

**St George's Barcelona Virtual Church**  
**Sunday 15 March, 3<sup>rd</sup> Sunday after Lent**

**Preparation – The Lord welcomes us**

♪ **SONG OF WELCOME** ♪

**Men of Faith** (*listen to on YouTube*)

**WELCOME & INTRODUCTION**

*I as Chaplain welcome you to our Virtual Church Service. May we both miss meeting together and give thanks that we are able to have a sense of the community of God, albeit dispersed. We have no idea at this stage how long we will have to worship in this way, but we thank God for modern technology that enable us to do so. In worshipping like this we can identify with some of our brothers and sisters who are persecuted for their faith and have to find other ways of meeting.*

*For those of you who have birthdays during this period, we will have a grand celebration on return. For all the notices see the end of the service.*

♪ **SONG FOR THE SUNDAY SCHOOL** ♪

**My God is so big, so strong and so mighty**

We come together in the name of the Father,  
and of the Son, and of the Holy Spirit. **Amen.**

The Lord be with you. **And also with you.**

Faithful one, whose word is life: come with saving power to free our praise, inspire our prayer and shape our lives for the kingdom of your Son,  
Jesus Christ our Lord. **Amen.**

**SAYING SORRY**

✘ God so loved the world that he gave us his only Son Jesus Christ to save us from our sins, to be our advocate in heaven, and to bring us to eternal life.	Let us confess our sins in penitence and faith, firmly resolved to keep God's commandments and to live in love and peace with all.
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*a time of silence is kept and then:*

**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.**

**ABSOLUTION** *is pronounced and all respond:*

✘ 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.**

**THE COLLECT**

*A period of silent prayer is introduced with the words "Let us pray". The collect is said, and all respond:*

Eternal God, give us insight to discern your will for us,  
to give up what harms us,  
and to seek the perfection we are promised  
in Jesus Christ our Lord. **Amen.**

## ***The Word – The Lord teaches us***

### **READINGS**

#### **✠ THE PSALM FOR THE DAY is PSALM 95**

<sup>1</sup> Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation.

<sup>2</sup> Let us come before him with thanksgiving and extol him with music and song.

<sup>3</sup> For the LORD is the great God, the great King above all gods.

<sup>4</sup> In his hand are the depths of the earth, and the mountain peaks belong to him.

<sup>5</sup> The sea is his, for he made it, and his hands formed the dry land.

<sup>6</sup> Come, let us bow down in worship, let us kneel before the LORD our Maker;

<sup>7</sup> for he is our God and we are the people of his pasture, the flock under his care. Today, if only you would hear his voice,

<sup>8</sup> ‘Do not harden your hearts as you did at Meribah,<sup>[a]</sup> as you did that day at Massah<sup>[b]</sup> in the wilderness,

<sup>9</sup> where your ancestors tested me; they tried me, though they had seen what I did.

<sup>10</sup> For forty years I was angry with that generation; I said, “They are a people whose hearts go astray, and they have not known my ways.”

<sup>11</sup> So I declared on oath in my anger, “They shall never enter my rest.”

***Glory be to the Father, and to the Son, and to the Holy Spirit. Amen***

#### **✠ THE NEW TESTAMENT READING ROMANS 5:1-11 PEACE AND HOPE**

**5** Therefore, since we have been justified through faith, we<sup>[a]</sup> have peace with God through our Lord Jesus Christ, <sup>2</sup> through whom we have gained access by faith into this grace in which we now stand. And we<sup>[b]</sup> boast in the hope of the glory of God. <sup>3</sup> Not only so, but we<sup>[c]</sup> also glory in our sufferings, because we know that suffering produces perseverance; <sup>4</sup> perseverance, character; and character, hope. <sup>5</sup> And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.

<sup>6</sup> You see, at just the right time, when we were still powerless, Christ died for the ungodly. <sup>7</sup> Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. <sup>8</sup> But God demonstrates his own love for us in this: while we were still sinners, Christ died for us.

