



The Parish Mass
on the
Day of Reflection

Sunday 3rd March 2024
All Saints' Houghton Regis



A warm welcome to Mass!

Since 2021, Marie Curie has organised a Day of Reflection, which has seen communities across the UK come together to reflect on the Covid19 pandemic and remember those who lost their lives to the disease. This Day is also about showing support for two important groups of people: those who are still affected by the losses they experienced during that time, as well as for the workers, carers, and volunteers who played a vital roles during the critical times of the pandemic.

About the Service

The Parish Mass is celebrated every Sunday at All Saints'. Here we encounter the Lord Jesus in the reading of the scriptures and in the sacrament of the Eucharist.

Today the service is marked by the Moment of Reflection and by special prayers of thanksgiving and remembrance (*Page 11-12*).

If you are not familiar with the this type of service or with this church, do not worry. Everything you need is in this booklet.

You are welcome here.

Please, switch off your mobile phones or turn them to silent mode

INTRODUCTION

We **STAND** to sing the Entrance Hymn as the sacristy bell rings.

**1. Praise to the Holiest in the height,
and in the depth be praise:
in all His words most wonderful;
most sure in all His ways.**

**2. O loving wisdom of our God,
when all was sin and shame,
a second Adam, to the fight
and to the rescue came.**

**3. O wisest love! that flesh and blood
which did in Adam fail,
should strive afresh against the foe,
should strive and should prevail.**

**4. And that a higher gift than grace
should flesh and blood refine,
God's presence, and His very self
and essence all-divine.**

**5. And in the garden secretly,
and on the cross on high,
Should teach His brethren,
and inspire to suffer and to die.**

**6. Praise to the Holiest in the height,
and in the depth be praise:
in all His words most wonderful;
most sure in all His ways.**

The Priest may read the Entrance Antiphon (a short Scripture sentence), then says,

In the name of the Father,

✠ and of the Son,

and of the Holy Spirit.

All: Amen.

The Lord be with you

All: and also with you.

The Priest welcomes the congregation, then introduces the celebration and the Prayer of Preparation.

**All: 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.**

The Prayers of Penitence follow.

PRAYERS OF PENITENCE

*We remain **STANDING**. Alternatively, people can kneel during these prayers.*

The Priest invites people to confession with the following words,

As we begin this celebration and prepare ourselves to encounter the risen Lord in the Eucharist, let us come to the Lord, who is full of compassion, and acknowledge our transgressions in penitence and faith.

Silence is kept for a time of personal recollection, then we say,

**Most merciful God,
we confess to you,
before the whole company of heaven
and one another,
that we have sinned in thought, word and deed,
and in what we have failed to do.
Forgive us our sins,
heal us by your Spirit
and raise us to new life in Christ.
Amen.**

The Priest pronounces the Absolution saying,

Almighty God,
who forgives all who truly repent, have mercy upon you,
pardon ✠ and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in life eternal; through Jesus Christ our Lord.
All: Amen.

The Kyrie is sung.

You called Zacchaeus to repentance and a new life:
Kyrie, Kyrie eleison.

All: Kyrie, Kyrie eleison.

You promised Paradise to the repentant thief:
Christe, Christe eleison.

All: Christe, Christe eleison.

You are always interceding for us
at the right hand of the Father:
Kyrie, Kyrie eleison.

All: Kyrie, Kyrie eleison.

The Priest introduces a period of silent prayer with the words 'Let us pray'.

Almighty God,
as we reflect on the changes
brought about by the Covid pandemic,
help us to trust that you are always with us;
as we pray today for those who have died,
welcome them into the joy of your presence;
as we gather as your family in this place,
guide us to build our community with kindness and care,
so that hope may shine brightly in our hearts.
We ask this in the name of Jesus Christ, your Son, our Lord,
who is alive and reigns with you and the Holy Spirit,
one God, for ever and ever.

All: Amen.

LITURGY OF THE WORD

We SIT.

