

THE PARISH CHURCH
OF
SAINT ANDREW
HEADINGTON



The Parish Eucharist
First Sunday of Lent
21st February 2021

WELCOME

Welcome to Saint Andrew's. Worship has been offered on this site since at least the twelfth century.

Today in the Church's Year we enter the season of Lent. Lent may originally have followed Epiphany, just as Jesus' sojourn in the wilderness followed immediately on his baptism, but it soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally been added. The calculation of the forty days has varied considerably in Christian history. It is now usual in the West to count them continuously to the end of Holy Week (not including Sundays), so beginning Lent on the sixth Wednesday before Easter, Ash Wednesday.



Saint Andrew's & Coronavirus

Under the current lockdown we can still meet for public worship but this can only continue safely if we follow the guidelines fully. Our weekly pattern of Eucharistic worship is as normal.

Social distancing and hygiene are essential in our care of one another.

You must put on your face-covering before you enter the church.

Your temperature may be checked.

Please go to your seat and do not move around the church.

Please try not to have conversations while you are in church. If you need to you must stay 2 metres apart. We know this isn't easy.

Please do not gather in groups as you enter and leave the church.

The clergy will not go to the door at the end of services as it encourages groups to gather in a small space. If you need to speak to the clergy please phone, text or email.



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www.standrewsheadington.co.uk

The Gathering

Organ Voluntary

Erbarm' dich mein, O Herre Gott
Johann Ludwig Krebs (1713-1780)

Processional

Ach, was soll ich Sünder machen
Johann Pachelbel (1653–1706)

The Greeting

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

All **Amen.**

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you

All **and also with you.**

The president introduces the service.

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 president introduces
a period of silence in which all call to mind their sins.*

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.**

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

Christ, have mercy.
All **Christ, have mercy.**

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

*The president says the prayer of absolution,
and all respond*

All **Amen.**

The Collect

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

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness, so may we know your power to save;
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.

All **Amen.**

The Liturgy of the Word

First Reading Genesis 9.8–17

A reading from the book Genesis

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.

Thanks be to God.

Psalm 25.1-9

All **Your paths, O Lord, are love and faithfulness**

To you, O Lord, I lift up my soul;
my God, I put my trust in you;
let me not be humiliated,
nor let my enemies triumph over me.
Let none who look to you be put to shame;
let the treacherous be disappointed in their schemes.

All **Your paths, O Lord, are love and faithfulness**

Show me your ways, O Lord,
and teach me your paths.
Lead me in your truth and teach me,
for you are the God of my salvation;
in you have I trusted all the day long.

All **Your paths, O Lord, are love and faithfulness**

Remember, O Lord, your compassion and love,
for they are from everlasting.
Remember not the sins of my youth
and my transgressions;
remember me according to your love
and for the sake of your goodness, O Lord.

All **Your paths, O Lord, are love and faithfulness**

Gracious and upright is the Lord;
therefore he teaches sinners in his way.
He guides the humble in doing right
and teaches his way to the lowly.
All the paths of the Lord are love and faithfulness
to those who keep his covenant and his testimonies.
For your name's sake, O Lord,
forgive my sin, for it is great.

All **Your paths, O Lord, are love and faithfulness**

Second Reading

1 Peter 3.18–22

A reading from the first letter of Peter

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 persons, 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.

Thanks be to God.

Gospel Acclamation

All stand and face the Gospel Reader

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

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

A sentence of Scripture is said, and all respond

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

Gospel Reading

Mark 1.9-15

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.**

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

The Liturgy of the Sacrament

The Peace

*We stand as the president introduces the Peace,
and says*

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

All exchange a sign of peace.

Preparation of the Table Taking of the Bread and Wine

Offertory Warum betrübst du dich, mein Herz
Johann Christoph Bach (1735–1782)

The Eucharistic Prayer

All The Lord be with you
and also with you.

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.

*The president praises God for his mighty acts
to which all respond*

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.**

The people sit or kneel as the president recalls the Last Supper.

This acclamation is used during Lent

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

*The Prayer continues and leads into the doxology,
to which all respond boldly*

All **Amen.**

The Lord's Prayer

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.**

The Agnus Dei is said

All **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.**

The invitation to Communion is given.

This 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.**

Giving of Communion

All Christians who are communicants in their own churches are welcome to receive Holy Communion at Saint Andrew's. Those not taking communion are invited to receive a blessing at the altar rails.

During Communion

Sonata No. 31 in A-flat major, Op. 110, 3rd movement

Ludwig van Beethoven (1770–1827)

Prayer after Communion

Let us pray.

*The president says the post communion prayer,
and all respond*

All **Amen.**

All **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

All The Lord be with you
and also with you.

*The president gives the blessing
and all respond*

All **Amen.**

The dismissal is given

All Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Final Voluntary

O mensch, beweine dein' Sunde gross BWV 622
Johann Sebastian Bach (1685–1750)

“Father, forgive them, for they do not know what they do.” Luke 23:34

From Jesus' Seven Last Words on the Cross:

Note on the last piece of organ music today:

Throughout Lent, to reflect the penitential nature of the season, the use of the organ will be more muted and the voluntaries are less florid. The final voluntary will reflect some of Our Lord's 'Seven Last Words on the Cross'. They are reflective in nature and you are invited to use the duration of the voluntary to reflect upon the particular text. If you do not wish to avail yourself of this opportunity, please leave quietly so that you do not disturb those who are using the voluntary as a period of quiet reflection.

