

OPENING RESPONSES:

O Lord, open thou our lips. And our mouth shall shew forth thy praise.

O God, make speed to save us. O Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Praise ye the Lord. The Lord's name be praised.

PSALM: 74

O God, wherefore art thou absent from us so long * why is thy wrath so hot against the sheep of thy pasture? O think upon thy congregation * whom thou hast purchased, and redeemed of old. Think upon the tribe of thine inheritance * and mount Sion, wherein thou hast dwelt. Lift up thy feet, that thou mayest utterly destroy every enemy stwhich hath done evil in thy sanctuary. Thine adversaries roar in the midst of thy congregations * and set up their banners for tokens. He that hewed timber afore out of the thick trees * was known to bring it to an excellent work. But now they break down all the carved work thereof * with axes and hammers. They have set fire upon thy holy places * and have defiled the dwelling-place of thy Name, even unto the ground. Yea, they said in their hearts, Let us make havock of them altogether * thus have they burnt up all the houses of God in the land. We see not our tokens, there is not one prophet more * no, not one is there among us, that understandeth any more. O God, how long shall the adversary do this dishonour * how long shall the enemy blaspheme thy Name, for ever? Why withdrawest thou thy hand * why pluckest thou not thy right hand out of thy bosom to consume the enemy? For God is my King of old * the help that is done upon earth he doeth it himself. Thou didst divide the sea through thy power * thou brakest the heads of the dragons in the waters. Thou smotest the heads of Leviathan in pieces * and gavest him to be meat for the people in the wilderness. Thou broughtest out fountains and waters out of the hard rocks * thou driedst up mighty waters. The day is thine, and the night is thine * thou hast prepared the light and the sun. Thou hast set all the borders of the earth * thou hast made summer and winter.

Remember this, O Lord, how the enemy hath rebuked * and how the foolish people hath blasphemed thy Name. O deliver not the soul of thy turtle-dove unto the multitude of the enemies * and forget not the congregation of the poor for ever. Look upon the covenant * for all the earth is full of darkness, and cruel habitations. O let not the simple go away ashamed * but let the poor and needy give praise unto thy Name. Arise, O God, maintain thine own cause * remember how the foolish man blasphemeth thee daily. Forget not the voice of thine enemies * the presumption of them that hate thee increaseth ever more and more. Glory be to the Father:

and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be: world without end. Amen.

FIRST LESSON: Numbers 21:4-9

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, 'Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.' Then the LORD sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, 'We have sinned by speaking against the LORD and against you; pray to the LORD to take away the serpents from us.' So Moses prayed for the people. And the LORD said to Moses, 'Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.' So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

MAGNIFICAT:

My soul doth magnify the Lord:

and my spirit hath rejoiced in God my Saviour.

For he hath regarded:

the lowliness of his handmaiden.

For behold, from henceforth:

all generations shall call me blessed.

For he that is mighty hath magnified me:

and holy is his Name.

And his mercy is on them that fear him: throughout all generations.

He hath shewed strength with his arm:

he hath scattered the proud in the imagination of their hearts.

He hath put down the mighty from their seat:

and hath exalted the humble and meek.

He hath filled the hungry with good things:

and the rich he hath sent empty away.

He remembering his mercy hath holpen his servant Israel:

as he promised to our forefathers, Abraham and his seed for ever.

Glory be to the Father:

and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be: world without end. Amen.

SECOND LESSON: Ephesians 2:1-10

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ lesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness towards us in Christ lesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God— not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

NUNC DIMITTIS:

Lord, now lettest thou thy servant depart in peace:

according to thy word.

For mine eyes have seen:

thy salvation.

Which thou hast prepared:

before the face of all people.

To be a light to lighten the Gentiles: and to be the glory of thy people Israel.

Glory be to the Father:

and to the Son, and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be:

world without end. Amen.

THE APOSTLES' CREED:

I believe in God the Father almighty, maker of heaven and earth; And 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, dead, and buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven, and sitteth on the right hand of God the Father almighty. From thence he shall come to judge the quick and the dead. 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 Lord be with you. And with thy spirit. Let us pray.

Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

Our Father, which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, In earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation; But deliver us from evil. Amen.

O Lord, shew thy mercy upon us. And grant us thy salvation.

O Lord, save the Queen. And mercifully hear us when we call upon thee. Endue thy ministers with righteousness. And make thy chosen people joyful.

