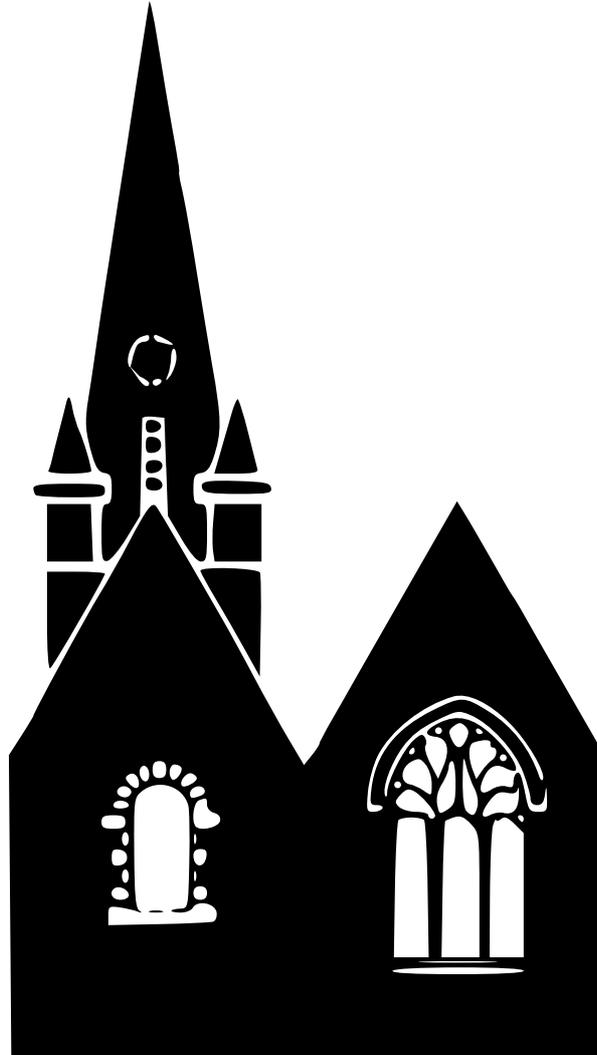


Parish Eucharist for the First Sunday of Lent



St Michel du Valle, Guernsey

www.valechurch.gg

*Today's hymns are recorded by St Martin's Voices
from the church of St Martin in the Fields, London*

Forty days and forty nights
thou wast fasting in the wild;
forty days and forty nights
tempted, and yet undefiled.

Sunbeams scorching all the day;
chilly dew-drops nightly shed;
prowling beasts about thy way;
stones thy pillow, earth thy bed.

Let us thine endurance share,
and awhile from joys abstain,
with thee watching unto prayer,
strong with thee to suffer pain?

And if Satan, vexing sore,
flesh or spirit should assail,
thou, his vanquisher before
grant we may not faint nor fail.

So shall we have peace divine;
holier gladness ours shall be;
round us too shall angels shine,
such as ministered to thee.

Keep, O keep us, Saviour dear,
ever constant by thy side;
that with thee we may appear
at the eternal Eastertide.

The Greeting

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

All **Amen.**

Wherever we are we meet in the name of Christ who is present in every time and place as our friend and brother:

The Lord be with you.

All **And also with you.**

Prayers of Penitence

Our Lord Jesus Christ said:

The first commandment is this:

'Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all your strength.'

The second is this: 'Love your neighbour as yourself.'

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

All **Amen. Lord, have mercy.**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

We confess to you our selfishness and lack of love:

fill us with your Spirit.

Lord, have mercy.

All **Lord, have mercy.**

We confess to you our fear and failure in sharing our faith:

fill us with your Spirit.

Christ, have mercy.

All **Christ, have mercy.**

We confess to you our stubbornness and lack of trust:

fill us with your Spirit.

Lord, have mercy.

All **Lord, have mercy.**

The priest proclaims God's forgiveness:

May almighty God have mercy upon us,
forgive us our sins,
and bring us to everlasting life.

All **Amen.**

The Collect

Let us pray.

Silence is kept.

