

The Parish of Cowbridge

Worship for the First Sunday of Lent, 21st February 2021

Welcome to our service.

Forty days and forty nights

Forty days and forty nights
Thou wast fasting in the wild,
Forty days and forty nights
Tempted and yet undefiled.

Sunbeams scorching all the day,
Chilly dewdrops nightly shed,
Prowling beasts about thy way,
Stones thy pillow, earth thy bed.

Let us thine endurance share,
And awhile from joys abstain,
With thee watching unto prayer,
Strong with thee to suffer pain.

And if Satan, vexing sore,
Flesh or spirit should assail,
Thou, his vanquisher before,
Grant we may not faint nor fail.

So shall we have peace divine,
Holier gladness ours shall be,
Round us too shall angels shine,
Such as ministered to thee.

Keep, O keep us, Saviour dear,
Ever constant by thy side,
That with thee we may appear
At the eternal Eastertide.

*Written by: George Hunt Smyttan (1822-1870) and
Francis Pott (1832-1909)
© Public Domain
CCLI Licence: 95911*

Eucharist 01 - Greeting - bilingual

The Gathering

In the name of the Father,
Yn enw'r Tad, and of the Son,
a'r Mab, and of the Holy Spirit.
a'r Ysbryd Glân. Amen.

Amen.

Grace and peace be with you
Gras a thangnefedd a fo gyda chwi
and keep you in the love of Christ.
a'th gadw di yng nghariad Crist

Eucharist 02 - Collect for Purity I

Prayer of Preparation

**Heavenly Father, all hearts are open to you.
No secrets are hidden from you.
Purify us with the fire of your Holy Spirit
that we may love and worship you
faithfully,
through Jesus Christ our Lord. Amen.**

Eucharist - The Commandments

The Commandments

Our Lord Jesus Christ said,
If you love me, keep my commandments;
happy are those
who hear the word of God and keep it.

I am the Lord your God:
you shall have no other gods but me.
Love the Lord your God with all your heart,
with all your soul, with all your mind
and with all your strength.
Amen. Lord, have mercy.

You shall not make an idol of anything and
worship it.

God is spirit, and those who worship him
must worship in spirit and in truth.

Amen. Lord, have mercy.

You shall not dishonour the name of the Lord your God.

You shall worship him with reverence and awe.

Amen. Lord, have mercy.

Remember the Lord's day and keep it holy.

Christ is risen from the dead:

set your mind on things that are above.

Amen. Lord, have mercy.

Honour your father and your mother.

Live as servants of God;

honour all humanity;

love your Christian brothers and sisters.

Amen. Lord, have mercy.

You shall not commit murder.

Make peace with anyone who has

a grievance against you;

overcome evil with good.

Amen. Lord, have mercy.

You shall not commit adultery.

Know that your body is a temple

of the Holy Spirit.

Amen. Lord, have mercy.

You shall not steal.

Be honest in all that you do

and care for those in need.

Amen. Lord, have mercy.

You shall not give false evidence.

Let everyone speak the truth in love.

Amen. Lord, have mercy.

You shall not covet the possessions of others.

It is more blessed to give than to receive.

Amen. Lord, have mercy.

Love your neighbour as yourself,
for love is the fulfilling of the law.

Amen.

Eucharist 03b - Invitation to confession -
Lent

Prayers of Penitence

Let us confess our sins to the Father
and seek his pardon and peace.

Eucharist 04 - Confession II

Almighty and merciful God,

we have sinned against you

in thought, word and deed.

We have not loved you with all our heart;

and we have not loved others

as Christ loves us.

We are truly sorry.

In your mercy, forgive us.

Help us to amend our lives;

that we may delight in your will

and walk in your ways,

to the glory of your name. Amen.

Eucharist 05 - Absolution

Almighty God,

who forgives all who truly repent,

have mercy on you

and set you free from sin,

strengthen you in goodness

and keep you in eternal life;

through Jesus Christ our Lord. **Amen.**

07 Collect Lent 1

Collect for the First Sunday of Lent

Almighty God,

your 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 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.**

Sunday first reading Genesis 9 8 17.pdf

Sunday Psalm 25 1 9.pdf

Sunday second reading 1 Peter 3 18 22.pdf

2021 02 21 am Gospel.pdf

Eucharist 08 - The Sermon

The Sermon

Eucharist 09 - The Nicene Creed

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;
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 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.**

Notices

Notices for this Week

Eucharist 10 - Prayers of Intercession

The Prayers of Intercession

This response may be used

Lord, in your mercy.
Hear our prayer.

2021 02 21 Intercession

The Prayers of Intercession

In the Porvoo Diary we pray for:
Church of England: Diocese of
Peterborough,
Bishop Donald Allister, Bishop John
Holbrook

Church of England: Diocese of Canterbury,
Archbishop Justin Welby, Bishop Rose
Hudson-Wilkin

Church of Ireland: Diocese of Meath and
Kildare,
Bishop Pat Storey

Church of Ireland: Diocese of Down and
Dromore,
Bishop David McClay

In Anglican Cycle of Prayer: Pray for
The Church of the Province of Central Africa

In the Diocese we pray for:
Penarth & Llandough: Penarth Ministry Area
Holy Trinity {Penarth}, St. Augustine
{Penarth} St. Dochdwy {Llandough}
Mark Jones (V) Alison Reeves (C)
[===]

All who are sick, particularly Dawn Conrad,
Maureen Dixon,
Charlotte Carpenter, Helen Saunders,
William Watkins, Doreen Stafford,
Grayson Finn, Margaret Launder, Crispin
Clay, Margaret Harris, Eric Cooke,
Terry Mayor, Leah and Chris Langdon.