A reading from the first letter of Saint Paul to the Corinthians.

(1Cor15.35-38, 42-44a)

Brothers and Sisters, someone will ask, 'How are the dead raised? With what kind of body do they come?' No, we do not ask such things. What you sow does not come to life unless it dies. And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. But God gives it a body as he has chosen, and to each kind of seed its own body.

So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonour, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body.

This is the word of the Lord.

All: Thanks be to God.

After the readings we STAND to sing the Gradual Hymn,

**1. The Lord's my shepherd, I'll not want.
He makes me down to lie
in pastures green; he leadeth me
the quiet waters by.**

**2. My soul he doth restore again,
and me to walk doth make
within the paths of righteousness,
e'en for his own name's sake.**

**3. Yea, though I walk in death's dark vale,
yet will I fear no ill,
for thou art with me and thy rod
and staff me comfort still.**

**4. My table thou hast furnished
in presence of my foes;
my head thou dost with oil anoint,
and my cup overflows.**

**5. Goodness and mercy all my life
shall surely follow me;
and in God's house forever more
my dwelling place shall be.**

*We **REMAIN STANDING** for the Gospel reading.*

*A Gospel Acclamation is sung by the choir. We sing the response,
Glory and praise to you, O Christ!*

♪ All: Glory and praise to you, O Christ!

I am the resurrection and the life says the Lord:
whoever believes in me will never die.

♪ All: Glory and praise to you, O Christ!

When the Gospel is announced, the reader says,

The Lord be with you.

All: And also with you.

A reading from the gospel of Our Lord Jesus Christ
according to John.

(John 2:13-22)

All: Glory to you, O Lord.

Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money-changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well, scattered the money-changers' coins, knocked their tables over and said to the pigeon-sellers, 'Take all this out of here and stop turning my Father's house into a market.' Then his disciples remembered the words of scripture: Zeal for your house will devour me.

The Jews intervened and said, 'What sign can you show us to justify what you have done?' Jesus answered, 'Destroy this sanctuary, and in three days I will raise it up.' The Jews replied, 'It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?' But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture and the words he had said.

This is the gospel of the Lord.

All: Praise to you, O Christ.

A Homily or address is given, we SIT.

*After this we **STAND** to affirm together the Faith of the Church in the words of the Apostles' Creed. We turn towards the altar for this.*

**All: I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ,
his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge
the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.**

Amen.

*The Prayers of Intercession follow. We **KNEEL** (or remain standing).*

PRAYERS OF INTERCESSION AND MOMENT OF REFLECTION

The Prayers are introduced by the Priest.

Father, you hold all our time in your hands: our past, our present, our future. Be close to us now as we remember the difficulties, changes, and sorrows we experienced during the Covid pandemic. Help us to put our trust firmly in you.

Lord, in your mercy

All: hear our prayer.

Father, your Son Jesus taught us to love one-another as he loved us. We give you thanks for all those around us who serve our community in love and kindness, for NHS staff, key and care workers, and volunteers. Strengthen them in their vocation and sustain them in their work.

Lord, in your mercy

All: hear our prayer.

Father, your Son Jesus came to bring us fullness of life. Bless those who are sick at this time; especially those who are in hospital and in places of care. Through your healing power alleviate their sufferings and assure them of your continuing love for them.

Lord, in your mercy

All: hear our prayer.

Father, your Son Jesus destroyed our fear of death by his dying and opened the gates of eternal life through his resurrection. Welcome into your heavenly kingdom those who have died because of Covid; grant them a place with your saints in your presence.

Lord, in your mercy

All: hear our prayer.

Father, listen to all our prayers as we keep silence before you.

*At this point we keep **one minute of silence** to pray, reflect, and remember.*

Be with us, Lord, in all our prayers,
and direct our way toward the attainment of salvation,
that among the changes and chances of this mortal life,
we may always be defended by your gracious help;
through Jesus Christ our Lord.

All: Amen.

