

Sunday 5 March 2023

LENT 2

Year A

23/9

ST JAMES

Islington N1 8PH

Collect: 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.



Welcomer	Maria Flavius
Readers	As arranged
Interceder	Jane Falcioni
E Min	Laura Roden
Coffee	Junior Church
<i>Music:</i>	
Hymn 1	AM183 Were you there
Hymn 2	AM567 I danced in the morning
Hymn 3	AM522 We cannot measure
Hymn 4	AM736 Meekness and majesty
Offertory	AM153 There is a green hill
P-Comm	AM725 Make me a channel
Final	CAHON383 Let love be real
Mass	Geordie Mass



HEARING FROM WITNESSES It is all well and good to read the Scriptures and to allow them to show us how God has been working to draw men and women to faith. But sometimes it is no bad thing to take time out and to try and walk alongside the characters in the Bible and to get a feeling of what was going through their minds when major events were taking place. St Ignatius developed a scheme for doing this called the *Spiritual Exercises* and many people have found these helpful. Today, at 10am, we are using our imaginations to share the insights of four major characters in the Passion Story - Judas, Peter, Simon of Cyrene and Mary the Mother of Jesus. In this way I hope that we can get rather more involved in the story than we might do otherwise. As today's Collect says, may we enter more fully into the mystery of what Christ did for us.

THE PCC (Church Council) met on Monday evening. Over and above the usual items we talked through the job description for a new Buildings and Maintenance Manager whom we hoped would be in place by the end of the summer. We talked about having an Open Week-end to celebrate the Coronation (May 6-8th) and made some tentative arrangements to get the piano upgraded after seven years of almost daily use. The Churchwardens reflected on their meeting with the Area Dean and the need to get a team in place to write the new 'Parish Profile' for a new Vicar.

WELCOME to everyone in Church today, especially those visiting for the first time.

- Please ask the nearest person to you in the pews if there is anything you need. There is a carpeted area in the south aisle for our smallest children. A full service booklet is available and the T-loop system works well.
- A collection of money is taken during Mass. We are very grateful for your kind support.
- At the time of communion, please feel free to come forward to the front of Church - either to receive communion or a blessing. Jesus invites everyone, you too!
- Finally, do stay for a drink after Mass if you can and say hello before you leave. If you would like to keep in touch, please fill in a white Contact Card and we'll respond asap.

St James' Islington: discovering how to live like Jesus in the 21st century



PASSION READING There are long sheets available at the back of Church today for the next passage of St Mark's Gospel to help us to prepare for Easter. This week we look at the Parable of the Tenants and then hear Jesus cope with the test question about tax. The Reading can be found in St Mark 12: 1-17.

PATIENCE... Yet more ill health, bereavements and crucial arrangements gone awry this week, but the gilding of the pipework is progressing and the main organ will finally be delivered back to St James' next Saturday, 11th March. The slippage in dates means it won't be ready for the Cantallini concert on the 25th as planned but I have every expectation that it will be available for Beatrice's funeral in Holy Week; she would love that!

THIS WEEK

Sun	LENT 2	8am Mass. 10am All Age PARISH MASS.
Weekdays: Monday 27th February to Friday 31st March CHURCH CLOSED FOR THE REINSTALLATION OF THE ORGAN No Weekday Masses or daytime music rehearsals.		
Tues	8.30pm	Robert Woodman continues gilding the façade pipework. 7.15-9.15pm Corsican Brass. .
Wed	7.9pm	Sing rehearsal.
Thurs	10am	Proms Committee. 6pm Evening Prayer. 6.15-7pm Office Session. 7pm Cantallini.
Fri	7.30pm	Lent Film 3: 'Decalogue'.
Sat	MPOS	deliver the restored organ back to Prebend Street.
Sun 12	LENT 3	8am Mass. 10am PARISH MASS and SUNDAY SCHOOL.

