

**CHURCH OF THE HOLY GHOST
GENOA**

VIRTUAL EUCHARIST – LENT 1 – 1 MARCH 2020

Welcome to our virtual Eucharist for the First Sunday in Lent. We hope that you will be able to follow it all the way through on this page. Please say the starred words, either aloud or quietly to yourself. Sometimes I will join in with you. At other times I won't. There will just be a short gap. If you wish to make your communion today, please have a piece of bread and a small glass of wine or other "fermented juice of the grape", such as Vinsanto or Marsala to hand. Or, if you do not have access to these, you may make a spiritual communion, using the special prayer which will be linked at that point in the service. Now let us listen to the piece of music before the Eucharist:

Music - Prelude: Hassler Passion Chorale

<https://youtu.be/ja4RTVwI5iw>

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
We begin our Eucharist by linking to the hymn "Lift up your hearts"

<https://youtu.be/9Hy5eohfITw>

1 'Lift up your hearts!' We lift them, Lord, to thee;
here at thy feet none other may we see:
'lift up your hearts!' E'en so, with one accord,
we lift them up, we lift them to the Lord.

2 Above the level of the former years,
the mire of sin, the slough of guilty fears,
the mist of doubt, the blight of love's decay,
O Lord of light, lift all our hearts to-day.

3 Above the swamps of subterfuge and shame,
the deeds, the thoughts, that honour may not name,
the halting tongue that dares not tell the whole,
O Lord of truth, lift every Christian soul.

4 Lift every gift that thou thyself hast given:
low lies the best till lifted up to heaven;
low lie the bounding heart, the teeming brain,
till, sent from God, they mount to God again.

5 Then, as the trumpet-call in after years,
'Lift up your hearts!' rings pealing in our ears,
still shall those hearts respond with full accord,
'We lift them up, we lift them to the Lord!'

The president says:

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

People: *and also with you.*

The president introduces the confession in these 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 sins in penitence and faith.

All say:

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

The president says

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.***

We link now to Dinah Reindorf's setting of the words "Kyrie eleison/Lord have mercy"
:

*Lord, have mercy.

*Christ, have mercy.

*Lord, have mercy.

<https://www.youtube.com/watch...>

The president says:

Let us pray

(silence)

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 our Lord.

Amen

The First Reading (Romans 5:12-19) is read:

A reading from St Paul's letter to the Romans

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the

effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.
This is the word of the Lord.

Thanks be to God.

This morning's psalm is Psalm 32:

The refrain is: ***Be glad, you righteous, and rejoice in the Lord.***

Be glad, you righteous, and rejoice in the Lord.

Happy the one whose transgression is forgiven, and whose sin is covered.

2 Happy the one to whom the Lord imputes no guilt,
and in whose spirit there is no guile.

3 For I held my tongue;
my bones wasted away through my groaning all the day long.

4 Your hand was heavy upon me day and night;
my moisture was dried up like the drought in summer.

Be glad, you righteous, and rejoice in the Lord.

5 Then I acknowledged my sin to you
and my iniquity I did not hide.

6 I said, 'I will confess my transgressions to the Lord,'
and you forgave the guilt of my sin.

7 Therefore let all the faithful make their prayers to you in time of trouble;
in the great water flood, it shall not reach them.

8 You are a place for me to hide in;
you preserve me from trouble; you surround me with songs of deliverance.

Be glad, you righteous, and rejoice in the Lord.

9 'I will instruct you and teach you in the way that you should go;
I will guide you with my eye.

10 'Be not like horse and mule which have no understanding;
whose mouths must be held with bit and bridle, or else they will not stay near you.'

11 Great tribulations remain for the wicked,
but mercy embraces those who trust in the Lord.

12 Be glad, you righteous, and rejoice in the Lord;
shout for joy, all who are true of heart.

Refrain: *Be glad, you righteous, and rejoice in the Lord.*

In Lent there is a word beginning with "A" which is never said or sung in church. That is why we now sing a chant from the Taizé community:

<https://www.youtube.com/watch...>

O Lord, hear my prayer. O Lord, hear my prayer.
When I call, answer me.
O Lord, hear my prayer. O Lord, hear my prayer
Come and listen to me.

A minister reads the Gospel beginning with these words:
Hear the Gospel of our Lord Jesus Christ according to Matthew

All *Glory to you, O Lord.*

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."' '

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' '

Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."' '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written,

"Worship the Lord your God, and serve only him."' '

Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord.

All *Praise to you, O Christ.*

THE SERMON

https://www.facebook.com/permalink.php?story_fbid=2957312624290287&id=126605284027716&_tn_ =K-R

Now let us stand and affirm our faith in the God who in Jesus leads us through times of testing as we say the words of The Nicene Creed

We believe in one God, 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, was incarnate from the Holy Spirit and 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 and the Son, who with the Father and the Son is worshipped and glorified, who 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.

