



Welcome to St Andrew's, Aberdeen

We unite in prayer at the Sacrament of the Altar
at this time of uncertainty and challenge,
in communion with the faithful in Aberdeen and beyond.
You are most welcome as you join in Worship
Online from the Upper Room.

Praying in Grace | Growing in Grace | Giving in Grace

HOLY EUCHARIST

21 February 2021, 3 pm

The First Sunday of Lent

Celebrant: Fr Isaac Poobalan

Director of Music and Organist: Christopher Cromar

Mass setting: *Communion Service in d minor*, Ralph Vaughan Williams

Organ voluntary: *Ciacona in e minor* BuxVW 160, Dietrich Buxtehude (c.1637-1707)

Hymn 63 (NEH)

(Words: 18th century Latin, Translation by Edward Caswall 1814-78.
Music: St Bernard, Adapted from a melody in Tochter Sion Cologne 1741)

- 1 All ye who seek a comfort sure
In trouble and distress,
Whatever sorrow vex the mind
Or guilt the soul oppress,
- 2 Jesus, who gave himself for you
Upon the cross to die,
Opens to you his sacred heart;
O to that heart draw nigh.
- 3 Ye hear how kindly he invites;
Ye hear his words so blest –
'All ye that labour come to me,
And I will give you rest.'
- 4 O Jesus, joy of saints on high,
Thou hope of sinners here,
Attracted by those loving words
To thee I lift my prayer.
- 5 Wash thou my wounds in that dear blood
Which forth from thee doth flow;
New grace, new hope inspire, a new
And better heart bestow.

Minister ✠ In the name of the Father, and the Son, and the Holy Spirit.
All **Amen.**

Minister Grace and peace to you from God our
Father and the Lord Jesus Christ.
All **Amen.**

Minister Almighty God,
All 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

THE CONFESSION, KYRIES AND ABSOLUTION

Minister God is love and we are God's children.

There is no room for fear in love.

We love because God loved us first.

Let us confess our sins in penitence and faith.

A short silence may be kept.

Minister God our Father,
All **We confess to you**
and to our fellow members in the Body of Christ
that we have sinned in thought, word and deed,
and in what we have failed to do.
We are truly sorry.
Forgive us our sins,
and deliver us from the power of evil,
for the sake of your Son who died for us,
Jesus Christ, Our Lord.

Celebrant God, who is both Power, and Love,
✠ forgive you and free you from your sins,
heal and strengthen you by the Holy Spirit,
and raise you to new life in Christ our Lord.

All **Amen.**

KYRIE

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Collect (The First Sunday of Lent)

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; 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.**

Old Testament: Genesis 9.8-17 (NRSV)

Then God said to Noah and to his sons with him, “As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

For the word of the Lord

Thanks be to God

Psalm 25.1-9

- 1 Unto thee, O Lord, will I lift up my soul; my God, I have put my trust in thee : O let me not be confounded, neither let mine enemies triumph over me.
- 2 For all they that hope in thee shall not be ashamed : but such as transgress without a cause shall be put to confusion.
- 3 Shew me thy ways, O Lord : and teach me thy paths.
- 4 Lead me forth in thy truth, and learn me : for thou art the God of my salvation; in thee hath been my hope all the day long.
- 5 Call to remembrance, O Lord, thy tender mercies : and thy loving-kindnesses, which have been ever of old.
- 6 O remember not the sins and offences of my youth : but according to thy mercy think thou upon me, O Lord, for thy goodness.
- 7 Gracious and righteous is the Lord : therefore will he teach sinners in the way.
- 8 Them that are meek shall he guide in judgement : and such as are gentle, them shall he learn his way.
- 9 All the paths of the Lord are mercy and truth : unto such as keep his covenant and his testimonies.

Glory be to the Father, and to the Son : and to the Holy Spirit;
As it was in the beginning, is now and ever shall be : world without end.
Amen.

Epistle: 1 Peter 3.18-22 (NRSV)

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

For the word of the Lord

Thanks be to God

Gospel acclamation

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!

Gospel: Mark 1.9-15 (NRSV)

After the Gospel is announced

All **Glory to Christ our Saviour.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.”

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

All Give thanks to the Lord for His glorious Gospel.
Praise to Christ our Lord.

THE SERMON

THE NICENE 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 substance with the Father.
Through him all things were made.
For us and for our salvation he came down from heaven;
by the power of the Holy Spirit
he became incarnate of 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,
who with the Father and the Son is worshipped and glorified.
He 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.

THE INTERCESSIONS

THE PEACE

Celebrant We meet in Christ's Name.
All Let us share His peace.

Offertory Hymn 83 (NEH)

(Words: Italian (author unknown), Translation by Edward Caswall 1814-78.

