

Welcome to your Parish Church in the Diocese of Birmingham



ALL SAINTS
KINGS HEATH

Holy Communion First Sunday of Lent, 18th February 2024

We gather

If you are worshipping at home, have ready in an honoured place a portion of food and something to drink. It may be bread and wine or something else. Set your Bible alongside. You might light a candle.

Music as we gather: [Praise to you, O Christ, our Saviour](#)

*Praise to you, O Christ, our Saviour,
Word of the Father, calling us to life;
Son of God who leads us to freedom:
glory to you, Lord Jesus Christ!*

1. You are the Word who calls us out of darkness;
you are the Word who leads us into light;
you are the Word who brings us through the desert:
glory to you, Lord Jesus Christ!

2. You are the one whom prophets hoped and longed for;
you are the one who speaks to us today;
you are the one who leads us to our future:
glory to you, Lord Jesus Christ!

3. You are the Word who calls us to be servants;
you are the Word whose only law is love;
you are the Word-made-flesh who lives among us:
glory to you, Lord Jesus Christ!

4. You are the Word who binds us and unites us;
you are the Word who calls us to be one;
you are the Word who teaches us forgiveness:
glory to you, Lord Jesus Christ!

(words & music: Bernadette Farrell)

When the song ends we stand to sing: [Forty days and forty nights](#)

1. Forty days and forty nights
you were fasting in the wild;
forty days and forty nights,
tempted still, yet unbeguiled.

2. Sunbeams scorching all the day,
chilly dew-drops nightly shed,
prowling beasts about your way,
stones your pillow, earth your bed.

3. Let us your endurance share,
and from earthly greed abstain,
with you vigilant in prayer,
with you strong to suffer pain.

4. Then if evil on us press,
flesh or spirit to assail,
Victor in the wilderness,
help us not to swerve or fail.

5. So shall peace divine be ours;
holy gladness, pure and true:
come to us, angelic powers,
such as ministered to you.

6. Keep, O keep us, Saviour dear,
ever constant by your side,
that with you we may appear
at th'eternal Eastertide.

(words: George Hunt Smyttan, adapt Michael Forster; music: Melody from 'Nürnbergisches Gesangbuch' 1676)

Priest: In the name of the Father, the Son and the Holy Spirit. **Amen.**

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

All: And also with you.

WELCOME, BANNS and NOTICES

We pray: **Almighty God, to whom all hearts are open, all desires
known and from whom no secrets are hidden: cleanse the
thoughts of our hearts by the inspiration of your Holy
Spirit, that we may perfectly love you, and worthily
magnify your holy name; through Christ our Lord. Amen.**

We seek forgiveness

CONFESSION

Deacon: Jesus Christ said: the first commandment is this. You shall love the
Lord your God with all your heart and with all your soul and with
all your mind and with all your strength. The second is this: Love
your neighbour as yourself. There is no other commandment
greater than these.

All: Amen. Lord, have mercy.

Silence

God, you promised whenever you saw the rainbow in the sky you would remember your covenant with humanity. We have forgotten our covenant with you.

Kyrie eleison.

God you promised the rainbow would remind you of your covenant with all creation. We have abused creation and squandered her riches.

Christe eleison.

God, with the rainbow you promised you would not send another flood, except the generous flood of baptism, yet we flood the world with trivia and jealousy.

Kyrie eleison.

("Lord, have mercy," tune from Ukraine)
(Biddings cf Genesis 9 and 1 Peter 3)

ABSOLUTION At home we pray for forgiveness. In church, the priest declares forgiveness for all, wherever we worship:

Priest: *[May] the Lord enrich us with his grace and nourish us with his blessing; the Lord defend us in trouble and keep us from all evil; the Lord accept our prayers and absolve us from our offences, for the sake of Jesus Christ our Saviour. Amen.*

We pray COLLECT for The First Sunday of Lent

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 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.

BIBLE READINGS [Genesis 9:8-17](#) and [1 Peter 3:18-end](#)

HYMN [Dear Lord and Father of mankind](#)

1. Dear Lord and Father of mankind,
forgive our foolish ways!
Reclothe us in our rightful mind,
in purer lives thy service find,
in deeper rev'rence praise,
in deeper rev'rence praise.

2. In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word,
rise up and follow thee,
rise up and follow thee.

3. O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!
Interpreted by love!

4. Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace,
the beauty of thy peace.

5. Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind and fire,
O still small voice of calm!
O still small voice of calm!

words: John Greenleaf Whittier; music: Charles Hubert Hastings Parry)

GOSPEL READING [Mark 1:9-15](#)

In church we stand and, when it is announced, we say:

Hear the Gospel of our Lord Jesus Christ according to St Mark.

Glory to you, O Lord.

At the end:

This is the Gospel of the Lord.

Praise to you, O Christ.

SERMON in Church is from Lynn Busfield.