Please do not applaud at their conclusion.



Notices

Gluten Free – if you need to receive a gluten free wafer at Holy Communion please inform one of the churchwardens or clergy.

Foodbank – donations can be placed in the boxes outside the church room.



This Week

Monday

9.30am

Eucharist

Wednesday

10.00am

Eucharist

Thursday

7.30pm

Eucharist



LENT CHARITY 2021



Restore was our Lent charity for 2020 but as we went into lockdown a couple of weeks into Lent it was decided that we should adopt this local charity again.

Restore is an Oxfordshire-based mental health charity that supports people to take control of their recovery, develop skills and lead meaningful lives. We offer recovery groups, training and employment coaching to make this possible.

Mental illness affects one in four of us in our lifetime, but people can, and do, recover.

Restore is one of the longest-established, and most highly-regarded community rehabilitation services in the UK. Founded in 1977, we are part of a partnership of local mental health organisations with a commitment to helping people to recover, stay well and participate in and contribute to the life of our county. Who do we work with?

We work with anyone who feels their mental ill-health is having a substantial and long-term negative effect on their ability to carry out normal day-to-day activities. Mental health issues can include psychotic illnesses (such as schizophrenia and bipolar disorder), depression, and anxiety disorders.

Vision

Working towards a time when people with mental ill-health are fully empowered to live meaningful lives.

Mission

Providing recovery and coaching support to people with mental ill-health while working with the whole community to reduce the stigma associated with mental illness.

Values

Recovery – Enabling people to recover from mental illness and manage their own mental health and wellbeing;
Support – Providing the opportunities to help ourselves and each other;
Hope – Offering a positive future where everyone can fulfil their potential;
Empowerment – Helping people to believe in themselves and what they can achieve;
Respect – Accepting without judging as each person is unique.

In recent news on the website you can find out more about Roy walking in his home the distance from Land's End to John O'Groats to raise money for Restore:

<https://www.restore.org.uk/2021/roys-ramble>

Lent boxes are available for those who would like to give in this way. You may also put a donation in an envelope on the Sunday collection plate (you will find envelopes in church),

or donate on-line at

<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E228468&id=2>

LENT COURSES 2021

A River Through The Desert - A Lenten Pilgrimage Reflections for Lent from St George's College, Jerusalem

Six sessions for groups and individuals exploring the geography of the Holy Land, following Jesus from Galilee to Golgotha. Each session will reflect on the theme with questions for exploration. There are links to short films from the Holy Land.

Week 1: The Desert is the place of Jesus's testing and is the place where we seek the presence of God.

Week 2: The Water Well is the place of refreshment which is our Lenten search for the renewal of our lives and of the earth.

Week 3: The Mountain is where there are divine encounters and revelations which change our perspective and redirect our lives.

Week 4: The Sea is a place of turbulence and of calm where our fears are confronted and our hopes can take shape.

Week 5: The Road which Jesus walked becomes the path which we must follow on our own pilgrim journey.

Week 6: The Garden is where Jesus seeks the will of his Father and prays for strength; it is where we can meet the risen Christ and live the risen life.

Every session includes:

- ⊕ a five minute on site film expanding the theme
- ⊕ thought-provoking material on the theme
- ⊕ questions for reflection or discussion
- ⊕ two on-line discussions with the Dean of St George's Cathedral live from Jerusalem
- ⊕ striking photos from the Holy Land

St George's College is making this course a free gift to all users.

Register to receive weekly sessions and for queries:

resources@sgcjerusalem.org

Questions of our Times

A series of webinar conversations hosted by The Christian Evidence Society on Tuesday evenings in late February and into March. The five free-to-view webinars will open up the challenges of Covid-19, fake news, race inequality, climate emergency and unanswered prayer.

You will find the complete listing on Eventbrite where you can register for your free ticket.

23 February 2021, 8pm

Truth: In a world of fake news, who can we trust?

With the Revd Jonathan Aitken

Former cabinet minister, Prison Chaplain at HMP Pentonville

2 March 2021, 8pm

Health: How can I find wholeness in a broken world?

With the Revd Dr Gillian Straine, Director at the Guild of Health and St Raphael

9 March 2021, 8pm

Race: Which lives matter?

With the Revd Joel Edwards CBE,

Director of Advocacy at Christian Solidarity Worldwide

16 March 2021, 8pm

The Environment: Can the future ever be green?

With Mike Hulme, Professor of Human Geography, Cambridge University

23 March 2021, 8pm

Prayer and Spirituality: Is God really listening?

With the Revd Dr Lord Rowan Williams of Oystermouth

Honorary Professor of Contemporary Christian Thought, Cambridge University

The Christian Evidence Society is an inter-denominational Christian trust that promotes the evidence for the credibility of Christianity.



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The Vicar's day off is Friday.

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