Music: Caswall, F. Filitz 1804-76)

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| 1 | Glory be to Jesus,
Who, in bitter pains,
Poured for me the life-blood
From his sacred veins. | 4 | Abel's blood for vengeance
Pleaded to the skies;
But the blood of Jesus
For our pardon cries. |
| 2 | Grace and life eternal
In that Blood I find;
Blest be his compassion,
Infinitely kind. | 5 | Oft as it is sprinkled
On our guilty hearts
Satan in confusion
Terror-struck departs. |
| 3 | Blessed through the ages
Be the precious stream,
Which from endless torment
Doth the world redeem. | 6 | Oft as earth exulting
Wafts its praise on high,
Hell with terror trembles,
Heaven is filled with joy. |
| 7 | | | |
| Lift ye then your voices;
Swell the mighty flood;
Louder still and louder
Praise the precious Blood. | | | |

PRAYERS OF OFFERING

Celebrant Blessed are you, Lord God of all creation; through your goodness we have this bread to offer, which earth has given and human hands have made: it will become for us the Bread of life.

All **Blessed be God for ever.**

Celebrant Blessed are you, Lord God of all creation; through your goodness we have this wine to offer, fruit of the vine and work of human hands; it will become the Cup of our salvation.

All **Blessed be God for ever.**

The Great Thanksgiving

Celebrant The Lord be with you.

All **And also with you.**

Celebrant Lift up your hearts.

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

Celebrant Let us give thanks to the Lord our God.

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

EUCCHARISTIC PRAYER

Celebrant Worship and praise belong to you,
maker of light and darkness.
Your wisdom draws beauty from chaos,
brings a harvest out of sorrow
and leads the exiles home.

In Christ your Son enemies are reconciled,
debts forgiven
and strangers made welcome.

Your Spirit frees us
to live as sons and daughters
in our Father's house.

We who by Christ's power
follow the way of the Cross,
sharing the joy of his obedience,
now offer you our praise,
with angels and archangels
and the whole company of heaven
singing the hymn of your unending glory:

SANCTUS and BENEDICTUS

**Holy, Holy, Holy, Lord God of hosts,
heaven and earth are full of thy glory.
Glory be to thee, O Lord most high.**

**✠ Blessed is he that cometh in the Name of the Lord.
Hosanna in the highest.**

Celebrant

Glory and thanksgiving be to you,
most loving Father,
for Christ in whom the world is reconciled.
Lifted on the Cross,
his suffering and forgiveness
spanned the gulf our sins had made.
Through that dark struggle
death was swallowed up in victory,
that life and light might reign.

Before he was given up to suffering and death,
recalling the night of Israel's release,
the night in which the sons of Egypt died,
your Chosen One, himself the First-Born,
freely offered his life.

At supper with his disciples
he took bread and offered you thanks.
He broke the bread,
and gave it to them, saying:
"Take, eat.
This is my Body: it is broken for you."

'Take, eat. This is my Body: it is broken for you.'

After supper, he took the cup,
he offered you thanks, and gave it to them, saying:

*'Drink this, all of you.
This is my Blood of the new covenant;
it is poured out for you, and for all,
that sins may be forgiven.
Do this in remembrance of me.'* ✠

All **We now obey your Son's command.
We recall his blessed passion and death,
his glorious resurrection and ascension;
and we look for the coming of his Kingdom.
Made one with him, we offer you these gifts
and with them ourselves,
a single, holy, living sacrifice.**

Celebrant Hear us, most merciful Father,
and send your Holy Spirit upon us
and upon this bread and this wine,
that, overshadowed by his life-giving power,
they may be the Body and Blood of your Son,
and we may be kindled with the fire of your love
and renewed for the service of your Kingdom.

All **Help us, who are baptised
into the fellowship of Christ's Body
to live and work to your praise and glory;
may we grow together in unity and love
until at last, in your new creation,
we enter into our heritage,
in the company of the Virgin Mary,
Saint Andrew, the apostles and prophets,
and of all our brothers and sisters
living and departed.**

Celebrant Through Jesus Christ our Lord,
With whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be to you,
Lord of all ages, world without end.

All **Amen.**

THE BREAKING OF THE BREAD

Celebrant The living Bread is broken for the life of the world.

All **Lord, unite us in this sign.**

Celebrant As our Saviour has 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.**

AGNUS DEI

**O Lamb of God, that takest away the sins of the world:
have mercy upon us.**

**O Lamb of God, that takest away the sins of the world:
have mercy upon us.**

**O Lamb of God, that takest away the sins of the world:
Grant us thy peace.**

INVITATION TO COMMUNION

Celebrant Behold the Lamb of God: behold him that takes away the sin of the world; blessed are they who are called to his supper.

All **Lord, I am not worthy to receive you, but only say the word and I shall be healed.**

Those joining in this service online are invited to make a spiritual communion:

Lord Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. Permit not that I should ever be separated from you. Amen.

Communion motet: *Verily, verily, I say unto you*, Thomas Tallis (c. 1505-1585)

Post-Communion Hymn 67 (NEH)

(Words: G. H. Smyttan 1822-70 and Francis Pott 1832-1909.

