

# St. James Parish Church

*Holetown, St. James, Barbados*

TO BE A BEACON RADIATING GOD'S LOVE AMONG ALL PEOPLE



THE THIRD SUNDAY IN LENT  
MARCH 8, 2026

*7:15 a.m. Holy Eucharist and Sermon*

*9:15 a.m. Sung Holy Eucharist and Sermon*

**RECTOR: THE REV. CANON BEVERLEY SEALY-KNIGHT**

**ASSISTANT PRIEST: REV. GRAVENEY BANNISTER**

**ASSISTANT CURATE: REV. STEVENSON SOBERS**

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## **LENTEN PROSE**

*Hear us, O Lord, have mercy upon us:  
for we have sinned against thee.*

To thee, Redeemer, on thy throne of glory:  
lift we our weeping eyes in holy pleadings:  
listen, O Jesu, to our supplications.

*Hear us, O Lord, have mercy upon us:  
for we have sinned against thee.*

O thou chief cornerstone, right hand of the Father:  
way of salvation, gate of life celestial:  
cleanse thou our sinful souls from all defilement.

*Hear us, O Lord, have mercy upon us:  
for we have sinned against thee.*

God, we implore thee, in thy glory seated:  
bow down and hearken to thy weeping children:  
pity and pardon all our grievous trespasses.

*Hear us, O Lord, have mercy upon us:  
for we have sinned against thee.*

Sins oft committed, now we lay before thee:  
with true contrition, now no more we veil them:  
grant us, Redeemer, loving absolution.

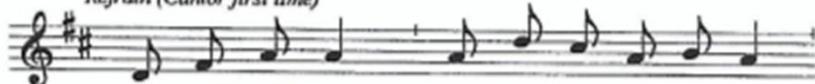
*Hear us, O Lord, have mercy upon us:  
for we have sinned against thee.*

Innocent captive, taken unresisting:  
falsely accused, and for us sinners sentenced,  
save us, we pray thee, Jesu, our Redeemer.

*Hear us, O Lord, have mercy upon us:  
for we have sinned against thee.*

## The Lenten Prose

*Refrain (Cantor first time)*



Hear us, O Lord, have mer - cy up - on us:



for we have sinn'd a - gainst thee.

*Cantor*



1. To thee, Re - deem - er, on thy throne of glo - ry:
2. O thou chief Cor - ner stone, Right Hand of the Fa - ther:
3. God, we im - plore thee, in thy glo - ry seat - ed:
4. Sins oft com - mit - ted now we lay be - fore thee:
5. In - no - cent cap - tive, ta - ken un - re - sist - ing:



- 1 lift we our weep - ing eyes in ho - ly plead - ings:
- 2 .Way of Sal - va - tion, Gate of life cel - es - tial:
- 3 bow down and hear - ken to thy weep - ing child - ren:
- 4 with true con - tri - tion now no more we veil them:
- 5 false - ly ac - cused, and for us sin - ners sen - tenc'd,



- 1 lis - ten O Je - su, to our sup - pli - ca - tions.
- 2 cleanse thou our sin - ful souls from all de - file - ment.
- 3 pi - ty and par - don all our grie - vous tres - pas - es.
- 4 grant us, Re - deem - er, lov - ing ab - so - lu - tion.
- 5 save us we pray thee, Je - su our Re - deem - er.

*The Refrain is repeated after every verse*

## **ORGAN PRELUDE**

*Organist: Dr. Philip Forde, ARCM, FRCO*

## **OPENING SENTENCES: LENT**

Be imitators of God, as beloved children. And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.

*Ephesians 5: 1, 2*

## **HYMN FOR THE INTROIT: 441**

1. As pants the hart for cooling streams  
when heated in the chase,  
so longs my soul, O God, for thee,  
and thy refreshing grace.
2. For thee, my God, the living God,  
my thirsty soul doth pine:  
O when shall I behold thy face,  
thou majesty divine?
3. Why restless, why cast down, my soul?  
Hope still, and thou shalt sing  
the praise of him who is thy God,  
thy health's eternal spring.
4. To Father, Son, and Holy Ghost,  
the God whom we adore,  
be glory, as it was, is now,  
and shall be evermore.

