

**Parish of St Mary the Virgin  
Great Shelford**



**Family and Holy Communion  
Lent**

**5<sup>th</sup> March, 2023**

**THE GATHERING**

**THE OPENING HYMN**

*Please stand to sing*



**Be thou my vision, O Lord of my heart,  
Be all else but naught to me, save that thou art,  
Be thou my best thought in the day and the night,  
Both waking and sleeping, thy presence my light.**

**Be thou my wisdom, be thou my true word  
Be thou ever with me, and I with thee, Lord,  
Be thou my great Father, and I thy true son,  
Be thou in me dwelling, and I with thee one.**

Be thou my breastplate, my sword for the fight,  
Be thou my whole armor, be thou my true might,  
Be thou my soul's shelter, be thou my strong tower,  
O raise thou me heavenward, great Power of my power.

Riches I heed not, nor man's empty praise,  
Be thou my inheritance now and always,  
Be thou and thou only the first in my heart,  
O Sovereign of heaven, my treasure thou art.

High King of heaven, thou heaven's bright Sun,  
O grant me its joys after vict'ry is won,  
Great Heart of my own heart, whatever befall,  
Still be thou my vision, O Ruler of all.

*Words: Irish, 8th century (tran Mary Byrne). Music: SLANE*

## THE GREETING

*The president says*

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

**All Amen.**

*The president greets the people*

## INVITATION TO CONFESSION

*Please sit or kneel to pray*

God shows his love for us  
in that, while we were still sinners, Christ died for us.  
Let us then show our love for him  
by confessing our sins in penitence and faith

*Let us ask God to help us see what needs to be changed so that we can start afresh.*

We confess to you our selfishness and lack of love:  
Fill us with your Spirit.  
Lord, have mercy.

**All Lord, have mercy.**

We confess to you our fear and failure in sharing our faith:  
fill us with your Spirit.  
Christ, have mercy.

**All Christ, have mercy.**

We confess to you our stubbornness and lack of trust:  
fill us with your Spirit.  
Lord, have mercy.

**All Lord, have mercy.**

*Please join the choir to sing the Kyries if you wish*

**Kyrie:**

**Lord, have mercy, Lord have mercy**  
**Christ have mercy, Christ have mercy**  
**Lord have mercy, Lord have mercy.** *David Thorne*

May the God of love bring us back to himself,  
forgive us our sins,  
and assure us of his eternal love

in Jesus Christ our Lord.

**All Amen.**

### THE COLLECT

**All Almighty God,  
by the prayer and discipline of Lent  
may we enter into the mystery of Christ's sufferings,  
and by following in his Way  
come to share in his glory;  
through Jesus Christ our Lord.  
Amen**

### STARTING AGAIN GAME

### THE LITURGY OF THE WORD

*Please sit for the reading*

### FIRST READING Psalm 121

- <sup>1</sup> I lift up my eyes to the mountains—  
where does my help come from?  
<sup>2</sup> My help comes from the LORD,  
the Maker of heaven and earth.  
<sup>3</sup> He will not let your foot slip—  
he who watches over you will not slumber;  
<sup>4</sup> indeed, he who watches over Israel  
will neither slumber nor sleep.  
<sup>5</sup> The LORD watches over you—  
the LORD is your shade at your right hand;  
<sup>6</sup> the sun will not harm you by day,  
nor the moon by night.  
<sup>7</sup> The LORD will keep you from all harm—  
he will watch over your life;  
<sup>8</sup> the LORD will watch over your coming and going  
both now and forevermore.

*At the end the reader says*

This is the word of the Lord

**All Thanks be to God**

*Please stand for the Gospel*

### GOSPEL READING John 3. 1-8 and 16

Hear the Gospel of our Lord Jesus Christ according to John

**All Glory to you, O Lord.**

Now a certain man, a Pharisee named Nicodemus, who was a member of the Jewish ruling council, came to Jesus at night and said to him, "Rabbi, we know that you are a teacher who has come from God. For no one could perform the miraculous signs that you do unless God is with him." Jesus replied, "I tell you the solemn truth, unless a person is born from above, he cannot see the kingdom of God."

