



The Sunday Sheet *for* The 3rd Sunday before Lent Sunday 16th February 2025

*A very warm welcome as we gather for the All-Age Eucharist.
An induction loop is provided.*

Gluten free wafers are available for those who need them. Please inform one of the
welcomers who will pass the information on to the clergy. Many thanks

Entrance Hymn

And can it be that I should gain
an interest in the Saviour's blood?
Died he for me, who caused his pain?
For me, who him to death pursued?
Amazing love! How can it be
that thou, my God, shouldst die for me?

He left his Father's throne above
so free, so infinite his grace;
emptied himself of all but love,
and bled for Adam's helpless race;
'tis mercy all, immense and free;
for, O my God, it found out me.

Long my imprisoned spirit lay
fast bound in sin and nature's night;
thine eye diffused a quickening ray,
I woke, the dungeon flamed with light;
my chains fell off, my heart was free;
I rose, went forth, and followed thee.

*Charles Wesley 1707-1788
Tune: Sagina*

✠ In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Grace and peace be with you
And keep you in the love of Christ.

The Priest gives an introduction to the Eucharist and calls the people to penitence.

Silence is kept

Lord, you send the Holy Spirit to guide us.
Lord, have mercy: **Lord, have mercy.**

Lord, you give us hope in showing us the Way.
Christ, have mercy: **Christ, have mercy.**

Lord, you bring us new life in the resurrection.
Lord, have mercy: **Lord, have mercy.**

Almighty God have mercy on you,
✠ forgive you and set you free from sin,
and keep you in eternal life. **Amen.**

Gloria in Excelsis

Gloria, gloria, in excelsis Deo.
Gloria, gloria, in excelsis Deo.

Lord, God, heavenly King,
peace you bring to us,
we worship you, we give you thanks,
we sing our song of praise.

Jesus, Saviour of all,
Lord God, Lamb of God,
you take away our sins, Oh Lord,
have mercy on us all.

At the Father's right hand,
Lord receive our prayer,
for you alone are the Holy One,
and you alone are Lord.

Glory, Father and Son,
Glory Holy Spirit,
to you we raise our hands up high,
we glorify your name.

Gloria, gloria, in excelsis Deo.
Gloria, gloria, in excelsis Deo.

Mike Anderson

The Collect

Eternal God,
whose Son went among the crowds
and brought healing with his touch:
help us to show his love,
in your Church as we gather together,
and by our lives as they are transformed
into the image of Christ our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Please Sit

Jeremiah 17. 5-10

A reading from the book of the prophet Jeremiah.

Thus says the Lord:

Cursed are those who trust in mere mortals
and make mere flesh their strength,
whose hearts turn away from the Lord.

They shall be like a shrub in the desert,
and shall not see when relief comes.

They shall live in the parched places of the wilderness,
in an uninhabited salt land.

Blessed are those who trust in the Lord,
whose trust is the Lord.

They shall be like a tree planted by water,
sending out its roots by the stream.

It shall not fear when heat comes,
and its leaves shall stay green;

in the year of drought it is not anxious,
and it does not cease to bear fruit.

The heart is devious above all else;
it is perverse—

who can understand it?
I the Lord test the mind
and search the heart,
to give to all according to their ways,
according to the fruit of their doings.

For the word of the Lord:
Thanks be to God.

The Gospel

Please Stand

*Alleluia! Alleluia! Give thanks to the risen Lord,
Alleluia! Alleluia! Give praise to his name.*

Jesus is Lord of all the earth.
He is the King of creation.

*Alleluia! Alleluia! Give thanks to the risen Lord,
Alleluia! Alleluia! Give praise to his name.*

*Donald Fishel b.1950
Tune: Alleluia No.1*

Luke 6. 17-26

Listen to the Gospel of Christ according to Saint Luke.
Glory to you, O Lord.

Jesus came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them.

Then he looked up at his disciples and said:

‘Blessed are you who are poor,
for yours is the kingdom of God.

‘Blessed are you who are hungry now,
for you will be filled.

‘Blessed are you who weep now,
for you will laugh.

‘Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice on that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets.

‘But woe to you who are rich,
for you have received your consolation.

‘Woe to you who are full now,
for you will be hungry.
‘Woe to you who are laughing now,
for you will mourn and weep.
‘Woe to you when all speak well of you, for that is what their ancestors did to the false prophets.

This is the Gospel of the Lord.
Praise to you, O Christ.

The Homily

Please Sit

An Affirmation of the Faith.

Please Stand

Let us declare our faith in God.