*The Sign of Peace follows. We **STAND**.*

LITURGY OF THE SACRAMENT

Lord Jesus Christ, who said to your Apostles:
'Peace I leave you, my peace I give you';
look not on our sins, but on the faith of your Church,
and graciously grant us peace and unity
in accordance with your will,
who live and reign for ever and ever.

All: Amen.

The peace of the Lord be always with you.

All: And also with you.

Let us offer one another a sign of peace.

We are invited to share a sign of peace, normally a handshake, with those around us.

*After this we **REMAIN STANDING** for the Offertory Hymn; a collection will be taken at this point to relieve the needs of the Church.*

**1. Lord, for the years your love has kept and guided,
urged and inspired us, cheered us on our way,
bought us and saved us, pardoned and provided:
Lord of the years, we bring our thanks today.**

**2. Lord, for that word, the word of life which fires us,
speaks to our hearts and sets our souls ablaze,
teaches and trains, rebukes us and inspires us:
Lord of the word, receive Your people's praise.**

**3. Lord, for our land in this our generation,
spirits oppressed by pleasure, wealth and care:
for young and old, for commonwealth and nation,
Lord of our land, be pleased to hear our prayer.**

**4. Lord, for our world when we disown and doubt him,
loveless in strength, and comfortless in pain,
hungry and helpless, lost indeed without him:
Lord of the world, we pray that Christ may reign.**

**5. Lord for ourselves; in living power remake us,
self on the cross and Christ upon the throne,
past put behind us, for the future take us:
Lord of our lives, to live for Christ alone.**

During this time the altar is prepared and the bread and wine are laid upon it for consecration. Then the Priest says,

Pray, my brothers and sisters, that our sacrifice
may be acceptable to God, the almighty Father.

**All: May the Lord accept the sacrifice at your hands,
for the praise and glory of his name,
for our good and the good of all his Church.**

Accept the sacrificial offerings, O Lord,
by which, in your power and kindness,
you willed us to be reconciled to yourself
and our salvation to be restored.

Through Christ our Lord.

All: Amen.

The Eucharistic Prayer follows.

The Lord be with you.

All: And also with you.

Lift up your hearts.

All: We lift them to the Lord.

Let us give thanks to the Lord our God.

All: It is right to give him 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 of Lent
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:

**♪ All: Holy, Holy, Holy Lord
God of pow'r and God of might.
Heaven and earth,
heaven and earth are full of your glory,
your pow'r and might.
Hosanna, Hosanna, Hosanna in the highest heav'ns;
Hosanna, Hosanna, Hosanna in the highest heav'ns.
Blessed, blessed, is he who comes,
Blessed, blessed, is he who comes,
Blessed, is he, blessed is he
who comes in the name of the Lord.
Hosanna, Hosanna, Hosanna in the highest heav'ns;
Hosanna, Hosanna, Hosanna in the highest heav'ns.**

*We **KNEEL** (or remain standing) for the second part of the Eucharistic Prayer.*


Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will, these gifts of bread and wine
may become the Body and Blood of our Lord Jesus Christ;
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.

Great is the mystery of faith.

 **All: Christ has died,
Christ is ris'n,
Jesus Christ will come again
Hosanna, hosanna, hosanna in the highest heav'ns;
Hosanna, hosanna, hosanna in the highest heav'ns.**

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of the Blessed Virgin Mary,
Saint Joseph, her spouse, Saint Thomas, and all the saints,
may praise and glorify you for ever, through Jesus Christ our Lord;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father, for ever and ever.

 **All: Amen.**

COMMUNION RITE

We **STAND**.

After the Eucharistic Prayer, we keep few moments of silence.

The Priest introduces the Lord's Prayer; we say,

**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.**

The Agnus Dei is sung,

**♪ All: Lamb of God,
you take away the sin of the world,
have mercy on us.
Lamb of God,
you take away the sin of the world,
have mercy on us.
Lamb of God,
you take away the sin of the world,
grant us peace.**

Showing the Host to the congregation, the Priest invites the people to receive Holy Communion,

This is the Lamb of God

who takes away the sin of the world.