Nicodemus said to him, "How can a man be born when he is old? He cannot enter his mother's womb and be born a second time, can he?" Jesus answered, "I tell you the solemn truth, unless a person is born of water and spirit, he cannot enter the kingdom of God. For this is the way God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. For God did not send his Son into the world to condemn the world, but that the world should be saved through him. *New English Translation*

*At the end the reader says*

This is the Gospel of the Lord

**All Praise to you O Lord.**

How can we start again?



Learning to ride a bike by Ryan Lauer

## PRAYERS OF INTERCESSION

*Please sit or kneel to pray and respond in the following way.*

Lord in your mercy  
**All Hear our prayer**

*At the end*

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

## THE LITURGY OF THE SACRAMENT

### THE PEACE

*Please stand*

Christ is our peace.  
If anyone is in Christ, there is a new creation.  
The old has passed away: behold, everything has become new.

*2 Corinthians 5.17*

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

Let us offer one another a sign of peace.

### THE OFFERTORY HYMN

*During the hymn, the gifts of the people are gathered and*



*presented.*

**I come with joy, a child of God,  
forgiven, loved and free,  
the life of Jesus to recall,  
in love laid down for me.**

**I come with Christians far and near  
to find, as all are fed,  
the new community of love  
in Christ's communion bread.**

**As Christ breaks bread, and bids us share,  
each proud division ends.  
The love that made us, makes us one,  
and strangers now are friends.**

**The Spirit of the risen Christ,  
unseen, but ever near,**

is in such friendship better known,  
alive among us here.

Together met, together bound  
by all that God has done,  
we'll go with joy, to give the world  
the love that makes us one.

*Words; Brian Wren Music: ST BOTOLPH (Slater)*

## PREPARATION OF THE TABLE

God of our journey,  
as we walk with you on your path of obedience,  
sustain us on our way and lead us to your glory;  
through Jesus Christ our Lord.

**All Amen.**

*Please remain standing*

## THE EUCHARISTIC PRAYER

*The president says*

The Lord is here.

**All His Spirit is with us.**

Lift up your hearts.

**All We lift them to the Lord.**

Let us give thanks to the Lord our God.

**All It is right to give thanks and praise.**

*Question Why is it right to give thanks and praise?*

*Answer Listen, and we will hear.*

Lord of all life,  
you created the universe,  
where all living things reflect your glory.  
You give us this great and beautiful earth,  
to discover and to cherish.

And now we give you thanks  
because you give us the spirit of discipline,  
that we may triumph over evil and grow in grace,  
as we prepare to celebrate the Easter mystery  
with mind and heart renewed.

Therefore we lift our voices to proclaim the glory of your name and sing our joyful hymn of praise:

**All Holy, holy, holy Lord, God of power and might,  
Heaven and earth are full of your glory.  
Hosanna, hosanna, hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna, hosanna, hosanna in the highest.** *David Thorne*

We thank you, loving Father,  
because, when we turned away, you sent Jesus, your Son.  
He gave his life for us on the cross and shows us the way to live.  
Send your Holy Spirit that these gifts of bread and wine  
may be for us Christ's body and his blood.  
and change us more and more to be like Jesus our Saviour.

*Question Why do we share this bread and wine?*

*Answer Listen, and we will hear.*

On the night before he died,  
when darkness had fallen, Jesus took bread.  
He gave thanks, broke it,  
and shared it with his disciples, saying:  
'This is my body, given for you.  
Do this to remember me.'  
After they had eaten, he took the cup of wine,  
gave thanks, and shared it with his disciples, saying:  
'This is my blood, poured out for you and for many,  
for the forgiveness of sins.'  
Do this as often as you drink it  
In remembrance of me.

So Father, with this bread and this cup  
we celebrate his love, his death, his risen life.  
As you feed us with these gifts,  
send your Holy Spirit,

*Question*      *How do we follow Jesus Christ?*  
*Answer*        *Listen, and we will hear.*

Help us, Father, to love one another,  
as we look forward to that day  
when suffering is ended,  
and all creation is gathered in your loving arms.

And now with The Blessed Virgin Mary and all your saints  
we give you glory, through Jesus Christ,  
in the strength of the Spirit, today and for ever.

**All**      **Amen.**

## **THE LORD'S PRAYER**

As our Saviour taught us, so we pray

**All**      **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**

## **THE BREAKING OF THE BREAD**

*The president breaks the consecrated bread*

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

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

## **GIVING OF COMMUNION**

God's holy gifts  
for God's holy people.