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit. Amen.**

The Intercession

Please Sit

Appropriate responses may be used, for example

Lord, in your mercy:
hear our prayer.

Lord, hear us:
Lord, graciously hear us.

The Intercession ends with a suitable collect said by the priest, or the following

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

The Peace

Please Stand

Jesus, although he was rich, became poor for our sake, so that we could have peace with God and enjoy the riches of eternal life..

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

Let us offer one another a sign of the Lord's peace.

Offertory Hymn

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

Lord Jesus Christ, now and every day
teach us how to pray, Son of God.
You have commanded us to do
this in remembrance, Lord, of you:
into our lives your power breaks through,
living Lord.

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

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

Patrick Appleford 1925-2018

The Thanksgiving

We celebrate together the gifts and grace of God.

**We take this bread,
we take this wine
to follow Christ's example
and obey his command.**

Prayer over the Gifts

God our sustainer,
in this holy sacrament feed us continually
with that bread which satisfies all hunger,
your Son Jesus Christ our Lord. **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 our thanks and praise.

Lord of all life,
you created the universe,
where all living things reflect your glory.
You give us this great and beautiful earth,
to discover and to cherish.

You give us happy times
and things to celebrate.
In these we taste your kingdom,
a feast for all your children.

You made us all,
each wonderfully different,
to join with the angels
and sing your praise:

**Holy, holy, holy, holy,
Holy, holy, Lord God Almighty.
And we lift our hearts before you
as a token of our love.
Holy, holy, holy, holy.**

**Gracious Father, gracious Father,
Blessed is the one who comes to us
in your name.
And we lift our hearts before you
as we give you thanks and praise.
Hosanna in the highest.**

We thank you, loving Father,
because, when we turned away,
you sent Jesus, your Son.
He gave his life for us on the cross
and shows us the way to live.

Send your Holy Spirit
that these gifts of bread and wine
may become Christ's body and his blood.

On the night before he died,
when darkness had fallen,
Jesus took bread.
He gave thanks, broke it,
and shared it with his disciples, saying:

'This is my body, given for you.
Do this to remember me.'

After they had eaten, he took the cup of wine,
gave thanks, and shared it with his disciples, saying:

'This is my blood, poured out for you and for many,
for the forgiveness of sins.'

Let us proclaim the mystery of faith:
**Christ has died.
Christ is risen.
Christ will come in glory.**

So Father, with this bread and this cup
we celebrate his love, his death, his risen life.
As you feed us with these gifts,
send your Holy Spirit,
and change us more and more
to be like Jesus our Saviour.

Help us, Father, to love one another,
as we look forward to that day
when suffering is ended,
and all creation is gathered in your loving arms.

And now with the Blessed Virgin Mary,
St Kentigern, St Asaph and all your saints
we give you glory,
through Jesus Christ,
in the strength of the Spirit,
for ever and ever. **Amen.**

Silence is kept

Please Sit

Let us pray with confidence to the Father:

**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.
Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power
and the glory are yours,
now and for ever. Amen.**

The Communion

The priest breaks the bread

We break this bread to share in the body of Christ.

**Though we are many, we are one body
for we all share in one bread.**

We sing

Jesus, Lamb of God: have mercy on us.

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

Jesus, redeemer of the world: give us your peace.

The Invitation to Holy Communion

Jesus 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.**

The sacrament is administered with these words:

The body of Christ. **Amen.** The blood of Christ. **Amen.**

All those who are baptised (Christened) are welcome to receive Holy Communion today. Baptised (Christened) children are welcome to receive holy communion at the discretion of their parents.

If you are not receiving you are welcome to come forward for a blessing but please bring this leaflet with you as a signal to the priest.

Hymn at the end of Communion

Be still for the presence of the Lord, the Holy One, is here.

Come, bow before him now, with reverence and fear.

In him no sin is found, we stand on holy ground.

Be still, for the presence of the Lord, the Holy One, is here.

Be still for the glory of the Lord is shining all around;
he burns with holy fire, with splendour he is crowned.

How awesome is the sight, our radiant King of light!

Be still, for the glory of the Lord is shining all around.

Be still for the power of the Lord is moving in this place;
he comes to cleanse and heal, to minister his grace.
No work too hard for him, in faith receive from him.
Be still, for the power of the Lord is moving in this place.

David Evans b.1957
Tune: Be still

Silence is kept

The Sending Out

Please Stand

Post Communion Prayer

Give thanks to the Lord for he is gracious:
his love is everlasting.