Calendar and Daily prayer themes

PACK UP for the street community always very grateful for these items:

- Instant coffee
- Biscuits
- (in packets rather than in tins)
- Tinned soup
- Sugar

Sun 5	LENT 2	Alex, Claire, Kaitlin and Oliver Church
Mon 6	DEL Lent 2	Dennis Davis; Anne Dardelet; Adam Dickson
Tues 7	Feria	Sophie Duffy, James, Reggie and Olive Murphy
Wed 8	Edward King, Bp	Weini and Ethan Faloppa; Wendy Fisher-Gordon
Thurs 9	Feria	Luigi, Jane, Luca, Francesca, Matteo and Gloria Falcioni
Fri 10	Feria	Veronica Ferrando, Andrea, Anita, Diana and Orlando Losito
Sat 11	Feria	Maria Flavius; Thomas G; Luke Gillman, Kika and Parker
Sun 12	LENT 3	Mostyn, Nieve, Ilaria, Arlo Goodwin; Mark and Norah Hodge

PRAYER BOARD/NOTICES Requests for prayer welcome

- BIRTHDAYS** Many Happy returns on Friday to Edith Coates and on Saturday to Kenneth Awoonor Renner as he comes to terms with the sad loss of his mother Beatrice. It now looks as if her funeral at St James' will be in Holy Week. Details to come.
- CONFIRMATION CANDIDATES** Please continue to pray for Mohammad Bagheri, Thomas G, Karensa Greenaway, Eva Kasella, Jade Nicholson, Anneke Pol, Rebecca Lee and Belle Williams.
- SICK** Peter Freeth, Charity Garnett, Kris Hyde, Hayley Jenkins, John, Kingsley Lewis, Beryl Lloyd, John Scott, Charlie Sharpe, Julia Taylor, Arthur Ward, Revd Marjorie Ward and Mary Whalley.
- MEMORIALS** Today: Violet Righaletto (1997), Derek Knight (1999), Peter Cozens (2010), Fr Ed Renner (2011); 6th: Bp Edmund Capper (1998), Fr David Charles-Edwards (2020); 7th: Sherri DeLeur (20011); 8th: Ellen Barton (2022); 9th: Leonard Cobb; 10th: Nick Gale (2015).
- INTERNATIONAL LINKS** *In the US:* Fr Travis Smith, Rector of Holy Comforter, Angleton and Mth Suzanne Smith, Rector of Grace Church, Alvin, Texas. *In Japan:* Fr Sebastian and Yuki Naniwa, now transferred to a university chaplaincy in Tokyo.
- PRISONERS OF CONSCIENCE** We pray for the release of *Peter Jovenal*, held by the Taliban since December 2021
- ALSO** We pray for all those being held in Iran as the result of the recent riots; for peace in Ukraine; for all these affected by the earthquake in Turkey and in Syria and for the work of the DEC.



Open from 12 noon each Monday.



Parish Priest: Fr John Burniston 1a Arlington Square, N1 7DS 020 7226 4108 | 07989 281123
email: vicar@stjamesislington.org | www.stjamesislington.org | Administrator: admin@stjamesislington.org
Churchwardens: Hilary Roden and Isabel Nisbet | Hall Bookings: hallatstjames@gmail.com | 07392 694961



PARISH MASS
for Lent 2
March 5th 2023

as streamed from
St James' Church
Islington N1



May God bless every
£1 we give so that St
James' will be here,
not just for today and
for tomorrow, but for
the future he wants to
create.

All Age PARISH MASS FOR LENT 2
Meditations on the Passion of Jesus

Entry Hymn: **AM184 Were you there when they crucified my Lord?**

*Were you there when the crucified my Lord?
Were you there when the crucified my Lord?
O, sometimes it causes me to
tremble, tremble, tremble.
Were you there when they crucified my Lord?*

Were you there when they nailed him to the tree? ...

Were you there when they pierced him in the side? ...

Were you there when they laid him in the tomb? ... (American Folk hymn)

The Preparation

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

Welcome and Introduction

I. JUDAS

It seemed a good idea at the time: Jesus I mean. He was good looking, charismatic, interesting to be with. He could charm the birds out of the trees! Everyone wanted to be with him and listen to what he had to say. His stories were just the best! He was so patient too; he had time for everyone: the sick, the mixed up, the lonely. The funny thing was he was also razor sharp with those who tried to beat him in an argument. They always went away afterwards, looking like idiots! In normal times he would have gone straight to the top. He would have been everyone's friend. He knew how to get the best out of people and to turn things round when there was a crisis. But these aren't "normal" times. We have a standing army of Romans hanging around every street corner with their tax men extorting money out of us, right, left and centre. Look west and we have Greeks in their sports stadiums running around naked and offering sacrifices to Zeus. Look to the east and there are hordes of murderous pagans breathing down our necks. And who do we have to look after us? The Jewish High Priests and that pathetic specimen, Herod, desperate to look like they are in charge! And what does Jesus do? He talks about heaven, about loving our neighbour and forgiving those who hurt us – turning the other cheek. It's ridiculous! With his kind of leadership we could push all these foreigners out tomorrow. But Jesus won't do it. 'My kingdom is not of this world', he says.

