



The Lifton Benefice

***Livestreamed Eucharist,
With Spiritual Communion and Adoration***



***The Fourth Sunday of Epiphany
Sunday 31st January 2021***

Music before the liturgy: Cleansing Fountain: Gilbert Martin

The Gathering

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

All: **Amen.**

Hymn:

Judge eternal, throned in splendour,
Lord of lords and King of kings,
with thy living fire of judgment
purge this realm of bitter things:
solace all its wide dominion
with the healing of thy wings.

Still the weary folk are pining
for the hour that brings release:
and the city's crowded clangour
cries aloud for sin to cease;
and the homesteads and the woodlands
plead in silence for their peace.

Crown, O Lord, thine own endeavour;
cleave our darkness with thy sword;
cheer the faint and feed the hungry
with the richness of thy word;
cleanse the body of this nation
through the glory of the Lord

All Blessed are you, Lord our God, King of the universe.
**From the rising of the sun to its setting
your name is proclaimed in all the world.**

All The Lord of glory be with you.
The Lord bless you

The Liturgy is introduced

Act of Penitence

Pres: Our Lord Jesus Christ says,
'A new commandment I give you,
that you love one another as I have loved you.'

Let us confess to almighty God
our failure to accept his love
and to share it with others.

Silence is kept.

Lord Jesus, you came to reconcile us to one another and to the Father
Lord, have mercy.
All **Lord, have mercy.**

Lord Jesus, you heal the wounds of sin and division:
Christ, have mercy.
All **Christ, have mercy.**

Lord Jesus, you intercede for us with your Father
Lord, have mercy.
All **Lord, have mercy.**

*The President declares the **Absolution.** (God's Forgiveness)*

*The **Gloria in Excelsis** is sung:*

President: Gloria in Excelsis Deo

All:

**God in Heaven, to you we sing
Glory in the Highest
God of Love your peace you bring
Glory in the Highest
God our Father, King and Lord
Glory in the Highest
You are worshipped and adored
Glory in the Highest**

**Jesus, Lord the Father's son
Hear our Prayer, have mercy
By your sacrifice, alone
Hear our Prayer, have mercy
Take away our sin and pride
Hear our Prayer, have mercy
Glorious at the Father's side
Hear our Prayer, have mercy**

**Jesus, Lord of time and space
Glory in the Highest
Holy Spirit, source of grace
Glory in the Highest
With the Father, God of Love,
Glory in the Highest
In your Majesty above
Glory in the Highest**

*The **Collect.**(Prayer for the day)*

Pres: Let us pray.

Silence is kept for a space.

God of heaven,
you send the gospel to the ends of the earth
and your messengers to every nation:
send your Holy Spirit to transform us
by the good news of everlasting life
in Jesus Christ our Lord.
All **Amen.**

The Liturgy of the Word

*Sit for The **First Reading**.* Revelation 12: 1-5

A great portent appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. She was pregnant and was crying out in birth pangs, in the agony of giving birth. Then another portent appeared in heaven: a great red dragon, with seven heads and ten horns, and seven diadems on his heads. His tail swept down a third of the stars of heaven and threw them to the earth. Then the dragon stood before the woman who was about to bear a child, so that he might devour her child as soon as it was born. And she gave birth to a son, a male child, who is to rule all the nations with a rod of iron. But her child was snatched away and taken to God and to his throne;

Reader: Hear what the Spirit is saying to the church.

All: **Thanks be to God**

*The **Gospel Reading** is acclaimed*

Cantor: Alleluia. Alleluia. Alleluia!

All: **Alleluia. Alleluia. Alleluia!**

Cantor: There is one body and one Spirit, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

All: **Alleluia. Alleluia. Alleluia!**

Pres: The Lord be with you

All: **And also with you**

Pres: Hear the Gospel of our Lord Jesus Christ according to Mark (1: 21-28)

All: **Glory to you O Lord**

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.' At once his fame began to spread throughout the surrounding region of Galilee.

At the end of the Gospel

Pres: This is the Gospel of the Lord

All: **Praise to you O Christ**

*The **Homily**.*

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

The Prayers of the Faithful .

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

God of our salvation,
hope of all the ends of the earth,

we pray:

Your kingdom come.

That the world may know Jesus Christ
as the Prince of Peace,

we pray:

Your kingdom come.

That all who are estranged and without hope
may be brought near in the blood of Christ,

we pray:

Your kingdom come.

That the Church may be one in serving
and proclaiming the gospel,

we pray:

Your kingdom come.

That we may be bold to speak the word of God
while you stretch out your hand to save,

we pray:

Your kingdom come.

That the Church may be generous in giving,
faithful in serving, bold in proclaiming,

we pray:

Your kingdom come.

That the Church may welcome and support
all whom God calls to faith,

we pray:

Your kingdom come.

That all who serve the gospel may be kept in safety
while your word accomplishes its purpose,

we pray:

Your kingdom come.

That all who suffer for the gospel
may know the comfort and glory of Christ,

we pray:

Your kingdom come.

That the day may come when every knee shall bow
and every tongue confess that Jesus Christ is Lord,
we pray:

Your kingdom come.