**All**      **Jesus Christ is holy,  
Jesus Christ is Lord,  
to the glory of God the Father.**

## AGNUS DEI

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: have mercy on us.

Lamb of God, you take away the sins of the world: grant us peace. *David Thorne*



*If you are a member of a Christian Church you are welcome to receive the bread and wine. If you would like instead to receive a blessing please carry this Booklet.*

## THE COMMUNION HYMN

Will you come and follow me  
if I but call your name?

Will you go where you don't know  
and never be the same?

Will you let my love be shown,  
will you let my name be known,  
will you let my life be grown  
in you and you in me?

Will you leave your self behind  
if I but call your name?

Will you care for cruel and kind  
and never be the same?

Will you risk the hostile stare  
should your life attract or scare,  
will you let me answer prayer  
in you and you in me?

Will you love the 'you' you hide  
if I but call your name?

Will you quell the fear inside  
and never be the same?

Will you use the faith you've found  
to reshape the world around  
through my sight and touch and sound  
in you and you in me?

Lord, your summons echoes true  
when you but call my name.

Let me turn and follow you  
and never be the same.

In your company I'll go  
where your love and footsteps show.

Thus I'll move and live and grow  
in you and you in me.

*Words: John L. Bell Music: KELVINGROVE (Scottish)*

## PRAYER AFTER COMMUNION

Holy God,  
our lives are laid open before you:  
rescue us from the chaos of sin  
and through the death of your Son  
bring us healing and make us whole  
in Jesus Christ our Lord.

All **Amen**

All Lord,  
we have broken your bread and received your life.  
By the power of your Spirit  
keep us always in your love;  
through Jesus Christ our Lord Amen.

## NOTICES

After the notices, please stand if you can, and hold up your footstep as we pray and then sing,

## BLESSING THE NEXT STEP

God bless the next step you take  
and the path you tread.  
May you step nearer to God  
and to where God needs you.  
May the world be fresh to you,  
and your curiosity excited.  
May you be present and engaged  
where God has placed you  
and where God is calling you.  
May you reimagine your part in God's bigger story  
As you take your next step.

All Amen

## HYMN

One more step along the world I go  
One more step along the world I go  
From the old things to the new  
Keep me traveling along with you.

*And it's from the old I travel to the new  
Keep me traveling along with you.*

'Round the corners of the world I turn  
More and more about the world I learn  
And the new things that I see  
You'll be looking at along with me

*And it's from the old I travel to the new  
Keep me traveling along with you.*

As I travel through the bad and good  
Keep me traveling the way I should  
Where I see no way to go  
You'll be telling me the way, I know

*And it's from the old I travel to the new  
Keep me traveling along with you.*

Give me courage when the world is rough  
Keep me loving though the world is tough  
Leap and sing in all I do  
Keep me traveling along with you

*And it's from the old I travel to the new  
Keep me traveling along with you.*

You are older than the world can be  
You are younger than the life in me  
Ever old and ever new  
Keep me traveling along with you

*And it's from the old I travel to the new  
Keep me traveling along with you.*

## DISMISSAL

## THE BLESSING

God,  
who has raised you to new life in Christ,  
keep you from falling  
and set you in the presence of his glory;  
and the blessing of God Almighty,





Father, Son and Holy Spirit be with you always .

**All Amen.**

Go in peace to love and serve the Lord.

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

*You are warmly invited to join us for refreshments in the Community Room after this service. (Turn right outside church door)*

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## ST. MARY'S GREAT SHELFORD - WEEKLY NEWSLETTER

**Zoom Sunday Evening Worship:** Julie Norris is inviting you to a scheduled Zoom meeting.

Topic: Sunday Evening Zoom Service

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://us02web.zoom.us/j/5280143141?pwd=TndUaGkwRjRrZFE5LzhoQmJGbFAzd09>

Meeting ID: 528 014 3141

Passcode: SundayEve

**Alms:** In March the collections will be for Winter Comfort.

**Cambridge City Foodbank:** Our monthly collection takes place **today**. Please do all you can to support the work of the Foodbank. All donations are appreciated and a list of foods and toiletries most urgently needed can be found on the website - <https://cambridgecity.foodbank.org.uk/give-help/donate-food/>

**Food Box:** The PCC has agreed to place a Food Box in the church porch containing tins and dried produce. This is in recognition that current conditions are making it difficult for some to make funds stretch to pay for food. We hope that those who need food will take it, and others will share what they have. This is to complement the food collection going to the Food Bank.

