

Holy Trinity
Headington Quarry

A Journey  through Lent

First Sunday of Lent

21st February 2021

The Gathering

Welcome and parish prayer

Hymn

When Jesus comes to be baptized,
he leaves the hidden years behind,
the years of safety and of peace,
to bear the sins of humankind.

The Spirit of the Lord comes down,
anoints the Christ to suffering,
to preach the word, to free the bound,
and to the mourner comfort bring.

He will not quench the dying flame,
and what is bruised he will not break,
but heal the wound injustice dealt,
and out of death his triumph make.

Our everlasting Father praise
with Christ, his well-belovèd Son,
who with the Spirit reigns serene,
eternal Trinity in One.

The Greeting

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

Amen.

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

**Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord.
Amen.**

Prayers of Penitence

Our Lord Jesus Christ said:
The first commandment is this:
'Hear, O Israel, the Lord our God is the only Lord.
You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all your strength.'

The second is this: 'Love your neighbour as yourself.'
There is no other commandment greater than these.
On these two commandments hang all the law and the prophets.

Amen. Lord, have mercy.

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.**

Almighty God,
who forgives all who truly repent,
have mercy upon you,
pardon and deliver *you* from all your sins,
confirm and strengthen you in all goodness,
and keep you in life eternal;
through Jesus Christ our Lord.
Amen.

The Collect

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

Old Testament 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 that I have established between me and all flesh that is on the earth.'

This is the word of the Lord.

Thanks be to God.

Taize Chant: We adore you, Lord Jesus Christ

Gospel Reading

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 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 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 Prof Rob Gilbert

The Creed

**I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.**

Prayers of Intercession

Led by Joan Walding, LLM

Lord, in your mercy
hear our prayer.

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

Hymn

Jesu, 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 defenceless 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.

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.**

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.
Blessed is he who comes in the name of the Lord.
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.

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

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

Believing the promises of God,

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.

**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.**

Hymn

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.

Prayer after Communion

Silence is kept.

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.

**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

The kingdom of God is justice and joy,
for Jesus restores what sin would destroy;
God's power and glory in Jesus we know,
and here and hereafter the kingdom shall grow.

The kingdom of God is mercy and grace,
the captives are freed, the sinners find place,
the outcast are welcomed God's banquet to share,
and hope is awakened instead of despair.

The kingdom of God is challenge and choice,
believe the good news, repent and rejoice!
His love for us sinners brought Christ to his cross,
our crisis of judgement for gain or for loss.

God's kingdom is come, the gift and the goal,
in Jesus begun, in heaven made whole;
the heirs of the kingdom shall answer his call,
and all things cry 'Glory!' to God all in 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.

NOTICES

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.

'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**.

USPG Lent Course

Join Zoom Meeting

<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), 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 (1st, 15th, 29th March) at 7-8pm**. Please let Laura know if you would like to take part (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. 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 25th February (there will be no prayer meeting on February 18th). 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**.

OTHER NOTICES

New Lockdown

Our planning group met this week and were all of one mind that it was not possible to resume public worship yet, in light of the continued lockdown situation and the fact that contractors are still working in the building. We will be reviewing the situation again at the beginning of March. We all acknowledged the pain of not being able to meet together in person, and will continue to keep things under review as we respond to the shifting sands of this pandemic. Please get in touch with Laura or the churchwardens if you have any questions or concerns about this.

More Tea Vicar

More Tea Vicar is back! Join Revd Laura for a cup of tea and a chat, on Wednesdays at 3pm, beginning March 3rd.
<https://us02web.zoom.us/j/88286071662?pwd=dmlYSGZ2UjFKSFRxY21Qb3hwUGd6dz09>

Meeting ID: 882 8607 1662
Passcode: 273957

Electrical Works

Let there be light! The first phase of our building project began on Monday 11th January, and we look forward to new lighting, a new sound system, and interior redecoration. Please note that there will be no access to the church building during the week, and anyone with a church key who needs to arrange access must contact the site manager (via the parish office). Please pray for the contractors and all involved with our building project as we begin this first phase, and plan for the next:

Eternal God, Father Son and Holy Spirit

*Bless the work that will be taking place over the coming weeks
May the contractors work safely and diligently.
May the work that takes place be done
to the glory and honour of your name,
that all who visit this house of prayer,
may be drawn out of darkness into your marvellous light.
We make our prayer through Jesus Christ our Lord.
Amen.*

Morning Prayer: Weekly on Mondays at 9am

A chance to pause for prayer at the beginning of the week. The focus for prayer will be the psalms, which offer ancient wisdom for contemporary times.

<https://us02web.zoom.us/j/86782891843?pwd=S25BN0E3QUF6aXk5cHBETktaRmhlZ09>

Meeting ID: 867 8289 1843

Passcode: 309879

Please note there will be no morning prayer sessions on Monday 15th or Monday 22nd February. **We will resume again on Monday 1st March.**