## **PRESIDENT:**

Blessed be God: Father, Son and Holy Spirit.

## **ALL:**

And blessed be His Kingdom, now and forever. Amen.

## THE PRAYER OF INTENT

**ALL:**

Blessed Lord and Father, we have assembled in your Name and in fellowship with one another. Enable us by your grace to offer the sacrifice of praise and thanksgiving; to proclaim and respond to your holy word. Teach us to pray for your world and your Church. Grant that we, confessing our sins, may worthily offer to you our souls and bodies as a living sacrifice and eat and drink of your spiritual food in this Holy Sacrament. *Amen.*

*The following may also be said:*

### COLLECT FOR PURITY

**ALL:** Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: 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 KYRIES

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

**PRESIDENT:** Let us pray.

### THE COLLECT:

Almighty God, you know that we have no power in 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, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

### **THE FIRST READING: EXODUS 17:1-7**

***In this reading, we glimpse something of the bickering with which Moses had to contend in leading the Israelites from Egypt to the Promised Land.***

***A Reading from the Word of God, written in the Book of Exodus, Chapter 17, beginning at the first verse.***

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so

that the people may drink.” Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, “Is the LORD among us or not?”

### **The Word of the Lord**

***The people:***            *Thanks be to God.*

### **PSALM 95**

***This psalm is a call to worship the Lord our God, with a warning not to put God to the test.***

- 1    Come, let us sing to the LORD; \*  
     let us shout for joy to the Rock of our  
     salvation.
  
- 2    Let us come before his presence with  
     thanksgiving \*  
     and raise a loud shout to him with psalms.
  
- 3    For the Lord is a great God, \*  
     and a great King above all gods.
  
- 4    In his hand are the caverns of the earth, \*  
     and the heights of the hills are his also.
  
- 5    The sea is his, for he made it, \*  
     and his hands have molded the dry land.
  
- 6    Come, let us bow down, and bend the  
     knee,\*  
     and kneel before the Lord our Maker.
  
- 7    For he is our God,  
     and we are the people of his pasture and

- the sheep of his hand. \*
- Oh, that today you would hearken to his voice!
- 8 Harden not your hearts,  
as your forebears did in the wilderness, \*  
at Meribah, and on that day at Massah,  
when they tempted me.
- 9 They put me to the test, \*  
though they had seen my works.
- 10 Forty years long I detested that generation  
and said, \*  
"This people are wayward in their hearts;  
they do not know my ways."
- 11 So I swore in my wrath, \*  
"They shall not enter into my rest."
- Glory to the Father, and to the Son:\*  
and to the Holy Spirit;  
as it was in the beginning is now:\*  
and shall be forever. **Amen.**

## **THE SECOND READING - ROMANS 5: 1 - 11**

***Here Paul describes the blessings that are ours through faith in Jesus Christ.***

***A Reading from the Word of God, written in the Letter of Paul to the Romans, Chapter 5, beginning at the first verse.***

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

obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

### **The Word of the Lord**

***The people:***            *Thanks be to God.*

### **HYMN FOR THE GRADUAL: 500**

1. I heard the voice of Jesus say,  
    'Come unto me and rest;  
    lay down, thou weary one, lay down  
    thy head upon My breast.'

I came to Jesus as I was,  
weary, and worn, and sad;  
I found in Him a resting place,  
and He has made me glad.

2. I heard the voice of Jesus say,  
'Behold, I freely give  
the living water; thirsty one,  
stoop down and drink, and live.'  
I came to Jesus, and I drank  
of that life-giving stream;  
my thirst was quenched, my soul revived,  
and now I live in Him.
3. I heard the voice of Jesus say,  
'I am this dark world's Light;  
look unto Me, thy morn shall rise,  
and all thy day be bright:'  
I looked to Jesus, and I found  
in him my Star, my Sun;  
and in that Light of life I'll walk  
till travelling days are done.