Blessed are those 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.**

The Priest reads the Communion Antiphon and then proceeds with the distribution of the Sacrament. While communicating people the priest and the ministers will say,

The Body of Christ

and

The Blood of Christ

*We reply **Amen** to these words before receiving the Sacrament.*

A note about receiving Holy Communion

Every Baptised and Confirmed person is warmly invited to receive Holy Communion at this point.

If you receive Holy Communion in another church or Christian denomination, you are very welcome to receive the Sacrament here.

Should you require a gluten-free wafer, please say so to the Priest.

Intinction (dipping the host into the chalice) is not permitted.

If do not wish to receive Communion, or if you are not Confirmed, you are invited to approach the altar to receive an individual blessing.

Please indicate this by carrying this order of service with you.

We SIT after receiving Communion.

CONCLUDING RITES

The Post-Communion Prayer is said,

May the holy refreshment of your Sacrament
restore us anew, O Lord, and, cleansing us of old ways,
take us up into the mystery of salvation.

Through Christ our Lord.

All: Amen.

We SIT for the notices.

Notices regarding the life and work of the Church may be given at this point.

After this, we STAND for the final Blessing.

The Lord be with you

All: and also with you.

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.

All: Amen.

The Mass is ended. Go in the peace of Christ.

All: Thanks be to God.

We **REMAIN STANDING** for the *Recessional Hymn*.

**1. Love divine, all loves excelling,
joy of heaven to earth come down;
Fix in us thy humble dwelling;
all thy faithful mercies crown!
Jesus, Thou art all compassion,
pure unbounded love Thou art;
visit us with Thy salvation;
enter every trembling heart.**

**2. Breathe, O breathe Thy loving Spirit,
into every troubled breast!
Let us all in Thee inherit;
let us find thy promised rest.
Take away the love of sinning;
Alpha and Omega be;
End of faith, as its beginning,
set our hearts at liberty.**

**3. Come, Almighty to deliver,
let us all Thy life receive;
Suddenly return and never,
never more Thy temples leave.
Thee we would be always blessing,
serve Thee as Thy hosts above,
pray and praise Thee without ceasing,
glory in Thy perfect love.**

**Finish, then, Thy new creation;
pure and spotless let us be.
Let us see Thy great salvation
perfectly restored in Thee;
Changed from glory into glory,
till in heaven we take our place,
Till we cast our crowns before Thee,
lost in wonder, love, and praise.**

The service ends with the Angelus.

THE ANGELUS

This prayer is used after Mass throughout the year (apart from Eastertide). It recalls the moment in which the Word of God took human flesh in the womb of the Virgin Mary.

The angel of the Lord brought tidings to Mary.

All: And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee.

Blessed art thou amongst women
and blessed is the fruit of thy womb, Jesus.

**All: Holy Mary, Mother of God,
pray for us sinners
now and at the hour of our death.**

Behold the handmaid of the Lord.

All: Be it unto me according to thy word.

Hail Mary...

All: Holy Mary...

And the Word was made flesh.

All: And dwelt among us.

Hail Mary...

All: Holy Mary...

Pray for us, O holy Mother of God.

**All: That we may be made worthy
of the promises of Christ.**

Let us pray.

Pour forth, we beseech thee,

O Lord, thy grace into our hearts, that,

as we have known the incarnation of thy Son Jesus Christ,
by the message of an angel, so by his cross and passion,
we may come to share in the glory of his resurrection.

Through the same Christ our Lord.

All: Amen.

*You are warmly invited
to enjoy some refreshments after the Mass.
These are served at the back of church.*



*The Parish of All Saints' is the Church of England
in Houghton Regis, Linmere, Thorn, Bidwell West, and North Dunstable.*

allsaintshr.co.uk - [@allsaintshr](https://www.instagram.com/allsaintshr)