Weekly Worship and News from St Leonard's and St Mary's

Gommac

Sunday 28th January The Fourth Sunday of Epiphany

Welcome to St Mary's

I will give THANKS to the LORD with my WHOLE HEART Psalm 111:1

Preparing for the Season of Lent

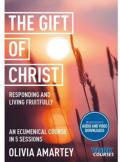
It may be a few weeks away yet however preparations have begun for this years Season of Lent and we invite you all to be involved as we repent and seek God's transforming love to renew and refresh us as we prepare to celebrate Easter.



Lent begins on **Wednesday 14th February** with two Ash Wednesday Services **St Leonard's at 10am St Mary's at 7.30pm.**

Lent Study Groups and Study Guide

You can study on your own or join one of our Study Groups meeting on a Monday and Tuesday Evening. Please sign up today to receive a Study booklet and let us know if you are interested in joining one of the groups. So lets get ready for Lent 2024





Call to Worship

Come, let us sing unto the Lord let us rejoice and be glad

For he is our God and we are his people, called to proclaim his praise

Hymn THE LORD'S MY SHEPHERD, I'll not want. He makes me lie in pastures green. He leads me by the still, still waters, His goodness restores my soul.

> And I will trust in You alone. And I will trust in You alone, For Your endless mercy follows me, Your goodness will lead me home.

He guides my ways in righteousness, And He anoints my head with oil, And my cup, it overflows with joy, I feast on His pure delights.

And though I walk the darkest path, I will not fear the evil one, For You are with me, and Your rod and staff Are the comfort I need to know.

Confession please sit or kneel

God so loved the world that he gave his only Son to save us from our sins, to be our advocate in heaven, and to bring us to eternal life.

Let us therefore confess our sins in penitence and faith,

Most merciful God, we confess that we have sinned in thought, word and deed.

We have not loved you with our whole heart.

We have not loved our neighbours as ourselves.

In your mercy forgive what we have been,

help us to amend what we are, and direct what we shall be.

God, who is both power and love, forgive us and free us from our sins, heal and strengthen us by his Spirit, and raise us to new life in Christ our Lord. **Amen**

Kyrie KYRIE ELEISON, Kyrie eleison, Kyrie eleison. Christe eleison, Christe eleison, Christe eleison. Kyrie eleison, Kyrie eleison, Kyrie eleison.

Gloria GLORIA, gloria, in excelsis Deo! Gloria, gloria, alleluia, alleluia!

The Collect

Living God, in Christ you make all things new. Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your glory; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.

Reading: Psalm 111 1-5

Praise the Lord.

I will give thanks to the Lord with my whole heart, in the company of the upright, in the congregation.
Great are the works of the Lord; they are pondered by all who delight in them.
Glorious and majestic are his deeds, and his righteousness endures forever.
He has caused his wonders to be remembered; the Lord is gracious and compassionate.
He provides food for those who fear him; he remembers his covenant forever. Hymn MAJESTY, worship His majesty, Unto Jesus be glory, honour and praise. Majesty, kingdom authority, Flow from His throne unto His own, His anthem raise.
 So exalt, lift up on high the name of Jesus, Magnify, come glorify Christ Jesus the King. Majesty, worship His majesty, Jesus who died, now glorified, King of all kings.

The Gospel Reading: Mark 1.21-28

Hear the gospel of our Lord according to Mark **Glory to Christ our Saviour**.

Jesus and his disciples went to Capernaum, and when the Sabbath came, Jesus went into the synagogue and began to teach. The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law.

Just then a man in their synagogue who was possessed by an impure spirit cried out, "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are the Holy One of God!"

"Be quiet!" said Jesus sternly. "Come out of him!" The impure spirit shook the man violently and came out of him with a shriek.

The people were all so amazed that they asked each other, "What is this? A new teaching? and with authority! He even gives orders to impure spirits and they obey him." News about him spread quickly over the whole region of Galilee.

Give thanks to the Lord for his glorious Gospel. **Praise to Christ our Lord.**

Sermon

Hymn LORD OF LIFE WE COME TO YOU;

Lord of all, our Saviour be; come to bless and to heal with the light of your love.

Through the days of doubt and toil, in our joy and in our pain, guide our steps in your way, make us one in your love.

Intercessions for today

The Peace

The Peace of the Lord be always with you **And also with you**

Let us share his peace

Hymn THY KINGDOM COME, O GOD, thy rule, O Christ, begin; break with thine iron rod the tyrannies of sin.

Where is thy reign of peace and purity and love? When shall all hatred cease, as in the realms above?

When comes the promised time that war shall be no more, and lust, oppression, crime shall flee thy face before?

We pray thee, Lord, arise, and come in thy great might; revive our longing eyes, which languish for thy sight.

