



ST JOHN THE  
EVANGELIST  
UPPER NORWOOD



**High Mass**  
**Ash Wednesday**  
**17<sup>th</sup> February 7.30pm**  
**2021**

*Mass for 4 voices*

William Byrd (1540-1623)



## The Gathering

*We **STAND** as the altar party enters in silence.*

*The president says*

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

**Amen.**

## The Greeting

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

## Introduction

*The president introduces the service*

Brothers and sisters in Christ, since early days Christians have observed with great devotion the time of our Lord's passion and resurrection and prepared for this by a season of penitence and fasting.

By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel, and so grow in faith and in devotion to our Lord.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word.

*The Choir sing the Trisagion:*

Hágios ho Theós. (Holy God) Sanctus Deus.

Hágios iskhūrós. (Holy Strong One) Sanctus fortis.

Hágios āthánatos, eléēson hēmâs.(Holy Immortal One, have mercy on us)

Sanctus immortalis, miserere nobis.

Tomas Luis de Victoria  
(1548-1611)

### **The Collect**

*The president introduces a period of silent prayer with the words*

Let us pray for the grace to keep Lent faithfully.

*Silence is kept.*

Almighty and everlasting God,  
you hate nothing that you have made  
and forgive the sins of all those who are penitent:  
create and make in us new and contrite hearts  
that we, worthily lamenting our sins  
and acknowledging our wretchedness,  
may receive from you, the God of all mercy,  
perfect remission and forgiveness;  
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 Liturgy of the Word

## Readings

We *SIT* for the readings.

*Read by Emily Owen*

A reading from the book of the prophet Joel.

Blow the trumpet in Zion; sound the alarm on my holy mountain!

Let all the inhabitants of the land tremble,

for the day of the LORD is coming, it is near—

a day of darkness and gloom,

a day of clouds and thick darkness!

Like blackness spread upon the mountains

a great and powerful army comes;

their like has never been from of old,

nor will be again after them in ages to come.

Yet even now, says the LORD,

return to me with all your heart,

with fasting, with weeping, and with mourning;

rend your hearts and not your clothing.

Return to the LORD, your God,

for he is gracious and merciful,

slow to anger, and abounding in steadfast love,

and relents from punishing.

Who knows whether he will not turn and relent,

and leave a blessing behind him,

a grain-offering and a drink-offering

for the LORD, your God?

Blow the trumpet in Zion;

sanctify a fast;

call a solemn assembly;

gather the people.

Sanctify the congregation;

assemble the aged;

gather the children,

even infants at the breast.

Let the bridegroom leave his room,

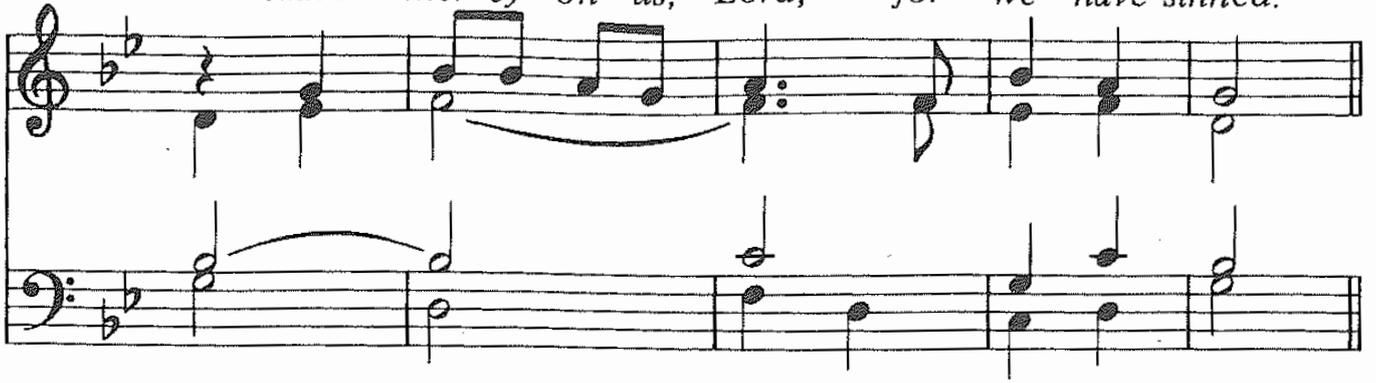
and the bride her canopy.

