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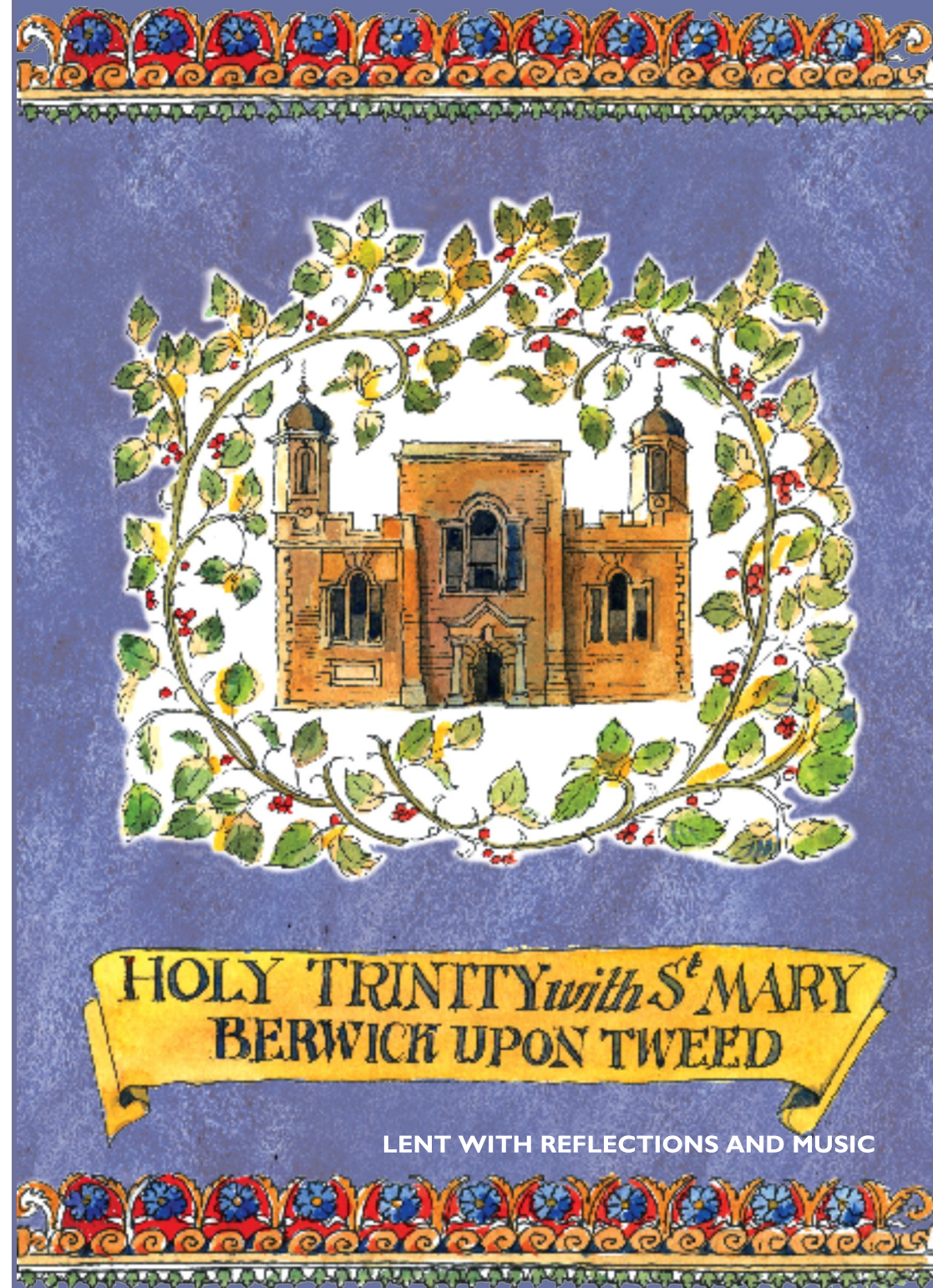
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*Grateful thanks to Matthew Rice for the cover design.*

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## TO KEEP YOUR LENT

Is this a Fast, to keep  
The Larder leane? And cleane  
From fat of Veales, and Sheep?

Is it to quit the dish  
Of Flesh, yet still To fill  
The platter high with Fish?

Is it to fast an houre,  
Or raid to go, Or show  
A downcast look, and sowre?