O Lord, save thy people. And bless thine inheritance.

Give peace in our time, O Lord.

Because there is none other that fighteth for us, but only thou, O God.

O God, make clean our hearts within us. And take not thy Holy Spirit from us.

THE COLLECT OF THE DAY

Grant, we beseech thee, Almighty God, that we, who for our evil deeds do worthily deserve to be punished, by the comfort of thy grace may mercifully be relieved; through our Lord and Saviour Jesus Christ. Amen.

LENTEN COLLECT

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we, worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

COLLECT FOR PEACE

O God, from whom all holy desires, all good counsels and all just works do proceed; Give unto thy servants that peace which the world cannot give; that both, our hearts may be set to obey thy commandments, and also that by thee we being defended from the fear of our enemies may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen.

COLLECT FOR AID AGAINST ALL PERILS

Lighten our darkness, we beseech thee, O Lord: and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour Jesus Christ. Amen.

PRAYERS

On Motherhood

Lord, motherhood was never easy, not for Mary, not for us. There's longing in it, waiting, pain, hard work and tight budgets. But you, creating God, come that way, lighting with beauty the bond of trust and humble devotion. Speak to us, God, through our mothers, that we may know your steadfast love. May we obey like Mary and work hard like Joseph, and may the love of Jesus be with us as we continue to grow in grace and knowledge of our Lord and Saviour, to whom be the glory now and for eternity.

Bernard Thorogood & Trevor Lloyd (adapted)

For families

O God our Father, we thank thee for our homes and families; for love and forbearance, for friends and foes, for laughter enjoyed and sorrow shared, for the daily bread of thy bounty in good times and bad. Help us to be mindful of thy gifts and glad to show forth thy praise; through Jesus Christ our Lord.

R.N. Rodenmayer

For spiritual growth and goodness

Hear our prayers, O Lord, and consider our desires. Give unto us true humility, a meek and quiet spirit, a loving and friendly, a holy and a useful manner of life; bearing the burdens of our neighbours, denying ourselves, and studying to benefit others, and to please thee in all things. Grant us to be righteous in performing promises, loving to our relatives, careful of our charges; to be gentle and easy to be entreated, slow to anger, and readily prepared for every good work.

Jeremy Taylor

The Dean's suggested Lenten prayer

God be in my head, and in my understanding. God be in mine eyes, and in my looking. God be in my mouth, and in my speaking. God be in my heart and in my thinking. God be at my end, and at my departing.

Sarum Primer (1588)

Pause for **SILENT REFLECTION**

A PRAYER OF ST JOHN CHRYSOSTOM

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. Amen.

THE GRACE

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

Hymns suitable for use at home:

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O my Saviour, lifted from the earth for me, draw me, in thy mercy, nearer unto thee.

Speed these lagging footsteps, melt this heart of ice, as I scan the marvels of thy sacrifice.

Lift my earth-bound longings fix them, Lord, above; draw me with the magnet of thy mighty love. Lord, thine arms are stretching ever far and wide, to enfold thy children, to thy loving side.

And I come, O Jesus; dare I turn away? No, thy love that conquered, and I come today:

Bringing all my burdens, sorrow, sin and care, at thy feet I lay them, and I leave them there. Words: W. Walsham How (1823-97) Tune: NORTH COATES Timothy R. Matthews (1826-1910)

ICH 553

Jesu, lover of my soul, let me to thy bosom fly, while the nearer waters roll, while the tempest still is high; hide me, O my Saviour, hide, till the storm of life be past; safe into the haven guide, O receive my soul at last.

Other refuge have I none, hangs my helpless soul on thee; leave, ah leave me not alone, still support and comfort me; all my trust on thee is stayed, all my help from thee I bring; cover my defenceless head with the shadow of thy wing. Thou, O Christ, art all I want; more than all in thee I find; raise the fallen, cheer the faint, heal the sick, and lead the blind; Just and holy is thy Name; I am all unrighteousness; false and full of sin I am, thou art full of truth and grace.

Plenteous grace with thee is found, grace to cover all my sin; let the healing streams abound: make and keep me pure within. Thou of life the fountain art, freely let me take of thee, spring thou up within my heart, rise to all eternity. Words: Charles Wesley (1707-88) Tune: HOLLINGSIDE John Bacchus Dykes (1823-76)

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