### **THE GOSPEL: JOHN 4:5-42**

***This is Jesus' encounter with a woman by a public well in Samaria. In talking with her, he moves the discussion from her physical need for water to her deeper spiritual need.***

***Gospeler:                   The Lord be with you***

***All:                           And also with you***

***Gospeler:                   A Reading from the Holy Gospel***

***according to John.***

***All: Glory to Christ Our Saviour.***

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one

you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say,

‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

**This is the Gospel of Christ**

***The people:***

*Praise to Christ our Lord.*

(NRSV)

*From The Lectionary Page: <http://lectionarypage.net>*

## **THE SERMON**

## **THE NICENE CREED**

We believe in one God,  
the Father, the Almighty,

maker of heaven and earth,  
of all that is seen or 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,  
one in Being with the Father.  
Through him all things were made.  
For us and for our salvation  
He came down from heaven:  
by the power of the Holy Spirit  
he was born of the Virgin Mary,  
and became man.  
For our sake he was crucified under Pontius Pilate;  
He suffered, died and was buried.  
On the third day he rose again  
in fulfilment of 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.  
With the Father and the Son he is worshipped and  
glorified.  
He 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: INTERCESSION FORM B**

**7:15 A.M. MARCIA GRAHAM**

**9:15 A.M. SANDRA LEACOCK**

**LEADER:** Father, we pray for your holy Catholic Church;

**ALL:** That we all may be one.

**LEADER:** Grant that every member of the Church may truly and humbly serve you;

**ALL:** That your Name may be glorified by all people.

**LEADER:** We pray for all Bishops, Priests, and Deacons;

**ALL:** That they may be faithful ministers of your Word and Sacraments.

**LEADER:** We pray for all who govern and hold authority in the nations of the world;

**ALL:** That there may be justice and peace on the earth.

**LEADER:** Give us grace to do your will in all that we undertake;

**ALL:** That our works may find favour in your sight.

**LEADER:** Have compassion on those who suffer from any grief or trouble;

**ALL:** That they may be delivered from their distress.

**LEADER:** Give to the departed eternal rest;

**ALL:** Let light perpetual shine upon them.

**LEADER:** We praise you for your saints who have entered into joy;

**ALL:** May we also come to share in your heavenly kingdom.

**LEADER:** Let us pray for our needs and those of others.

**ALL:** Almighty God, to whom our needs are known before we ask, help us to ask only what accords to your will; and the good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son, Jesus Christ our Lord. *Amen.*

## **THE ACT OF PENITENCE**

**PRESIDENT:**

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, God is faithful and just, and will forgive our sins, and cleanse us from all unrighteousness.

*(1 John 1: 8 - 9)*

Let us therefore confess our sins.

**ALL:** Almighty God, our Heavenly Father, we have sinned against you and one another, in thought, word and deed, and in what we have left undone. We are sorry and repent of all our sins. For your Son, our Lord

Jesus Christ's sake, forgive us all that is past, and grant that we may serve you in newness of life to the glory of your Name. **Amen.**

## **THE ABSOLUTION**

**PRESIDENT:**

Almighty God, 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 GREETING OF PEACE**

**PRESIDENT:** We are the Body of Christ. By the one Spirit we were all baptized into one Body, and have all been made to drink of the one Spirit.

**ALL: Let us then pursue the things that make for peace and build up the common life.**

**PRESIDENT:** The peace of the Lord be always with you.

**ALL: And also with you.**

*The President and people shall greet one another in the name of the Lord.*

## ***Song of Peace: : Let There Be Peace***

Let there be peace on earth,  
And let it begin with me.  
Let there be peace on earth  
The peace that was meant to be.

With God as our Father  
Brothers all are we.  
Let me walk with my brother  
In perfect harmony.

Let peace begin with me  
Let this be the moment now.  
With every step I take  
Let this be my solemn vow.  
To take each moment  
And live each moment  
With peace eternally.  
Let there be peace on earth,  
And let it begin with me.