Almighty Father,
whose Son was revealed in majesty
before he suffered death upon the cross:
give us grace to perceive his glory,
that we may be strengthened to suffer with him
and be changed into his likeness, from glory to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All **Amen.**

Old Testament Reading

(Genesis 9.8–17)

A reading from the Book of 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.’

This is the word of the Lord.

All **Thanks be to God.**

Psalm

(Psalm 25:4-6,7b-9)

The response to the psalm is:

Your ways, Lord, are faithfulness and love.

All **Your ways, Lord, are faithfulness and love.**

Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth, and teach me:

for you are God my saviour.

All **Your ways, Lord, are faithfulness and love.**

Remember your mercy, Lord,

and the love you have shown from of old.

In your love remember me,

because of your goodness, O Lord.

All **Your ways, Lord, are faithfulness and love.**

The Lord is good and upright.

He shows the path to those who stray,

He guides the humble in the right path,

He teaches his way to the poor.

All **Your ways, Lord, are faithfulness and love.**

New Testament Reading

(1 Peter 3.18–22)

A reading from the First Letter of Peter.

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

This is the word of the Lord.

All **Thanks be to God.**

Gospel Reading

(Mark 1.9–15)

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

I am the light of the world, says the Lord,
whoever follows me will have the light of life.

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

The Lord be with you.

All **And also with you.**

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

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

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

This is the Gospel of the Lord.

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

Sermon

The Creed

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

In the intercessions the following response is often used:

All Lord, in your mercy
hear our prayer.

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.

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

Offertory Hymn

During the offertory hymn bread and wine are prepared and, normally, a collection would be taken for the work of Vale Church. Of course, in this current situation it is not possible to pass a collection basket around, but the expenses of running the church continue. If you are able to give towards the work of the church, please send a cheque payable to Vale Church to Vale Church Rectory, L'Abbaye, Vale, Guernsey, GY3 5SF or contact Fr Stuart for bank transfer details or a Standing Order form. You can also now donate online with a credit or debit card at <https://www.valechurch.gg/donate>. Thank you for your support.

*Hear us, O Lord, have mercy upon us:
for we have sinned against thee.*

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

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.

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

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

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

Prayer over the Offerings

Be present, be present, Lord Jesus Christ, our risen high priest, make yourself known to us; though we are separated unite us in faith; though we are apart grant us the communion of the Holy Spirit.

All **Amen.**

Eucharistic Prayer C

All The Lord be with you *(or)* The Lord is here.
and also with you. *(or)* **His Spirit is with us.**

All Lift up your hearts.
We lift them to the Lord.

All Let us give thanks to the Lord our God.
It is right to give thanks and praise.

It is indeed right,
it is our duty and our joy,
at all times and in all places
to give you thanks and praise,
holy Father, heavenly King,
almighty and eternal God,
through Jesus Christ our Lord.

And now we give you thanks
because you give us the spirit of discipline,
that we may triumph over evil and grow in grace,
as we prepare to celebrate the paschal mystery
with mind and heart renewed.

All Therefore with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and singing:
**Holy, most holy, all holy the Lord,
In power and wisdom for ever adored.
The earth and the heavens are full of your love;
Our joyful hosannas re-echo above.**

**Blessed, most blessed, all blessed is he
Whose life makes us whole, and whose death sets us free;
Who comes in the name of the Father of light,
Let endless hosannas resound in the height.**

All glory be to you, our heavenly Father,
who, in your tender mercy,
gave your only Son our Saviour Jesus Christ
to suffer death upon the cross for our redemption;
who made there by his one oblation of himself once offered
a full, perfect and sufficient sacrifice, oblation and satisfaction
for the sins of the whole world;
he instituted, and in his holy gospel commanded us to continue,
a perpetual memory of his precious death until he comes again.

Hear us, merciful Father, we humbly pray,
and grant that, by the power of your Holy Spirit,
we receiving these gifts of your creation, this bread and this wine,
according to your Son our Saviour Jesus Christ's holy institution,
in remembrance of his death and passion,
may be partakers of his most blessed 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.

