

## **An Act of Spiritual Communion** **The 4<sup>th</sup> Sunday of Lent (Mothering Sunday)**

### **Offering our hearts to join with Jesus' heart in the Eucharist**

Although we are far apart from one another at this time, we are the body of Christ, united in our prayer and worship wherever we are. This order of service is to help you in your prayer at home, whether you are following our facebook livestream at 11am on Sunday 22<sup>nd</sup> of March (<https://www.facebook.com/StNicsBrighton>), or praying at another time.

It is a cruel irony that when we might most want to gather together and receive the body and blood of Jesus Christ, when we most want to speak the words of our hope together, we are prevented from doing so for the health and safety of all. This act of Spiritual Communion, however, is a very real offering of your heart. It is a prayer that we are sharing with you, and we look forward to the day we can join together once again.

As you prepare to worship, it may help to light a candle and to pray the collect for purity:

*Almighty God, 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.*

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

### **An act of Confession**

*If you are watching on facebook, the celebrant introduces the service and we confess our sins. If you are praying alone take a moment to consider how you have strayed from God's love in the last week. You may like to say*

**Lord Jesus Christ, Son of the Living God, have mercy on me, a sinner.**

### **The Collect**

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; 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.

### **The Liturgy of the Word**

#### **The First Reading: 1 Samuel 1.20–28**

In due time Hannah conceived and bore a son. She named him Samuel, for she said, 'I have asked him of the Lord.'

The man Elkanah and all his household went up to offer to the Lord the yearly sacrifice, and to pay his vow. But Hannah did not go up, for she said to her husband, 'As soon as

the child is weaned, I will bring him, that he may appear in the presence of the Lord, and remain there for ever; I will offer him as a nazirite for all time.' Her husband Elkanah said to her, 'Do what seems best to you, wait until you have weaned him; only—may the Lord establish his word.' So the woman remained and nursed her son, until she weaned him. When she had weaned him, she took him up with her, along with a three-year-old bull, an ephah of flour, and a skin of wine. She brought him to the house of the Lord at Shiloh; and the child was young. Then they slaughtered the bull, and they brought the child to Eli. And she said, 'Oh, my lord! As you live, my lord, I am the woman who was standing here in your presence, praying to the Lord. For this child I prayed; and the Lord has granted me the petition that I made to him. Therefore I have lent him to the Lord; as long as he lives, he is given to the Lord.'

She left him there for the Lord.

### **The Psalm : Psalm 127:1-4**

*Response:* **It is the Lord who builds the house.**

Unless the Lord builds the house, their labour is in vain who build it.

**It is the Lord who builds the house.**

Unless the Lord watches over the city, in vain the guard keeps vigil.

**It is the Lord who builds the house.**

It is in vain that you rise so early and go to bed so late;

vain too to eat the bread of toil, for he gives his beloveds sleep.

**It is the Lord who builds the house.**

Children are a heritage from the Lord, and the fruit of the womb is a gift.

### **The Second Reading: Colossians 3.12–17**

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

### **The Gospel: John 19.25–27**

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

**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.**

*If you are watching the livestream, you may like to pray the following prayer while the priest receives Holy Communion.*

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

**Soul of Christ, sanctify me.**

**Body of Christ, save me.**

**Blood of Christ, inebriate me.**

**Water from the side of Christ, wash me.**

**Passion of Christ, strengthen me.**

**O Good Jesus, hear me.**

**Within your wounds hide me.**

**Permit me not to be separated from you.**

**From the wicked foe, defend me.**

**At the hour of my death, call me and bid me come to you**

**That with your saints I may praise you**

**For ever and ever. Amen**

*Join us in singing or praying the hymn:*

**Jesus, good above all other,  
gentle child of gentle mother,  
in a stable born our brother,  
give us grace to persevere.-**

**Jesus, cradled in a manger,  
for us facing every danger,  
living as a homeless stranger,  
make we thee our King most dear.**

**Jesus, for thy people dying,  
risen Master, death defying,  
Lord in heaven, thy grace supplying,  
keep us to thy presence near.**

**Jesus, who our sorrows bearest,  
all our thoughts and hopes thou sharest,  
thou to us the truth declarest;  
help us all thy truth to hear.**

**Lord, in all our doings guide us;  
pride and hate shall ne'er divide us;  
we'll go on with thee beside us,  
and with joy we'll persevere.**

**May Our Lady, St Nicholas, *here name any saint(s) for whom you have special devotion*  
and all the saints pray for us. May the angels and archangels watch over us to guard and  
keep us. And may God bless us, the Father, the Son and the Holy Spirit. Amen.**

**Let us bless the Lord  
Thanks be to God.**