

Holy Trinity
Headington Quarry

A Journey  through Lent

The First Sunday of Lent

26th February 2023

Words of welcome.

During the opening hymn, children are welcome to join the forest Sunday school taking place outside.

Hymn 121

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.

George Hunt Smyttan (1822-1870) and Francis Pott (1832-1909)

The president says

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.

Prayers of Penitence

A minister says

The sacrifice of God is a broken spirit;
a broken and contrite heart God will not despise.
Let us come to the Lord, who is full of compassion,
and acknowledge our transgressions in penitence and faith.

Silence is kept.

**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.**

Kyrie

Andante

10 Organ

mp Lord have mer-cy, Lord have mer-cy. *mf* Christ have

mp mer - cy, Christ have mer - cy. Lord have mer - cy, Lord have mer - cy.

The musical score is for a Kyrie in 3/4 time, marked Andante. It features two staves: the top staff is for Organ and the bottom staff is for voice. The organ part begins with a treble clef and a key signature of one flat (B-flat). The vocal part begins with a bass clef and the same key signature. The lyrics are: "Lord have mer-cy, Lord have mer-cy. Christ have mer - cy, Christ have mer - cy. Lord have mer - cy, Lord have mer - cy." Dynamic markings include *mp* (mezzo-piano) and *mf* (mezzo-forte).

The president says

The almighty and merciful Lord
grant you pardon and forgiveness of all your sins
time for amendment of life,
and the grace and strength of the Holy Spirit.
Amen.

The Collect

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. **Amen.**

The Liturgy of the Word

First Reading: Romans 5.12-19

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

This is the word of the Lord.

Thanks be to God

Hymn 127

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.

*Synesius of Cyrene (c. 365-414)
translated by Allen William Chatfield (1808-1896)*

Gospel Reading

Please stand

The musical score is written in treble clef with a key signature of one sharp (F#) and a 4/4 time signature. It consists of four staves of music with lyrics underneath. The first staff is labeled 'Refrain' and contains the lyrics: 'Praise to you, O Christ, our Sav-iour, Word of the Fa-ther, call-ing us to life;'. The second staff starts at measure 5 and includes a first ending (1.) and a second ending (2.) with repeat signs. Its lyrics are: 'Son of God who leads us to free-dom: glo-ry to you, Lord Je-sus Christ! Christ!'. The third staff is labeled 'Verse' and starts at measure 10. Its lyrics are: 'You are the Word who calls us out of dark-ness; you are the Word who leads us in- to light;'. The fourth staff starts at measure 14 and ends with a double bar line and the marking 'D.C.'. Its lyrics are: 'you are the Word who brings us through the de-sert: glo-ry to you, Lord Je - sus Christ!'. The music is a simple, melodic line with some rests and ties.

Hear the Gospel of our Lord Jesus Christ according to Matthew.
Glory to you, O Lord.

Gospel reading: Matthew 4. 1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written,

"One does not live by bread alone,
but by every word that comes from the mouth of God." '

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written,

"He will command his angels concerning you",
and "On their hands they will bear you up,

so that you will not dash your foot against a stone.” ’

Jesus said to him, ‘Again it is written, “Do not put the Lord your God to the test.” ’

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, ‘All these I will give you, if you will fall down and worship me.’ Jesus said to him, ‘Away with you, Satan! for it is written,
“Worship the Lord your God,
and serve only him.” ’

Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord.

Praise to you, O Christ

Sermon

Revd Emily Hockliffe Essex

The Nicene Creed

Please stand

Let us declare our faith in God

**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

Please sit or kneel.

These responses may be used

Lord, hear us.

Lord, graciously hear us.

We pray for those who are sick or in particular need:

*Naomi Lawrence, Kate Samuel, Grace, Bob Nind, Rosemary, Judith,
Josie, Baby Ezra, Diana Harrison, Kitty Datta, Polly Friedhoff,
Evelyn Clare, George, Bob Southgate, Benji, Caroline Wilson.*

Those who have died recently:

Angela Faughnan, Frank Giles, Biddy Mason, Stephanie Skold.

Those whose anniversary of death falls at this time:

*Felicity Edwards, Charles Kimber, Elizabeth Whitwick,
Marian Douglas.*

And at the end

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

The Peace

Please stand

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.

A minister says

Let us offer one another a sign of peace.

All may exchange a sign of Peace.

Hymn 702

Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.

Saviour, breathe forgiveness o'er us:
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint and weary,
through the desert thou didst go.

Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.

