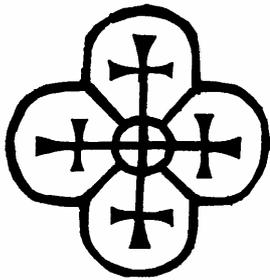


# The Chase Benefice



The Chase  
Benefice

Please do not take this booklet away



Remember  
that you are  
dust and into  
dust you shall  
return.

The Parish  
Eucharist

*in the Season of Lent*

## A word of welcome ...

We hope you will feel very welcome at our Church. This booklet contains all you need (apart from the hymns) to be able to join in the service fully. You will find the text of the service on the right-hand pages. On the left-hand pages we have printed some material in blue that we hope will help you deepen your reflection upon the service and the season of Lent.

If you are a communicant member of another church you are warmly invited to share in Communion with us. If you are not confirmed, may we urge you to consider it, and (if you live in the area) to have a word with the priest about what is involved?

Children are always welcome in our Church. At the back of the Church there are some activity bags, containing quiet toys and colouring books – please help yourself! We want you to enjoy worship so please don't worry if the children make a noise.

It is our practice, before the service begins, and especially after the candles have been lit, to keep the church as quiet and still as possible so that everyone can prepare to worship God 'in spirit and in truth'. Please pray for all involved in leading our worship, and for those sitting near you. You may like to use the Prayers before worship on the following pages.

Lent is the period of reflection and preparation for the great Christian festival of Easter. Its origins lie in the Forty Days that Jesus spent in the wilderness. The writers of the Gospels tell us that, after his baptism, the Spirit drove Jesus out into the desert where, through fasting and prayer, Jesus learned complete trust in God. May that be your experience too as you journey with God this Lent.

Material for this booklet has been taken from the following sources:

*Common Worship: Services and Prayers of the Church of England*, © The Archbishops' Council;

*Candles and Kingfishers* © Ann Lewin, 1997;

other devotional texts taken from

*The Hallowing of Time: Volume 2* © Carol Wilkinson 1998

*Lord Jesus Christ, we thank you  
for all the benefits you have won for us,  
for all the pains and insults  
you have borne for us.  
Most merciful redeemer,  
friend and brother,  
may we know you more clearly,  
love you more dearly  
and follow you more nearly,  
day by day.*

*Prayer of Richard of Chichester*

*Dear Jesus, help us to spread your fragrance  
everywhere we go. Flood our souls with your  
spirit and life.*

*Shine through us, and be so in us, that every  
soul we come in contact with may feel your  
presence in our soul. Let them look up and see  
no longer us but only Jesus! Stay with us, and  
then we shall begin to shine as you shine...*

*Let us preach you without preaching, not by  
words but by our example, by the catching  
force, the sympathetic influence of what we do,  
the evident fullness of the love our hearts near  
to you.*

*John Henry Newman*

## Order One

### *The people and the priest*

- ¶ greet each other in the Lord's name
- ¶ confess their sins and are assured of God's forgiveness
- ¶ keep silence and pray a Collect
- ¶ proclaim and respond to the word of God
- ¶ pray for the Church and the world
- ¶ exchange the Peace
- ¶ prepare the Table
- ¶ pray the Eucharistic Prayer
- ¶ break the Bread
- ¶ receive Communion
- ¶ depart with God's blessing.

## *Entrance*

*Pause at the threshold  
Of the sacred space,  
Bow low.  
Prepare for fresh  
Encounter  
With the Holy One.*

*Ann Lewin*

*Before the Service – Speak to God  
During the Service – Let God speak to you  
After the Service – Speak to one another*

*O Lord our God  
grant us the grace  
to desire thee with our whole heart;  
that so desiring thee we may seek to find thee,  
and so finding thee we may love thee,  
and loving thee may hate those sins  
from which thou hast redeemed us;  
through our Lord Jesus Christ.*

St. Anselm

*Dust and ashes touch our face,  
mark our failure and our falling.  
Holy Spirit, come,  
walk with us tomorrow,  
take us as disciples,  
washed and wakened by your calling.  
Take us by the hands and lead us,  
lead us through the desert sands,  
bring us living water,  
Holy Spirit, come.*

*Lord Jesus Christ,  
Son of God,  
have mercy upon me,  
a sinner.*

The Jesus Prayer

*The president says the Post Communion prayer, then all say*

**All** We thank you, Lord,  
that you have fed us in this sacrament,  
united us with Christ,  
and given us a foretaste  
of the heavenly banquet  
prepared for all peoples.  
Amen.

## The Dismissal

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*A hymn may be sung.*

*The president gives a blessing and the service ends with*

Go in the peace of Christ.