No: 'tis a Fast, to dole  
Thy sheaf of wheat, And meat,  
Unto the hungry Soule.

It is to fast from strife,  
From old debate, And hate;  
To circumsise thy life.

To shew a heart grief-rent;  
To serve thy sin, Not bin;  
And that's to keep thy Lent.

*Robert Herrick, 1591 – 1674*

*The deacon says*

As a people called to conversion  
on a journey to new life,  
go in peace to love and serve the Lord.

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

*The ministers and people depart.*

Everyone is welcome to join us after the service  
for refreshments in the Parish Centre.

## WELCOME

### SOME PRAYERS TO USE THROUGHOUT THE WEEK

Praise be to thee, my Lord Jesus Christ,  
for all the benefits thou has won for me,  
for all the pains and insults thou has borne for me.  
Most merciful redeemer, friend and brother,  
may I know thee more clearly,  
love thee more dearly,  
and follow thee more nearly,  
day by day. Amen

*St Richard of Chichester 1197 – 1253*

Lord, shall we not bring these gifts to your service?  
Shall we not bring to your service all our powers  
For life, for dignity, grace and order,  
And intellectual pleasures of the senses?  
The Lord who created must wish us to create  
And employ our creation again in his service  
Which is already his service in creating.

*T S Eliot 1888 – 1965 Chorus XI from The Rock*

Welcome to Berwick Parish Church. We are here today to participate fully in the Eucharist.

In this service, we remember with thanksgiving the life, death and resurrection of Jesus Christ, and the giving of himself to us today under the forms of bread and wine, which are for us his body and blood, the most holy sacrament of the altar.

In this central act of Christian worship, as the bread and wine are brought before God, so we offer ourselves to him, bringing to him our joys and sorrows, our thanksgivings and our concerns. When we receive Holy Communion, we receive Christ himself, and, thus nourished, we go out from worship to service, to live our Christian lives for others.

Christian worship is offered in the beauty of holiness. We are given a small foretaste of the inexpressible worship of heaven as through beautiful vestments, mystery, music and the traditional ceremonies of the Church we bring before God all the very best we have to offer.

We hope this booklet will guide you through the service and help you to enter into the movement of Christ's self-offering at the heart of our Eucharist.

**THE ORDER OF SERVICE BEGINS ON PAGE 5  
AND FOLLOWS THE RIGHT HAND PAGES.**

# BERWICK PARISH CHURCH

## THE EUCHARIST IN LENT

### INTRODUCTION

The characteristic notes of Lent are self-examination, penitence, self-denial, study and preparation for Easter. Our Lenten worship reflects these themes in its austerity: vestments of purple are worn, there are no flowers in church, the *Gloria in Excelsis* is not sung, we deny ourselves our joyful *Alleluias* until Easter and the Eucharist begins with the singing of Lent Prose in procession, which is both an act of penance and an extended intercession for the Church, the world, and ourselves.

The season has its origins in an extended period of preparation by candidates for baptism. Those who had been excluded from the fellowship of the Church for serious sin also prepared themselves for readmission to communion by fasting and penance during this time. In the course of time the whole Christian community came to recognise that, by a careful keeping of these days, all might take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel.

The tradition of a forty-day Lent parallels the time our Lord spent in the wilderness in preparation for his ministry. Eventually this became the norm in the West as Christians prepared themselves for the celebration of his Easter victory. We prepare for the joyous feast of Easter and our participation in the Paschal mystery – Christ's death, resurrection and glorious ascension.

Lent is often likened to a journey with Good Friday and Easter as its destination. From the start on Ash Wednesday, our Lenten journey takes us forward in eager expectation. St. Paul used the image of an athlete as a model or preparation for the Christian life. It is also a useful image for Lent. Baptism crowns the season at Easter.

*Except on Ash Wednesday, when all say*

**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 Dismissal*

### The Dismissal

*The president uses this or another seasonal blessing*

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

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.**

*Or, in Passiontide*

Christ crucified draw you to himself,  
to find in him a sure ground for faith, a firm support for hope,  
and the assurance of sins forgiven:  
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 HYMN is sung*

# THE HOLY EUCHARIST

## ¶ The Gathering

*In Lent we begin by STANDING for the Lent Prose. At the entry of the ministers, the verses are sung by the choir, with the congregation joining in the refrain.*

**LENT PROSE**

**The Lenten Prose**

*Refrain (Cantor first time)*



Hear us, O Lord, have mer - cy up - on us:  
for we have sinn'd a - gainst thee.

