

# HOLY INNOCENTS FALLOWFIELD



Sunday March 12<sup>th</sup> March 2023

## The Third Sunday of Lent

خوش آمدی

Welcome to Holy Innocents

*This leaflet contains all you need to join in the service. Words in **bold print** are spoken or sung by all. Hymns are not announced. For visitors, Gift Aid envelopes are available for donations. Please turn hearing aids to the T position. Please be as still and quiet as possible before the service as we prepare together to celebrate the Eucharist. When the bell rings, please stand to join in:*

### HYMN 362

*The president today is the Revd Janina Ainsworth. Please remain standing for the greeting and act of penitence.*

+ 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.**

Let us come to the Lord, who is full of compassion, and acknowledge our sins in penitence and faith.

*A time of silent prayer follows, then:*

Lord God, we have sinned against you;

**we have done evil in your sight.**

**We are sorry and repent.**

**Have mercy on us. Wash away our sin.**

**Renew a right spirit within us,**

**and restore us in your love,**

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

*The Kyries are sung by the choir.*

*Then the president says the absolution.*

May Almighty God, who forgives all who truly repent, have mercy on 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 *the prayer for this Sunday*

Let us pray.

*After a moment of silent prayer, the president says the Collect.*

*At the end: **Amen.***

*Please sit down for the Ministry of the Word.*

### FIRST READING Exodus 17.1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the LORD, saying, "Is the LORD among us or not?"

*At the end: This is the word of the Lord.*

Thanks be to God

## PSALM 95

MARLBOROUGH GATE 66 66 44 44 Wayne Marshall b 1961



Come let us praise the Lord,  
with joy our God acclaim,  
his greatness tell abroad,  
and bless his saving name.  
Lift high your songs before his throne -  
to whom alone all praise belongs.

Our God of matchless worth,  
our King beyond compare,  
the deepest bounds of earth,  
the hills, are in his care.  
He all decrees, who by his hand  
prepared the land and formed the seas.

In worship bow the knee,  
our glorious God confess;  
the great creator, he,  
the Lord our righteousness.  
He reigns unseen: his flock he feeds  
and gently leads in pastures green.

Come, hear his voice today;  
receive what love imparts;  
His holy will obey,  
and harden not your hearts.  
His ways are best and lead at last  
all troubles past to perfect rest.

### SECOND READING Romans 5.1-11

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

*Please STAND for the Gospel Acclamation*



Jesus said, 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 and to proclaim God's grace**  
**to the world**  
God is spirit, and those who worship him  
**must worship in spirit and truth.**

### GOSPEL READING John 4.5-42

The Lord be with you.

**And also with you.**

Hear the Gospel of our Lord Jesus Christ  
according to John.

**Glorify to you, O Lord.**

*At the end:* This is the Gospel of the Lord.

**Praise to you, O Christ.**

*Please sit down for the sermon. The preacher  
today is the Revd Jane Walker. After the sermon  
there will be a time of silence. Then all STAND with  
the president for the PROFESSION OF FAITH:*

We believe in God the Father,  
**from whom every family  
in heaven and on earth is named.**

We believe in God the Son,  
**who lives in our hearts through faith,  
and fills us with his love.**

We believe in God the Holy Spirit,  
**who strengthens us with power from on high.**

We believe in one God;  
**Father, Son and Holy Spirit.**  
**Amen.**

*Please remain standing for the Prayer of the  
Faithful.*

*After each section:*

Lord, in your mercy:  
**hear our prayer.**

*After the final section (for the departed) there will  
be a time of silent prayer.*

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

*The president introduces THE PEACE:*  
God is love and those who live in love live in  
God and God lives in them.  
The peace of the Lord be always with you.  
**And also with you.**

*All exchange a sign of peace.*

### **HYMN 368**

*The bread and wine are brought to the altar.  
The president says a prayer over the gifts to which  
we all respond:*

**Blessed be God for ever.**

*THE EUCHARISTIC PRAYER follows.*

The Lord be with you.

