

**All and he will sustain you.**

Create in us clean hearts, O God:

**All and renew a right spirit within us.**

Cast us not away from your presence:

**All and take not your Holy Spirit from us.**

Give us the joy of your saving help:

**All and sustain us with your life-giving Spirit.**

Piano – *Turn your eyes upon Jesus*

## REFLECTION 2 - TEARS

*(You will need your bowl or cup of salt water for this reflection)*

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

Psalm 56:8

The Sovereign Lord will wipe away all tears.

Isaiah 25:8

Cast your burden upon the Lord:

***All* and he will sustain you.**

Create in us clean hearts, O God:

***All* and renew a right spirit within us.**

Cast us not away from your presence:

***All* and take not your Holy Spirit from us.**

Give us the joy of your saving help:

***All* and sustain us with your life-giving Spirit.**

Piano – *Turn your eyes upon Jesus*

## REFLECTION 3 - CLEANSED

*(You will need your bowl of water, soap and towel for this reflection)*

Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow.

Psalm 51:7

Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him.

John 13:5

Cast your burden upon the Lord:

**All and he will sustain you.**

Create in us clean hearts, O God:

**All and renew a right spirit within us.**

Cast us not away from your presence:

**All and take not your Holy Spirit from us.**

Give us the joy of your saving help:

**All and sustain us with your life-giving Spirit.**

*Piano – Turn your eyes upon Jesus*

## REFLECTION 4 - PRAYER

*(You will need your scented candles and matches for this reflection)*

Think of my prayer as sweet-smelling incense and think of my lifted hands as an evening sacrifice.

Psalm 141:2

Cast your burden upon the Lord:

**All and he will sustain you.**

Create in us clean hearts, O God:

**All and renew a right spirit within us.**

Cast us not away from your presence:

**All and take not your Holy Spirit from us.**

Give us the joy of your saving help:

**All and sustain us with your life-giving Spirit.**

*Piano – Turn your eyes upon Jesus*

## CONFESSION

Lord God, our maker and our redeemer,  
this is your world and we are your people:  
come among us and save us.

We have wilfully misused your gifts of creation;  
Lord, be merciful:

**All forgive us our sin.**

We have seen the ill-treatment of others  
and have not gone to their aid;  
Lord, be merciful:

**All forgive us our sin.**

We have condoned evil and dishonesty  
and failed to strive for justice;  
Lord, be merciful:

**All forgive us our sin.**

We have heard the good news of Christ,  
but have failed to share it with others;  
Lord, be merciful:

**All forgive us our sin.**

We have not loved you with all our heart,  
nor our neighbours as ourselves;  
Lord, be merciful:

**All forgive us our sin.**

May the God of love bring you back to himself,  
forgive you your sins, and assure you of his eternal love  
in Jesus Christ our Lord.

**All Amen.**

*Piano – Drop, drop slow tears*

## COMMUNION 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 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*:

**All Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.**

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his 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.

Therefore, heavenly Father,  
we remember his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection and glorious ascension;  
we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.

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

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit,  
inspire us with your love  
and unite us in the body of your Son,  
Jesus Christ our Lord.

Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
with all who stand before you in earth and heaven,  
we worship you, Father almighty,  
in songs of everlasting praise:

**All** **Blessing and honour and glory and power**  
**be yours for ever and ever.**  
**Amen.**

## THE LORD'S PRAYER

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

Every time we eat this bread  
and drink this cup,

**All** we proclaim the Lord's death  
until he comes.

## THE INVITATION

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.

*If you are joining this service online, please use these prayers as a form of spiritual communion. Give thanks for the saving death and resurrection of Jesus and ask him to be with you now.*

**Thanks be to you, Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.**

after the Prayer of St Richard of Chichester

**Lord Jesus Christ, you said to your disciples, 'I am with you always'. Be with me today, as I offer myself to you. Hear my prayers for others and for myself and keep me in your care. Amen.**

Piano – *Depth of Mercy*

## AFTER COMMUNION

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.

**All** Father of all,  
we give you thanks and praise,  
that when we were still far off  
you met us in your Son and brought us home.  
Dying and living, he declared your love,  
gave us grace, and opened the gate of glory.  
May we who share Christ's body live his risen life;  
we who drink his cup bring life to others;  
we whom the Spirit lights give light to the world.  
Keep us firm in the hope you have set before us,  
so we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord.  
Amen.

## REFLECTION 5 - WHOLENESS

But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed.

*Isaiah 53:5*

Cast your burden upon the Lord:

**All and he will sustain you.**

Create in us clean hearts, O God:

**All and renew a right spirit within us.**

Cast us not away from your presence:

**All and take not your Holy Spirit from us.**

Give us the joy of your saving help:

**All and sustain us with your life-giving Spirit.**

## 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.**



*Remember that you are dust,  
and to dust you shall return.*

*Some material included in this service is copyright: © 1989 National Council of the Churches of Christ, USA. Some material included in this service is copyright: © The Archbishops' Council 2000. Some material included in this service is copyright: © The Archbishops' Council 2002. Collect (Ash Wednesday, Additional) © The Archbishops' Council 2004. Rubric: before explanation © The Central Board of Finance of the Church of England*