At home, spend some time remembering times you have seen a rainbow and how it made you feel. Turn over in your mind the liminal moment it represents, when it is still raining, but the sun begins to assert itself from behind you. here is a passage from a reflection David shared some years ago on the Genesis story.

Curtains of rain swept across the Fowey estuary most of the day. Across on the Fowey side, waves reaching in past the narrow neck of the inlet thudded against the rocks. High above an elegant Victorian esplanade stood unmoved by the surge, but windows, no doubt, rattling in the wind. Surprisingly often, sun broke through enough over the hunched hill on the East side where the village of Polruan shelters in a curve reminiscent of a child's shoulder protecting exam answers from prying eyes. Viewed from there, rainbows kept appearing, sometimes several at a time, over the river. One sat there doggedly for half an hour. Whatever the weather, that view, that inlet, holds the tender feeling of human courage and foolhardiness; of strength and vulnerability. For the inscrutable sea is so serene, then so terrifying by turns. The protective harbour stirs primeval feelings of survival, haven, danger. The narrow mouth of the estuary suggests an intimacy Freud might have something to say about, although for him probably the danger would be inside. The high elegant houses and the stocky trawlers heading out to sea are differently defiant; differently foolhardy.

The quay with quaint pub, and moored fishing boats seem benign. The remains of block house towers on either side of the estuary recall the chains pulled across to break the masts of invading ships, evoking centuries of human conflict generated as if the sea were not threat enough. To and fro in all weathers, the little orange ferry ploughs its way seriously, tiny but determined.

So when rainbows appear over that estuary, smudging the unseeing town with pride colours, all the severity and tenderness of God and the courage and foolishness of humanity is stirred to new depths.

[With current violence in the region Noah settled] it is heart rending to picture God's bow, a weapon bent, not in aggression, but upwards to the sky, with disarmingly camp colours, an exquisite, tear jerking emblem of peace between God and creation. Like the harbour, it highlights how beautiful is human tenacity; how dismaying is human violence.

Bring to mind the places cursed with weaponry and prepare to pray for them.

We affirm our faith

APOSTLE'S CREED

At home, if able, we turn to look in the direction of Church, to affirm our faith:

Deacon: I invite you stand as we affirm our faith in God, Father, Son and Holy Spirit:

**All: 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.**

INTERCESSIONS

At home, pray for the rainbow to appear in whatever guise needed over the places of conflict you thought about before.

Turning then to Jesus' testing in the wilderness, pray for some of the people whom you observe seeking power in inappropriate or self-seeking ways. Acknowledging that if Jesus was tempted in that way, it's not altogether surprising that we might, so see if you can pray with some sympathy and concern for their well being.

In the Church we continue to pray for Bishop Michael preparing to be installed as our Bishop in a few weeks time, that in Lent he will find God gives him all he needs to begin his new role with gladness.

Among those in our community and networks who are unwell, we remember Mike and Rosie Cross.

Among those who have died, we remember Ingrid Patrick, Gordon Middleton and Suzy Singh.

THE PEACE

Deacon: Christ came to preach peace to those who are far off and peace to those who are near. The Peace of the Lord be always with you.

And also with you.

Let us offer one another a sign of peace.

HYMN

1. Peace is flowing like a river,
flowing out through you and me,
spreading out into the desert,
setting all the captives free.

*Let it flow through me,
let it flow through me,
let the mighty peace of God
flow out through me. (x2)*

2. Love is flowing like a river,
flowing out through you and me,
spreading out into the desert,
setting all the captives free.

3. Joy is flowing like a river,
flowing out through you and me,
spreading out into the desert,
setting all the captives free.

4. Hope is flowing like a river,
flowing out through you and me,
spreading out into the desert,
setting all the captives free.

5. Christ brings peace to all creation,
flowing out through you and me,
love, joy, hope and true salvation,
setting all the captives free.

*(words: vv1-4 unknown; v5 editors of 'Complete Anglican Hymns Old & New';
music: unknown, arr Andrew Moore)*

The Table is prepared in Church. At home, now is the time to say the Lord's Prayer (below) and consume the food and drink you have prepared, first praying:

God, whose Spirit unites and inspires us, with this symbolic meal bind me into the fellowship of the world wide church, and assure me of my place in your heart. **Amen.**

We tell the story of God's faithfulness

In Church we stand, if able, for the Eucharistic Prayer

Priest: The Lord is here.

All: 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.

Blessed are you, God of everlasting covenant, for your promises are steadfast and your provision is sure. Through your people's desert of forty years you were constant in fire and cloud; with

man and mercy you sustained every step. You made Jesus' temptation of forty days a theatre of truth where your Word stood strong. In every age you have shaped your people through times of wilderness and wandering, of temptation and trial, and brought them into the land of promise and the life of covenant. And so with all who have walked the wilderness way in every time and all who walk it this day, with angels and archangels and all the company of heaven, we join the unending hymn:

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.