<sup>9</sup> Since we have now been justified by his blood, how much more shall we be saved from God’s wrath through him! <sup>10</sup> For if, while we were God’s enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life! <sup>11</sup> Not only is this so, but we also boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

***This is the Word of the Lord, Thanks be to God***

✠ **THE GOSPEL JOHN 4:5-42**

Hear the Gospel of the Lord according to St John, *Glory to you O Lord*

<sup>5</sup> So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. <sup>6</sup> Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. <sup>7</sup> When a Samaritan woman came to draw water, Jesus said to her, **'Will you give me a drink?'** <sup>8</sup> (His disciples had gone into the town to buy food.) <sup>9</sup> The Samaritan woman said to him, 'You are a Jew and I am a Samaritan woman. How can you ask me for a drink?' (For Jews do not associate with Samaritans.) <sup>10</sup> Jesus answered her, **'If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.'** <sup>11</sup> 'Sir,' the woman said, 'you have nothing to draw with and the well is deep. Where can you get this living water?' <sup>12</sup> Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock? <sup>13</sup> Jesus answered, **'Everyone who drinks this water will be thirsty again, <sup>14</sup> but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.'** <sup>15</sup> The woman said to him, 'Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water.' <sup>16</sup> He told her, 'Go, call your husband and come back.' <sup>17</sup> 'I have no husband,' she replied. Jesus said to her, 'You are right when you say you have no husband. <sup>18</sup> The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.' <sup>19</sup> 'Sir,' the woman said, 'I can see that you are a prophet. <sup>20</sup> Our ancestors worshipped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.' <sup>21</sup> 'Woman,' Jesus replied, 'believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. <sup>22</sup> You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. <sup>23</sup> **Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in truth, for they are the kind of worshippers the Father seeks. <sup>24</sup> God is spirit, and his worshippers must worship in the Spirit and in truth.'** <sup>25</sup> The woman said, 'I know that Messiah' (called Christ) 'is coming. When he comes, he will explain everything to us.' <sup>26</sup> **Then Jesus declared, 'I, the one speaking to you – I am he.'** <sup>27</sup> **Just then his disciples returned and were surprised to find him talking with a woman.** But no one asked, 'What do you want?' or 'Why are you talking with her?' <sup>28</sup> Then, leaving her water jar, the woman went back to the town and said to the people, <sup>29</sup> 'Come, see a man who told me everything I've ever done. Could this be the Messiah?' <sup>30</sup> They came out of the town and made their way towards him. <sup>31</sup> Meanwhile his disciples urged him, 'Rabbi, eat something.' <sup>32</sup> But he said to them, 'I have food to eat that you know nothing about.' <sup>33</sup> Then his disciples said to each other, 'Could someone have brought him food?' <sup>34</sup> **'My food,' said Jesus, 'is to do the will of him who sent me and to finish his work. <sup>35</sup> Don't you have a saying, "It's still four months until harvest"? I tell you, open your eyes and look at the fields! They are ripe for harvest. <sup>36</sup> Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. <sup>37</sup> Thus the saying "One sows and another reaps" is true. <sup>38</sup> I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labour.'** <sup>39</sup> Many of the Samaritans from that town believed in him because of the woman's testimony, 'He told me everything I've ever done.' <sup>40</sup> So when the Samaritans

came to him, they urged him to stay with them, and he stayed two days. <sup>41</sup> And because of his words many more became believers. <sup>42</sup> They said to the woman, 'We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Saviour of the world.'

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

## **SERMON    ASSURANCE**

**INTRODUCTION** In the midst of the uncertainties we face, the timelessness of today's readings carry us up and enable us to have a different perspective.