**All** Thanks be to God.

*The ministers leave the Church.*

*After the service please do stay and have a chat. If you are new please introduce yourself to the Priest or to the Churchwardens. They will introduce you to other people and they can give you more information about our Church.*

*There are prayers overleaf which you might like to use before you leave.*

*We hope that you have enjoyed being with us this morning and will come again.*

Lord,  
you return gladly  
and lovingly to lift up the one  
who offends you  
and I do not turn  
to raise up and honour  
the one who angers me.

St. John of the Cross

Let us strive to enter by the narrow gate.  
Just as trees, if they have not stood  
before the winter's storms cannot bear fruit,  
so it is with us:  
this present age is a storm  
and it is only through many trials  
and temptations  
that we can obtain an inheritance  
in the kingdom of heaven.

Theodora, Desert Mother

The Christian is not just to do certain things:  
he is to be a certain kind of person.  
It is not enough  
to go through the outward motions of virtue,  
for it is the inmost state of the soul  
that matters in God's eyes.

Helen Oppenheimer

*At the entry of the ministers a hymn may be sung.  
The president may say*

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

**All** Amen.

### The Greeting

*The president greets the people.*

The Lord be with you

**All** and also with you.

*The president welcomes the people and the children leave  
if there is a crèche or Junior Church.*

### Prayer of Preparation

*This prayer is said*

**All** 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

*The following may be used*

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.'

## *Second Commandment*

*Love your neighbour as yourself.  
The trouble is, we do.  
And since we do not always love ourselves,  
Our neighbour suffers from our handicap.  
Strange feelings come from depths we don't  
Control, causing us to react, and not respond.*

*How can we learn to love our dark unknown,  
Embrace, accept, forgive what lies within?*

*Can we believe it is already done?  
We are profoundly loved, both in our depths  
And to the limit of his love, which has no end.  
A starting place, with time and then eternity  
To learn its truth. And, in the meantime,  
What a blessing for our neighbour, to be  
Loved as we (are learning to) love ourselves.*

*Ann Lewin*

*To accept ourselves in all our wretchedness is  
the hardest of tasks, and one which is almost  
impossible to fulfil.*

*Carl Gustav Jung*

*All may say*

**All** Most merciful Lord,  
your love compels us to come in.  
Our hands were unclean,  
our hearts were unprepared;  
we were not fit even to eat the crumbs  
from under your table.  
But you, Lord, are the God of our salvation,  
and share your bread with sinners.  
So cleanse and feed us with the precious  
body and blood of your Son,  
that he may live in us and we in him;  
and that we, with the whole company of  
Christ, may sit and eat in your kingdom.  
**Amen.**

*Communicant members of all Christian churches are  
welcome to receive the sacrament.*

*If you are not confirmed or do not wish to receive the  
sacrament please come for a blessing and kneel with your  
hands behind your back.*

*These words of distribution may be used*

The body of Christ, broken for you.  
The blood of Christ, shed for you.

*Each communicant replies **Amen.** Please wait until the  
person on your left has received the chalice before leaving  
the altar.*

*After all have received, silence is kept.*

## *A Prayer of Penitence*

*God of grace, I turn my face  
To You, I cannot hide;  
My nakedness, my shame, my guilt,  
are all before Your eyes.*

*Strivings and all anguished dreams  
In rags lie at my feet,  
and only grace provides the way  
For me to stand complete.*

*And Your grace clothes me in righteousness,  
And Your mercy covers me in love.  
Your life adorns and beautifies,  
I stand complete in You.*

*There is a deep well inside me.  
And in it dwells God.  
Sometimes I am there too.  
But more often  
stones and grit block the well,  
and God is buried beneath.  
Then God must be dug out again.*

*Etty Hillesum*

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.

**All Amen. Lord, have mercy.**

*A minister invites the people to confess using these or similar words*

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.

Let us admit to God the sin which always confronts us.

## **The Confession**

*Either*

**All Lord God,  
we have sinned against you;  
we have done evil in your sight.  
We are sorry and repent.  
Have mercy on us  
according to your love.  
Wash away our wrongdoing  
and cleanse us from our sin.  
Renew a right spirit within us  
and restore us  
to the joy of your salvation,  
Through Jesus Christ our Lord. Amen.**

*Or*

## *Ashing*

*Light as a feather  
A finger touched me,  
Branded me cross-shaped,  
Smudged me with ash.*

*Light as a feather,  
God's finger caressed me  
With sign of forgiveness,  
Marked me with love.*

*Light as a feather,  
Penitent, shriven,  
Signed with his life-mark,  
I go on my way.*

*Ann Lewin*

*God has given me the power to change my  
ways.*

*Mechtild of Magdeburg*

*If there is one name  
which sounds the melody of love,  
it is the name of Jesus.  
Grant to me a penitent heart in my living,  
a believing heart in my dying.  
Lord Jesus Christ,  
Son of God,  
have mercy on me,  
a sinner.*

*Brother Ramon SSF*

**All** 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.

*or*

**All** Jesus, Lamb of God,  
have mercy on us.

Jesus, bearer of our sins,  
have mercy on us.