**And also 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.**

*THE PRESIDENT continues the prayer, thanking  
God for his saving works, and then invites the  
people to join their praises with the whole  
company of heaven:*

.....we proclaim your great and glorious  
name, for ever praising you and singing:

**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.**

*THE PRESIDENT asks God to send the Holy Spirit to  
sanctify the bread and wine, and then repeats the  
Lord's own words over the bread and cup.*

Great is the mystery of faith:

**Christ has died: Christ is risen:**

**Christ will come again.**

*THE PRESIDENT CONTINUES, joining our offering  
with Christ's sacrifice of himself. At the end of the  
prayer the president says:*

.....all honour and glory be yours, almighty  
Father, for ever and ever: **Amen.**

*The President introduces the Lord's Prayer and all  
say together:*

**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.**

جماعت : ای پدر ما که در آسمانی، نام تو مقدس باد،  
ملکوت تو بیاورد. اراده تو چنانکه در آسمان است،  
بر زمین نیز کرده شود. نان کفاف ما را امروز به ما بده.  
و قرض های ما را ببخش چنانکه ما نیز قرضداران خود  
را می بخشیم، و ما را در آزمایش میاور، بلکه از شریر ما  
را رهایی ده. زیرا ملکوت و قوت و جلال  
تا ابدالابد از آن تو است، آمین.

*We SIT or KNEEL as the president breaks the  
consecrated bread in pieces for all to share:*

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.**

**Jesus, Lamb of God, have mercy on us.**

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

**Jesus redeemer of the world,**

**give us your peace.**

*The president addresses those who wish to come  
to Holy Communion:*

Behold 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.**

شنبه 21 مارس 2 بعد از ظهر کاردستی و خلاقیت برای نوروز

برای درست کردن دسته گل کوچک معطر برای Mothering Sunday و سبزه هفت سین نوروز (سال نو فارسی) به هیلاری و لیندا ببینید. از مشارکت در گیاهان معطر، برگها و گلهای خوشبو استقبال می کنیم: رزماری، مرزه زمستانی، .. داوطلبانی که از قبل بذر سبزه می کنند با Lynda یا Hilary صحبت کنند!

NEXT SUNDAY Lent 4

1000 Sung Eucharist

1130 Annual Parochial Church Meeting

Rector: The Revd Richard Young

✉ [richardyoung09@gmail.com](mailto:richardyoung09@gmail.com)

Associate Priest: The Revd Jane Walker

[www.holyinnocentsff.org](http://www.holyinnocentsff.org)

Church Office: 0161 224 0535

## Lent Appeal

## Fallowfield and Withington

## Foodbank

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O God, you search me, and you know me,  
all my thoughts lie open to your gaze.  
When I walk or lie down, you go before me:  
ever the maker and keeper of my days.

You know my resting and my rising,  
you discern my purpose from afar:  
and with love everlasting you besiege me:  
in every moment of life or death, you are.

Before a word is on my tongue, Lord,  
you have known its meaning  
through and through.  
You are with me beyond my understanding:  
God of my present, my past and future too.

Although your Spirit is upon me,  
still I search for shelter from your light.  
There is nowhere on earth I can escape you:  
even the darkness is radiant in your sight.

For you created me and shaped me,  
gave me life within my mother's womb.  
For the wonder of who I am, I praise you:  
safe in your hands, all creation is made new.

Bernadette Farrell, Psalm 139.

Those who wish to receive the Sacrament or a blessing approach the altar. All who are baptised are invited to receive holy communion. Others are asked to cross their arms for a blessing. Receiving the chalice remains optional. During communion, please join in O God you search me and you know me. When all who wish to have received Holy Communion, what remains of the consecrated bread will be placed in the tabernacle for the communion of the sick and there is a time of stillness and quiet. Then all please STAND with the President.

Let us pray.

After a moment of silent prayer.

Merciful Lord,

grant to us your people the 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. Amen.

### HYMN 76

PLEASE SIT for the announcements then STAND for the blessing and dismissal.

May Christ give you grace

to grow in holiness, to deny yourselves,

take up your cross and follow him; and the

blessing of God almighty, the Father, the Son

+ and the Holy Spirit, be among you and

remain with you always. Amen.

Go in the peace of Christ.

Thanks be to God

MONDAY 13<sup>th</sup>

1930 Eucharist

WEDNESDAY 15<sup>th</sup>

1930 Lent Course

THURSDAY 16<sup>th</sup>

1930 Eucharist

SATURDAY 18<sup>th</sup>

1000 Foodbank

1400 Flower afternoon: come along to create small posies for Lent 4 and a Sabzhe Haft Seen for the font!