### **✘ PSALM FOR THE DAY    WE CAN HAVE JOY - WE HAVE A ROCK THAT DOES NOT MOVE AND A SHEPHERD WHO PROTECTS US**

*Spend time reflecting and repeating these words to yourself, and worship God using the words of the Psalm; one way to do this is to read it first as it is and then repeat it in the first person singular ... 'I come ..'*

✠ **Psalm 95** <sup>1</sup> O come, let us sing to the LORD; **let us make a joyful noise to the rock of our salvation!** <sup>2</sup> ..... <sup>6</sup> **O come, let us worship and bow down, let us kneel before the LORD, our Maker!** <sup>7</sup> **For he is our God, and we are the people of his pasture, and the sheep of his hand. O that today you would listen to his voice!** <sup>8</sup>

### **✘ ROMANS 5.1-11    WE CAN HAVE PEACE – WE HAVE A LOVE THAT IS EXTRAVAGANT AND DOES NOT CHANGE**

*Notice the words that we can take for ourselves during a time such as this. This passage enables us to focus on our God, Father, Son and Holy Spirit. Being loved like this enables us to rest secure in God ... and it is this security that gives peace.*

Therefore, since we are justified by faith, **we have peace with God through our Lord Jesus Christ,** <sup>2</sup> through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. <sup>3</sup> And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, <sup>4</sup> and endurance produces character, and character produces hope, <sup>5</sup> and hope does not disappoint us, **because God's love has been poured into our hearts through the Holy Spirit that has been given to us.** <sup>6</sup> **For while we were still weak, at the right time Christ died for the ungodly.** <sup>7</sup> Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. <sup>8</sup> **But God proves his love for us in that while we still were sinners Christ died for us.** <sup>9</sup> Much more surely then, now that we have been justified by his blood, **will we be saved through him from the wrath of God.** <sup>10</sup> For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. <sup>11</sup> But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

### **✘ GOSPEL: JOHN 4.5-42    WE CAN HAVE MEANING – WE HAVE A CHRIST WHO SEES THINGS DIFFERENTLY AND COMES ALONGSIDE**

✠ *Our Gospel reading presents a well-known story about Christ .. he is in conversation with a woman whose lifestyle had led her into isolation and living outside the community. Jesus comes as someone willing to give attention and care ... and to give hope of a different future.*

<sup>5</sup> **So he came to a Samaritan city called Sychar,** (Jews avoided Samaria normally) ... <sup>6</sup> **Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.** (His humanity)

✠ <sup>7</sup> **A Samaritan woman came to draw water,** (Now you do not go to draw water at noon if you can avoid it ... suggests an outcast)

✦ *Jesus said to her, 'Give me a drink'. <sup>9</sup>The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.)<sup>2</sup> (Jesus ready to go against conventions for the sake of blessing people)*

✦ *Then he appears quite mysterious (We saw the same last week with Nicodemus) <sup>10</sup>Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.'*

✦ *She does not get it: <sup>11</sup>The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water?'*

✦ *Jesus draws her in ... like fishing for people: ... <sup>13</sup>Jesus said to her, 'Everyone who drinks of this water will be thirsty again, <sup>14</sup>but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.'*

✦ *Her response is logical, particularly if she had to go at that time of day to avoid people: <sup>15</sup>The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'*

✦ *Again, Jesus does not answer the question directly: <sup>16</sup>Jesus said to her, 'Go, call your husband, and come back.'*

✦ *This is the challenge ~ he gets right to the issue (cf. rich young man): <sup>17</sup>The woman answered him, 'I have no husband.'*

✦ *He shows his knowledge of her ~ he does not avoid the real issue, she was not a moral woman (in fact, the fact that Christ knew this and still spoke to her becomes even more amazing): *Jesus said to her, 'You are right in saying, "I have no husband"; <sup>18</sup>for you have had five husbands, and the one you have now is not your husband. What you have said is true!**

✦ *She wants to avoid the personal by going onto the theoretical and theological: <sup>19</sup>The woman said to him, 'Sir, I see that you are a prophet. <sup>20</sup>Our ancestors worshipped on this mountain, but you<sup>\*</sup> say that the place where people must worship is in Jerusalem.'*

✦ *He does not ignore her theological question ~ he says there is a true place to worship, yes, but there is something even greater: <sup>21</sup>Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. <sup>22</sup>You worship what you do not know; we worship what we know, for salvation is from the Jews. <sup>23</sup>But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him.*