Jesus, redeemer of the world,  
grant us peace.

## **Giving of Communion**

*The president says one of these invitations to communion*

Draw near with faith.  
Receive the body of our Lord Jesus Christ  
which he gave for you, and his blood  
which he shed for you. Eat and drink in  
remembrance that he died for you,  
and feed on him in your hearts  
by faith with thanksgiving.

*or*

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed are those who are called to his supper.

**All** Lord, I am not worthy to receive you,  
but only say the word,  
and I shall be healed.

*Lord our God,  
you invite us to follow Christ  
in his struggle in the desert.  
Through our self-denial  
may your spirit make us ever strong  
against evil.  
Hear us, you who remain faithful to us,  
for ever and ever. Amen.*

Source unknown

*God wishes to test you like gold in the furnace.  
The dross is consumed by fire,  
but the pure gold remains  
and its value increases.*

Jerome Emiliani

*Waiting can be the most intense and poignant  
of all human experiences – the experience  
which, above all others, strips us of our needs,  
our values, and ourselves.*

WH Vanstone

**All** Almighty God,  
long-suffering and of great goodness:  
I confess to you,  
I confess with my whole heart  
my neglect and forgetfulness  
of your commandments,  
my wrong doing, thinking, and speaking;  
the hurts I have done to others,  
and the good I have left undone.  
O God, forgive me,  
for I have sinned against you;  
and raise me to newness of life;  
through Jesus Christ our Lord. Amen.

*The Kyrie eleison may be said or sung.*

Lord, have mercy.

**All** Lord, have mercy.

Christ, have mercy.

**All** Christ, have mercy.

Lord, have mercy.

**All** Lord, have mercy.

*The president declares God's forgiveness.*

## The Collect

*We keep a moment of silence to collect our thoughts and  
concerns before the president says the Collect, which  
reflects a theme of the season. All respond*

**All** Amen.

## Lent

*Lent is a time to learn to travel  
Light, to clear the clutter  
From our crowded lives, and  
Find a space, a desert.  
Deserts are bleak: no creature  
Comforts, only a vast expanse of  
Stillness, sharpening awareness of  
Ourselves and God.*

*Uncomfortable places, deserts.*

*Most of the time we're tempted to  
Avoid them, finding good reasons to  
Live lives of ease; cushioned by  
Noise from self-discovery,  
Clutching at world's success  
To stave off fear.  
But if we dare to trust the silence  
To strip away our false security,  
God can begin to grow his wholeness in us,  
Fill up our emptiness, destroy our fears,  
Give us new vision, courage for the journey,  
And make our desert blossom like a rose.*

Ann Lewin

*O Christ, guide and strengthen all who are  
tempted in this hour.*

United Society for the Propagation of the Gospel

*The Prayer continues and leads into the doxology, to  
which all respond boldly, either*

**All Blessing and honour and glory and  
power be yours for ever and ever. Amen.**

*or*

**All Amen.**

## The Lord's Prayer

Let us pray with confidence as our Saviour  
has taught us.

**All Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.**

*The president breaks the consecrated bread.*

Every time we eat this bread  
and drink this cup,

**All we proclaim the Lord's death  
until he comes.**

*The Agnus Dei may be used as the bread is broken.*

## Readings

*Our Lord does not care so much for the importance of our works as for the love with which they are done.*

Teresa of Avila

*Only one petition in the Lord's Prayer has any condition attached to it: it is the petition for forgiveness.*

William Temple

*Genuine forgiveness is participation, reunion overcoming the powers of estrangement. And only because this is so does forgiveness make love possible.*

Paul Tillich

*We sit for the readings from Scripture. At the end the reader may say*

This is the word of the Lord.

**All Thanks be to God.**

*A hymn or a Psalm is sung. We turn to face the minister for the Gospel of the Day.*

## Gospel Reading

*An acclamation may herald the Gospel reading with these or other suitable words*

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.

**All Praise to you, O Christ,  
King of eternal glory.**

*When the Gospel is announced the reader says*

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

**All Glory to you, O Lord.**

*At the end*

This is the Gospel of the Lord.