Those who have recently departed this life,
Lionel Brinley Havard, Joyce Wingfield and
Edna Townsend.

Those whose 'years mind' fall during the
coming week,

Sun: John Thomas.

Mon: Eira Cadwgan Lock.

Tue: Elsie Margaret Miles and Annie Jane
Harries.

Wed: Ronald Joseph John Brown.

Thurs: Edward William Herman, Mollie
Hudson and Keith John Sarjeant.

Fri:

Sat:

May they rest in peace and rise in glory.

Eucharist 10a - Prayers of Intercession
Conclusion

The Prayers of Intercession

Lord, in your mercy;

Hear our prayer.

*the following may be said to conclude the
prayers*

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

Eucharist 12 - The Peace - Lent

The Peace

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
and also with you.

Let us offer one another a sign of peace.

O let the Son of God enfold you

O Let The Son Of God Enfold You
With His Spirit And His Love

Let Him Fill Your Heart And Satisfy Your Soul

O Let Him Have The Things That Hold You
And His Spirit Like A Dove
Will Descend Upon Your Life And Make You
Whole

Jesus, O Jesus
Come And Fill Your Lambs
Jesus, O Jesus
Come And Fill Your Lambs
[x2]

O Come And Sing This Song With Gladness
As Your Hearts Are Filled With Joy
Lift Your Hands In Sweet Surrender To His
Name
O Give Him All Your Tears And Sadness
Give Him All Your Years Of Pain
And You'll Enter Into Life In Jesus' Name

Jesus, O Jesus
Come And Fill Your Lambs
Jesus, O Jesus
Come And Fill Your Lambs
[x2]

*Words and Music: John Wimber
© 1979 Mercy / Vineyard Publishing
CCLI Licence: 95911*

The Thanksgiving

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.

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 and saying:

Sanctus and Benedictus - Mass of St Thomas

♪ **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.**

*Music: The Girls Choir of Norwich Cathedral
CCLI Licence: 95911*

Eucharist 14 - An Act of Spiritual
Communion

Our Jesus,
We believe that you are present
in the Sacrament of Holy Communion.
**We love You above all things
and desire to receive You into our souls.
Since we cannot at this moment**

receive you sacramentally,
come spiritually into our hearts,
and find a home prepared for you there.

We embrace You
as if You were already there.
We unite ourselves wholly to You.
Never permit us to separate
ourselves from You.
Grant that we may love you always,
and do with us what you will.
For we pray in your most holy name.
Amen.

As our Saviour taught us, we boldly pray:

♪ **Our Father**
Ein Tad,
who art in heaven,
yr hwn wyt yn y nefoedd,
hallowed be thy name,
sancteiddier dy enw,
thy kingdom come,
deled dy deyrnas,
thy will be done,
gwneler dy ewyllys;
on earth as it is in heaven.
megis yn y nef, felly ar y ddaear hefyd.
Give us this day our daily bread.
Dyro i ni heddiw ein bara beunyddiol
And forgive us our trespasses
a maddau i ni ein dyledion,
as we forgive those
fel y maddeuwn ninnau
who trespass against us.
i'n dyledwyr.
And lead us not into temptation,
Ac nac arwain ni i brofedigaeth;
but deliver us from evil.
eithr gwared ni rhag drwg.
For thine is the kingdom,
Canys eiddot ti yw'r deyrnas,
the power and the glory,
a'r gallu, a'r gogoniant,
for ever and ever.

yn oes oesoedd.
Amen.

Agnus dei - Mass of St Thomas

♪ Lamb of God,
you take away the sins of the world:
have mercy on us.
Lamb of God,
you take away the sins of the world:
have mercy on us.
Lamb of God,
you take away the sins of the world:
grant us peace.

Music: The Girls Choir of Norwich Cathedral
CCLI Licence: 95911

Eucharist - Invitation to communion 1

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.

Jesu Joy of Man's Desiring

Music: J.S. Bach and Clyde McLennan
CCLI Licence: 95911

Eucharist - Post communion responses

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

Eucharist 16a - Pres. Post communion prayer
- Lent 1

Merciful Lord,
grant your people grace to withstand
the temptations of the world,
the flesh and the devil,

and with pure hearts and minds
to follow you, the only God;
through Jesus Christ our Lord.
Amen.

Eucharist 16a - Post Communion Prayer -
Lent

**God of our pilgrimage,
you feed us with the bread of heaven.
Refresh and sustain us
as we go forward on our journey,
in the name of Jesus Christ our Lord. Amen.**

O For a Closer Walk With God

O for a closer walk with God,
A calm and heavenly frame,
A light to shine upon the road
That leads me to the Lamb.

Where is the blessedness I knew
When first I saw the Lord?
Where is that soul-refreshing view
Of Jesus and His word?

The dearest idol I have known,
Whate'er that idol be,
Help me tear it from Thy throne,
And worship only Thee.

So shall my walk be close with God,
Calm and serene my frame;
So purer light shall mark the road
That leads me to the Lamb.

*Written by: William Cowper (1731-1800)
Music: The Coventry Singers
© Public Domain
CCLI Licence: 95911*

Eucharist 17 - The Sending Out - Lent

The Blessing and Sending Out

The Lord be with you
And also with you

Christ give you grace to grow in holiness,
to 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 peace to love and serve the Lord.
In the name of Christ. Amen.