### A REFLECTION ON THE TASK WE ARE GIVEN AS WE ARE SENT OUT

You are Christians! Then your Lord is one and the same with Jesus on the throne of his glory, with Jesus in his blessed Sacrament, with Jesus received into your hearts in Communion, with Jesus who is mystically with you as you pray, and with Jesus enshrined in the hearts and bodies of his brothers and sisters up and down the world.

Now go out into the highways and hedges, and look for Jesus in the ragged and naked, in the oppressed and sweated, in those who have lost hope, and in those who are struggling to make good. Look for Jesus in them and when you find him, gird yourself with the towel of fellowship, and wash his feet in the person of his brethren.

*Frank Weston 1871 – 1924, Bishop of Zanzibar*

**Refrain: Hear us, O Lord, have mercy upon us:  
for we have sinn-ed against thee.**

1 To thee, Redeemer, on thy throne of glory:  
lift we our weeping eyes in holy pleadings:  
listen, O Jesu, to our supplications. [Refrain]

2 O thou chief Corner-stone, Right Hand of the Father  
Way of Salvation, Gate of Life Celestial  
cleanse thou our sinful souls from all defilement. [Refrain]

3 God, we implore thee, in thy glory seated  
bow down and hearken to thy weeping children  
pity and pardon all our grievous trespasses. [Refrain]

4 Sins oft committed now we lay before thee  
with true contrition, now no more we veil them  
grant us, Redeemer, loving absolution. [Refrain]

5 Innocent, captive, taken unresisting  
falsely accused, and for us sinners sentenced,  
save us, we pray thee, Jesu our Redeemer. [Refrain]

*We all come to the Eucharist with our own particular needs and with prayers for ourselves and for others. We bring them to the Lord in the time of silence. We bring to God all those things for which we are sorry, our sins of commission and omission.*

### ***A PRIVATE PRAYER OF PREPARATION***

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.

*If you do not wish to receive communion you are warmly invited to come forward for a blessing. Please cross your arms as an indication to the ministers.*

*During the distribution, hymns and anthems may be sung. Any consecrated bread and wine which is not required for the purposes of communion is consumed at the end of the distribution or reserved for the communion of the sick.*

### **Prayer after Communion**

*Silence is kept.*

*The president says "Let us pray" and the Post Communion or another suitable prayer is said.*

*All say*

**All** **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.**

## PRAYER AFTER RECEIVING HOLY COMMUNION

O King of the Friday  
Whose limbs were stretched on the cross,  
O Lord who did suffer  
The bruises, the wounds, the loss,  
We stretch ourselves  
Beneath the shield of thy might,  
Some fruit from the tree of thy passion fall on us this night!

*Ancient Irish hymn*

## The Greeting

*The president greets the people, who remain standing.*

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

## Prayer of Penitence

*The deacon invites us to confess our sins in these or other appropriate words*

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 Lord God,  
we have sinned against you;  
we have done evil in your sight.  
We are sorry and repent.  
Have mercy on us according to your love.  
Wash away our wrongdoing and cleanse us from  
our sin.  
Renew a right spirit within us  
and restore us to the joy of your salvation,  
through Jesus Christ our Lord. Amen.**

*The President says*

Almighty God, our heavenly Father,  
who in his great mercy has promised forgiveness of sins  
to all those who with heartfelt repentance and true faith  
turn to him:  
have mercy on you;  
pardon and deliver you from all your sins;  
and bring you to everlasting life;  
through Jesus Christ our Lord.

**All Amen.**

*The president sums up or “collects” the prayers of all our hearts in the words of the Collect of the day.*

### ***A PRAYER BEFORE READING THE BIBLE***

Lord, thy word abideth, and our footsteps guideth;  
Who its truth believeth, light and joy receiveth.  
O that we discerning its most holy learning,  
Lord, may love and fear and thee, evermore be near thee!

