



Morton Hall

Snowdrop Walk

Morton-on-the-Hill, off the A1067
by kind permission of Lady Prince-Smith

Sunday 15th & 22nd February

12:00 noon to 4:00 pm

*Sorry, no dogs * Sturdy footwear * Refreshments available*

Donations to Quidenham Children's Hospice

On Saturday 21st there is the annual Eucharist at Morton-on-the-Hill to commemorate **St Robert Southwell**. The service begins at **12 noon**.

Sunday 22nd: Last Sunday before Lent

8:00 am Holy Communion (1662) at Great Witchingham

9:00 am Morning Prayer (Common Worship) at Ringland
led by the churchwardens

10:00 am The Eucharist at Alderford

6:00 pm Evensong at Weston Longville

On **Ash Wednesday** (25th) there will be a Eucharist at Weston Longville at **9:00 am**, and the joint benefice Eucharist will take place at **Swannington at 7:30 pm**, when members of all the other churches in our deanery will also be present to mark the beginning of Lent. The preacher will be Revd David Head, with the first of this year's Lenten addresses on the theme *The Crucified Christ*. Both services will as usual include the imposition of ashes as a mark of the beginning of our common preparation for Holy Week and Easter. The ashes are made by burning last year's Palm Crosses – so it would be helpful if you could return yours to Selwyn, either in church or through the rectory letterbox, by lunchtime on Shrove Tuesday, please.

Further deanery services, following the same theme, will take place in various churches around the deanery on **most Sunday evenings in Lent**. Our own Sunday evening services do not take place while these are going on, and there will soon be posters in all our churches giving full details of all these special Evensongs.

ST MARGARET, SWANNINGTON

Sunday 8 February 2009

10:00 am

The Eucharist

for *The Third Sunday before Lent*

God is Love, let heaven adore him;
God is Love, let earth rejoice;
let creation sing before him
and exalt him with one voice.

He who laid
the earth's foundation,
he who spread the heavens above,
he who breathes
through all creation:
he is Love, eternal Love.

God is Love; and he enfoldeth
all the world in one embrace:
with unfailing grasp he holdeth
every child of every race.

And when human hearts
are breaking
under sorrow's iron rod,
then they find
that self-same aching
deep within the heart of God.

God is Love; and though with blindness
sin afflicts the souls of men,
God's eternal loving-kindness
holds and guides them even then.
Sin and death and hell shall never
o'er us final triumph gain;
God is Love, so Love for ever
o'er the universe must reign.

The Lord be with you
and also with you.

Please sit down

Words of welcome and explanation, and possibly a short congregational music practice before we are invited to confess our sins:

Jesus said:

Before you offer your gift,
go and be reconciled.

As brothers and sisters in God's family,
we come together to ask our Father for forgiveness.

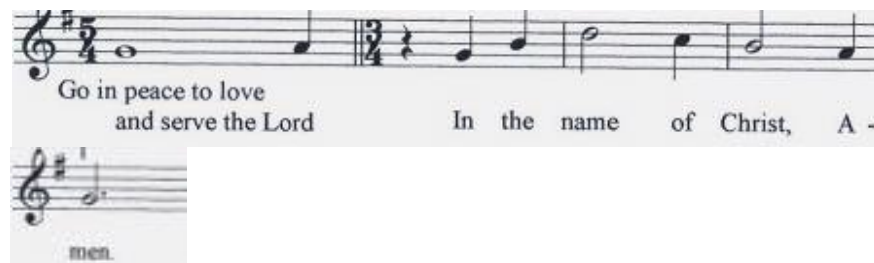
Please kneel or sit for a short period of silent reflection

*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.*

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.

Please stand to say:



All regular weekday services will be at their usual times this week.

All this week we pray particularly for those who live and work along the **Old Fakenham Road** in Attlebridge.

