

COCKFIELD BENEFICE



**Holy Communion at home
in the Season of Lent**

Welcome and notices

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

Amen.

**To you, O Lord, we lift up our hearts,
offering worship and praise.**

Show us your path.

Teach us to follow.

Guide us in your truth.

For our hope is in you all day long.

Amen.

We say sorry to God

Words of greeting on the lips; words of love on the lips - the
example you gave us:

forgive us when we fail to act as you do, Lord.

Words of retaliation, insincerity and malice on our lips:

forgive us when we act towards others in this way, Lord.

Overwhelmed by complex relationships and rocky paths:

forgive us for not setting our minds on you and your ways.

Fear of rejection and wary of being our true selves:

forgive us and help us to give of ourselves as you give.

Forgive us, Lord, for our failure to trust you;

for not allowing you to be in the driving seat.

Lord of relationships, lead us

and help us to live your way.

In your name we pray. Amen.

We sing the Penitential Psalm

God, be merciful to me,

let your love my refuge be;

my offences wash away,

cleanse me from my sin today.

My transgressions I confess,

grief and guilt my soul oppress;
I have sinned against your grace
and provoked you to your face.

Wash me, wash me pure within,
cleanse, O cleanse me from my sin;
in your righteousness I trust,
in your judgements you are just.
Come, salvation to impart,
teach your wisdom to my heart;
make me pure, your grace bestow,
that your mercy I may know.

Gracious God, my heart renew,
make my spirit right and true;
from my sins O hide your face,
blot them out in boundless grace.
Cast your servant not away,
let your Spirit with me stay;
make me joyful, willing strong,
teach me your salvation's song!

(Tune Aberystwyth)

Assurance of forgiveness

Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord.

Amen

We pray the Collect

**Heavenly Father,
your Son battled with the powers of darkness,
and grew closer to you in the desert:
help us to use these days to grow in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord. Amen.**

Old Testament Reading: Genesis 9.8-17

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.'

Gospel Acclamation

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

The Lord is a great God, O that today you would listen to his voice.
Harden not your hearts.

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

Hear the Gospel of our Lord Jesus Christ according to Mark

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.'

Mark 1.9-15

This is the Gospel of the Lord.
Praise to you, O Christ.

Talk

We say what we believe

My brothers and sisters in Christ, let us declare our faith in God

**We believe in God the Father,
from whom every family
in heaven and earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit.
Amen.**

We pray for the Church and the World

After each section of the prayers:

Lord in your mercy
hear our prayer.

at the end we say

Merciful Father,

**Accept these our 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.

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

Let us offer one another a sign of peace.

Offertory Hymn

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

2 Sunbeams scorching all the day
chilly dew drops nightly shed.
Prowling beasts along thy way
stones thy pillow, earth thy bed.

3 Let us thine endurance share
and from worldly joys abstain,
with thee watching unto prayer
strong with thee to suffer pain.

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

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

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

Taking of the Bread and Wine

God of our journey, as we walk with you on your path of obedience, sustain us on our way and lead us to your glory; through Jesus Christ our Lord. Amen.

Amen

The Eucharistic Prayer

The Lord is here.

His Spirit is with us.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

Almighty God, good Father to us all, your face is turned towards your world. In love you gave us Jesus your Son to rescue us from sin and death. Your Word goes out to call us home to the city where angels sing your praise. We join with them in heaven's song:

**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.

Father of all, we give you thanks for every gift that comes from heaven. To the darkness Jesus came as your light. With signs of faith and words of hope he touched untouchables with love and washed the guilty clean.

This is his story.

This is our song:

Hosanna in the highest.

The crowds came out to see your Son, yet at the end they turned on him. On the night he was betrayed he came to table with his friends to celebrate the freedom of your people.

This is his story.

**This is our song:
Hosanna in the highest**

Jesus blessed you, Father, for the food; he took bread, gave thanks, broke it and said: This is my body, given for you all. Jesus then gave thanks for the wine; he took the cup, gave it and said: This is my blood, shed for you all for the forgiveness of sins. Do this in remembrance of me.

This is our story.

**This is our song:
Hosanna in the highest.**

Therefore, Father, with this bread and this cup we celebrate the cross on which he died to set us free. Defying death he rose again and is alive with you to plead for us and all the world.

This is our story.

**This is our song:
Hosanna in the highest.**

Send your Spirit on us now that by these gifts we may feed on Christ with opened eyes and hearts on fire. May we and all who share this food offer ourselves to live for you and be welcomed at your feast in heaven where all creation worships you, Father, Son and Holy Spirit:

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

We keep a moment silence

The Lord's Prayer

Lord Jesus, remember us in your kingdom and teach us to pray -

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,**

on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.

