

Little Saint Mary's Cambridge



Worship from home
in Lent & Passiontide

The Gathering

Welcome. You will need a bible. If you are praying this on your own then either omit the text which invites a response or say it yourself or imagine other members of the church praying this with you around Cambridgeshire and indeed the world. Standing, sitting and kneeling (as you are physically able) will also help your prayers and your sense of joining in worship with others.

Please stand.

You may care to sing a hymn or play a hymn online or by CD, record, etc.

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

Amen.

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

The sacrifice of God is a broken spirit;
a broken and contrite heart the Lord will not despise;
so let us come to the Lord, who is full of compassion,
and acknowledge our transgressions in penitence and faith:

We kneel.

**Almighty God,
our heavenly Father,
we have sinned against thee and against our neighbour,
in thought and word and deed,
through negligence, through weakness,
through our own deliberate fault.
We are heartily sorry and repent of all our sins.
For the sake of thy Son Jesus Christ, who died for us,
forgive us all that is past,**

**and grant that we may serve thee in newness of life
to the glory of thy name.**

Amen.

**Kyrie eleison, Kyrie eleison, Kyrie eleison;
Christe eleison, Christe eleison, Christe eleison;
Kyrie eleison, Kyrie eleison, Kyrie eleison.**

May almighty God have mercy upon us,
forgive us our sins and bring us to everlasting life.

Amen.

Let us pray:

We stand.

Collect for Lent IV:

O Lord, we beseech thee,
absolve thy people from their offences,
that through thy bountiful goodness
we may all be delivered from the bands of those sins
which by our frailty we have committed;
grant this, O heavenly Father,
for Jesus Christ's sake, our blessed Lord and Saviour,
who liveth and reigneth with thee,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

Collect for Lent V:

Most merciful God,
who by the death and resurrection of thy Son Jesus Christ
hast delivered and saved the world:
grant that by faith in him who suffered on the cross
we may triumph in the power of his victory;
through Jesus Christ thy Son our Lord,
who liveth and reigneth with thee,
in the unity of the Holy Spirit,

one God, now and for ever.

Amen.

Collect for Palm Sunday:

Almighty and everlasting God,
who of thy tender love towards the world
hast sent thy Son our Saviour Jesus Christ
to take upon him our flesh and to suffer death upon the cross:
grant that we may follow the example of his patience and humility,
and also be made partakers of his resurrection;
through Jesus Christ thy Son our Lord,
who liveth and reigneth with thee,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

The Liturgy of the Word

We sit for the first reading:

Lent IV: I Samuel 16.1-13

Lent V: Ezekiel 37.1-14

Palm Sunday: Isaiah 50.4-9a

Each time ending:

This is the word of the Lord.

Thanks be to God.

We remain seated for the psalm (pausing briefly midway through each verse):

Lent IV: Psalm 23

Lent V: Psalm 130

Palm Sunday: Psalm 31.9-18

Each time ending:

Glory be to the Father, and to the Son* and to the Holy Ghost;

As it was in the beginning, is now and ever shall be*

world without end. Amen.

We remain seated for the second reading:

Lent IV: Ephesians 5.8-14

Lent V: Romans 8.6-11

Palm Sunday: Philippians 2.5-11

Each time ending:

This is the word of the Lord.

Thanks be to God.

We then stand to acclaim the Gospel reading:

Praise be to thee, O Christ, King of eternal glory.

Praise be to thee, O Christ, King of eternal glory.

Speak Lord, for thy servant is listening: thou hast the words of eternal life.

Praise be to thee, O Christ, King of eternal glory.

The Lord be with you
and with thy spirit.

Hear the Gospel of our Lord Jesus Christ according to *N*
Glory be to thee, O Lord.

Lent IV: John 9

Lent V: John 11.1-45

Palm Sunday: Matthew 21.1-11 (Palm Gospel) *and/or*
Matthew 26.14-end of 27 (Passion Gospel)

Each time ending:

This is the Gospel of the Lord.

Praise be to thee, O Christ.

We remain standing for the creed:

**I believe in one God
the Father almighty,**

maker of heaven and earth,
and of all things
visible and invisible:

And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father,
by whom all things were made;
who for us men and for our salvation
came down from heaven,
and was incarnate by the Holy Ghost of the Virgin Mary,
and was made man,
and was crucified also for us under Pontius Pilate.
He suffered and was buried,
and the third day he rose again
according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father.
And he shall come again with glory
to judge both the quick and the dead:
whose kingdom shall have no end.

And I believe in the Holy Ghost,
the Lord, the giver of life,
who proceedeth from the Father and the Son,
who with the Father and the Son together
is worshipped and glorified,
who spake by the prophets.
And I believe one holy catholic and apostolic Church.
I acknowledge one baptism for the remission of sins.
And I look for the resurrection of the dead,
and the life of the world to come. Amen.

In penitence and faith let us make our prayer to the Father and ask for his mercy and grace:

We kneel for the Prayers of the Faithful. You may care to insert names of the sick and dead where there is an asterisk.