Men scorn thy sacred name, and wolves devour thy fold; by many deeds of shame we learn that love grows cold.

O'er lands both near and far thick darkness broodeth yet: arise, O Morning Star, arise, and never set!

Offertory Prayer

Let us present our offerings to the Lord God of love and giver of all good things, accept these gifts and use them for the glory of your name. Amen

Eucharistic Prayer

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 him thanks and praise.

Worship and praise belong to you, God our maker. Out of nothing, you called all worlds into being, and still you draw the universe to its fulfilment. Day and night celebrate your glory till time shall be no more.

In Christ, your only-begotten Son, you have revealed yourself to the world. By the guiding of a star, you made him known to the nations as the son of David and king of Israel; that in following him, we might be led from darkness and into his marvellous light.

Filled with the Spirit,

who descended upon your Son at his Baptism in the Jordan, we who are baptised in his name strive for his heavenly kingdom in whose radiance we are transfigured and the earth is transformed.

As children of your redeeming purpose we offer you our praise with angels and archangels and the whole company of heaven singing the hymn of your unending glory:

> 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.

Glory and thanksgiving be to you, most loving Father. In Jesus the Messiah you have come to us. Our hope is built on him in whom you are well pleased. Having been shown to the world as your beloved Son, he proclaimed the good news of your kingdom.

The blind received their sight, the lame walked, the lepers were cleansed, and the captives set free. At his word, water became wine, the hungry were filled with bread, and the dead were raised.

Before he was given up to suffering and death, desiring to complete the work for which he came into the world, 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."

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."

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. 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.

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, the apostles, and prophets, and of all our brothers and sisters living and departed.

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. Amen.

Breaking of Bread

The living bread is broken for the life of the world **Lord, unite us in this sign.**

Lord's Prayer

As our Saviour Christ has commanded and taught us, we are bold to say:

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 JESUS, LAMB OF GOD: HAVE MERCY ON US

Jesus, bearer of our sins: have mercy on us Jesus, redeemer of the world: Give us your peace Jesus, redeemer of the world: Give us your peace Jesus, redeemer of the world: Give us your peace.

Invitation to come and receive

All are welcome to come and receive communion or a blessing at this time

Thanksgiving and sending out

Give thanks to the Lord, for he is gracious. And his mercy endures for ever.

Prayer after communion

Source of all goodness, in this eucharist we are nourished by the bread of heaven and invigorated with new wine of the Gospel. May these gifts renew our lives, that we may show your glory to all the world; in the name of Jesus Christ the Lord.Amen

Blessing

Christ the Son of God gladden your hearts and minds with the good news of his kingdom; and the blessing of God almighty, the Father, the Son and the Holy Spirit, be among you and remain with you now and always. Amen Hymn FIRMLY I BELIEVE AND TRULY God is Three and God is One; and I next acknowledge duly manhood taken by the Son.

> And I trust and hope most fully in that manhood crucified; and each thought and deed unruly do to death, as he has died.

Simply to his grace and wholly light and life and strength belong, and I love supremely, solely, him the holy, him the strong.

And I hold in veneration, for the love of him alone, Holy Church as his creation, and her teachings as his own.

Adoration ay be given, with and through the angelic host, to the God of earth and heaven, Father, Son, and Holy Ghost.

Dismissal

Go in peace, to love and serve the Lord in the name of Christ, Amen.

Do gather with us for fellowship and refreshments served after the service



COFFEE AT ST MARY's First Saturday of each month Next on Sat 3rd Feb with Swap Shop

Pop in to St Mary's for a blether and catch up with friends old and new.

We meet from 10.30 to 12 Noon.

SWAP SHOP

As part of our driver to be more environmentally friendly alongside Coffee at Mary's we run a Swap Shop for you to recycle and reuse a variety of items. This months theme is travel - so any items to do with traveling, from suitcases to maps, compasses, travel books or unused swimsuit etc.

PET FOOD BANK First Tues of Each Month Next open Tuesday 6th Feb

from 10am to 12 Noon on the first Tuesday of each month we give away gifts of Pet Food to those seeking aid and support at this time.

While your there have a cuppa and share your pet tales and questions. Well behaved owners and their pets are welcome.





BEACON OF HOPE

Making Monday a day of Hope. at St Leonard's Dobbies Road

This Week Love, Loss & Remembrance Monday 29th January from 10am

Each Monday we will be offering a different focus for our Beacon of Hope Meetings following the following pattern.

1st Mon: Cuppa Cake and Chat Café , 2nd Mon: Songs of Praise, grab a cuppa and sing along 3rd Mon: Prayer & Reflection: a time to be still and reflect 4th Mon: Love, Loss & Remembrance

All are welcome