Merciful Father,
who gave Jesus Christ to be for us the bread of life,
that those who come to him should never hunger:
draw us to the Lord in faith and love,
that we may eat and drink with him
at his table in the kingdom,
where he is alive and reigns, now and for ever. **Amen.**

The Blessing

The Lord be with you
And also with you.

The Lord bless you and keep watch over you; the Lord's face shine on you and be gracious to you; the Lord look lovingly on you and give you peace.
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 peace to love and serve the Lord.
In the name of Christ. Amen.

Final Hymn

Before the throne of God above
I have a strong, a perfect plea,
a great High Priest whose name is Love,
who ever lives and pleads for me.
My name is graven on his hands,
my name is written on his heart;
I know that while in heaven he stands
no tongue can bid me thence depart,
no tongue can bid me thence depart.

When Satan tempts me to despair,
and tells me of the guilt within,
upward I look and see him there
who made an end to all my sin.
Because the sinless Saviour died,
my sinful soul is counted free;
for God the just is satisfied
to look on him and pardon me,
to look on him and pardon me.

Behold him there! The risen lamb,
my perfect, spotless righteousness;
the great unchangeable I AM,
the King of glory and of grace!
One with himself I cannot die,
my soul is purchased with his blood;
my life is hid with Christ on high,
with Christ my Saviour and my God,
with Christ my Saviour and my God.

Charitie Lees de Chenez 1841-1923
Tune: Before the throne of God

CCL No: 961722

Notices

Refreshments. Please do join us for refreshments after the service if you can.

Praying for Growth. Please pray for the growth and renewal of the Church here in this place. Here is the Leading Your Church into Growth Prayer:

*God of Mission,
Who alone brings growth to your
Church,
Send your Holy Spirit to give
Vision to our planning,
Wisdom to our actions,
Joy to our worship,
And power to our witness.
Help our church to grow in numbers,
In spiritual commitment to you,
And in service to our local community,
Through Jesus Christ our Lord. Amen.*

The Community Fridge takes place every Sunday from 4-5pm at the Parish Church.

Sunday Sheet. Please take this sheet home with you for the notices for the week and to pray for what is happening in the life of our Church.

Welcome. Please pray for Josh as he prepares to live and work among us as Canon Pastor of the Cathedral. Pray too for his wife Ashleigh as she prepare for ministry in the Diocese and for their daughter Abbie. We look forward to welcoming them into our midst.

Lent 2025. To aid us in our Lent devotions there is a book available in church, Living Hope, with daily readings and reflections. Please take a copy.

There are leaflets available today giving details of all the services etc for Lent 2025 and the Bishop's Lent Prayer Card. Bishop Gregory invites everyone to pray the prayer at 6pm every day with him.

Mothers Union Meeting on Wednesday 19th February at 2pm at the Parish Church. Speaker from the Hummingbird Project, Abergele. All welcome.

The Week Ahead

17th Monday – Feria

9am Morning Prayer
9.30am Holy Eucharist
5pm Evening Prayer

18th Tuesday – John of Fiesole & Andrei Rublev

9am Morning Prayer
5pm Evening Prayer
6pm Holy Eucharist

19th Wednesday – Thomas Burgess

9am Morning Prayer
10.30am Holy Eucharist
6.15pm Sung Evening Prayer

20th Thursday – The Saints, Martyrs & Missionaries of Africa

9am Morning Prayer
10am Holy Eucharist *at the Parish Church*
10.45am Prayer Group *at the Parish Church*
12noon Food4Thought Lunch *at the Parish Church*
5pm Evening Prayer

21st Friday – Feria

9am Morning Prayer
9.30am Offeren (Welsh Eucharist)
6pm Choral Evensong

22nd Saturday – Feria

9am Morning Prayer

5pm Evening Prayer

23rd Sunday – The 2nd Sunday before Lent

9.30am The Parish Eucharist

11am The Cathedral Eucharist

3.30pm Choral Evensong

Today's Readings

Jeremiah 17. 5-10

If we want to flourish as human beings, then we must draw on the spiritual resources which God alone can give. But we can only receive them when we are honest about ourselves.

Psalm 1

1 Corinthians 15. 12-20

Our faith is based on the fact that Jesus Christ rose from the dead. Nothing less could give us the hope for this life and the next.

Luke 6. 17-26

Jesus begins to preach his 'sermon on the plain' to his disciples. In it he reminds them and us that God's values are very different from those of the world around us.

Contact:

Parish Church: 01745 535957

Fr Rex: 07393 639813

Parish Church Website:

www.stasaphparishchurch.org.uk