**Memorial service:** We will be remembering and celebrating the life of Jane Way on 9 March 2023 at 2pm, in St Mary the Virgin Church. Tony wishes to invite everyone who knew Jane to join us.

**Lent Group:** Our Lent started last Monday and meets for a further four weeks on the following dates, March 6, March 13, March 20, March 27

We are meeting in The Vicarage, 12 Church Street, at 2pm.

The book is Failure: What Jesus Said About Sin, Mistakes and Messing Stuff Up: The Archbishop of Canterbury's Lent Book 2023 £10.11 Amazon.co.uk 30-day returns (most items)

The book costs £10.11 but is cheaper on Kindle.

Don't worry about getting a copy as we plan to photocopy relevant parts as we go along.

Julie is leading most of the sessions with help from others as needed.

The book aims to look at different kinds of failures, some in error, some foolish, some that require apologies, and also discuss how we try not to fail by putting down firm foundations.

Everyone is warmly invited to attend and it will not be necessary to be at all meetings.

The meetings last a little over 1 hour.

Please see Julie or Anne (07745 562702) for more information.



**GREAT SHELFORD FRIENDSHIP GROUP** for older men and women **has restarted in our Parish Community Room on THURSDAYS at 2.30pm in term-time**

**We have space for more members - maybe some of our congregation would like to join us since we include all kinds of interests. I am wondering if anyone is able to lend or donate any board games or similar, jigsaws etc. for us to use – previous organisers supplied these but inevitably recalled them over time!!**

**Offers to talk or demonstrate something on an occasional basis would be very welcome too!**

**Please contact Rosey Feuell, LLM - 01223 213305 / [roseyleaf@talktalk.net](mailto:roseyleaf@talktalk.net) – or come along one Thursday!**



**Warm Hub:** The hub continues to provide a place where people can come to stay warm and enjoy a cup of tea or coffee as follows:-

Monday - Great Shelford Free Church 10:00 - 16:00  
(ties in with the Community Café in the morning)

Wednesday - Great Shelford Memorial Hall 09:00 - 12:00  
(closes when the Country Market finishes)

Friday - Great Shelford Free Church 10:00 - 12:00



**Daily HOPE:** This is an excellent national Church of England initiative for those who are especially isolated and do not have access to the internet. Daily HOPE is a freephone line, available 24 hours a day on 0800 804 8044. Callers will hear a special greeting from the Archbishop of Canterbury before being able to choose from a range of options, including Prayer During the Day and Night Prayer updated daily, from Common Worship, and a recording of the Church of England's weekly national online service. A section called Hymn Line will also offer callers a small selection of hymns, updated daily. An option entitled 'Hymns We Love', provides a hymn and reflection

**We are delighted to welcome visitors to St Mary's for private prayer and reflection.**

**Sunday 5th March, 2023**  
08:00 Holy Communion (BCP)  
10:00 Family and Parish Communion  
18.30 Zoom Evening Service

**Sunday 12th March, 2023**  
08:00 Holy Communion (BCP)  
10:00 Parish Communion  
18.30 Zoom Evening Service

**Vicar:**  
**The Rev. Dr. Julie Norris** [Revjulienorris@gmail.com](mailto:Revjulienorris@gmail.com)  
01223 871807

**Readers/Licensed Lay Ministers:**  
**Mrs. Maureen Dobson** [d-mdobson@hotmail.co.uk](mailto:d-mdobson@hotmail.co.uk)  
01223 840076

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**Mr. Simon White** [churchwarden@stmarysgreatshelford.org](mailto:churchwarden@stmarysgreatshelford.org)  
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01223 845895

**Children's work contact:**  
**Mrs. Gillian Pett** [gillian.pett29@gmail.com](mailto:gillian.pett29@gmail.com)

**Pilgrim house group contact:**  
**Dr. Anne Roberts** [anneroberts2020@yahoo.co.uk](mailto:anneroberts2020@yahoo.co.uk)  
07745 562702.

Applications for baptisms, marriages and the calling of Banns of marriage should be made please to the Parish Administrator **05/03/23**