Well I am done with him. The chief priests have offered me money for some inside information. And I'm going to take it...

2nd Hymn: **AM667 I danced in the morning** [t Lord of the Dance]

*I danced in the morning when the world was begun,
and I danced in the moon and the stars and the sun,
I came down from heaven and I danced on earth;
at Bethlehem I had my birth.*

*Dance, then, whoever you may be;
I am the Lord of the Dance, said he,
and I'll lead you all, wherever you may be,
and I'll lead you all in the dance, said he.*

*I danced for the scribe and the Pharisee,
but they would not dance and they would not follow me.
I danced for the fishermen, for James and John -
they came with me and the dance went on. Dance then...*

*I danced on the Sabbath and I cured the lame;
the holy people said it was a shame.
They whipped and they stripped and they hung me high;
they left me there on a cross to die. Dance then...*

*I danced on a Friday when the sky turned black -
it's hard to dance with the devil on your back.
They buried my body and they thought I'd gone;
but I am the dance and I still go on. Dance then...*

2. PETER

My mother said I always talked first and thought after! 'Just think what you are saying' she would shout at me – smiling all the time because she knew I wouldn't take any notice!

But I was still always chosen as the team captain. I was braver and stronger – and once I had made up my mind about something, there was no holding me back. It was me who got James and Andrew and the others to drop the fishing business and go off with Jesus; me who jumped over the side of the boat when we saw Jesus walking on the water; me who told Jesus we would all die for him if ever he got attacked.

It was me who chopped off the ear of that brat from the High Priests' house when they came to arrest Jesus in Gethsemane. I was tough and I was strong for all those years...

But somehow, in the dark, in that creepy courtyard of the High Priest's House after they'd arrested him, with all those hangers-on sitting around their braziers keeping warm, suddenly my courage completely left me.

I was hiding in a corner with my thick cloak pulled up tight round me. I didn't want to be seen and I certainly didn't want to talk to anyone. I just felt I needed to see what they were doing to Jesus – to see if he could get himself released. I was sure he could do that if he wanted.

And then this girl came up to me and peered into my face. She came really close and half turning, shouted back to her friends: 'Look here, this is one of the Nazarene's friends. He's come to see what we're going to do to his boss!'

And then she turned back to me. 'You are one of his group aren't you? And, without thinking, I shook my head and said that 'No, I wasn't!'

Why, O why, didn't I keep my mouth shut? The second I spoke, my thick Galilean accent gave the game away. There was no chance that I sounded like a Jerusalem local. Twice they turned on me in the shadows: 'You are one of his friends aren't you?' - and twice more the coward in me said no.

And just at that very moment - when I wanted the ground to swallow me up - they pushed Jesus out through an open door above my head and I could see him looking down at where I was trying to hide – just as the dawn began to break and the cry of the first cockerel rang round the stone walls.

Then I remembered: Jesus had told me I would deny that I knew him. In fact he said I would deny him three times. How could he have known?

And how can I live with myself now?

3rd Hymn: **AM522 We cannot measure how you heal** [t AM Ye banks and braes]

*We cannot measure how you heal
or answer every sufferer's prayer,
yet we believe your grace responds
where faith and doubt unite to care.*

*The pain that will not go away,
the guilt that clings from things long past,
the fear of what the future holds
are present as if meant to last.*

*But present too is love that tends
the hurt we never hoped to find,
the private agonies inside,
the memoirs that haunt the mind.
Your hands, though bloodied on the cross
survive to hold and heal and warn,
to carry all through death to life
and cradle children yet unborn.*

*So some have come who need your help,
and some have come to make amends:
your hands which shaped and saved the world
are present in the touch of friends.*

*Lord, let your Spirit meet us here
to mend the body, mind and soul,
to disentangle peace from pain
and make your broken people whole.* (Words: John Bell and Graham Maule)

3. SIMON OF CYRENE

It had been a dream of ours for years that me Simon, and my two boys Alexander and Rufus, would go up to Jerusalem for the Passover. We'd saved and saved and this was to be the year. The boat trip east had been pretty rough and we'd all been sick – but now we were in Jerusalem and all that was forgotten!

Jerusalem was massive – and so exciting. The streets were incredibly narrow, clogged with people from all over the Empire.

