

Holy Trinity  
Headington Quarry



*Ash Wednesday Eucharist*

*Wednesday 17<sup>th</sup> February 2021*

## ***The Gathering***

'The sacrifice of God is a broken spirit: a broken and contrite heart you will not despise'

*Psalm 51: 7*

## **Hymn**

Dear Lord and Father of mankind,  
forgive our foolish ways;  
re-clothe us in our rightful mind,  
in purer lives thy service find,  
in deeper reverence praise.

In simple trust like theirs who heard,  
beside the Syrian sea,  
the gracious calling of the Lord,  
let us, like them, without a word  
rise up and follow thee.

Drop thy still dews of quietness,  
till all our strivings cease;  
take from our souls the strain and stress,  
and let our ordered lives confess  
the beauty of thy peace.

Breathe through the heats of our desire  
thy coolness and thy balm;  
let sense be dumb, let flesh retire;  
speak through the earthquake, wind, and fire,  
O still small voice of calm.

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

**Amen.**

## **The Greeting**

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

## Introduction

*The President explains the meaning of Lent and invites the people to observe it faithfully*

Brothers and sisters in Christ, since early days Christians have observed with great devotion the time of our Lord's passion and resurrection and prepared for this by a season of penitence and fasting. By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the Gospel, and so grow in faith and in devotion to our Lord.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word.

**Holy God,  
holy and strong,  
holy and immortal, have mercy upon us.**

## The Collect

*The president introduces a period of silent prayer:*

Let us pray for grace to keep Lent faithfully.

*Silence is kept.*

Holy God,  
our lives are laid open before you:  
rescue us from the chaos of sin  
and through the death of your Son  
bring us healing and make us whole  
in Jesus Christ our Lord. **Amen.**

## ***The Liturgy of the Word***

### **Old Testament Reading: Joel 2.1-2, 12-17**

Blow the trumpet in Zion;  
    sound the alarm on my holy mountain!  
Let all the inhabitants of the land tremble,  
    for the day of the Lord is coming, it is near—  
a day of darkness and gloom,  
    a day of clouds and thick darkness!  
Like blackness spread upon the mountains  
    a great and powerful army comes;  
their like has never been from of old,  
    nor will be again after them  
    in ages to come.

Yet even now, says the Lord,  
    return to me with all your heart,  
with fasting, with weeping, and with mourning;  
    rend your hearts and not your clothing.  
Return to the Lord, your God,  
    for he is gracious and merciful,  
slow to anger, and abounding in steadfast love,  
    and relents from punishing.  
Who knows whether he will not turn and relent,  
    and leave a blessing behind him,  
a grain-offering and a drink-offering  
    for the Lord, your God?

Blow the trumpet in Zion;  
    sanctify a fast;  
call a solemn assembly;  
    gather the people.  
Sanctify the congregation;  
    assemble the aged;  
gather the children,  
    even infants at the breast.  
Let the bridegroom leave his room,  
    and the bride her canopy.

Between the vestibule and the altar  
let the priests, the ministers of the Lord, weep.  
Let them say, 'Spare your people, O Lord,  
and do not make your heritage a mockery,  
a byword among the nations.  
Why should it be said among the peoples,  
"Where is their God?" '

This is the word of the Lord.  
**Thanks be to God.**

## **Psalm 51**

Miserere Mei, William Byrd

*Miserere mei, Deus, secundum magnam misericordiam tuam.  
Et secundum multitudinem miserationum tuarum,  
dele iniquitatem meam.*

*Have mercy upon me, O God, after thy great goodness  
According to the multitude of thy mercies do away mine  
offences.*

## **Gospel reading: Matthew 6.1-6, 16-21**

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

'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.  
'So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what

your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

'And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

'And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

'Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

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

**Sermon**

Revd Dr Laura Biron Scott

## ***The Liturgy of Penitence***

### **Self-examination and Confession**

Let us now call to mind our sin and the infinite mercy of God.

