

Holy Trinity
Headington Quarry

*A Journey Through Lent*

The First Sunday of Lent

18th February 2024

The Gathering

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

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

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: 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.'


This is the word of the Lord.

Thanks be to God

Gospel Reading


Please remain standing.

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!

The gospel is announced:

Hear the Gospel of our Lord Jesus Christ according to Mark.

Glory to you, O Lord.

Gospel reading: Mark 1. 9-15

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.

Praise to you, O Christ

Sermon

Revd Dr Laura Biron-Scott

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:

*Natalia Stoneman, Naomi Lawrence, Kate Samuel,
Grace, Josie, Kitty Datta, Atmadeep Novo Datta, Bob Southgate,
Benji, Astrid Brooke, Caroline Winwood, Enid Owens, Andrew Allcock.*

Those who have died recently:

Gwynneth Knight, Janne Goble, June Masters, Tim Brighthouse.

Those whose anniversary of death falls at this time:

*Doris Hughes, Richard Parker, Fay Lofthouse, Dorothy Stannard,
Pamela Weston.*

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 128

Jesus, lover of my soul,
let me to thy bosom fly,
while the nearer waters roll,
while the tempest still is high:
hide me, O my Saviour, hide,
till the storm of life is past;
safe into the haven guide,
O receive my soul at last.

Other refuge have I none,
hangs my helpless soul on thee;
leave, ah, leave me not alone,
still support and comfort me.
All my trust on thee is stayed,
all my help from thee I bring;
cover my defenseless head
with the shadow of thy wing.

Thou, O Christ, art all I want;
more than all in thee I find;
raise the fallen, cheer the faint,
heal the sick, and lead the blind.
Just and holy is thy name,
I am all unrighteousness;
false and full of sin I am,
thou art full of truth and grace.

Plenteous grace with thee is found,
grace to cover all my sin;
let the healing streams abound;
make and keep me pure within.
Thou of life the fountain art;
freely let me take of thee,
spring thou up within my heart,
rise to all eternity.

Charles Wesley (1707-1788)

Taking of the Bread and Wine

The table is prepared and bread and wine are placed upon it.

Wise and gracious God,
you spread a table before us;
nourish your people with the word of life
and the bread of heaven.

Amen.

Please sit or stand as you are most comfortable

The Eucharistic Prayer

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

10

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 *mp*

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 *mf* *mp*

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. With the North aisle inaccessible, you will be directed down and back up the central aisle. To make this as smooth as possible, please allow everyone in your pew to come out before queueing. Those sitting towards the back on each side will be invited to come forwards first.

If you are wearing a mask, it is most practical if you remove it before receiving communion. 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.

Hymn 464

Sweet Sacrament divine,
hid in thine earthly home,
lo, round thy lowly shrine,
with suppliant hearts we come;
Jesus, to thee our voice we raise
in songs of love and heartfelt praise:
sweet Sacrament divine.

Sweet Sacrament of peace,
dear home for every heart,
where restless yearnings cease
and sorrows all depart;
there in thine ear all trustfully
we tell our tale of misery:
sweet Sacrament of peace.

Sweet Sacrament of rest,
ark from the ocean's roar,
within thy shelter blest
soon may we reach the shore;
save us, for still the tempest raves,
save, lest we sink beneath the waves:
sweet Sacrament of rest.

Sweet Sacrament divine,
earth's light and jubilee,
in thy far depths doth shine
thy Godhead's majesty;

sweet light, so shine on us, we pray,
that earthly joys may fade away:
sweet Sacrament divine.

Francis Stanfield (1835-1914)

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 703

Please stand

Lead, kindly light, amid the encircling gloom,
lead thou me on;
the night is dark, and I am far from home;
lead thou me on.

Keep thou my feet; I do not ask to see
the distant scene; one step enough for me.

I was not ever thus, nor prayed that thou
shouldst lead me on;
I loved to choose and see my path; but now
lead thou me on.
I loved the garish day, and, spite of fears,
pride ruled my will: remember not past years.

So long thy power hath blest me, sure it still
will lead me on,
o'er moor and fen, o'er crag and torrent, till
the night is gone,
and with the morn those angel faces smile,
which I have loved long since, and lost awhile.

John Henry Newman (1801-1890)

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.

Please do join us for refreshments in the Coach House via the Quarry Road path. 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. If you would like to sign up to regular monthly giving, please visit www.hthq.uk/giving-to-the-church for more information.