**All Praise to you, O Christ.**

## Sermon

*We sit for the Sermon, after which there is a brief silence. On Sundays and Principal Holy Days we then stand to affirm our faith.*

*Something strange is happening –  
there is a great silence on earth today,  
a great silence and stillness.  
The whole earth keeps silence  
because the king is asleep.  
The earth trembles and is still  
because God has fallen asleep  
in the flesh and he has raised up  
all who have slept  
ever since the world began.  
God has died in the flesh  
and hell trembles with fear...*

*From an ancient homily*

*From the moment Christ went out into the  
desert to be tempted, the loneliness, the  
temptation and the hunger of every man and  
woman became the loneliness, the temptation  
and hunger of Christ.*

*Thomas Merton*

*A brother who had sinned was turned out  
of the church by the priest. Father Bessarion  
got up and went with him, saying  
'I too am a sinner'.*

*4th Century Desert Father*

*The president says*

The Lord is here.

**All His Spirit is with us.**

Lift up your hearts.

**All We lift them to the Lord.**

Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**

*The president praises God for his mighty acts  
and all respond*

**All 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.]**

*The president recalls the Last Supper, and one of these  
acclamations may be used*

[Great is the mystery of faith:]

**All Christ has died:  
Christ is risen:  
Christ will come again.**

[Christ is the bread of life:]

**When we eat this bread  
and drink this cup,  
we proclaim your death, Lord Jesus,  
until you come in glory.**

*Or the following responses may be made*

This is his/our story

**All This is our song:  
Hosanna in the highest.**

*Let us enter the season of Lent  
in the spirit of joy,  
giving ourselves to spiritual strife,  
cleansing our soul and body,  
controlling our passions,  
as we limit our food,  
living on the virtues of the Spirit;  
let us persevere in our longing for Him  
so as to be worthy to behold  
the most solemn Passion of Christ  
and the most holy Passover,  
rejoicing the while with spiritual joy.*

Source unknown

*The only temptation for man is to be  
abandoned to his own resources in the  
presence of evil.*

Simone Weil

*If we claim to be without sin, we deceive  
ourselves and the truth is not in us.*

1 John 1:8

*I am fallen;  
in your compassion have mercy on me.*

The Lenten Tridion

Do you believe and trust in God the Father,  
source of all being and life,  
the one for whom we exist?

**All We believe and trust in him.**

Do you believe and trust in God the Son,  
who took our human nature,  
died for us and rose again?

**All We believe and trust in him.**

Do you believe and trust in God the Holy Spirit,  
who gives life to the people of God  
and makes Christ known in the world?

**All We believe and trust in him.**

This is the faith of the Church.

**All This is our faith.  
We believe and trust in one God,  
Father, Son and Holy Spirit. Amen.**

**Prayers of Intercession**

*We sit or kneel for the prayers. These responses may be  
used*

Lord, of compassion

**All in your mercy hear us.**

or

Lord, in your mercy

**All hear our prayer.**

or

Lord, hear us.

**All Lord, graciously hear us.**

And at the end  
Merciful Father,

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

*Lord God,  
you call us to repentance and self-denial.  
While we can choose our penance,  
so many of our brothers and sisters  
have not the basic needs of life.  
Teach us humility in our works of penance,  
so that our fast may be a victory  
over egotism and indulgence,  
through Jesus, the Christ, our Lord.  
Amen.*

Source unknown

*Sin is not a thing;  
it is not a mortal stain or blemish,  
it is a damage to a relationship,  
a rejection of love.  
It is a gap,  
a chasm,  
and those who have chosen to be far off  
must be brought close.*

Ruth Burrows, English Carmelite Nun

*Open to me the doors of repentance.*

Orthodox Liturgy

*The president introduces the Peace with a suitable sentence, and then says*

The peace of the Lord be always with you

**All and also with you.**

Let us offer one another a sign of peace.

*We may exchange the Peace with those around us by shaking hands.*

### Preparation of the Table Taking of the Bread and Wine

*A hymn is sung, during which the altar is prepared and a collection may be taken. The gifts of bread and wine are brought from the people and placed upon the altar.*

*The following prayers may be used.*

God of life, Saviour of the poor,  
receive with this money  
gratitude for your goodness,  
penitence for our pride  
and dedication to your service  
in Jesus Christ our Lord.

**All Amen.**

Look upon us in mercy not in judgement;  
draw us from hatred to love;  
make the frailty of our praise  
a dwelling for your glory.

**All Blessed be God for ever.**

*The president takes the bread and wine.*