### **HYMN FOR THE OFFERTORY: 123**

1. Saviour, when in dust to thee  
low we bow the adoring knee,  
when, repentant, to the skies  
scarce we lift our weeping eyes,  
oh, by all thy pains and woe  
suffered once for man below,  
bending from thy throne on high,  
hear our solemn litany
2. By thy helpless infant years,  
by thy life of want and tears,  
by thy days of sore distress  
in the savage wilderness,  
by the dread mysterious hour  
of the insulting tempter's power,

turn, O turn a favoring eye,  
hear our solemn litany

3. By the sacred griefs that wept  
o'er the grave where Lazarus slept,  
by the boding tears that flowed  
over Salem's loved abode,  
by the mournful word that told  
treachery lurked within thy fold;  
from thy seat above the sky,  
hear our solemn litany

4. By thine hour of whelming fear;  
by thine agony of prayer,  
by the cross, the nail, the thorn,  
piercing spear, and torturing scorn,  
by the gloom that veiled the skies  
o'er the dreadful sacrifice,  
listen to our humble cry,  
hear our solemn litany

5. By thy deep expiring groan;  
by the sad sepulchral stone;  
by the vault whose dark abode  
held in vain the rising God;  
oh, from earth to heaven restored,  
mighty, re-ascended Lord,  
listen, listen to the cry

## **THE PRESENTATION OF THE OFFERINGS**

### **PRESIDENT AND PEOPLE:**

Father, we offer you these gifts which you have given

us: this bread, this wine, this money. With them we offer ourselves, our lives, and our work, to become through your Holy Spirit a reasonable, holy, and lively sacrifice. As this bread and wine become the Body and Blood of Christ, so may we and all your people become channels of your love; through the same Christ our Lord. *Amen.*

## **THE EUCHARISTIC PRAYER**

**PRESIDENT:** The Lord be with you

**All:** And also with you

**PRESIDENT:** Lift up your hearts.

**All:** We lift them up to the Lord.

**PRESIDENT:** Let us give thanks to the Lord our God.

**All:** It is right to give God thanks and praise.

**PRESIDENT:**

It is right, and a good and joyful thing, always and everywhere to give you thanks, Father almighty, everlasting God:

**LENT:**

For you bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

Therefore we praise you, joining our voices with angels and archangels and with all the company of

heaven, who forever sing this hymn to proclaim the glory of your Name:

**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!

### **EUCCHARISTIC PRAYER - FORM C:**

**PRESIDENT:**

**W**e give thanks to you, Lord our God,  
for the goodness and love you have made known  
to us in creation;  
in calling Israel to be your people;  
in your Word spoken through the prophets;  
and, above all, in the Word made flesh,  
Jesus your Son.

For in these last days you sent Him  
to be incarnate from the Virgin Mary,  
to be the Saviour and Redeemer of the world.  
In Him, you have delivered us from evil,  
and made us worthy to stand before you.  
In Him, you have brought us out of error into truth,  
out of sin into righteousness, out of death into life.  
For, on the night that He was betrayed

He took bread,  
and when He had given thanks to you,  
He broke it and gave it to His disciples  
and said: "Take this, and eat it:  
This is my Body which is given for you.  
Do this for the remembrance of me."

And after supper  
he took the cup of wine:  
and when he had given thanks,  
he gave it to them and said:  
"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.  
Whenever you drink it,  
do this for the remembrance of me.

**PRESIDENT:**

**T**herefore, Father, according to His command:

**ALL:    We remember His death;  
          We proclaim His resurrection;  
          We await His coming in glory.**

**PRESIDENT:**

**A**nd we offer our sacrifice of praise  
and thanksgiving to you, Lord of all;  
presenting to you, from your creation,  
this bread and this wine.

We pray you, gracious God,  
to send your Holy Spirit upon these gifts

that they may be the sacrament  
of the Body of Christ  
and His Blood of the New Covenant.  
Unite us to your Son in His sacrifice  
that we, made acceptable in Him,  
may be sanctified by the Holy Spirit.

In the fullness of time,  
reconcile all things in Christ,  
and make them new,  
and bring us to that city of light  
where you dwell with all your sons and daughters;  
through Jesus Christ our Lord,  
the firstborn of all creation,  
the head of the Church,  
and the author of our salvation:

By whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory are yours,  
Almighty Father, now and ever.

**ALL: Amen.**

## **THE LORD'S PRAYER**

**PRESIDENT:**

As our Saviour has taught us, so we pray:

**ALL:**

**Our Father in heaven,  
hallowed be your Name;**

your kingdom come;  
your will be done  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours now and forever.  
Amen.

## **THE BREAKING OF THE BREAD**

**PRESIDENT:**

We break this bread to share in the body of Christ.