Please continue to pray for the sick & those in need:

Tottie Ottaway

RIP Betty Hodges

Saint this week:

Tue Scholastica, abbess, sister of St Benedict (died 543)

Events this week:

Wed 11:00 am Interment of ashes of the late Jean Abbott at Ringland
2:00 pm Funeral of the late Betty Hodges at Ringland

Next Sunday: Second Sunday before Lent

8:00 am The Eucharist at Swannington
9:00 am Holy Communion (1662) at Ringland (**Revd Leslie Wilman**)
This will be Penny & Anthony Holt's final service before they move away. Afterwards the congregation are entertaining them to lunch at The Swan at 12 noon. If anyone would like to join us, please speak to Dian Frost or Elaine Lockett as soon as possible.
10:00 am Holy Communion (1662) at Great Witchingham
10:00 am Children's service at Swannington
6:00 pm Evensong at Alderford

Merciful Father,
who gave Jesus Christ to be for us the bread of life,
that those who come to him should never hunger:
draw us to the Lord in faith and love,
that we may eat and drink with him at his table in the kingdom,
where he is alive and reigns, now and for ever. *Amen.*

*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.*

. . . and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. *Amen.*

O God, by whose almighty plan
First order out of chaos stirred,
And life, progressive at your word,
Matured through nature up to man;
Grant us in light and love to grow,
Your sovereign truth to seek and know.

O Christ, whose touch
unveiled the blind,
Whose presence warmed
the lonely soul;
Your love made broken sinners whole,
Your faith cast devils from the mind.
Grant us your faith,
your love, your care
To bring to sufferers everywhere.

O Holy Spirit,
by whose grace
Our skills abide,
our wisdom grows,
In every healing work disclose
New paths to probe,
new thoughts to trace.
Grant us your wisest way to go
In all we think, or speak, or do.

*Glory to God in the highest,
and peace to his people on earth.*

*Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.*

*For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.*

COLLECT OF THE DAY

Almighty God,
who alone can bring order
to the unruly wills and passions of sinful humanity:
give your people grace
so to love what you command
and to desire what you promise,
that, among the many changes of this world,
our hearts may surely be fixed
where true joys are to be found;
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.*

Please sit

OLD TESTAMENT READING: Isaiah 40.21-31

Have you not known? Have you not heard?
Has it not been told you from the beginning?
Have you not understood from the foundations of the earth?
It is he who sits above the circle of the earth,
and its inhabitants are like grasshoppers;
who stretches out the heavens like a curtain,
and spreads them like a tent to live in;
who brings princes to naught,
and makes the rulers of the earth as nothing.

Scarcely are they planted, scarcely sown,
scarcely has their stem taken root in the earth,
when he blows upon them, and they wither,
and the tempest carries them off like stubble.

To whom then will you compare me,
or who is my equal? says the Holy One.
Lift up your eyes on high and see:
Who created these?
He who brings out their host and numbers them,
calling them all by name;
because he is great in strength, mighty in power,
not one is missing.

Why do you say, O Jacob, and speak, O Israel,
'My way is hidden from the LORD,
and my right is disregarded by my God?'
Have you not known? Have you not heard?
The LORD is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.
He gives power to the faint,
and strengthens the powerless.

(Organ) O Lamb of God, that tak - est a - way the
94 sins of the world, have mer - cy up - on us.
97 O Lamb of God, that tak - est a - way the sins of the world, have
100 mer - cy up - on us. O Lamb of God, that
103 tak - est a - way the sins of the world, grant us thy peace

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 and rose for you, and feed on
him in your hearts by faith with thanksgiving.

*If you are not a communicant, but would like to receive a blessing, please bring this
service booklet to the altar rail with you.*

At the distribution:

The Body of Christ. **Amen.**

The Blood of Christ. **Amen.**

During communion, the choir will sing Ave, verum Corpus by Sir Edward Elgar.

After communion:

Let us pray

Please sit or kneel, as you are comfortable

Through Christ, and with Christ, and in Christ,
in the unity of the Holy Spirit,
all honour and glory are yours, O loving Father,
for ever and ever. *Amen.*

Please kneel or sit as you are comfortable

Let us pray with confidence as our Saviour has taught us:

*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.*

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.*

Even youths will faint and be weary,
and the young will fall exhausted;
but those who wait for the LORD shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

This is the word of the Lord.

Thanks be to God.