We break the Bread

We break the bread to share in the body of Christ.
Though we are many, we are one body,
because we all share in one bread.

Jesus is the Lamb of God
who takes away the sin of the world.
Blessed are those who are called to his supper:
Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.

Prayers after Communion

Post Communion Prayer

Lord God,
you have renewed us with the living bread from heaven;
by it you nourish our faith,
increase our hope,
and strengthen our love:
teach us always to hunger for him who is the true and living bread,
and enable us to live by every word
that proceeds from out of your mouth;
through Jesus Christ our Lord.
Amen.

A sending out prayer

Creator God, you made us in your image
to be your people, wherever we go.

This coming week, whatever we experience,
wherever we find ourselves,
help us to know that you are with us -
guiding, revealing and sustaining - always.

Amen.

The 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 with you and remain with you, always. **Amen.**

Live in peace to love and serve the Lord.

In the name of Christ. Amen.

Closing Hymn

1 Amazing Grace how sweet the sound
that saved a wretch like me.
I once was lost, but now am found,
was blind but now I see.

2 T'was grace that taught my heart to fear
and grace my fears relieved.
How precious did that grace appear
the hour I first believed.

3 Through many dangers toils and snares
I have already come
Tis grace has brought me safe thus far
and grace will lead me home.

4 The Lord has promised good to me
his word my hope secures
he will my shield and portion be
as long as life endures.

5 When we've been there ten thousand years
bright shining as the sun,
We've no less days to sing God's praise
than when we first begun.

PRAYERS for use during the week

A personal prayer: Today, I rejoice in the times and places that I have experienced your presence. I bring to you the sadness that I have experienced today. I bring to you the joys that I have experienced today. I offer you this day: be present in me and through me, in what is sad and what is joyful.

Amen.

Praying for the world:

- We give thanks that the G7 summit saw a commitment to sharing Covid-19 vaccines across the world and pray that this will be followed through
- for the state of Texas in the USA as it faces harsh weather
- for the people of Myanmar as the protests against military rule continue

Prayers in our diocese:

- Ixworth Deanery: Pakenham with Norton, Tostock with Great Ashfield, Hunston and Stowlangtoft, the Revd Katherine Valentine, the Revd Jay Price
- Older and vulnerable people shielding
- Along with those taking part in the Kagera Lent Challenge today pray for God's blessing on all those who offer loving care to their neighbours and who work to sustain and build community anywhere in the world.

Praying for our benefice:

- Bradfield St Clare extra-ordinary parish meeting this Thursday 25th February
- Rev Richard Stainer, AOP curate and Helen Grover, curate-designate
- for all those taking part in the Kagera Lent Challenge
- for those who are in need of our prayer: Carol Dixey, Margaret Ratcliff, Roy Offord and Jerry De Roper
- for those who have died: Alice Courtney and Michael Dawnay
- We pray for Peter and Margaret Newlands as they leave us at the end of the week, they will be sadly missed!

NOTICES

Weekly prayer meeting by zoom

Do please join Malcolm Gifford for weekly prayer via zoom. There is so much to pray for and it's good to get together to do so!

The details are: Every Weds, from 2.00-2.30pm but extendable
link: <https://us02web.zoom.us/j/86736217904?pwd=Y2VGK0UvQlpkZHFzTFE4NkE4bHFxQT09> (Meeting ID: 867 3621 7904, Passcode: 456146 if needed)

Don't forget to watch Rev Richard's weekly worship on our facebook page which is available every Wednesday.

St Edmundsbury Cathedral is hosting a series of talks for Lent called '**Radical Faith: Inspirational Christian lives for challenging times**' on Wednesdays at 7pm starting this week. Contact michael.robinson@cofesuffolk.org for the zoom link.

Messy Church – can you help? The Messy Church team are planning to deliver “Messy Easter in a bag” to our regular Messy Church families and some others that are known to members of the congregation. This is an excellent way of getting the Easter message into homes that may not normally receive it.

In the bags will be good quality activities and books telling the Easter story. Obviously this costs money and this is where **YOU** come in! We would be very grateful for any donations towards this vital work of our church in our communities. As a benefice we are also giving each family in Cockfield School and Catey pre-school a copy of “The Seriously Surprising Story”, a re-telling of the Easter Story published by The Bible Society.

Donations can be sent to: BSG church a/c: sort code 40 15 22, a/c no 91514199 or cheques payable to BSG PCC to Christine Stainer Phone 01284 388175 for address details etc and any more information. Thank **you** very much!

**Next Sunday's service - Second Sunday in Lent
Worshipping Together at 10am**

via the Benefice Facebook page at

<https://www.facebook.com/cockfieldbenefice/live/>

To place a notice in the weekly service sheet contact Canon Sharon at revsharon2@gmail.com or telephone 01284 828599 or 07825 086063.