
Third Sunday before Lent

Sung Eucharist

Book of Alternative Services (p. 185)

ANNOUNCEMENTS

LITURGY OF THE WORD

Processional Hymn

INVOCATION

INTROIT SENTENCE

Blessed is our Father, Lord of Heaven and Earth, who has revealed these things to the simple.

THE GRACE

(STAND)

THE CALL TO CONFESSION

SILENCE

KYRIE CONFESSION AND ABSOLUTION

(KNEEL OR SIT)

Please say or sing the KYRIE ELESION after each of the three petitions.

Kyrie Eielson.

(MERBECKE: CP 678/ HB C177)

Christi Eielson.

Kyrie Eielson.

THE COLLECT

(STAND)

Silence

Almighty God, who alone can bring order to the unruly wills and passions of sinful humanity: give your people grace so to love what you command and to desire what you promise, that, among the many changes of this world, our hearts may surely there be fixed where true joys are to be found; 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 PROCLAMATION OF THE WORD

(SIT)

*After each reading, except the psalm, the reader says 'The Word of the Lord' and we respond: **Thanks be to God.***

First Reading – 1st Reader,

If you choose, you can keep the commandments, and to act faithfully is a matter of your own choice. He has placed before you fire and water; stretch out your hand for whichever you choose. Before each person are life and death, and whichever

one chooses will be given. For great is the wisdom of the Lord; he is mighty in power and sees everything; his eyes are on those who fear him, and he knows every human action. He has not commanded anyone to be wicked, and he has not given anyone permission to sin. Thus says the Lord, who makes a way in the sea, a path in the mighty waters, who brings out chariot and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick: Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. The wild animals will honour me, the jackals and the ostriches; for I give water in the wilderness, rivers in the desert, to give drink to my chosen people, the people whom I formed for myself so that they might declare my praise. Sirach 15:15-20

PSALM – 1ST READER

Happy are they whose way is blameless, who walk in the law of the Lord!

Happy are they who observe his decrees and seek him with all their hearts!

Who never do any wrong, but always walk in his ways.

You laid down your commandments, that we should fully keep them.

Oh, that my ways were made so direct that I might keep your statutes!

Then I should not be put to shame, when I regard all your commandments.

I will thank you with an unfeigned heart, when I have learned your righteous judgements.

I will keep your statutes; do not utterly forsake me.

PSALM 119: 1-8

Second Reading – 2nd Reader

And so, brothers and sisters, I could not speak to you as spiritual people, but rather as people of the flesh, as infants in Christ. I fed you with milk, not solid food, for you were not ready for solid food. Even now you are still not ready, for you

are still of the flesh. For as long as there is jealousy and quarreling among you, are you not of the flesh, and behaving according to human inclinations? For when one says, "I belong to Paul," and another, "I belong to Apollos," are you not merely human? What then is Apollos? What is Paul? Servants through whom you came to believe, as the Lord assigned to each. I planted, Apollos watered, but God gave the growth. So neither the one who plants nor the one who waters is anything, but only God who gives the growth. The one who plants and the one who waters have a common purpose, and each will receive wages according to the labor of each. For we are God's servants, working together; you are God's field, God's building. CORINTHIANS 3:1-9

GOSPEL

(STAND)

Gospeller: Alleluia, Alleluia, Alleluia

(CP: 708)

All: Alleluia, Alleluia, Alleluia

Gospeller: Speak, Lord, for your Servant is listening. You have the words of eternal life. I SAMUEL 3.9 & JOHN 6.6

All: Alleluia, Alleluia, Alleluia

Gospeller: The Lord be with You. (TONE - BAS P.920 OR CP: 718)

All: And also with you.

Gospeller: The Holy Gospel of our Lord Jesus Christ according to

All: Glory to you, Lord Jesus Christ.

"You have heard that it was said to those of ancient times, 'You shall not murder'; and 'whoever murders shall be liable to judgment.' But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, 'You fool,' you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny. "You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and

throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell. "It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery. "Again, you have heard that it was said to those of ancient times, 'You shall not swear falsely, but carry out the vows you have made to the Lord.' But I say to you, Do not swear at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear by your head, for you cannot make one hair white or black. Let your word be 'Yes, Yes' or 'No, No'; anything more than this comes from the evil one. MATHEW 5:21-37

Gospeller: The Gospel of Christ.

All: Praise to you, Lord Jesus Christ.

All: Alleluia, Alleluia, Alleluia

SERMON (SIT)

THE NICENE CREED (STAND)
Celebrant: Let us confess our faith, as we say, We believe in one God,

All: 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: by the power of the Holy Spirit he became Incarnate from 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. With the Father and the Son he is

worshipped and glorified. He 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.

THE PRAYERS OF THE PEOPLE (KNEEL OR SIT)
The response will be announced.

THE PEACE (STAND)

LITURGY OF THE EUCHARIST

OFFERTORY HYMN
EUCHARISTIC PRAYER III - BAS P.198 (REMAIN STANDING)

PRAYER OVER THE GIFTS (REMAIN STANDING)
Gracious God, accept the offering of your Church, the hearts of your people joined in praise and thanksgiving, in the name of Jesus Christ the Lord. **Amen**

SURSUM CORDA (MUSIC - BAS P.921)

Celebrant: The Lord be with you.

All: And also with you.

Celebrant: Lift up your hearts.

All: We lift them to the Lord.

Celebrant: Let us give thanks to the Lord our God.

All: It is right to give our thanks and praise.

THE PREFACE
SANCTUS & BENEDICTUS (MERBECKE: CP 683/ HB C177)

**All: Holy, holy, holy, Lord God of Hosts,
Heaven and earth are full of your glory.
Glory be to you, O Lord most high.
Blessed is he that comes in the name of the Lord:
Hosanna in the highest.**

THE EUCHARISTIC CANON (KNEEL OR STAND)
Response to: 'Therefore, Father, according to his command' is: we remember his death, we proclaim his resurrection, we await his coming in glory; & at the end of the Eucharistic Prayer: Amen.

THE LORD'S PRAYER

Celebrant: As our Saviour taught us, let us pray. Our Father in heaven,

All: 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.

SILENCE

FRACTION SENTENCE
Celebrant: We break this bread to share in the body of Christ.
All: We, being many, are one body, for we all share in the one bread.

AGNUS DEI (MERBECKE: CP 685/ HB C177)

**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 your peace.**

COMMUNION SENTENCE (KNEEL OR SIT)
Celebrant: 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.

COMMUNION
COMMUNION HYMN

PRAYER AFTER COMMUNION (KNEEL OR SIT)
Silence
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**

BLESSING (KNEEL)
RECESSIONAL HYMN
DISMISSAL (REMAIN STANDING)