✦ *What is even greater is not Where we worship but HOW we worship: <sup>24</sup>God is spirit, and those who worship him must worship in spirit and truth.'*

✦ *Again, she side-tracks <sup>25</sup>The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.'*

✦ *Here she makes her mistake ... <sup>26</sup>Jesus said to her, 'I am he,<sup>\*</sup> the one who is speaking to you.'*

✦ *She recognizes him and acts: <sup>28</sup>Then the woman left her water-jar and went back to the city. She said to the people, <sup>29</sup>'Come and see a man who told me everything I have ever done!' (That must have been an interesting conversation', people would think!) *He cannot be the Messiah,<sup>\*</sup> can he?' <sup>30</sup>They left the city and were on their way to him.**

✦ *The result: ' <sup>39</sup>Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.'<sup>40</sup>So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. <sup>41</sup>And many more believed because of his word. <sup>42</sup>They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'*

**FINALE I Commend this message for us at this time:**

- ✦ **WE CAN HAVE JOY - WE HAVE A ROCK THAT DOES NOT MOVE AND A SHEPHERD WHO PROTECTS US**
- ✦ **WE CAN HAVE PEACE – WE HAVE A LOVE THAT IS EXTRAVAGANT AND DOES NOT CHANGE**
- ✦ **WE CAN HAVE MEANING – WE HAVE A CHRIST THAT SEES THINGS DIFFERENTLY AND COMES ALONGSIDE**

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

*In response to God's Word we join together in the **THE APOSTLES' CREED** –  
**This is what we believe.***

**I believe in God, the Father almighty,  
creator of heaven and earth**

**I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

#### **A TIME OF PRAYER**

*♪ **O Lord, hear my prayer** ♪ *may be sung**

*These responses may be used:*

Lord, in your mercy **hear our prayer** or Lord, hear us **Lord, graciously hear us.**

#### **Intercessions for Third Sunday of Lent: With thanks to the Costa Blanca Chaplaincy**

Loving God, you created us and gave us imaginations as well as free will, hear the prayers that we offer to you today, listen to our thanksgiving for the love you show us and help us with those things that bring worry and concern. *(Short Silence)* **Lord, in your Mercy: Hear our Prayer**

Holy God, give us eyes to recognise, as Jesus did at Jacob's Well, the true spiritual thirst in the people around us. Help us all to respond to those spiritual needs through our worship, our outreach and our social activities. *(Short Silence)* **Lord, in your Mercy: Hear our Prayer**

Creator God, your son Jesus crossed territorial boundaries and ignored social taboos throughout his ministry. Give us the courage to make a stand in situations where women in particular have suffered because what should be uncovered is covered up, where they have been humiliated and downtrodden and dare not tell and where they have been physically mistreated, and cannot tell. We particularly pray for those women in the world who have still to collect water, many covering long distances, in the same way that the Samaritan woman did. *(Short Silence)* **Lord, in your Mercy: Hear our Prayer**

Father God, we see in the Samaritan woman someone who has experienced more than one partner. We pray for those we know, within our families or communities who are coping with difficult or changing marital relationships. We pray for children caught in a family breakdown with all the worry and upset that it might bring to young and unprepared lives and for their parents who are struggling to make the right choices for those they love. *(Short Silence)* **Lord, in your Mercy: Hear our Prayer**

Heavenly Father and Lord of life, we pray for the gift of courage to face up to and cope with illness. We pray for it for ourselves, and for those who we now name before you ..... *(add names of those requesting prayer)*

In these days we pray for the Coronavirus pandemic and its effects:

#### **A Coronavirus Prayer from the USA**

Jesus Christ, you traveled through towns and villages "curing every disease and illness." At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love. Heal those who are sick with the virus. May they

regain their strength and health through quality medical care. Heal us from our fear, which prevents nations from working together and neighbors from helping one another. Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