It took for ever to make our way past the shops selling stuff we never saw at home and all the time I was keeping an eye open for the boys because if we got separated, I was frightened we would never find each other again.

Then we heard a roar from a Captain of the guard and a few blasts from a bugle. Behind us we could just about make out a team of soldiers standing on either side of a man, carrying a heavy wooden beam. As they got nearer to us the crowd parted as quickly as they could to give the soldiers a bit more space, men and women lurching into the tiny shops, falling over the baskets of goods as they went, terrified of the squad who were pushing their way through.

I grabbed the boys and we pinned ourselves against the wall but just as the party came level with us and began to march up the next set of steps, the man carrying the wooden beam crashed to the ground and the beam he was carrying came perilously close to the wall where we were standing.

I looked down at the prisoner. His tunic was stained with blood, sweat was dripping down his face and his whole body was trembling with the effort of walking. He was absolutely exhausted.

The captain of the guard had his back to me but I could hear him shouting to the man to get up. He kicked him in the ribs and tried to pull his arm. None of it was working. From the back I could see the muscles in the captain's neck getting tighter and tighter with anger.

And then suddenly he turned round and faced me, the metal armour clanking as he moved. In his right hand was a short sword. Screwing up his face he shouted, 'Hey you, black guy: help this man with his beam'.

There was no hope of refusing: people got nailed to the walls for less. So I gave my bag to the boys and went behind the prisoner who was hauling himself up out of the dirt. I picked up the other end of the beam and once more the execution party moved forwards, up more and more steps, the crowd in front making way for us before returning to what they were doing afterwards as if we had never been there.

The journey seemed to take for ever. The prisoner kept tripping, lurching as he walked. The captain spent most of the time swearing at him and there was a nasty tension in the air.

Finally we were through the gate in the city walls and out into the open space where all the city rubbish was piled up - and where prisoners were crucified. As the soldiers stopped, the beam we had been holding crashed to the ground. The squad moved away and the captain snarled at me: 'Get out of here, black guy. I don't need your sort round here'.

With some relief I caught sight of the boys. They had followed us. And we ran: ran away from that place as fast as we could.

And we never saw what happened next.

4th Hymn: AM728 Meekness and majesty:

***Meekness and majesty, manhood and deity,
in perfect harmony, the man who is God.
Lord of eternity dwells in humanity,
kneels in humility and washes our feet.***

***O, what a mystery, meekness and majesty:
bow down and worship, for this is your God, this is your God!***

***Father's pure radiance, perfect in innocence,
yet learns obedience to death on a cross:
suffering to give us life, conquering through sacrifice;
and, as they crucify, prays 'Father, forgive'. O, what a mystery...***

***Wisdom unsearchable, God the invisible,
love indestructible in frailty appears.
Lord of infinity, stooping so tenderly,
lifts our humanity to the heights of his throne. O, what a mystery...***

(Words and Music: Graham Kendrick)

4. MARY THE MOTHER OF JESUS

I can't say that my relationship with my son Jesus has been entirely easy. At twelve he skipped away from our party to return to Jerusalem where he spent time with the Temple professors discussing matters of faith which were completely beyond my comprehension. Later he would spend weeks and months away from home and we had no idea where he was.

And sometimes, when we did catch up with him he would say things which made us wonder whether our family was any more special to him than the great crowds he spoke to who seemed to hold on to his every word.

Over the years we got to know Peter and Andrew, James - and John in particular - but if I hadn't had those early messages from God, I really don't know how I would have coped. It was quite lonely being on the fringe of his discipleship group. So the visions I had certainly helped – but then so did the reports of all the wonderful stories that filtered back to us - things that Jesus had done for people like Peter's mother who was made well, Martha and Mary whose brother Lazarus was given his life back and total strangers who were healed.

But then there were also the terrible rumours, the close shaves he had when he was preaching and people had tried to stone him to death.

I have to admit this has got very much worse over this last six months and there was no doubt in my mind that the Chief priests and their friends would catch up with Jesus in the end. They just couldn't bear it that his brand of faith, based on love and respect, was just so much more appealing than a life where you spend your time worrying about whether you are keeping all the rules of the Law or not.

And now the final episode: they did catch him of course and - between that good for nothing Judas, the loathsome Sanhedrin and the Roman bully boys – they were somehow able to set up three trials in no time at all - in front of the Chief Priests, Herod and Pilate. What chance did he have against that lot? None at all.