Silence is Kept for a space.

Almighty God,
by your Holy Spirit you have made us one
with your saints in heaven and on earth:
grant that in our earthly pilgrimage
we may ever be supported by this fellowship of love and prayer,
and know ourselves surrounded by their witness
to your power and mercy;
through Jesus Christ our Lord.
Amen.

The Liturgy of the Sacrament

The Peace. The president introduces the Peace

Pres: Lord Jesus Christ, you said to your apostles,
'Peace I leave with you, my peace I give to you.'
Look not on our sins, but on the faith of your Church,
and grant it that peace and unity which is according to your will.

All: The Peace of the Lord be always with you.
and also with you.

The offertory

Hymn

O thou who camest from above
the fire celestial to impart,
kindle a flame of sacred love
on the mean altar of my heart!

There let it for thy glory burn
with inextinguishable blaze,
and trembling to its source return
in humble prayer and fervent praise.

Jesus, confirm my heart's desire
to work, and speak, and think for thee;
still let me guard the holy fire,
and still stir up the gift in me.

Ready for all thy perfect will,
my acts of faith and love repeat;
till death thy endless mercies seal,
and make the sacrifice complete.

The Great Thanksgiving

Pres: The Lord be with you
All: **And also with you**
Pres: Lift up your hearts
All: **We lift them to the Lord**
Pres: Let us give thanks to the Lord our God
All: **It is right to give thanks and praise.**

The president recalls God's work of creation and the sending of Jesus Christ as saviour.

All: **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.**

The President recalls the words of Jesus on the night he was betrayed and asks the Holy Spirit to come upon the gifts of bread and wine that they may become the body and blood of Christ.

Pres: Great is the mystery of faith.
All: **Christ has died.
Christ is risen.
Christ will come again**

The President recalls Christ's resurrection and ascension, prays for his coming again and prays for the Holy spirit to empower the church.

The President prays the final doxology and the sacrament is lifted High.
All **Amen**

*The president introduces the **Lord's Prayer***

Believing the promises of God,
let us pray with confidence as our Saviour has taught us
Our Father,.....

The president breaks the bread and says:

we break the bread of life, and that life is the Light of the World

All
**God here among us,
Light in the midst of us
Bring us to light and life.**

The Agnus Dei is sung:

Pres: Lamb of God, you take away the sins of the world:

All: **have mercy on us.**

Pres: Lamb of God, you take away the sins of the world:

All: **have mercy on us**

Pres: Lamb of God, you take away the sins of the world:

All: **grant us peace**

The president invites the congregation to receive communion:

Pres: Christ is the true bread which has come down from heaven

All: **Lord, Give us this bread always.**

Those present now receive communion.

The Choir sing: Draw nigh and take the body of the Lord: Robert Jones

All say the Prayer for Spiritual Communion

Beloved Jesus,

I believe that you are present in the Blessed Sacrament of the Altar.

I love you above all things, and I desire to receive you into my soul.

**Since I cannot at this moment receive you in the Sacrament of your Body and Blood,
come spiritually into my heart.**

I embrace you and unite myself entirely to you.

Let me never be separated from you in this life or in the life to come.

Amen.

All sing: **Blessed and praised be Jesus Christ, in the most Holy Sacrament!
Hosannah in excelsis**

**Blessed and praised be Jesus Christ, in the most Holy Sacrament!
Hosannah in excelsis**

**Blessed and praised be Jesus Christ, in the most Holy Sacrament!
Hosannah in excelsis**

After communion the President prays the post communion prayer.

Generous Lord,
in word and eucharist we have proclaimed the mystery of your love:
help us so to live out our days
that we may be signs of your wonders in the world;
through Jesus Christ our Saviour

All: **Faithful God,
in baptism you have adopted us as your children,
made us members of the body of Christ
and chosen us as inheritors of your kingdom:
we thank you that in this Eucharist
you renew your promises within us,
empower us by your Spirit to witness and to serve,
and send us out as disciples of your Son,
Jesus Christ our Lord.
Amen**

Hymn :

And can it be that I should gain
an interest in the Saviour's blood?
Died he for me, who caused his pain?
For me, who him to death pursued?
Amazing love! How can it be
that thou, my God, shouldst die for me?

'Tis mystery all: the Immortal dies!
Who can explore his strange design?
In vain the first-born seraph tries
to sound the depths of love divine.
'Tis mercy all! Let earth adore,
let angel minds enquire no more.

Long my imprisoned spirit lay
fast bound in sin and nature's night;
thine eye diffused a quickening ray;
I woke, the dungeon flamed with light;
my chains fell off, my heart was free,
I rose, went forth, and followed thee.

No condemnation now I dread;
Jesus, and all in him, is mine!
Alive in him, my living Head,
and clothed in righteousness divine,
bold I approach the eternal throne,
and claim the crown, through Christ, my own.

Any notices may be given here

*The President pronounces **The Blessing.***

Pres: Go in the Peace of Christ.

All: **Thanks be to God.**

Voluntary: Choral Song: SS Wesley

Please stay safe and well!