

OPENING HYMN 76

FIRST READING: Genesis 12:1-4a

Now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the LORD had told him; and Lot went with him.

PSALM 121

Lifting my eyes up to the hills, where can I look for aid?
Your help comes only from the Lord who earth and heaven made.

The Lord who guards you never sleeps, nor will he let you fall;
No slumber drowns Israel's God, guardian of each and all.

God is your guardian, God your shade, protector of your right.
By day the sun shall hurt you none, nor shall the moon by night.

The Lord shall shield you from all harm, and safely guard your soul.
Forever, as you come and go, God's love shall keep you whole.

SECOND READING: Romans 4:1-5, 13-17

GOSPEL ACCLAMATION VERSE:

God so loved the world that he gave his only Son,
so that everyone who believes in him may not perish but may have eternal life.
God did not send the Son into the world to condemn the world,
but in order that the world might be saved through him.

GOSPEL READING: John 3:1-17

THE PRAYER OF THE FAITHFUL:

With confidence and trust let us pray to the Father.

For the mission of the Church,
that in faithful witness it may preach the gospel to the ends of the earth,
let us pray to the Father. Lord of compassion, **in your mercy hear us.**

For peace in the world, especially in Ukraine, Iran and Gaza, that a spirit of respect and reconciliation may grow among nations and peoples, let us pray to the Father.

Lord of compassion, **in your mercy hear us.**


For the poor, the persecuted, the sick, and all who suffer, especially...
for refugees, prisoners, and all in danger; that they may be relieved and protected,
let us pray to the Father. Lord of compassion, **in your mercy hear us.**

In communion with all those who have walked in the way of holiness, for.....who died recently andwhose anniversaries we keep this week, let us pray to the Father.

Lord of compassion, **in your mercy hear us.**

(after a time of silence)

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

<p>OFFERTORY HYMN: 65</p> <p>DURING COMMUNION <i>(is sung in the original Welsh)</i></p> <p>O Lord, who gave the dawn its glow, and charm to close of day, you made all song and fragrance flow, gave spring its magic sway: deliver us, lest none should praise for glories that all earth displays.</p> <p>O Lord, who caused the streams to sing, gave joy to forest trees, you gave a song to lark on wing, and chords to gentlest breeze: deliver us, lest we should see a day without a song set free.</p> <p>O Lord, who heard the lonely tread on that strange path of old, you saw the Son of Man once shed his blood from love untold: deliver us, lest one age dawn without a cross or crown of thorn.</p> <p>Christe, lux mundi qui sequitur te Habebit lumen vitae, lumen vitae.</p>	
<p>PRAYER AFTER COMMUNION</p> <p>Almighty God, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all harm which may hurt the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. Amen.</p> <p>FINAL HYMN 72</p>	
<p><i>This week:</i></p> <p>MONDAY 2nd 1930 Eucharist THURSDAY 5th 1930 Eucharist SATURDAY 7th 1000 Foodbank 1330: History Workshop SUNDAY 8th 1000 Sung Eucharist Lent 3.</p>	<p>Rector: The Revd Richard Young ✉ richardyoung09@gmail.com Associate Priest: The Revd Jane Walker www.holyinnocentsff.org Church Office: 0161 224 0535</p>

LENT CHARITY

Manchester & Salford Samaritans <https://www.samaritans.org/>

The links to pages for information about their work and the pages to make a donation during Lent. <https://www.justgiving.com/charity/samaritans-manchestersalford>.

Please take this sheet home with you!

2. Tidal — R. S. Thomas

The waves run up the shore
and fall back. I run
up the approaches of God
and fall back. The breakers return
reaching a little further,
gnawing away at the mainland.
They have done this thousands
of years, exposing little by little
the rock under the soil's face.
I must imitate them only
in my return to the assault,
not in their violence. Dashing
my prayers at him will achieve
little other than the exposure
of the rock under his surface.
My returns must be made
on my knees. Let despair be known
as my ebb-tide; but let prayer
have its springs, too, brimming
disarming him; discovering somewhere
among his fissures deposits of mercy
where trust may take root and grow.

"The Green Geo", screenprint by Frances Walker CBE RSA, born 1930.
Rock formations at the margins of land and sea, Island of Tiree.