They keep us women a long way away from the men being crucified. Women and men don't mix much in public but this is more to do with the fact that they don't want us crying all over the place.

But I can't cry. Not anymore.

You see I don't think the men understand yet what today is all about. I think they are still shocked that he has been killed – and killed so quickly. But Jesus has been telling us what was going to happen – there have been endless hints, here and there. 'Greater love has no one than to lay his life for his friends', he said.

To go blaming Judas or the Jews or even Pilate is missing the point. It isn't their fault because all of this hideous spectacle was God's plan from the very beginning when the angel came and told me I would be his mother. 'Unless the grain of wheat dies, there can be no crop'. 'God sent his Son into the world so that we might have life'. I know this dreadful death is not the end. But it still isn't easy.

Silence

Jesus, Saviour of the world, come to us in your mercy;
we look to you to save and help us.
**By your cross and your life laid down you set your people free:
we look to you to save and help us.**
When they were ready to perish you saved your disciples:
we look to you to come to our help.
**In the greatness of your mercy
loose us from our chains:
forgive the sins of all your people.**
Make yourself known as our saviour and mighty deliverer:
save and help us that we may praise you.
**Come now and dwell with us, Lord Christ Jesus:
hear our prayer and be with us always.**
And when you come in your glory:
**make us to be one with you
and to share the life of your kingdom.**

Confession

As we prepare to celebrate the presence of Christ in word and in sacrament, let us call to mind and confess our sins.

**Almighty God, our heavenly Father,
we have sinned against you,
through our own fault,
in thought and word and deed,
and in what we have left undone.
We are heartily sorry,
and repent of all our sins.
For your Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may serve you in newness of life
to the glory of your name. Amen.**

The Intercessions and Collect

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.

Stand

The Peace

God will speak peace to his people,
to those who turn to him in their hearts.

The peace of the Lord be always with you.
and also with you.

Offertory Hymn: AM153 There is a green hill far away [t Horsley]

*There is a green hill far away,
outside a city wall
where the dear Lord was crucified
who died to save us all.*

*We may not know, we cannot tell
what pains he had to bear,
but we believe it was for us
he hung and suffered there.*

*He died that we might be forgiven,
he died to make us good;
that we might go at last to heaven,
saved by his precious blood.*

*There was no other good enough
to pay the price for sin;
he only could unlock the gate
of heaven and let us in.*

*O dearly, dearly has he loved,
and we must love him too,
and trust in his redeeming blood,
and try his works to do.*

(Words: Mrs CF Alexander)

At the Offertory

Blessed are you, Lord, God of all creation.
Through your goodness we have this bread to offer,
which earth as given and human hands have made.
It will become the bread of life.
Blessed be God for ever.

Blessed are you, Lord, God of all creation.
Through your goodness we have this wine to offer,
fruit of the vine and work of human hands.
It will become our spiritual drink.

Blessed be God for ever.

Pray, my friends, that our thanksgiving
may be acceptable to God, the almighty Father.
**May the Lord accept this sacrifice from our hands
for the praise and glory of his name,
for our good and the good of all his Church.**

God of wisdom, may the light of the eternal Word, our Lord and Saviour
Jesus Christ, guide us to your glory. We ask this in his name. **Amen.**

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.

In this season of Lent you call us to undertake a new journey,
a journey of discovery and hope,
a journey where injustice is ended and righteousness is restored,
a journey where prayer and self-discipline draw us back to your loving heart.

And so we look forward to the fulfilment of your promise,
rejoicing with you, with angels and archangels
and with all the company of heaven, singing for ever,
the song of your glory:



**Holy, holy, holy Lord,
God of might and God of power.
Glory fills all heaven and earth;
sing to him Hosanna!**

**Blessed is the one who comes
in the name of Christ our Lord.
Holy, holy, holy Lord;
sing to him Hosanna!**

Lord you are the most holy one, enthroned in splendour and light,
yet in the coming of your Son Jesus Christ,
you reveal the glory and power of your love.
through his suffering and death for the salvation of the world,
Amen. Lord, we believe!

Embracing our human state, he taught us the way of salvation.
Loving us to the end, he gave himself to death for us.
Dying for his own, he set us free from the powers of sin,
that we might rise and reign with him in glory.
Amen. Lord, we believe!

On the night you gave up your Son for us all
he took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.
Amen. Lord, we believe!

