

St Mary-at-Finchley

Parish Eucharist

Second Sunday of Lent

1st March 2026

The Gathering

***Stand** A hymn is sung as the choir, servers and clergy enter*

Processional Hymn 396 Oft in danger

1 Oft in danger, oft in woe,
onward, Christians, onward go;
bear the toil, maintain the strife,
strengthened with the bread of life.

2 Onward, through the desert night,
keeping faith and vision bright;
face the challenge of the hour
trusting in your Saviour's power?

3 Let not sorrow dim your eye;
soon shall every tear be dry:
let not fears your course impede;
great your strength, if great your need.

4 Let your drooping hearts be glad;
march in heavenly armour clad;
fight, nor think the battle long:
soon shall victory wake your song.

5 Onward then undaunted move;
more than faithful God will prove:
though the raging waters flow,
Christian pilgrims, onward go.

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

The Greeting

The Lord be with you
and also with you.

Prayers of Penitence

Compassion and forgiveness belong to the Lord our God,
though we have rebelled against him.
Let us then renounce our wilfulness and ask his mercy
by confessing our sins in penitence and faith.

In the wilderness we find your grace;
you love us with an everlasting love.

Lord, have mercy.

Lord, have mercy.

There is none but you to uphold our cause;
our sin cries out and our guilt is great.

Christ, have mercy.

Christ, have mercy.

Heal us, O Lord, and we shall be healed;
restore us and we shall know your joy.

Lord, have mercy.

Lord, have mercy.

May the Father of all mercies
cleanse *us* from *our* sins,
and restore *us* in his image
to the praise and glory of his name,
through Jesus Christ our Lord.

Amen.

The Collect

Let us pray.

Almighty God,
you show to those who are in error the light of your truth,
that they may return to the way of righteousness:
grant to all those who are admitted
into the fellowship of Christ's religion,
that they may reject those things
that are contrary to their profession,
and follow all such things as are agreeable to the same;
through our Lord Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

The Liturgy of the Word

Readings

Sit

A reading from the book of 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. Abram was seventy-five years old when he departed from Haran.

This is the word of the Lord.

Thanks be to God.

Psalm 121

My help comes from the Lord who made heav'n and earth

I lift up my eyes to the hills—
from where will my help come?

My help comes from the Lord,
who made heaven and earth.

My help comes from the Lord who made heav'n and earth

He will not let your foot be moved;
he who keeps you will not slumber.

He who keeps Israel
will neither slumber nor sleep.

My help comes from the Lord who made heav'n and earth

The Lord is your keeper;
the Lord is your shade at your right hand.
The sun shall not strike you by day,
nor the moon by night.

My help comes from the Lord who made heav'n and earth

The Lord will keep you from all evil;
he will keep your life.
The Lord will keep
your going out and your coming in
from this time on and for evermore.

My help comes from the Lord who made heav'n and earth

A reading from the letter of Paul to the Romans (4.1-5,13-17)

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

This is the word of the Lord.

Thanks be to God.

Gospel Reading

The Lord be with you
And also with you

Hear the Gospel of our Lord Jesus Christ according to John (3.1-17).
Glory to you, O Lord.

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things? 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. 'For 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. 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

This is the Gospel of the Lord.

Praise to you, O Christ.

Sit Sermon
Preacher The Curate

***Stand* 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.**

***Kneel* Prayers of Intercession**

In the power of the Spirit and in union with Christ,
let us pray to the Father.

*The prayers usually include these concerns and may follow this
sequence:*

The Church of Christ

Creation, human society, those in authority

The local community

Those who suffer

The communion of saints

These responses may be used

Lord, in your mercy
hear our prayer.

(or)

Lord, hear us.

Lord, graciously hear us.

and at the end

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

The Liturgy of the Sacrament

Stand The Peace

Since we are justified by faith
we have peace with God through our Lord Jesus Christ.

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

Let us offer one another a sign of peace.

All may exchange a sign of peace.

The Offertory

*A Hymn is sung as the elements of bread and wine are brought to the altar
and the gifts of the people are collected.*

Offertory Hymn 33 Angel voices

Angel voices ever singing
round thy throne of light,
angel-harps for ever ringing,
rest not day nor night;

thousands only live to bless thee
and confess thee
Lord of might.

