

Holy Trinity
Headington Quarry

A Journey  through Lent

The Second Sunday of Lent

5th March 2023

Introit De nocte (Taizé)

Words of welcome.

Hymn 595

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

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 string tow'r:
O raise thou me heavenward, great Power of my power.

Riches I heed not, nor man's empty praise:
be thou mine inheritance now and always;
be thou and thou only the first in my heart;
O sovereign of heaven, my treasure thou art.

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.

Irish 8th century, tr. Mary E. Byrne & Eleanor H. Hull

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

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

The musical score is for a Kyrie, marked Andante. It consists of two staves. The first staff is for the Organ, starting at measure 10. The melody is in G major (one sharp) and 4/4 time. The lyrics are: 'Lord have mer-cy, Lord have mer-cy. Christ have'. The second staff continues the melody with the lyrics: 'mer-cy, Christ have mer-cy. Lord have mer-cy, Lord have mer-cy.' The dynamics are marked *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,
by the prayer and discipline of Lent
may we enter into the mystery of Christ's sufferings,
and by following in his Way
come to share in his glory;
through Jesus Christ our Lord. **Amen**

The Liturgy of the Word

First Reading: Romans 4. 1-5,

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he

believed, who gives life to the dead and calls into existence the things that do not exist.

This is the word of the Lord.

Thanks be to God

Hymn 712

Lord Jesus Christ,
you have come to us,
you are one with us,
Mary's Son;
cleansing our souls from all their sin,
pouring your love and goodness in;
Jesus, our love for you we sing,
living Lord.

Lord Jesus Christ,
you have come to us,
born as one of us,
Mary's Son.
Led out to die on Calvary,
risen from death to set us free,
living Lord Jesus, help us see,
you are Lord.

Lord Jesus Christ,
I would come to you,
live my life for you,
Son of God.
All your commands I know are true,
your many gifts will make me new,
into my life your power breaks through,
living Lord.

Patrick Appleford (b. 1925)

Gospel Reading

Please stand.

Refrain

Praise to you, O Christ, our Sav-iour, Word of the Fa-ther, call-ing us to life;

5

Son of God who leads us to free-dom: glo-ry to you, Lord Je-sus Christ! Christ!

10 Verse

You are the Word who calls us out of dark-ness; you are the Word who leads us in- to light;

14

you are the Word who brings us through the de-sert: glo-ry to you, Lord Je- sus Christ!

D.C.

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

Gospel reading: John 3.1-17

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone

who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

This is the Gospel of the Lord.

Praise to you, O Christ

Sermon

Revd Prof Rob Gilbert

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:

*Isabella Barlow, Joyce Wright, Sally Clare, Adrian Phipps,
Jack Stoneman, Barbara Minchin.*

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 149

O love, how deep, how broad, how high!
It fills the heart with ecstasy,
that God, the Son of God, should take
our mortal form for mortals' sake.

He sent no angel to our race
of higher or of lower place,
but wore the robe of human frame
himself, and to this lost world came.

For us he was baptized, and bore
his holy fast, and hungered sore;
for us temptations sharp he knew;
for us the tempter overthrew.

For us to wicked men betrayed,
scourged, mocked, in purple robe arrayed,
he bore the shameful cross and death;
for us at length gave up his breath.

For us he rose from death again,
for us he went on high to reign,
for us he sent his Spirit here
to guide, to strengthen, and to cheer.
To him whose boundless love has won
salvation for us through his Son,
to God the Father, glory be
both now and through eternity.

Thomas á Kempis (c.1379-1471)
tr. Benjamin Webb (1819-1885)

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 *mp*

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

Slowly

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.

The musical score is written for three staves in 3/4 time. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a tempo marking of 'Slowly'. The music is in common time (C) with a 3/4 time signature. The second staff continues the melody and includes the lyrics 'Lamb of God, you take a - way the sins of the world, have mer- cy_ on us.' The third staff continues the melody and includes the lyrics 'Lamb of God, you take a - way the sins of the world, grant_ us peace.' The score includes dynamic markings such as 'mp' (mezzo-piano) and 'mf' (mezzo-forte).

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.

Music Group You are the God of new beginnings (John Bell)

Hymn 437ii

'Come to me', says Jesus,
'all who are distressed;
take my yoke upon you,
I will give you rest.

I am meek and humble,
find, with me, release
from false airs and graces;
come, and be at peace.'

Hear the call of Jesus,
come, be deeply blessed;
his the invitation,
you the honoured guest.

Here, where bread is broken,
here, where wine is poured,
thankfully receive him,
find your faith restored.

Pardon, feed and heal us,
humble, courteous Lord,
gracious host, for ever
honoured and adored.

Alan Gaunt (b. 1935)

Prayer after Communion

Almighty God,
you see that we have no power of ourselves to help ourselves:
keep us both outwardly in our bodies,
and inwardly in our souls;
that we may be defended from all adversities
which may happen to the body,
and from all evil thoughts which may assault and hurt the soul;
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 666

Please stand

I cannot tell why he, whom angels worship,
should set his love upon the sons of men,
or why, as Shepherd, he should seek the wanderers,
to bring them back, they know not how or when.
But this I know, that he was born of Mary,
when Bethlehem's manger was his only home,
And that he lived at Nazareth and laboured,
And so the Saviour, Saviour of the world, is come.

I cannot tell how silently He suffered,
as with his peace he graced this place of tears,

or how his heart upon the cross was broken,
the crown of pain to three and thirty years.
But this I know, he heals the broken-hearted,
and stays our sin, and calms our lurking fear
and lifts the burden from the heavy laden;
for still the Saviour, Saviour of the world, is here.

I cannot tell how he will win the nations,
how he will claim his earthly heritage,
how satisfy the needs and aspirations
of east and west, of sinner and of sage.
But this I know, all flesh shall see his glory,
and He shall reap the harvest He has sown,
and some glad day his sun will shine in splendour
when He the Saviour, Saviour of the world, is known.

I cannot tell how all the lands shall worship,
when at his bidding every storm is stilled,
or who can say how great the jubilation
when every heart with love and joy is filled.
But this I know, the skies will thrill with rapture,
and myriad, myriad human voices sing,
and earth to heaven, and heaven to earth, will answer,
'at last the Saviour, Saviour of the world, is King!'

William Young Fullerton (1857-1932)

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.

Voluntary: Toccata, Georgi Mushel (1909 – 1989)

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.

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Notices: March 5th

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.

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 12th The Third Sunday of Lent

8am – Holy Communion from the Book of Common Prayer

10am – Parish Eucharist with Forest Sunday School

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.

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

Margaret Samuel and Hilary Rollin for the Eco Church Group.

Warm Welcome Space March: Coffee tea and cake in the Coach House, on Fridays 10am – 12pm, 3rd, 10th, 24th & 31st March. Soup and rolls on March 17th. No booking required just turn up. For info contact Margaret Taylor 765051 or Elizabeth Knight 761476.

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.

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: Think in new ways, and save time, your energy, and money. Plan meals, bulk cook and freeze, labelling, dating, and stating the number of portions. 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

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