### **A Coronavirus Prayer from the Church of England Website**

Keep us, good Lord, under the shadow of your mercy. Sustain and support the anxious, be with those who care for the sick, and lift up all who are brought low; that we may find comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. *(Short Silence)* **Lord, in your Mercy: Hear our Prayer**

Merciful God, we commend into your hands those who have departed this life. You gave them breath and loved them through their journey of life. Receive them now at the end of that journey into your eternal presence and may they rest in everlasting peace. *(Short Silence)* **Lord, in your Mercy: Hear our Prayer**

Everlasting God, in so many ways you have taught us that you alone can be trusted, even when it might seem that you are far away from us. Help us to remember this fact and feel your loving presence as we go from this time of worship and return to our everyday lives walking obediently in the light of your truth in all that we do this and every day.

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

♪ *O Lord, hear my prayer* ♪

## **Holy Communion – The Lord feeds us**

### **THE PEACE**

✠ Blessed are the peacemakers:  
they shall be called children of God.  
We meet in the name of Christ and share his peace.

The peace of the Lord be always with you **and also with you.**

Let us offer one another a sign of peace.

*All may exchange a sign of peace*

### **PREPARATION OF TABLE**

♪ **HYMN** ♪ **I am trusting Thee, Lord Jesus** - the gifts of the people may be gathered *(during this time our giving can be via the Website)*

**God of all goodness and grace, receive the gifts we offer; and grant that our whole life may give you glory and praise; through Jesus Christ our Lord.**

### **THE EUCHARISTIC PRAYER –**

***The great prayer of praise and thanksgiving.***

The Lord is here.

**His Spirit is with us.**

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, it is our duty and our joy,  
at all times and in all places to give you thanks and praise,  
holy Father, heavenly King, almighty and eternal God, through Jesus Christ your Son our Lord.

And now we give you thanks because each year you give us this joyful season  
when we prepare to celebrate the paschal mystery with mind and heart renewed.  
You give us a spirit of loving reverence for you and of willing service to our neighbour.  
As we recall the saving acts that give new life in Christ,  
you bring the image of your Son to perfection within our hearts.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and *saying*:

**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.]**

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.

*An acclamation is used*

Great is the mystery of faith:

**Christ has died:                      Christ is risen:                      Christ will come again.**

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:

**Blessing and honour and glory and power  
be yours for ever and ever. Amen.**

#### **THE LORD'S PRAYER**

As our Saviour taught us, so we pray:

**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 COMMUNION

We break this bread to share in the body of Christ.

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

## GIVING OF COMMUNION

Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you,  
and his blood which he shed for you.

Eat and drink in remembrance that he died for you, and feed on him in your hearts  
by faith with thanksgiving.

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.**

## PRAYER AFTER COMMUNION

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.

*All may say:*

**Almighty God, we thank you for feeding us with the body and blood of your Son Jesus Christ.**

**Through him we offer you our souls and bodies to be a living sacrifice.**

**Send us out in the power of your Spirit to live and work to your praise and glory. Amen.**

***The Dismissal – The Lord sends us out***

## COMMUNITY NOTICES

- ✘ The Church will be open throughout the week for prayer for individuals and for those wanting to pray here during the prayer vigil, but for limited numbers only. Please contact the Chaplain to ensure it is open.
- ✘ I am very happy to pray with anyone whether over the phone or here at church
- ✘ Safeguarding Training is postponed.
- ✘ Today's potluck is cancelled
- ✘ First Communion Preparation group will not be meeting but Jennie and Ed are working on alternatives
- ✘ Breakfast Foods for the Salvation Army: this is our annual Lenten discipline – do feel free to drop any off at church; but contact the Chaplain to make sure you can get in.

## BLESSING

✘ The peace of God, which passes all understanding,  
keep your hearts and minds in the knowledge and love of God,  
and of his Son Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always. **Amen.**

♪ **HYMN** ♪ **Blessed Assurance Jesus is Mine** to send us out to serve Christ

Go in peace to love and serve the Lord.

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