*H. W. Baker, 1821 - 1877*

*The Gospel is read from the midst of the assembly, as a sign of the Church fulfilling its role in proclaiming the ‘Good News’ to all the world.*

### **Giving of Communion**

*The president says these or other suitable words of invitation.*

This is the Lamb of God  
who takes away the sin of the world:  
our Passover sacrificed for us,  
our peace and reconciliation.  
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 We do not presume  
to come to this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy  
so much as to gather up the crumbs under your table.  
But you are the same Lord  
whose nature is always to have mercy.  
Grant us therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus Christ  
and to drink his blood,  
that we may evermore dwell in him, and he in us. Amen.**

*The president and people receive communion.*

*Authorised words of distribution are used and the communicant replies  
**Amen.***

*Baptised communicants of all Churches are invited to receive communion.  
Please follow the directions of the Stewards.*



## PRAYER BEFORE RECEIVING HOLY COMMUNION

Lord, this is thy feast,  
prepared by thy longing,  
spread at thy command,  
attended at thy invitation,  
blessed by thine own Word,  
distributed by thine own hand,  
the undying memorial of thy sacrifice upon the cross,  
the full gift of thine everlasting love,  
and its perpetuation till time shall end.  
Lord, this is the Bread of heaven, the Bread of life,  
that those who eat it never shall hunger more.  
And this is the cup of pardon, healing, gladness, strength,  
that those who drink it, shall never thirst again.  
Amen.

*Eric Milner-White 1884 - 1964*

## The Collect

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

*The Collect of the day is said, and all respond*

*All*    **Amen.**

## ¶ The Liturgy of the Word

### Readings

*We SIT for the first two readings. At the end of each the reader says*

*All*            For the word of the Lord  
**thanks be to God.**

*We STAND for the gradual HYMN after the second reading.*

### Gospel Reading

*When the Gospel is announced the deacon says*

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

*All say*            Hear the Gospel of our Lord Jesus Christ according to N.

**Glory to you, O Lord.**

*At the end*

This is the Gospel of the Lord

*All say*

**Praise to you, O Christ.**

*We SIT for the Sermon.*

### Sermon

*After the sermon silence is kept for reflection.*

**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.*

Every time we eat this bread and drink this cup:

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

*We all sing Agnus Dei as the bread is broken.*

*¶The Creed we use in Lent is a baptismal text, asking the candidates to confess the Faith. Traditionally baptisms would happen at Easter with Lent as the time of preparation. In the Early Church, those preparing for baptism were called 'catechumens', from the word which we still use, 'Catechism', which in times past all those preparing for confirmation would learn. Some of you may remember having to learn this, which began with the questions, 'What is your name?' and then, 'Who gave you that name?' The Catechism is a summary of the main content of the Christian faith.*

*The Nicene Creed may be said on occasion in Lent.*

David Thorne

Lamb of God, you  
take a-way the sin of the world: have mer-cy on us.  
Lamb of God, you take a-way the  
sin of the world: have mer-cy on us.  
Lamb of God, you take a-way the sin of the  
world: Grant us peace.

The cup of blessing that we bless,  
is it not sharing in the blood of Christ?  
The bread that we break, is it not a sharing in the body of Christ?  
Because there is one bread, we who are many are one body,  
for we all partake of the one bread

*1 Corinthians 10:16 - 17*

**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.**

*Agnus Dei,  
qui tollis peccata mundi:  
miserere nobis.*

*Agnus Dei,  
qui tollis peccata mundi:  
miserere nobis.*

*Agnus Dei,  
qui tollis peccata mundi:  
dona nobis pacem.*

*We STAND to proclaim our faith, the faith of the Church.*

## THE CREED

*President*

Do you believe and trust in God the Father?

**All I believe in God, the Father almighty,  
creator of heaven and earth.**

Do you believe and trust in his Son Jesus Christ?

**All I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

Do you believe and trust in the Holy Spirit?

**All I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.**

**Amen.**

*The prayers are introduced by the president and led by a member of the congregation.*

*We KNEEL (or SIT) for the intercessions.*

## PRAYER FOR ALL SORTS AND CONDITIONS OF MEN

O God, the Creator and Preserver of all mankind,  
we humbly beseech thee for all sorts and conditions of men;  
that thou wouldest be pleased to make their wants  
known unto them,  
thy saving health unto all nations.  
More especially we pray for the good estate of the Catholic Church;  
that it may be so guided and governed by thy good Spirit,  
that all who profess and call themselves Christians  
may be led into the way of truth, and hold the faith in unity of spirit,  
in the bond of peace, and in righteousness of life.  
Finally we commend to thy fatherly goodness  
all those who are in any ways afflicted, or distressed,  
in mind, body or estate;  
that it may please thee to comfort and relieve them,  
according to their several necessities,  
giving them patience under their sufferings,  
and a happy issue out of all their afflictions.  
And this we beg for Jesus Christ, his sake. Amen.