God the Father,  
**have mercy upon us.**

God the Son,  
**have mercy upon us.**

God the Holy Spirit,  
**have mercy upon us.**  
Holy, blessed and glorious Trinity,  
**have mercy upon us.**

From all evil and mischief;  
from pride, vanity, and hypocrisy;  
from envy, hatred, and malice;  
and from all evil intent,  
**good Lord, deliver us.**

From sloth, worldliness and love of money;  
from hardness of heart  
and contempt for your word and your laws,  
**good Lord, deliver us.**

From sins of body and mind;  
from the deceits of the world, the flesh and the devil,  
**good Lord, deliver us.**

In all times of sorrow;  
in all times of joy;  
in the hour of death,  
and at the day of judgement,  
**good Lord, deliver us.**

By the mystery of your holy incarnation;  
by your birth, childhood and obedience;  
by your baptism, fasting and temptation,  
**good Lord, deliver us.**

By your ministry in word and work;  
by your mighty acts of power;  
and by your preaching of the kingdom,  
**good Lord, deliver us.**

By your agony and trial;  
by your cross and passion;  
and by your precious death and burial,  
**good Lord, deliver us.**

By your mighty resurrection;  
by your glorious ascension;  
and by your sending of the Holy Spirit,  
**good Lord, deliver us.**

Give us true repentance;  
forgive us our sins of negligence and ignorance  
and our deliberate sins;  
and grant us the grace of your Holy Spirit  
to amend our lives according to your holy word.

**Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.**

*Silence is kept.*

Make our hearts clean, O God;  
**and renew a right spirit within us.**

**Father eternal, giver of light and grace,  
we have sinned against you and against our neighbour,  
in what we have thought,  
in what we have said and done,  
through ignorance, through weakness,  
through our own deliberate fault.  
We have wounded your love,  
and marred your image in us.  
We are sorry and ashamed,  
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 lead us out from darkness  
to walk as children of light. Amen.**

## The Absolution

The Lord enrich you with his grace,  
and nourish you with his blessing;  
the Lord defend you in trouble and keep you from all evil; the  
Lord accept your prayers,  
and absolve you from your offences,  
for the sake of Jesus Christ, our Saviour.  
**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.**

## Preparation of the Table

### Offertory Hymn

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.

Shall not we thy sorrows share,  
and from earthly joys abstain,  
fasting with unceasing prayer,  
glad 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.

### **Taking of the Bread and Wine**

Risen Lord and Saviour,  
present among us with the wealth of your love.  
Cleanse us from sin and give us the faith  
to offer our praise and grow in your grace.  
**Amen.**

### **Eucharistic Prayer E**

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

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.**

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:

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.**

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.  
He broke the bread, gave it to them and said:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:  
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.  
So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice  
made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

Praise to you, Lord Jesus:  
**Dying you destroyed our death,  
rising you restored our life:  
Lord Jesus, come in glory.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.  
Look with favour on your people,  
gather us in your loving arms  
and bring us with the blessed Virgin Mary and all the saints to  
feast at your table in heaven.  
Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.

**Amen**

## **The Lord's Prayer**

*Please sit or kneel*

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.**

## Breaking of the Bread

Every time we eat this bread  
and drink this cup.

**We proclaim the Lord's death  
until he comes.**

## Agnus Dei

**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.**

## Giving of Communion

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.**

*The president receives communion whilst people join in from their homes.*

## Hymn

Lord Jesus, think on me,  
and purge away my sin;  
from earthborn passions set me free,  
and make me pure within.

Lord Jesus, think on me  
with many a care opprest;  
let me thy loving servant be,  
and taste thy promised rest.

Lord Jesus, think on me,  
nor let me go astray;  
through darkness and perplexity  
point thou the heavenly way.

Lord Jesus, think on me,  
that, when the flood is past,  
I may the eternal brightness see,  
and share thy joy at last.

### **Prayer after Communion**

*Silence is kept.*

Almighty God,  
you have given your only Son to be for us  
both a sacrifice for sin  
and also an example of godly life.  
give us grace  
that we may always most thankfully receive  
these his inestimable gifts,  
and also daily endeavour to follow  
the blessed steps of his most holy life;  
through Jesus Christ our Lord.

**Amen.**

**God of our pilgrimage,  
you have fed us with the bread of heaven.  
Refresh and sustain us  
as we go forward on our journey,  
in the name of Jesus Christ our Lord.  
Amen.**

### ***The Sending Out***

*Please stand*

### **Hymn**

Be thou my vision, O Lord of my heart,  
be all else but naught to me, save that thou art;  
be thou my best thought in the day and the night,  
both waking and sleeping, thy presence my light.