Enduring God, as you sustained Jesus in hunger and thirst, through this meal strengthen us to keep our Lenten fast. Send your Holy Spirit upon us as we remember Jesus' saving passion; transform our insatiable desires into hunger for the feast of this table. Send your Holy Spirit upon this bread and wine that they may be for us the body and blood of Christ. Who, at supper with his disciples, took bread, gave you thanks, broke the bread, and gave it to them, saying, "take, eat: this is my body which is given for you; do this in remembrance of me."

A bell is rung.

After supper he took the cup. Again he gave you thanks and gave it to his disciples, 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."

A bell is rung.

Deacon: Great is the mystery of faith:

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

Forgiving God, in this season of repentance, make your mercy sufficient for every need. Come to your children who are in their own wilderness and make their wanderings holy paths of learning your truth. Strengthen all who face the threshold of temptation or

the tumult of trial. Seek those whose hearts are contrite and meet them with grace. Come alongside your children who suffer under the sin of another and give them power to live as your beloved sons and daughters. Renew your church from the depths of your heart where justice and mercy meet. Bring us with all your saints to the day when all who watch and pray for your kingdom behold your salvation and meet you in your resurrection, God most glorious, Father, Son and Holy Spirit. **Amen.**

THE LORD'S PRAYER

Deacon: 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.**

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

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

Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you. Eat in remembrance that he died for you and feed on him in your hearts with thanksgiving.

Jesus, Lamb of God: have mercy on us.

Jesus, bearer of our sins: have mercy on us.

Jesus, redeemer of the world: grant us peace.

We share the bread and wine, now for us the body and blood of Christ. All are welcome to receive. If you prefer not to share the common cup, receiving just the bread is as much communion as receiving both. If you prefer not to receive but would value a prayer of blessing do come forward and simply keep your hands by your sides. We will pray for you.

For the sake of those with gluten intolerance, please do not dip your wafer in the wine.

SONG *during Communion* [Purify my heart](#)

1. Purify my heart, let me be as gold and precious silver.
Purify my heart, let me be as gold, pure gold.

*Refiner's fire, my heart's one desire
is to be holy, set apart for you Lord.
I choose to be holy, set apart for you, my master,
ready to do your will.*

2. Purify my heart, cleanse me from within and make me holy.
Purify my heart, cleanse me from my sin, deep within.

(words & music: Brian Doerksen)

[Take my hands, Lord](#)

1. Take my hands, Lord, to share in your labours,
take my eyes, Lord, to see your needs,
let me hear the voice of lonely people,
let my love, Lord, bring riches to the poor.

2. Give me someone to feed when I'm hungry,
When I'm thirsty give water for their thirst.
When I stand in need of tenderness,
give me someone to hold who longs for love.

3. Keep my heart ever open to others,
may my time, Lord, be spent with those in need;
may I tend to those who need your care.
Take my life, Lord, and make it truly yours,
take my life, Lord, and make it truly yours.

(words: vv1 & 3 Margaret Rizza, v2 unknown; music: Margaret Rizza)

We are sent out

**Almighty God, we thank you for feeding us with your Word
[and with the body and blood of Christ]. Strengthen us in
the power of your Spirit to live and work to your praise
and glory. Amen.**

THE BLESSING

Christ give us grace to grow in holiness, to deny ourselves, 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.**

HYMN

1. Praise to the Holiest in the height,
and in the depth be praise:
in all his words most wonderful,
most sure in all his ways.

2. O loving wisdom of our God!
when all was sin and shame,
a second Adam to the fight,
and to the rescue came.

3. O wisest love! that flesh and blood,
which did in Adam fail,
should strive afresh against the foe,
should strive and should prevail.

4. And that a higher gift than grace
should flesh and blood refine,
God's presence and his very self,
and essence all divine.

5. And in the garden secretly,
and on the cross on high,
should teach his brethren, and inspire
to suffer and to die.

6. Praise to the Holiest in the height,
and in the depth be praise:
in all his words most wonderful,
most sure in all his ways.

(words: John Henry Newman; music: Melody adapt from Thomas Haweis; descant: L Stilwell)

Deacon: Go in peace to love and serve the Lord.
In the name of Christ, Amen.



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All Saints Safeguarding and Child Protection Coordinator is Eira Jones. if you have any concerns or worries about children, young people or vulnerable adults and don't know what to do, don't hesitate to contact her on 07497 781681.

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Giving to All Saints

If you wish to contribute financially to sustain All Saints Church and our ministry to Kings Heath you can:

- leave a gift of cash on the collection plate on your way out of church;
- use the card reader near the Church door;
- make a transfer to

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All Saints Kings Heath PCC - A/C No. 71801163.

If you would like to find out about arrangements for regular giving to All Saints, please speak to Steve Brittle about the Parish Giving Scheme.