Prayers of Intercession

The prayers usually include these concerns and may follow this sequence:

¶ *The Church of Christ*

¶ *Creation, human society, those in authority*

¶ *The local community*

¶ *Those who suffer*

¶ *The communion of saints*

These responses are used

Lord, in your mercy

All : *hear our prayer.

And at the end

Merciful Father,

All *accept these prayers for the sake of your Son,

***our Saviour Jesus Christ.**

***Amen.**

The Peace

The president introduces the Peace saying

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

People *and also with you.*

Preparation of the Table

Taking of the Bread and Wine

As the gifts are brought to the table, let us link to the hymn. This time you will have to provide the words, which are printed below.

<https://youtu.be/p0ebci1HaNs>

1 Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.

2 Saviour, breathe forgiveness o'er us:
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint and weary,
through the desert thou didst go.

3 Spirit of our God, descending,

fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.
Now the table is ready, the bread and wine have been placed upon it.

The president takes the bread and wine, saying these words.

Blessed are you, Lord God of all creation:
through your goodness
we have this bread to set before you,
which earth has given and human hands have made.
It will become for us the bread of life.

All *Blessed be God for ever.

Blessed are you, Lord God of all creation:
through your goodness
we have this wine to set before you,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

All *Blessed be God for ever.

THE PRAYER OF THANKSGIVING

President: 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.

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 as we link to the music of the "Sanctus":

<https://www.youtube.com/watch?v=sZ8vpRgk1mU>

**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.**

Lord, you are holy indeed, the source of all holiness; grant that by the power of your Holy Spirit, and according to your holy will, these gifts of bread and wine may be to us the body and blood of our Lord Jesus Christ; who, in the same night that he was betrayed, 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.

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.

Great is the mystery of faith:

All *Christ has died:

***Christ is risen:**

***Christ will come again.**

And so, Father, calling to mind his death on the cross, his perfect sacrifice made once for the sins of the whole world; rejoicing in his mighty resurrection and glorious ascension, and looking for his coming in glory, we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving, we bring before you this bread and this cup and we thank you for counting us worthy to stand in your presence and serve you.

Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we, in the company of St. David and all the saints, may praise and glorify you for ever, through 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.

All *Amen.

The president says

Let us pray as our Saviour has taught us.

All: *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.**

The president breaks the consecrated bread, saying:

We break this bread to share in the body of Christ

All: *Though we are many, we are one body, because we all share in one bread.

All: *Lamb of God, you take away the sin of the world, have mercy on us. (said twice)

***Lamb of God, you take away the sin of the world, grant us peace.**

President:

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.**

If you are making communion at home first take the bread saying the words on the screen [The Body of Christ.] and then take a sip of wine with the second set of words: [The Blood of Christ.]

If you are making a spiritual communion, please use the prayer at the end of this link:

<https://www.ewtn.com/catholicism/devotions/act-of-spiritual-communion-339>

In either case, after you have received or prayed, please link to the Communion hymn. The music begins 55 seconds into the clip – and the first verse is repeated at the end.

[What a friend we have in Jesus]

[LINK](#)

1 What a friend we have in Jesus,
all our sins and griefs to bear!
What a privilege to carry
ev'rything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
all because we do not carry
ev'rything to God in prayer.

2 Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged:
take it to the Lord in prayer!
Can we find a friend so faithful,
who will all our sorrows share?
Jesus knows our ev'ry weakness -
take it to the Lord in prayer!

3 Are we weak and heavy-laden,
cumbered with a load of care?
Precious Saviour, still our refuge--
take it to the Lord in prayer!
Do thy friends despise, forsake thee?
Take it to the Lord in prayer!
In his arms he'll take and shield thee;
thou wilt find a solace there.

After the Communion the president says:

Let us pray:

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.

*Amen.

Thank you for joining in this “cyber-Communion”. You will find the notices for the week on the screen at the end of this service. They will also appear on the Church website.

Now it’s time to link to our final hymn.

There’s a wideness in God’s mercy

https://youtu.be/LnYBsA4og_M

There’s a wideness in God’s mercy,
Like the wideness of the sea;
There’s a kindness in His justice,
Which is more than liberty.

For the love of God is broader
Than the measure of our mind;
And the heart of the Eternal
Is most wonderfully kind.

But we make His love too narrow
By false limits of our own;
And we magnify His strictness
With a zeal He will not own.

If our love were but more simple,
We should take Him at His word;
And our lives would be all sunshine
In the sweetness of our Lord.

The president blesses the people in these words,
May God the Father,
who does not despise the broken spirit,
give to you a contrite heart.

***Amen.**

May Christ,
who bore our sins in his body on the tree,
heal you by his wounds.

***Amen.**

May the Holy Spirit,
who leads us into all truth,
speak to you words of pardon and peace.

***Amen.**

And the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

***Amen.**

A minister says

Go in peace to love and serve the Lord.

All *In the name of Christ. Amen.

Now, if you wish, you can link to our closing music.

Music - Postlude: JW Greene Simply Lent (Amazing Grace)

<https://youtu.be/4iACuv36V14>