In the same way, after supper he took the cup and gave you thanks;
he gave it to them, saying: 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.

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

Therefore we proclaim the death that he suffered on the cross,
we celebrate his resurrection, his bursting from the tomb,
and we long for his coming in glory.
Amen. Come, Lord Jesus!

As we recall the one, perfect sacrifice of our redemption,
Father by your Holy Spirit let these gifts of your creation
be to us the body and blood of our Lord Jesus Christ;
form us into the likeness of Christ
and make us a perfect offering in your sight.
Amen. Come, Holy Spirit!

Look with favour on your people and in your mercy hear the cry of our hearts.
 Bless the earth, heal the sick,
 free the oppressed and fill your Church with power from on high.
Amen. Lord, have mercy.

The Fraction

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

Gather your people from the ends of the earth
 to feast with Mary, the virgin Mother of God,
 St James, St Peter and all your saints at the table in your kingdom,
 where the new creation is brought to perfection in Jesus Christ our Lord;

by whom and with whom, and in whom, in the unity of the Holy Spirit,
 all honour and glory be yours, almighty Father,
 for ever and ever. **Amen.**

The Lord's Prayer

Lord Jesus, remember us in your kingdom and teach us to pray:

S
A
T
B

Our Father who art in heaven, hallowed be Thy name. Thy king - dom come,
 Thy will be done, on earth as it is in heaven. Give us this day our dai - ly bread,
 and for - give us our tres - pass - es, as we for - give those who tres - pass a - gainst us.
 And lead us not in - to temp - tation, but de - liv er us from evil.
 For Thine is the kingdom the power and the glory for ev er and ev - er, A - men.

Agnus Dei

*Lamb of God, you take our sins,
 take away our sins, Lord.
 So have mercy on us all,
 so have mercy on us. (repeat)*

*Lamb of God, you take our sins,
 take away our sins, Lord.
 Grant us peace, O grant us peace.
 Grant us peace for ever.*

Invitation to Communion

Come and kneel at the altar of God, not because you are strong, but because you are weak. Come, not because any goodness of your own gives you the right to come, but because you need mercy and help. Come, because you love the Lord a little and would like to love him more. Come, because he loves you, and gave himself for you.

Lift up your hearts and minds above the cares and fears and let this bread and wine be to you the token of the grace of Our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit, all meant for you if you will accept them in humble faith; for this is the Lamb of God who takes away the sins of the world. Happy 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.

Post Communion Hymn: **AM725 Make me a channel**

[t St Francis]

*Make me a channel of your peace.
Where there is hatred, let me bring your love.
Where there is injury, your pardon, Lord;
and where there's doubt, true faith in you.
O, Master, grant that I may never seek
so much to be consoled and to console,
to be understood as to understand,
to be loved as to love with all my soul.*

*Make me a channel of your peace.
Where there's despair in life, let me bring hope.
Where there is darkness, only light,
and where there's sadness, ever joy. O Master...*

*Make me a channel of your peace.
It is pardoning that we are pardoned,
in giving to all that we receive,
and in dying that we're born to eternal life.*

(Words: Sebastian Temple)

*Give me your hand, along the desert pathway,
give me your love, wherever we may go.
As God loves us, so let us love each other:
with no demands just open hands and space to grow.*

*Let love be real, not grasping or confining,
that strange embrace that holds yet sets us free;
that helps us face the risk of truly living,
and makes us brave to be what we might be.
Give me your strength when all my words are weakness;
give me your love in spite of all you know. As God...*

*Let love be real, with no manipulation,
no secret wish to harness or control;
let us accept each other's incompleteness,
and share the joy of learning to be whole.
Give me your hope through dreams and disappointments;
give me your trust when all my failings show. As God...* (Words: Michael Forster)

Communion Antiphon:

He gives heavenly bread to the hungry, and to the thirsty, water from the living spring.

Creator of heaven and earth, we thank you for these holy mysteries, which bring us now a share in the life to come, through Jesus Christ our Lord.
Amen.

**Almighty God, we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out in the power of your Spirit,
to live and work to your praise and glory. Amen.**

Community Notices

God grant you grace to live in holiness, 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.**

Go in the peace of Christ **Thanks be to God.**

Final Hymn: **CAHON383 Let love be real**

[t CAHON303 Londonderry Air]

*Let love be real, in giving and receiving,
without the need to manage and to own;
a haven free from posing and pretending,
where ev'ry weakness may be safely known.*