**ALL:** Though we are many, we are one body,  
because we all share in one bread.

## **THE AGNUS DEI**

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.

## **THE INVITATION**

**PRESIDENT:** The Gifts of God for the People of God.

**ALL:** Our souls will feast and be satisfied, and we  
will sing glad songs of praise to Him.

## **HYMN FOR THE COMMUNION: 598**

1. I hunger and I thirst;  
Jesu, my manna be;  
ye living waters, burst  
out of the rock for me.
2. Thou bruised and broken Bread,  
my life-long wants supply;  
as living souls are fed,  
O feed me, or I die.
3. Thou true life-giving Vine,  
let me thy sweetness prove;  
renew my life with thine,  
refresh my soul with love.
4. Rough paths my feet have trod  
since first their course began;  
feed me, thou Bread of God;  
help me, thou Son of Man.
5. For still the desert lies  
my thirsting soul before;  
O living waters, rise  
within me evermore.

## **HYMN FOR THE BLESSING: 666**

1. Praise him, praise him, all ye little children,  
he is love, he is love.  
Praise him, praise him, all ye little children,  
he is love, he is love.
2. Thank him, thank him, all ye little children,

- Thank him, thank him, all ye little children,
3. Love him, love him, all ye little children,  
Love him, love him, all ye little children,
  4. Crown him, crown him, all ye little children,  
Crown him, crown him, all ye little children,
  5. Serve him, serve him, all ye little children,  
Serve him, serve him, all ye little children,<sup>4</sup>

### **POST COMMUNION PRAYER**

Eternal God and Heavenly Father,  
we thank you for feeding us  
with the Body and Blood of your Son Jesus Christ.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you and all persons in you,  
with gladness and singleness of heart,  
through your Son Jesus Christ our Lord. **Amen**

### **THE BLESSING: LENT**

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow Him;  
and the Blessings of God Almighty, the Father,  
the Son and the Holy Spirit, be among you and  
remain with you always

**ALL: Amen**

### **HYMN FOR THE RECESSION: 374**

1. O praise our great and gracious Lord,  
And call upon His Name;  
To strains of joy tune every chord,  
His mighty acts proclaim;  
Tell how He led His chosen race  
To Canaan's promised land;  
Tell how His covenant of grace  
Unchanged shall ever stand.
2. He gave the shadowing cloud by day,  
The moving fire by night;  
To guide His Israel on their way,  
He made their darkness light;  
And have we not a sure retreat,  
A Saviour ever nigh,  
The same clear light to guide our feet,  
The Dayspring from on high?
3. We, too, have manna from above,  
The Bread that came from Heaven;  
To us the same kind hand of love  
Hath living waters given;  
A Rock have we, from whence the spring  
In rich abundance flows;  
The Rock is Christ, our Priest, our King,  
Who life and health bestows.
4. O may we praise this blessed Food,  
And trust our heavenly Guide;  
So shall we find death's fearful flood  
Serene as Jordan's tide,  
And safely reach that happy shore,

The land of peace and rest,  
Where angels worship and adore  
In God's own presence blest.

## THE DISMISSAL

**PRESIDENT:** Go in peace and serve the Lord.

**ALL:** In the name of Christ. Amen.

## ORGAN POSTLUDE

*Please feel free to depart during the  
postlude, mindful of those who  
remain to listen.*

### *Notices and Announcements*

- *The St. James' Church Family would like to extend a blessed welcome to all taking part in this act of worship today.*
- *We offer a very special welcome to all of our visitors., most especially those from overseas .*
- *We also pray that this service will be an inspiration to all.*

***BIRTHDAY GREETINGS:***

*Our records indicate that the following members are celebrating their birthdays this week. Special greetings to them.*

***Cumberbatch, Aidan (Mr.)***

***March 14***

***Forde-Brewster, Diana (Mrs.)***

***March 13***



***Adams, Yvonne (Mrs.)***  
***March 9***



***Brathwaithe, Aasiyah (Miss)***  
***March 10***



***Field, Cecilia (Mrs.)***  
***March 8***



***Knight, Nathan (Mr.)***  
***March 13***



# St. James Parish Church



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**PRODUCED BY ST. JAMES PARISH CHURCH**