James Edmeston (1791-1867)

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.**

The Eucharistic Prayer

Please sit or stand as you are most comfortable

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:

Sanctus and Benedictus

Moderato

10 Ho - ly, Ho - ly, Ho - ly_ Lord, God of_

19 power and might._ Heav'n and earth are full of your glo-ry. Ho - san - na in_ the

28 high - est. Bles-sed is he, O bles-sed is_ he who comes in the name of the Lord._

Ho - san - na in the high - est, ho - san - na_ in_ the high - est.

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.

Deacon: Christ is the bread of life

Acclamation

Moderato

When we eat this bread and drink this cup we pro-claim your
 death, Lord Je - sus, un - til you come in glo - ry, un - til you come in glo - ry.

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

As our saviour taught us, so we 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

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

Agnus Dei

8 Lamb of God, you take a - way the sins of the_ world, have
mer- cy_ on us. Lamb of God, you take a - way the sins of the_ world, have mer- cy_ on

15 us. Lamb of God, you take a - way the sins of the world, grant_ us peace.

Giving of Communion

God's holy gifts
for God's holy people.
**Jesus Christ is holy,
Jesus Christ is Lord,
to the glory of God the Father.**

This is God's table and all are welcome. Please follow the directions of the steward and follow the one-way system back to your seat. Those sitting towards the back will be invited to come forwards first. If you are wearing a mask, it is most practical if you remove it before receiving communion. The chalice is being administered from the Lady Chapel step. If you wish to receive the chalice, please hold the base of the chalice and guide it towards your lips – the person administering the chalice will not let go of it in the process. Please do not dip your wafer into the chalice. Please note that there is no obligation to take the chalice and it is fine still to receive communion in one kind only (the bread). If you do not wish to receive communion and would prefer a blessing instead, please do come forwards as well.

Anthem: God so loved the world : John Stainer (1840-1901)

Hymn 451

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 and fears within, 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.

Charlotte Elliott (1789-1871)

Prayer after Communion

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.**

**Father of all,
we give you thanks and praise,
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace, and opened the gate of glory.**

**May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord.
Amen.**

The Sending Out

Hymn 135

Please stand

Take up thy cross, the Saviour said,
if thou wouldst my disciple be;
deny thyself, the world forsake,
and humbly follow after me.

Take up thy cross: let not its weight
fill thy weak spirit with alarm;
his strength shall bear thy spirit up,
and brace thy heart, and nerve thine arm.

Take up thy cross, nor heed the shame,
nor let thy foolish pride rebel:
thy Lord for thee the cross endured,
to save thy soul from death and hell.

Take up thy cross then in his strength,
and calmly every danger brave;
'twill guide thee to a better home,
and lead to victory o'er the grave.

Take up thy cross, and follow Christ,
nor think till death to lay it down;
for only they who bear the cross
may hope to wear the glorious crown.

To thee, great Lord, the One in Three,
all praise for evermore ascend:
O grant us in our home to see
the heavenly life that knows no end.

Charles William Everest (1814-1877)

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

A minister says

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

Voluntary: Dorian Toccata in D Minor (BWV538) : J.S. Bach (1685-1750)

*Please take this booklet away with you, and recycle it when you have finished with it.
We no longer pass the collection plate around during the service, but you are
welcome to use the collection plate at the back of church, or the contactless
machine, if you would like to make a donation to support the work of our church.*

*Common Worship: Services and Prayers for the Church of England copyright © The
Archbishops' Council 2000 and 2006. Produced under CCL 234208.*

Notices: February 26th

Sunday Feb 26th The First Sunday of Lent

8am – Holy Communion from the Book of Common Prayer

10am – Parish Eucharist with Forest Sunday School

Midweek Services

Morning Prayer: Mondays at 9am

Tots Service: Tuesdays at 10am

Midweek Communion: Wednesdays at 10am

Prayers for Hope and Healing: Thursdays at 8.30pm (via Zoom).

Sunday March 5th The Second Sunday of Lent

8am – Holy Communion from the Book of Common Prayer

10am – Parish Eucharist with Forest Sunday School

6pm – Joint Choral Evensong will be held at St Nicholas Old Marston with the preacher being our Curate Emily Hockliffe Essex.

Please note our Lent Course **Faithful discernment in an age of crisis: an introduction to Ignatian spirituality *has been cancelled.***

2023: A time to build As we mark a new church year, we invite everyone to pray for our church building project: that 2023 would be a 'time to build':

God of vision and hope,

we thank you for our church building;

a place of prayer and pilgrimage,

witnessing to your love and presence in our midst.

We pray for our plans to develop the building

to further the work of your kingdom in this and future generations.

We pray for the guidance, resources and skills we need

to bring the project to completion,

and that we would be united in vision and focus

as we work towards this goal,

in the name of Jesus Christ our Cornerstone.

Amen.