Be thou my wisdom, be thou my true word,  
be thou ever with me, and I with thee, Lord;  
be thou my great Father, and I thy true son;  
be thou in me dwelling, and I with thee one.

Be thou my breastplate, my sword for the fight;  
be thou my whole armour, be thou my true might;  
be thou my soul's shelter, be thou my strong tower:  
O raise thou me heavenward, great Power of my power.

High King of heaven, thou heaven's bright Sun,  
O grant me its joys after victory is won;  
great Heart of my own heart, whatever befall,  
still be thou my vision, O Ruler of all.

### **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 among you and remain with you always.

**Amen.**

### **The Dismissal**

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

## **Lent at HTHQ**

Here are more details about services, groups and resources for Lent:

### **Lent Family Calendar**

Produced by Roots, who provide resources for children and families, you may wish to follow this calendar at home over the weeks of Lent: with daily actions and reflections for the whole family. Available on our church website.

**'For such a time as this'**. A Lent Course exploring ecological justice, from USPG. Each session features Bible study, stories of hope and encouragement from USPG partner churches across the world, and opportunities to reflect on how, as Christians, we can respond to the climate emergency. This course will run on Zoom on **Tuesday evenings in Lent from 7-8pm**, starting on **Tuesday 23rd February**.

<https://us02web.zoom.us/j/82894921657?pwd=aER2MUdWRldQVGxCR3JHSmIWEZ6QT09>

Meeting ID: 828 9492 1657

Passcode: 117598

You may also like to do the course individually or in home groups. Please let Helen know if you plan to attend ([office@hthq.uk](mailto:office@hthq.uk)), and if you would like a print-out of the booklet which can be downloaded here:

<https://www.uspg.org.uk/engage/support5/forsuchatime/lent-course-2021/>

### **Lent Poetry Challenge**

Many of us have turned to poetry for wisdom during this time, and may find it helpful to commit to reading a poem a day during Lent, following Malcolm Guite's book *Word in the Wilderness* (Canterbury Press, 2014). Laura will be holding three Zoom sessions to read and discuss some of the poems together. These will be on **Monday evenings (1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup> March) at 7-8pm**. Please let Laura know if you would like to take part ([vicar@hthq.uk](mailto:vicar@hthq.uk)).

<https://us02web.zoom.us/j/83412106705?pwd=YWovZzA4NXB5SVIwTTd1ZnA0M0JuUT09>

Meeting ID: 834 1210 6705

Passcode: 902980

## **Come and See**

Lots of people are asking deep questions of faith at this time. 'Come and See', run through Oxford Diocese, is an invitation to everyone and anyone who feels adrift in this pandemic, whether or not they know anything about the Christian faith. Daily reflections for Lent will be sent to those who register. You can find more details and register here: <https://www.oxford.anglican.org/come-and-see/>

## **Lent Retreat: Growing back better**

2020 challenged us, individually and collectively, in ways no-one could have imagined. It has confronted us with the question of whether we want to go back to how things were, or to 'grow back better'. It has challenged us to reflect on what kind of people we truly desire to become and what kind of world we hope to pass on to future generations. This Lent Retreat, run by Pray as you Go in collaboration with Sacred Space, offers seven weekly sessions to help reflect on these questions. <https://pray-as-you-go.org/retreat/lent-2021>

## **Prayers for Hope and Healing**

This contemplative prayer gathering will meet weekly on Thursdays at 8.30pm during Lent, beginning Thursday 25<sup>th</sup> February (there will be no prayer meeting on February 18<sup>th</sup>). The focus will be: seeing salvation, praying through art, and there is a new Zoom link for the Lent meetings:

<https://us02web.zoom.us/j/84521812373?pwd=ZTVkaFZZV25Ba3ZaYXR3RVQ1MEJMdz09>

Meeting ID: 845 2181 2373

Passcode: 738378

## **Live Lent: Church of England App**

The Church of England have produced an App called 'Live Lent', which can be downloaded on your phone or tablet. It includes daily reflections for Lent, and many other resources. If you are not online, or know someone who is not online, don't forget the Daily Hope line which will be updated with each day's audio reflection paired with a hymn. Enjoy by calling the free phone number **0800 804 8044**.