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Notices: 18th February 2024

Sunday Feb 18th: First Sunday of Lent

8am Holy Communion

10am Parish Eucharist and Forest Sunday School

Midweek Services

Morning Prayer: 9am Monday and Tuesdays in the Coach House.

Midweek Communion: Wednesdays at 10am

Sunday Feb 25th: Second Sunday of Lent

8am Holy Communion

10am Parish Eucharist and Forest Sunday School

Housekeeping matters during the building work: Please kindly note that toilet facilities are available at the Coach House, and the vestry is now strictly out of use. Seating is more restricted inside the church - please be considerate when choosing a pew and allow space for latecomers if possible (**please consider filling up from the front!**). The back pews are reserved for children and families attending Sunday school. In the event of an emergency, fire exits are at the main church door and the chancel door. As the colder months approach please remember to wrap up warm when you come to church. With the north aisle boxing we don't have the full benefit of the church heating. Fleece blankets are available from the welcomers if needed!

We are so grateful that the building work is progressing smoothly and to plan! Although the church will look and feel quite different over the coming months of building work, we remember that we have laboured for a very long time to bring these plans to fruition, and we all look forward in faith and hope to the completion of the works in 2024. Please continue to hold the project in your prayers. As the psalmist writes: 'unless the Lord builds the house, those who labour build it in vain' (Psalm 127.1). We ask you all to pray especially for wisdom for our architect and contractors, and for peaceful relations with our neighbours and local residents affected by the work.

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.

Tots Morning – Our next tots morning will be held on Tuesday **12th March at 10am in the Coach House.**

Can you help? Following our recent PCC meeting, we are looking for some extra congregational support to enable our new working groups to flourish and succeed. **Would you be interested in joining one of our newly formed groups?**

1. Finance and strategy. Led by Richard Stoneman, this group will explore the recommendations of our recent financial review, helping our church to become more financially sustainable in both the short and long term.
2. Sustainable heating. Led by Dave Smith, this group will explore sustainable heating options for our church buildings, supporting our church's commitment towards decarbonisation.
3. 175th anniversary celebrations

Led by Margaret Taylor and Frances Farrar, this group will oversee the celebrations for our church's 175th birthday, which will coincide with the end of our building project.

Please contact any of the group leaders if you are interested in joining or finding out more - we would love you to join us! You can also email or phone Helen in the Parish Office who would be happy to pass your contact details on to the group leaders.

Pancake making Our thanks to Frances Farrar for organizing this buildings fundraising event which raised £72. Thank you to everyone who came along and supported this enjoyable afternoon.

Save the Date – Back by popular demand the coach has been booked for the **annual parish day out at Alum Chine Bournemouth on 22nd June** seats will be £20 each to book your seat or for more information about this All Age wonderful day please email frances.farrar@tiscali.co.uk

Lent Resources

This year's Diocesan 'Come and See' course is entitled: The Way of Love. Everyone who registers will receive a daily short email to reflect on, and a weekly short video from Bishop Steven exploring the themes in a bit more detail. The materials are suitable both for those who are exploring faith for the first time and those with an established faith. There are also special materials for family groups and schools. You can sign up here:

<https://oxford.anglican.org/come-and-see>

If you would like a book to help deepen your life of prayer during Lent, Revd Laura recommends: *The Way of Ignatius: A Prayer Journey through Lent*, by Gemma Simmonds. If you are interested in meeting to discuss the book, please get in touch with Laura: we may set up a group meeting midway through Lent to share our reflections together.

Annual Friendship Walk of Faiths 6-8.00pm, Thursday 27 June The Walk begins at 6pm from the Jewish Centre, Richmond Road, stops at St Giles and the University Church, and ends at about 8pm at a mosque in East Oxford. At each place the Walkers are greeted and there are reflections from members of different faith traditions. The synagogue will be open to visitors from 5.30pm. The Walk is organised by the Oxford Council of Faiths (OxCoF) It provides an opportunity to meet and walk with people from Oxford's many different faith communities. People of all faiths and none are welcome to join in the Walk.

This week's Eco Tips: Maybe you missed the official Big Garden Bird Watch, but it's never too late to start counting the birds visiting your garden. Equip yourself with a pencil and paper, a revitalising tea or coffee, turn your arm chair round for a good view of the garden, and over the space of an hour watch and note down the species and number of birds that land in your garden. Or go to a park or field to watch and count.
Hilary Rollin, Eco 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 on back page) or Helen Day, Janet Masters, 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
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Associate Priest: Revd Prof Rob Gilbert
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