*The Book of Common Prayer*

*The Peace is not first and foremost a show of human friendship. It is an affirmation of our common identity as the Body of Christ, that "we are very members incorporate in the mystical body" of God's Son. By exchanging the Peace with our neighbours we express our determination to be reconciled with God and with one another.*

Peace, perfect peace, in this dark world of sin?  
The blood of Jesus whispers peace within.  
Peace, perfect peace, death shadowing us and ours?  
Jesus has vanquished death and all its powers.

*E H Bickersteth 1825 - 1906*

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.**

*A time of silence is kept.*

**The Lord's Prayer**

*The president introduces the Lord's Prayer.*

Let us ask God to forgive us our sins  
as we forgive those who sin against us:

**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.**

Rank on rank the host of heaven  
Spreads its vanguard on the way,  
As the Light of light descendeth  
From the realms of endless day,  
That the powers of hell may vanish  
As the darkness clears away.

*From the Liturgy of St James  
trans. Gerald Moultrie 1829 -1885*

Teach us to pray often, that we may pray oftener.

*Jeremy Taylor, 1613 - 1667*

*They may include some of the following concerns:*

*The Church of Christ*

*Creation, human society, the Sovereign and those in authority*

*The local community*

*Those who suffer*

*The faithful departed*

*The communion of saints*

*These responses may be used*

Lord, in your mercy

**All hear our prayer.**

Lord, hear us.

**All Lord, graciously hear us.**

*And at the end the President concludes with a Collect to which all respond*

**All Amen.**

## **¶ The Liturgy of the Sacrament**

*We STAND for the Peace*

**The Peace**

*The president introduces the Peace with this or another suitable sentence*

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.**

*The deacon says*

Let us offer one another a sign of peace.

*All may exchange a sign of peace.*

### **Passiontide Preface (from the fifth Sunday of Lent)**

It is indeed right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God,  
through Jesus Christ our Lord.

For as the time of his passion and resurrection draws near  
the whole world is called to acknowledge his hidden majesty.

The power of the life-giving cross  
reveals the judgement that has come upon the world  
and the triumph of Christ crucified.

He is the victim who dies no more,  
the Lamb once slain, who lives for ever,  
our advocate in heaven to plead our cause,  
exalting us there to join with angels and archangels,  
for ever praising you and saying:

*People may wish to SIT or KNEEL at this point.*

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 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.

Jesus Christ is Lord:

**All Lord, by your cross and resurrection  
you have set us free.  
You are the Saviour of the world.**

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, “This is my body that is given for you. Do this in remembrance of me.”

In the same way he took the cup also, after supper, saying, “this cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.

*1 Corinthians 11:23 - 26*

## Preparation of the Table

*A HYMN is sung.*

*The table is prepared and bread and wine are placed upon it.*

*The president takes the bread and wine.*

### Prayers at the preparation of the table

Blessed are you, Lord God of all creation:  
through your goodness we have this bread to set before you,  
which earth has given and human hands have made.

It will become for us the bread of life.

**Blessed be God for ever.**

Blessed are you, Lord God of all creation:  
through your goodness we have this wine to set before you,  
fruit of the vine and work of human hands.

It will become for us the cup of salvation.

**Blessed be God for ever.**

*We remain STANDING*

### The Eucharistic Prayer

*The president says or sings (Passiontide text set opposite)*

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 *singing*:

*We respond, singing*

**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.**

*Sanctus, Sanctus, Sanctus Dominus Deus Sabaoth.  
 Pleni sunt caeli et terra gloria tua.  
 Hosanna in excelsis.  
 Benedictus qui venit in nomine Domini.  
 Hosanna in excelsis.*

David Thorne

Ho - ly, Ho - ly, Ho - ly Lord, God of po - wer and  
 might, Hea - ven and earth are full of your glo - ry. Ho - san - na,  
 Ho - san - na, Ho - san - na in the high - est.  
 Bles - sed is he who comes in the name of the Lord. Ho -  
 san - na, Ho - san - na, Ho - san - na in the high - est.