Between the vestibule and the altar  
let the priests, the ministers of the LORD, weep.  
Let them say, 'Spare your people, O LORD,  
and do not make your heritage a mockery,  
a byword among the nations.  
Why should it be said among the peoples,  
"Where is their God?" '

*Joel 2. 1-2, 12-17*

This is the word of the Lord.  
**Thanks be to God.**

*Have mer-cy on us, Lord, for we have sinned.*



Psalm 51

*Have mercy on us, Lord, for we have sinned.*

- 1 Have mercy upon me, O God, in | your great love,  
In your compassion blot out | my offences:  
Wash me throughly | from my guilt,  
And cleanse me | from my sin. *R*
- 2 To you I con | fess my faults,  
For they ever stare me | in the face:  
Against you it is that | I have sinned,  
And done evil | in your sight. *R*
- 3 Make me a clean | heart, O God,  
And renew a right spir | it within me:  
Cast me not out | of your sight,  
Nor take your holy | spirit from me. *R*
- 4 Uphold me | with your might,  
And strengthen me with | perseverance:  
Open my | lips, O Lord,  
And my mouth shall de | clare your praise. *R*

A reading from the second letter of Paul to the Corinthians.

We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

As we work together with him, we urge you also not to accept the grace of God in vain. For he says,

‘At an acceptable time I have listened to you,  
and on a day of salvation I have helped you.’

See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone’s way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

*2 Corinthians 5.20b–6.10*

This is the word of the Lord.

**Thanks be to God.**

## Gospel Reading

We **STAND** to sing the acclamation to welcome the Gospel.

We **TURN** to face the Book of the Gospels, as Christ speaks to his people.



Praise to you, O Christ, King of e-ter-nal glo - ry.

The Lord is a great God, O that today you would listen to his voice.

Hard-en not your hearts.

**Praise to you, O Christ, King of eternal glory.**



The Lord be with you **and al - so with you.**



Hear the Gospel of our Lord  
Jesus Christ according to Mat- thew. **Glory to you, O Lord.**

‘Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

‘So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

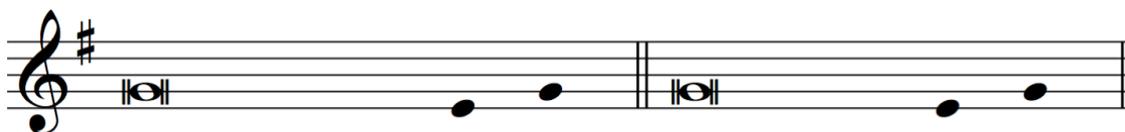
‘And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

‘And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be

seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

'Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

*Matthew 6. 1-6, 16-21*



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

## **Sermon**

Fr Myles Owen

*We SIT. The sermon may be followed by a short period of reflection.*

*We STAND.*

Let us declare our faith in God, Father, Son and Holy Spirit.

**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.**

## **The Liturgy of Penitence**

### **Self-examination and Confession**

*A minister leads a corporate examination of conscience*

Let us now call to mind our sin and the infinite mercy of God.

God the Father,  
**have mercy on us.**

God the Son,  
**have mercy on us.**

God the Holy Spirit,  
**have mercy on us.**

Trinity of love,  
**have mercy on us.**

**Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.**

We have not loved you with our whole heart, and mind, and strength.  
We have not loved our neighbours as ourselves.  
We have not forgiven others, as we have been forgiven.  
**Lord, have mercy.**

We have been deaf to your call to serve, as Christ served us.  
We have not been true to the mind of Christ.  
We have grieved your Holy Spirit.  
**Lord, have mercy.**

We confess to you, Lord...

all our past unfaithfulness:  
the pride, hypocrisy and impatience of our lives.  
**Lord, have mercy.**

Our self-indulgent appetites and ways,  
and our exploitation of other people.

**Lord, have mercy.**

Our anger at our own frustration  
and our envy of those more fortunate than ourselves.  
**Lord, have mercy.**

Our intemperate love of worldly goods and comforts  
and our dishonesty in daily life and work.  
**Lord, have mercy.**

Our negligence in prayer and worship  
and our failure to commend the faith that is in us.  
**Lord, have mercy.**

Accept our repentance, Lord...

for the wrongs we have done, for our blindness to human need and  
suffering, and our indifference to injustice and cruelty.

**Accept our repentance, Lord.**

For all false judgements, for uncharitable thoughts towards our  
neighbours  
and for our prejudice and contempt towards those who differ from  
us.

**Accept our repentance, Lord.**

For our waste and pollution of your creation  
and our lack of concern for those who come after us.

**Accept our repentance, Lord.**

Restore us, good Lord, and let your anger depart from us.

**Favourably hear us, for your mercy is great.**

Accomplish in us the work of your salvation,  
**that we may show your glory in the world.**

By the cross and passion of your Son our Lord,  
**bring us with all your saints to the joy of his resurrection.**

*Silence is kept.*

**We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy forgive what we have been,  
help us to amend what we are, and direct what we shall be;**

**that we may do justly, love mercy,  
and walk humbly with you, our God.  
Amen.**

## **The Imposition of Ashes**

*We STAND*

*The president says*

Dear friends in Christ,  
I invite you to receive these ashes  
as a sign of the spirit of penitence  
with which we shall keep this season of Lent.