Thou who art beyond the farthest
mortal eye can scan,
can it be that thou regardest
songs of sinful man?
can we know that thou art near us,
and wilt hear us?
yea, we can.

Yea, we know that thou rejoicest
o'er each work of thine;
thou didst ears and hands and voices
for thy praise design;
craftsman's art and music's measure
for thy pleasure
all combine.

In thy house, great God, we offer
of thine own to thee;
and for thine acceptance proffer
all unworthily
hearts and minds and hands and voices
in our choicest
psalmody.

Honour, glory, might, and merit
thine shall ever be,
Father, Son, and Holy Spirit,
blessed Trinity.
Of the best that thou hast given
earth and heaven
render thee.

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

Blessed be God for ever.

Blessed are you, Lord God of all creation:
through your goodness we have this wine to set before you,
fruit of the vine and work of human hands.
It will become for us the cup of salvation.

Blessed be God for ever.

The Eucharistic Prayer

The Lord is here.

His Spirit is with us.

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.

It is indeed right and good
to give you thanks and praise,
almighty God and everlasting Father,
through Jesus Christ your Son.

For in these forty days
you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline
we may grow in grace
and learn to be your people once again.

Through fasting, prayer and acts of service

you bring us back to your generous heart.
Through study of your holy word
you open our eyes to your presence in the world
and free our hands to welcome others
into the radiant splendour of your love.
As we prepare to celebrate the Easter feast
with joyful hearts and minds
we bless you for your mercy
and join with saints and angels
for ever praising you and *saying*:

**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.**

Accept our praises, heavenly Father,
through your Son our Saviour Jesus Christ,
and as we follow his example and obey his command,
grant that by the power of your Holy Spirit
these gifts of bread and wine
may be to us his body and his blood;

who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:
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.

Therefore, heavenly Father,
we remember his offering of himself
made once for all upon the cross;
we proclaim his mighty resurrection and glorious ascension;
we look for the coming of your kingdom,
and with this bread and this cup
we make the memorial of Christ your Son our Lord.

Great is the mystery of faith

Christ has died:

Christ is risen:

Christ will come again.

Accept through him, our great high priest,
this our sacrifice of thanks and praise,
and as we eat and drink these holy gifts
in the presence of your divine majesty,
renew us by your Spirit,
inspire us with your love
and unite us in the body of your Son,
Jesus Christ our Lord.

Through him, and with him, and in him,
in the unity of the Holy Spirit,
with all who stand before you in earth and heaven,
we worship you, Father almighty,
in songs of everlasting praise:

**Blessing and honour and glory and power
be yours for ever and ever.**

Amen.

***Kneel* The Lord's Prayer**

Let us pray to the Father, each in our own language.

**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.**

Breaking of Bread

Every time we eat this bread
and drink this cup,
**we proclaim the Lord's death
until he comes.**

Agnus Dei

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

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

**Jesus, redeemer of the world,
grant us peace.**

Giving of Communion

Jesus is 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.**
Or

God's holy gifts
for God's holy people.
**Jesus Christ is holy,
Jesus Christ is Lord,
to the glory of God the Father.**

*Communicant members of all Christian Churches are welcome to receive
Communion, anyone is welcome to come forward to receive a blessing.*

During the distribution hymns and anthems may be sung.

During Communion: Stainer, *God so loved the world*

***Kneel* Prayer after Communion**

Silence is kept.

The Post Communion prayer is said.

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 adversities
which may happen to the body,
and from all evil thoughts which may assault and hurt the soul;

through Jesus Christ our Lord.

Amen.

**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.
Amen.**

The Notices

Stand A hymn is sung

Post Communion Hymn 178 God that madest earth and
heaven

God, that madest earth and Heaven,
Darkness and light!
Who the day for toil hast given,
For rest the night!
May Thine angel guards defend us,
Slumber sweet Thy mercy send us;
Holy dreams and hopes attend us,
This livelong night!

Guard us waking, guard us sleeping,
And when we die,
May we in Thy mighty keeping
All peaceful lie;
When the last dread call shall wake us,
Do not Thou, our God, forsake us,
But to reign in glory take us
With Thee on high.

The Dismissal

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 peace to love and serve the Lord.
In the name of Christ. Amen.

The ministers and people depart.

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