PSALM 147.1-12 (please remain seated)

Response: *Sing praise to the Lord, O Jerusalem.*

How good it is to make music for our God,
how joyful to honour him with praise.
The Lord builds up Jerusalem and gathers together the outcasts of Israel.
He heals the broken-hearted and binds up all their wounds. *(Response)*

He counts the number of the stars and calls them all by their names.
Great is our Lord and mighty in power;
his wisdom is beyond all telling. *(Response)*

The Lord lifts up the poor, but casts down the wicked to the ground.
Sing to the Lord with thanksgiving;
make music to our God upon the lyre; *(Response)*

Who covers the heavens with clouds and prepares rain for the earth;
Who makes grass to grow upon the mountains
and green plants to serve our needs.
He gives the beasts their food
and the young ravens when they cry. *(Response)*

He takes no pleasure in the power of a horse,
no delight in human strength;
But the Lord delights in those who fear him,
who put their trust in his steadfast love. *(Response)*

NEW TESTAMENT READING: 1 Corinthians 9.16-23

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them.

To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

This is the word of the Lord.

Thanks be to God.

Please stand

Lord Christ,
who on thy heart didst bear
the burden of our shame and sin,
And now on high dost stoop to share
the fight without, the fear within;

Thy patience cannot know defeat,
thy pity will not be denied,
Thy loving-kindness still is great,
thy tender mercies still abide.

O brother Man,
for this we pray,
thou brother Man and sovereign Lord,
That we thy brethren, day by day,
may follow thee and keep thy word;

That we may care, as thou hast cared,
for sick and lame, for deaf and blind,
And freely share, as thou hast shared,
in all the sorrows of mankind;

That ours may be the holy task
to help and bless, to heal and save;
This is the happiness we ask,
and this the service that we crave.

We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command, send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends
and, taking bread, he praised you.

He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

When supper was ended he took the cup of wine.
Again he praised you, gave it to them and said:
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.

So, Father, we remember all that Jesus did,
and in him we plead with confidence his sacrifice
made once for all upon the cross.
Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection until he comes in glory.

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

Lord of all life,
help us to work together for that day when your kingdom comes
and justice and mercy will be seen in all the earth.
Look with favour on your people,
gather us in your loving arms
and bring us with the Blessed Virgin Mary, St Margaret
and all the saints to feast at your table in heaven.

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.

Father, you made the world and love your creation.

You gave your Son Jesus Christ to be our Saviour.

His dying and rising have set us free from sin and death.

And so we gladly thank you,

with saints and angels praising you, and singing:

68 (Organ) Ho - ly, ho - ly, ho - ly, Lord God of
72 hosts, Heav'n and earth are full of thy glo - ry.
75 Glo - ry be to thee, O Lord most high.
78 Bless - ed is he that com - eth in the name of the
81 Lord Ho - san - na in the high - est

Please remain standing

Please remain standing

THE GOSPEL: Mark 1.29-39

62 (Priest)
Hear the Gospel of our Lord Jesus Christ according to... Glo - ry be to thee, O Lord.

As soon as Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, 'Everyone is searching for you.' He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

This is the Gospel of the Lord.

65 (Priest)
This is the Gospel of the Lord Praise be to thee, O Christ.

Please sit for the sermon

Please stand to say the Creed:

*We believe in one God, the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.*

*We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.
For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary
and was made man.*

*For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.*

*We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.*

*We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.*

Please sit or kneel for the Intercessions. After each section

Lord, in your mercy
hear our prayer.

After the final section

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

Please stand

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

and the Peace is exchanged by all.

We have a gospel to proclaim
Good news for men in all the earth;
The gospel of a Saviour's name:
We sing his glory,
tell his worth.

Tell of his birth at Bethlehem,
Not in a royal house or hall
But in a stable dark and dim:
The Word made flesh, a light for all.

Tell of his death at Calvary,
Hated by those he came to save;
In lonely suffering
on the cross
For all he loved his life he gave.

Tell of that glorious Easter morn:
Empty the tomb, for he was free.
He broke the power
of death and hell
That we might share his victory.

Tell of his reign
at God's right hand,
By all creation glorified;
He sends his Spirit on his Church
To live for him, the Lamb who died.

Now we rejoice to name him King:
Jesus is Lord of all the earth.
This gospel message we proclaim:
We sing his glory, tell his worth.