God our Father,  
you create us from the dust of the earth:  
grant that these ashes may be for us  
a sign of our penitence  
and a symbol of our mortality;  
for it is by your grace alone  
that we receive eternal life  
in Jesus Christ our Saviour.  
**Amen.**

*The president and people present impose the ashes upon themselves as the president says*

Remember that you are dust, and to dust you shall return.  
Turn away from sin and be faithful to Christ.

*The president says*

God our Father,  
the strength of all who put their trust in you,  
mercifully accept our prayers;  
and because, in our weakness,  
we can do nothing good without you,  
grant us the help of your grace,  
that in keeping your commandments  
we may please you, both in will and deed;  
through Jesus Christ our Lord.

**Amen.**

## **The Liturgy of the Sacrament**

### **The Peace**

*The president introduces 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.**

*The deacon says*

Let us offer one another a sign of peace.

**Preparation of the Table  
Taking of the Bread and Wine**



**Lord Jesus, think on me,  
and purge away my sin;  
from earthborn passions set me free,  
and make me pure within.**

**Lord Jesus, think on me,  
with care and woe opprest;  
let me thy loving servant be,  
and taste thy promised rest.**

**Lord Jesus, think on me,  
amid the battle's strife;  
in all my pain and misery  
be thou my health and life.**

**Lord Jesus, think on me,  
nor let me go astray;  
through darkness and perplexity  
point thou the heavenly way.**

**Lord Jesus, think on me,  
when flows the tempest high:  
when on doth rush the enemy  
O Saviour, be thou nigh.**

**Lord Jesus, think on me,  
that, when the flood is past,  
I may the eternal brightness see,  
and share thy joy at last.**

*'Southwell'*  
adapted from Psalm 45 in  
The Psalmes in English Metre (1579)  
by W. Daman (1540–91)

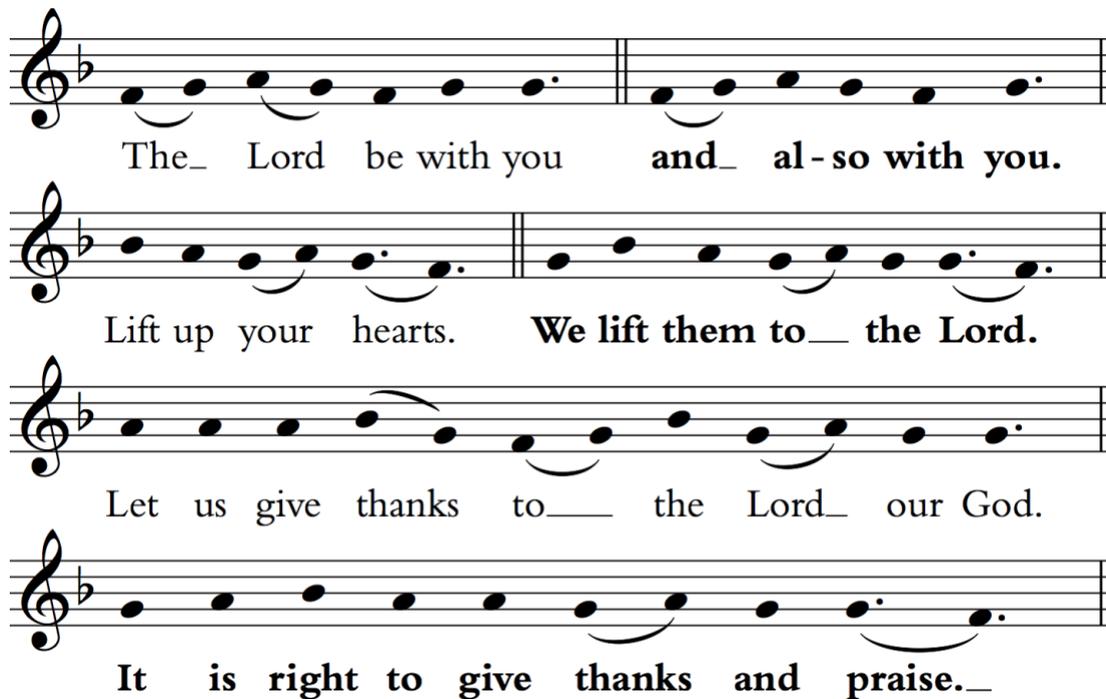
*Greek, Synesius of Cyrene (375–430)*  
translated by A. W. Chatfield (1808–96)

*The following prayers are said*

Pray, my brothers and sisters,  
that our sacrifice may be acceptable to God the almighty Father.  
**May the Lord accept the sacrifice at your hands,  
for the praise and glory of his name,  
for our good and the good of all his church.**

