



# Newport Minster



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# LENT

**A Service of  
Holy Communion**

## **The Gathering**

*The president may say*

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

*All* **Amen.**

## **The Greeting**

*The president greets the people*

The Lord be with you  
**and also with you.**

*All*

*Words of welcome or introduction may be said.*

## **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

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:

*All* **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.**

*The president says*

May God who loved the world so much  
that he sent his Son to be our Saviour  
forgive you your sins  
and make you holy to serve him in the world,  
through Jesus Christ our Lord.

*All* **Amen.**

## Kyrie Eleison (sung)

*All* Lord have mercy, Lord have mercy.  
Christ have mercy, Christ have mercy.  
Lord have mercy, Lord have Mercy.

## The Collect

*The president introduces a period of silent prayer with the words 'Let us pray'.*

Almighty God,  
by the prayer and discipline of Lent  
may we enter into the mystery of Christ's sufferings,  
and by following in his Way  
come to share in his glory;  
through Jesus Christ our Lord.

*All* **Amen.**

## **First Reading - Genesis 9.8-17**

A reading from Genesis.

Then God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and 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. I 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.' God 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: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I 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. When 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.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

*At the end the reader may say*

This is the word of the Lord.

*All* **Thanks be to God.**

## **Gospel Reading**

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

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

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

*Mark 8.31-38*

This is the Gospel of the Lord.

*All* **Praise to you, O Christ.**

## Sermon

### The Creed

*The president says*

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

**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**

*These responses may be used*

*All* Lord, in your mercy  
**hear our prayer.**

*And at the end*

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

## 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.

*cf Romans 5.1,2*

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

## The Eucharistic Prayer

*All* The Lord be with you  
**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.  
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.

**All**

**Christ has died:**

**Christ is risen:**

**Christ will come again.**

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,  
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.**

## Breaking of the Bread

*The president breaks the consecrated bread.*

We break this bread to share in the body of Christ.

**All** **Though we are many, we are one body,  
because we all share in one bread.**

## Agnus Dei

Lamb of God, you take away the sin of the world,

**All** **Lamb of God, you take away the sin of the world,  
Have mercy on us,**

**All** **Have mercy on us.**

Lamb of God, you take away the sin of the world,

**All** **Lamb of God, you take away the sin of the world,  
Have mercy on us,**

**All** **Have mercy on us.**

Lamb of God, you take away the sin of the world,

**All** **Lamb of God, you take away the sin of the world,  
Grant us Your peace,**

**All** **Grant us Your peace,  
Grant us Your peace,**

**All** **Grant us Your peace,  
Grant us Your peace,**

**All** **Grant us Your peace.**

## **Giving of Communion**

*The president says the invitation to 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.**

*All* **Most merciful Lord,  
your love compels us to come in.  
Our hands were unclean,  
our hearts were unprepared;  
we were not fit  
even to eat the crumbs from under your table.  
But you, Lord, are the God of our salvation,  
and share your bread with sinners.  
So cleanse and feed us  
with the precious body and blood of your Son,  
that he may live in us and we in him;  
and that we, with the whole company of Christ,  
may sit and eat in your kingdom.  
Amen.**

*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.*

**All** 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*

**All** 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.

### **Post Communion Prayer**

Almighty God, you see that we have no power of ourselves to help ourselves:  
keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul;  
through Jesus Christ our Lord.

**Amen**

*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.**

## **The Dismissal**

### **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.**

*A minister says*

Go in peace to love and serve the Lord.

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

*The ministers and people depart.*

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