Music: *Aus der Tiefe*, 'M. H.' in *Nürnbergisches Gesangbuch* 1676,

Melody possibly by M. Herbst 1654-81)

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| 1 Forty days and forty nights
Thou wast fasting in the wild,
Forty days and forty nights
Tempted and yet undefiled. | 4 And if Satan, vexing sore,
Flesh or spirit should assail,
Thou, his vanquisher before,
Grant we may not faint nor fail. |
| 2 Sunbeams scorching all the day,
Chilly dewdrops nightly shed,
Prowling beasts about the say
Stones thy pillow, earth thy bed. | 5 So shall we have peace divine,
Holier gladness ours shall be,
Round us too shall angels shine,
Such as ministered to thee. |
| 3 Let us thine endurance share,
And awhile from joys abstain,
With thee watching unto prayer,
Strong with thee to suffer pain. | 6 Keep, O keep us, Saviour dear,
Ever constant by thy side,
That with thee we may appear
At the eternal Eastertide. |

Celebrant Give thanks to our gracious God,
All Whose mercy endures for ever.

Celebrant Let us pray.

Father of all, we give you thanks and praise that when we were still far off you met us in your Son and brought us home. Dying and living, he declared your love, gave us grace, and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights, give light to the world. Keep us firm in the hope you have set before us, so we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord.

All **Amen.**

Celebrant 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 upon you and remain with you –
and all whom you love, and all who love you,
wherever they may be – this day and for evermore.

All **Amen.**

NOTICES

Celebrant Go in peace to love and serve the Lord

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

Organ: *Praeludium in d minor BuxVW 140*, Dietrich Buxtehude

Let us pray

We thank God for the life and witness of the St Andrew's community worldwide, and we pray for its congregation in Aberdeen on its Pilgrimage of Trust with the God of Peace. We thank God for renewal of St Andrew's in this time of global change and we pray for grace in our call to be a peculiar people and draw many to God's love.

In this season of Pandemic we pray for all those who work in the frontline in health sector, including care homes, and those working in essential services.

In the St Andrew's community and our circle of friends and supporters we pray for Pamela Lawrence, Florence Cal-Anglia, Helena Thomas, Moira Paterson, Jean Souter, Richard Hutton, Henry Kelman, Lena Benzi, Patricia Mitchell, the Rev'd Duncan Heddle, Daniel, Angela, Sister Columba, Lynne Oram and Mark Walker.

We praise God for those who mark a blessing with a birthday or an anniversary, especially for Chika Uzowulu, Ehi Odeh and Chinani Ebenegbu who will all celebrate their birthday this week.

We remember those whom we love but see no longer; and those whose year's mind occurs this week remembering Brian Simpson. We pray for the repose of the souls of Ravi Garg, David Ingman and David Houldsworth.

In the Diocese we remember Bishop Anne, Fr Roger and Millie in our prayers. This week we pray for the Fetlar Community Garden and for the Rev'd Graham Booth, and for the Aberdeen Cyrenians.

In the Anglican Cycle of Prayer we pray for the Church of the Province of Central Africa, and for the Most Rev'd Albert Chama, Archbishop of Central Africa and Bishop of Northern Zambia.

In the Porvoo Prayer Diary we pray for the Diocese of Peterborough in the Church of England and for their Bishops, Donald Allister and John Holbrook, for the Diocese of Meath and Kildare in the Church of Ireland, and for their Bishop, Pat Storey, for the Diocese of Canterbury, for Archbishop Justin Welby and their Bishop, Rose Hudson-Wilkin, and for the Diocese of Down and Dromore, and for their Bishop, David McClay.

This week's Events and Services

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| 25 February | Holy Communion (online) at 10 am |
| 26 February | Cathedral coffee morning (Zoom) at 10 am |
| 28 February | Holy Eucharist at 10 am (in St Mary's, Carden Place)
and Holy Eucharist (online) at 3 pm. |

Lent, Holy Week & Easter 2021 @ the Upper Room

Date	Sunday	Service
February 28	Lent 2	8.30am Morning Prayer 3pm Holy Eucharist
March 7	Lent 3	8.30am Morning Prayer 3pm Holy Eucharist
March 14	Mothering Sunday	8.30am Morning Prayer 3pm Festal Eucharist
March 21	Passion Sunday	8.30am Morning Prayer 3pm Holy Eucharist
March 28	Palm Sunday	8.30am Morning Prayer 3pm Holy Eucharist
April 4	Easter 2021	6am Dawn Praise 3pm Festal Eucharist

Holy Week & Easter 2021

Palm Sunday March 28

3pm Holy Eucharist

Thursday in Holy Week April 1

10am Holy Communion

Maundy Thursday April 2

10am Maundy Thursday Solemn Mass

7.30pm Sung Eucharist & the stripping of the Altar

Good Friday April 3

10am Aberdeen in Lockdown Walk of Witness

12n Good Friday at the Cross

1pm Stations of the Cross with Young People

7.30pm Tenebrae

Holy Saturday April 20

10am Holy Saturday Easter Garden with Young People

12n Sacred Music - Cathedral Trebles (Play back from YouTube)

8.30pm Easter Vigil in the East

Easter Sunday April 21

6am Easter Dawn Praise

3pm Easter Solemn Eucharist