Merciful Father,  
turn us from sin to faithfulness  
and from disobedience to love,  
and prepare us to celebrate  
the death and resurrection of Christ our Saviour  
who is alive and reigns, now and for ever.  
**Amen.**

### The Eucharistic Prayer



The\_ Lord be with you and\_ al- so 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 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 singing:

*The Sanctus and Benedictus*

<i>Sanctus, Sanctus, Sanctus, Dominus Deus Sabaoth. Pleni sunt coeli et terra gloria tua. Osanna in excelsis.</i>	<i>Holy, holy, holy Heaven and earth are full of your glory Hosanna in the highest</i>
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<i>Benedictus qui venit in nomine Domini. Osanna in excelsis.</i>	<i>Blessed is he who comes In the name of the Lord Hosanna in the highest.</i>
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You are encouraged to **REMAIN STANDING**, or you may kneel or sit.

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;  
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.

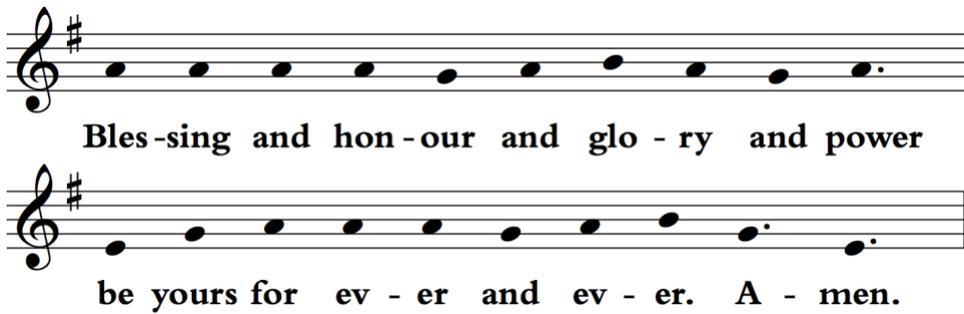
Therefore, heavenly Father,  
we remember his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection and glorious ascension;  
we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.

*The deacon introduces the acclamation*

Christ is the bread of life:  
**When we eat this bread and drink this cup,  
we proclaim your death, Lord Jesus,  
until you come in glory.**

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit,  
inspire us with your love  
and unite us in the body of your Son,  
Jesus Christ our Lord.

Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
with all who stand before you in earth and heaven,  
we worship you, Father almighty,  
in songs of everlasting praise:



## The Lord's Prayer

Lord Jesus, remember us in your kingdom and teach us to pray.

**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.**

## Breaking of the Bread

*The president breaks the consecrated bread*

Every time we eat this bread  
and drink this cup,  
**we proclaim the Lord's death until he comes.**

## Giving of Communion

*The consecrated bread and wine are shown to the congregation*

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed 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 distributed with the following words*

The body and blood of Christ keep you in eternal life. **Amen.**

*The choir sing the Angus Dei:*

*Agnus Dei, qui tollis peccata mundi, miserere nobis.*

*Agnus Dei, qui tollis peccata mundi, miserere nobis.*

*Agnus Dei, qui tollis peccata mundi, dona nobis pacem*

*The choir sings*

*Miserere mei Domine,  
et exaudi orationem meam*

*Have mercy upon, O Lord,  
and harken unto my prayer.*

*William Byrd 1540-1623*

## **Prayer after Communion**

*We **STAND**. The president invites us to pray and then sings*

Almighty God,

you have given your only Son to be for us

both a sacrifice for sin

and also an example of godly life.

give us grace

that we may always most thankfully receive

these his inestimable gifts,

and also daily endeavour

to follow the blessed steps of his most holy life;

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

God of our pilgrimage,

**you have fed 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.**

## **The Dismissal**

The Lord be with you

**and also with you.**

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.**

*The deacon says*

Go in peace to love and serve the Lord.

**In the name of Christ. Amen.**

A&M 628



**Father of heaven, whose love profound  
a ransom for our souls hath found,  
before thy throne we sinners bend:  
to us thy pardoning love extend.**

**Almighty Son, incarnate Word,  
our Prophet, Priest, Redeemer, Lord,  
before thy throne we sinners bend:  
to us thy saving love extend.**

**Eternal Spirit, by whose breath  
the soul is raised from sin and death,  
before thy throne we sinners bend:  
to us thy quickening power extend.**

**Thrice Holy! Father, Spirit, Son,  
mysterious Godhead, Three in One,  
before thy throne we sinners bend:  
grace, pardon, life to us extend. Amen**

*'Rievaulx'*  
*John Bacchus Dykes (1823-76)*

*Edward Cooper (1770-1833)*

*There is no organ voluntary.*

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