Julian Group. The March meeting will be on **Friday 3rd March at 2.30 pm at 3 Barton Road, Headington.** We meditate for half an hour on a passage provided by one of us and then have tea/coffee and biscuits. New members are very welcome. Please contact me for further details: **Sheila Allcock 769630**

Thursday Lunch Club provides a good home cooked lunch twice a month for elderly people who live alone in the Headington area. It has been very well supported since the pandemic. Our guests value the opportunity to meet other people and to enjoy delicious food. We are looking for people who might have a few hours to spare.

Would you be able to give a lift to a housebound person who would like to go out for lunch? Or do you enjoy cooking and would be prepared to help our cooks? If so, for more details please contact Katya Drummond on katya@shotover.net or on 763161

Reserve Drivers needed: We are building up a list of reserve drivers, who would be prepared to offer lifts to church from time to time, as need arises. This service is enormously valuable to those who would otherwise be unable to get to church. If it's something you feel able to do (or, even better, if you would like to join the regular rota of drivers), please get in touch with Anne Tarassenko: annetarassenko@hotmail.com, 07443 652082.

Warm Welcome Space February: in the Coach House, on Fridays 10am – 12pm No booking required just turn up. For info contact Margaret Taylor 765051 or Elizabeth Knight 761476.

OxClean 2023. The annual litter pick in Headington Quarry will take place next **Saturday 4th March** starting from **Quarry Hollow Park at 2pm**. Please join us in improving the local environment. Further details from Sheila Allcock (769630)

Barbara Farrar would like to thank everyone who prayed for her while she was on our prayer list, she is much better now.

Advance Warning: In celebration of Fair Trade Fortnight, you can expect to find a Fair Trade stall here after the 10am. service on **March 12th**. Stock up on your favourite products and try some new ones.

Margaret Samuel and Hilary Rollin for the Eco Church Group.

Save the Date – The Parish Trip to the seaside in Bournemouth at Alum Chine is back by popular demand! Book a seat now for **17th June** leaving the Coach house at 8.30am seats are £15 each. For more information or to reserve your seat please talk to Frances or email frances.farrar@tiscali.co.uk For those of you who have never been on the trip this is for all ages to visit a wonderful sandy safe beach, with gardens behind, a long sea front and great facilities including a play area.

Oxford Citizens Listening Launch 20th March Please see the poster on the table at the back of church for more information.

Asylum Welcome are in urgent need of donations to their food bank as stocks are currently running very low. They currently provide food to over 80 adults and children on a weekly basis, distributing up to 1000 items for tinned and fresh food every week. They rely entirely on donations for their food bank and are currently particularly in need of cooking oil, tinned tomatoes, milk (UHT) and tinned fish. Please put items in the crate at the back of church You can find a list of all the items that are needed on this page: <https://www.asylum-welcome.org/food/>. Thank you for your support.

Headington Repair Café: Don't condemn broken tools etc to landfill! The Bring and Fix Café is back every Tuesday 10.00-12.00 in the (newly-revamped) Bullingdon Community Centre, Peat Moors, OX3 7HS. Experts offer to fix most small electric and household items. Free tea/coffee, biscuits and parking are available. A small donation is appreciated. For further information please phone: 07792 49 13 50. Hilary Rollin for Eco Group

Eco Church Resources New Year, New Eco Resources List. For a range of suggestions and links to material on topics related to Climate Change, go to: <https://www.hthq.uk/eco-church-resources/> Hilary Rollin, for Eco Church Group.

Eco Tips Eco Tip of the Week: Celebrate Fair Trade Fortnight (Monday 27 February – Sunday 12 March). Talk to other people about your progress in trying to live more sustainably, and ask about their ideas. You will be surprised at how motivating this is! Hilary Rollin for Eco Church Group

Pastoral care team Are you in need of support or would you like to talk to someone? We rely on you to let us know of anyone who is ill, or in hospital or who might welcome a visit. Please contact any of the clergy (numbers below) or Helen Day, Janet Masters, Nell Slocock or Anne Tarassenko.

Holy Trinity Headington Quarry

*An open door between heaven and earth,
showing God's love to all.*

As the Anglican parish in Headington Quarry, Risinghurst and Wood Farm, we are here for every local resident. Our church is open every day. We hope that you will find God's peace as you come to pray or just sit and rest awhile. If you have questions about the Christian faith or would like to find out more about church life, please get in touch:

Contact us

Vicar: Revd Dr Laura Biron-Scott

vicar@hthq.uk [01865 762835](tel:01865762835)

Associate Priest: Revd Prof Rob Gilbert

associatepriest@hthq.uk

Curate: Revd Emily Hockliffe Essex

curate@hthq.uk 07979 931889

Parish Office: office@hthq.uk 01865 762931

Churchwardens: wardens@hthq.uk

Website: www.hthq.org.uk