Christ is the bread of life:

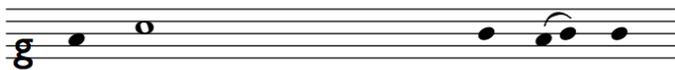
All **When we eat this bread and drink this cup,
we proclaim your death, Lord Jesus,
until you come in glory.**

Therefore, Lord and heavenly Father,
in remembrance of the precious death and passion,
the mighty resurrection and glorious ascension
of your dear Son Jesus Christ,
we offer you through him this our sacrifice of praise and thanksgiving.

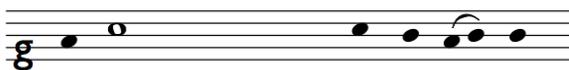
Grant that by his merits and death,
and through faith in his blood,
we and all your Church may receive forgiveness of our sins
and all other benefits of his passion.

Although we are unworthy, through our manifold sins,
to offer you any sacrifice,
yet we pray that you will accept this
the duty and service that we owe.

Do not weigh our merits, but pardon our offences,
and fill us all who share in this holy communion
with your grace and heavenly blessing;
through Jesus Christ our Lord.



by whom, and with whom, and in whom,



in the unity of the Ho-ly Spi-rit,



all honour and glory be yours, al - migh - ty Fa - ther,



for ev - er and ev - er. **A - men.**

The Lord's Prayer

Trusting in the compassion of God,
let us pray with confidence as our Saviour has taught 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.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.**

Breaking of the 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.**

Lamb of God

All **Jesus, source of everlasting life:
Jesus, source of reconciling love:
Hear our prayer, have mercy; hear our prayer, have mercy;
give us your peace.**

**Jesus, by whose suffering we are healed:
Jesus, man of sorrows, friend of grief:
Hear our prayer, have mercy; hear our prayer, have mercy;
give us your peace.**

**Jesus, crucified, transcending time:
Jesus, Saviour, by whose death we live:
Hear our prayer, have mercy; hear our prayer, have mercy;
give us your peace.**

**Jesus, Lord of life and Lord of light:
Jesus, here in form of bread and wine.**

**Hear our prayer, have mercy; hear our prayer, have mercy;
give us your peace.**

Giving of Communion

Behold the Lamb of God.

Behold him 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.**

Prayer after Communion

Silence is kept.

Holy God,

we see your glory in the face of Jesus Christ:

may we who are partakers at his table

reflect his life in word and deed,

that all the world may know his power to change and save.

This we ask through Jesus Christ our Lord.

All **Amen.**

Almighty God, we thank you for feeding us by your holy Word and by our fellowship in the body of Christ. United with him and with all the baptised in every time and place we offer you our souls and bodies to be a living sacrifice. Sustain us in our isolation by the power of your Spirit, that we may live in peace, and free from all anxiety, to your praise and glory.

All **Amen.**

Blessing

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

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

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

All If we love one another
God lives in us.

All The Lord be with you
and also with you.

All 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.
Amen.

Dismissal

All Go in the peace of Christ.
Thanks be to God.

Hymn

Just as I am, without one plea
but that thy blood was shed for me,
and that thou bidst me come to thee,
O Lamb of God, I come.

Just as I am, though tossed about
with many a conflict, many a doubt,
fightings within and fears without,
O Lamb of God, I come.

Just as I am, poor, wretched, blind;
sight, riches, healing of the mind,
Yea, all I need, in thee to find,
O Lamb of God, I come.

Just as I am, thou wilt receive,
wilt welcome, pardon, cleanse, relieve:
because thy promise I believe,
O Lamb of God, I come.

Just as I am (thy love unknown
has broken every barrier down),
now to be thine, yea, thine alone,
O Lamb of God, I come.

Just as I am, of that free love
the breadth, length, depth, and height to prove,
here for a season, then above,
O Lamb of God, I come.

Common Worship: Services and Prayers for the Church of England, *material from which is included in this service, is copyright © The Archbishops' Council 2000.*

Common Worship: Times and Seasons, material from which is included in this service, is copyright © The Archbishops' Council 2006.

Hymns covered by CCLI Licence Number: 411571