Almighty and everliving God, who by thy holy Apostle hast taught us to make prayers, and supplications, and to give thanks, for all men; we humbly beseech thee most mercifully to receive these our prayers, which we offer unto thy Divine Majesty ; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord : And grant, that all they that do confess thy holy name may agree in the truth of thy Holy Word, and live in unity, and godly love.

We beseech thee also to lead all nations in the way of righteousness and peace; and so to direct all kings and rulers, that under them thy people may be godly and quietly governed. And grant unto thy servant Elizabeth our Queen, and to all that are put in authority under her, that they may truly and impartially minister justice, to the punishment of wickedness and vice, and to the maintenance of thy true religion, and virtue.

Give grace, O heavenly Father, to all Bishops, Priests and Deacons, especially to thy servant Stephen our bishop, and Dagmar, Bishop of Huntingdon, that they may both by their life and doctrine set forth thy true and living Word and rightly and duly administer thy holy Sacraments.

Guide and prosper, we pray thee, those who are labouring for the spread of thy Gospel among the nations, and enlighten with thy Spirit all places of education and learning; that the whole world may be filled with the knowledge of thy truth.

And to all thy people give thy heavenly grace; and specially to this congregation here present; that, with meek heart and due reverence, they may hear, and receive thy Holy Word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity.*

And we commend to thy gracious keeping, O Lord, all thy servants departed this life in thy faith and fear, beseeching thee to grant them everlasting light and peace.*

And here we give thee most high praise and hearty thanks for the Blessed Virgin Mary and all thy Saints, who have been the chosen vessels of thy grace, and lights of the world in their several generations; and we pray, that rejoicing in their fellowship, and following their good examples, we may be partakers with them of thy heavenly kingdom.

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

The Liturgy of Spiritual Communion

We stand.

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 with thy spirit.

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

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.**

**O Lamb of God, that takest away the sins of the world,
have mercy upon us.
O Lamb of God, that takest away the sins of the world,
have mercy upon us.
O Lamb of God, that takest away the sins of the world,
grant us thy peace.**

Kneeling (if possible) we make this act of Spiritual Communion:
In union, O dear Lord, with the faithful at every altar of thy Church,
where thy blessed Body and Blood are being offered to the Father,
I desire to offer thee praise and thanksgiving.
I present to thee my soul and body,
with the earnest wish that I may ever be united to thee.
And since I cannot now receive thee sacramentally,
I beseech thee to come spiritually into my heart.
I unite myself to thee, and embrace thee with all the affections of my
soul. O let nothing ever separate me from thee. Let me live and die in
thy love. Amen.

Grant, O Lord Jesus Christ, that as the hem of thy garment,
touched in faith, healed the woman who could not touch thy Body,
so the soul of thy servant may be healed by like faith in thee,
whom I cannot now sacramentally receive;
through thy tender mercy, who livest and reignest with the Father
in the unity of the Holy Spirit, ever one God, world without end. Amen.

*Take some time of silence now to savour those words and contemplate
Jesus Christ with you. Then:*

Let us pray.

Lent IV:

Lord God, whose blessed Son our Saviour
gave his back to the smiters and hid not his face from shame:
give us grace to endure the sufferings of this present time
with sure confidence in the glory that shall be revealed;
through Jesus Christ our Lord.

Amen.

Lent V:

Lord Jesus Christ, who hast taught us
that what we do for the least of our brothers and sisters
we do also for thee: give us the will to be the servant of others
as thou wast the servant of all,
who gavest up thy life and didst die for us,
yet livest and reignest, now and for ever.

Amen.

Palm Sunday:

Lord Jesus Christ,
who didst humble thyself by taking the form of a servant
and wast obedient even unto the death of the cross for our salvation:
grant us the mind to follow thee
and to proclaim thee as Lord and King, to the glory of God the Father.

Amen.

The Dismissal

The Lord be with you
and with thy Spirit.

Christ give us grace to grow in holiness, take up our cross and follow
him and the blessing of God almighty,
the Father, the Son and the Holy Spirit,

be among us and remain with us always.

Amen.

You may care to sing a hymn or play a hymn online or by CD, record, etc.

At noon you may care to pray the Angelus (a memorial of the Incarnation):

V. The angel of the Lord brought tidings to Mary:
V. Behold the handmaid of the Lord:
V. And the Word was made flesh:

R. And she conceived by the Ho - ly Ghost.
R. Be it unto me ac - cord - ing to thy Word.
R. And dwelt a - mong us.

Hail Mary full of grace the Lord is with thee Blessed art thou among women;
and blessed is the fruit of thy womb Je - sus:

Holy Mary mother of God, Pray for us sinners now And at the hour of our death A - men.

V. Pray for us O holy mother of God: R. That we may be made worthy of the promises of Christ.

After the collect: A - men.

The picture on the cover is of Crucifixion by Andrea de Firenze (1343-1379).