



Pew Sheet
21-28 February 2021

*God our shepherd,
you led us and saved us in times of old;
do not forget your people in their troubles.*

Sunday 21 February: First Sunday of Lent

1030: Morning Prayer online from Casa Sao Vicente (East and Central)

<https://www.facebook.com/stvincentsalgarve/>

Look for the post with the red LIVE in the corner, or a small window that may appear with "St Vincent's is Live" or similar.

OR (from around 10.20) go to this page on the website: <http://www.stvincentsalgarve.org/livestream.html>

1030: Eucharist on Zoom (West)

<https://is.gd/KamBGC>

Meeting ID: 528 054 087 Passcode: 123

Wednesday 24 February:

2030: Compline

<https://us04web.zoom.us/j/307569100>

Meeting ID: 307569100

Thursday 25 February:

1030: Eucharist on Zoom from Praia da Luz

The link to join the service on Thursday is <https://is.gd/FhdBiR>

1030: Bible Study

<https://us04web.zoom.us/j/7616945557>

Meeting ID: 7616945557

Sunday 28 February: First Sunday of Lent

1030: Morning Prayer online from Casa Sao Vicente (East and Central)

<https://www.facebook.com/stvincentsalgarve/>

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1030: Eucharist on Zoom (West)

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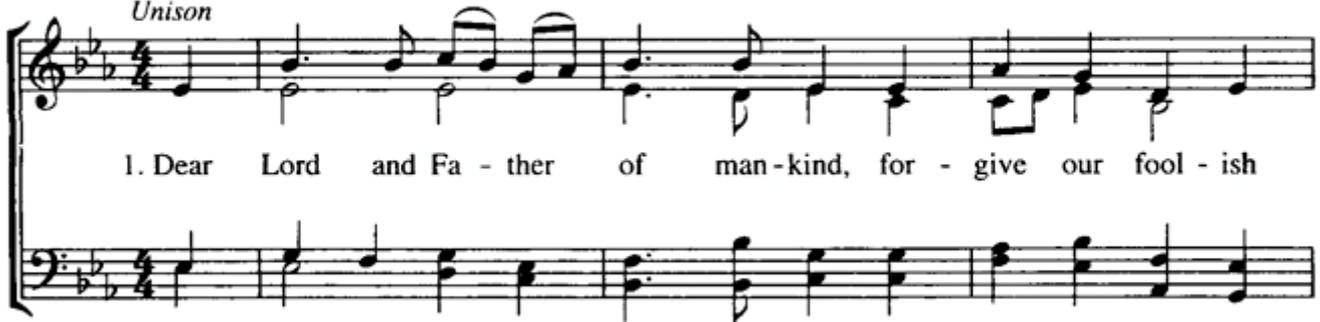
HYMN: Dear Lord and Father of mankind

John Greenleaf Whittier (1807-1892)

Charles Hubert Hastings Parry (1848-1918)

REPTON 86 88 6

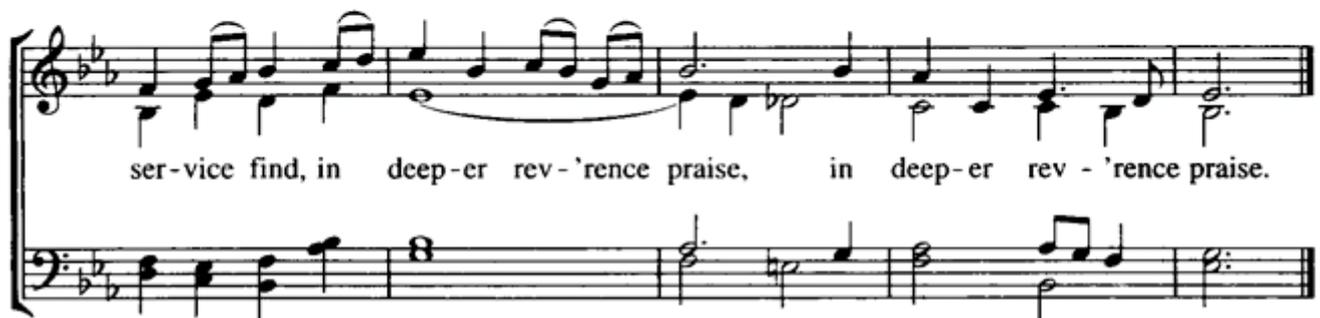
Unison



1. Dear Lord and Fa - ther of man-kind, for - give our fool - ish



ways! Re - clothe us in our right - ful mind, in pur - er lives thy



ser-vice find, in deep-er rev - 'rence praise, in deep-er rev - 'rence praise.

2. In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word,
rise up and follow thee,
rise up and follow thee.

3. O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!
interpreted by love!

4. Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace,
the beauty of thy peace.

5. Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind and fire,
O still small voice of calm!
O still small voice of calm!

Morning Prayer: Sunday, 21 February 2021
The First Sunday of Lent

Preparation

O Lord, open our lips

All and our mouth shall proclaim your praise.

Hear our voice, O Lord, according to your faithful love,

All according to your judgement give us life.

*One or more of the following is said or sung:
this or another prayer of thanksgiving*

Blessed are you, God of compassion and mercy,
to you be praise and glory for ever.

In the darkness of our sin,
your light breaks forth like the dawn
and your healing springs up for deliverance.

As we rejoice in the gift of your saving help,
sustain us with your bountiful Spirit
and open our lips to sing your praise.

Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

a suitable hymn, or A Song of Penitence

- 1 Have mercy on me, O God, in your great goodness;
according to the abundance of your compassion blot out my offences.
- 2 Wash me thoroughly from my wickedness
and cleanse me from my sin.
- 3 For I acknowledge my faults
and my sin is ever before me.
- 4 Against you only have I sinned
and done what is evil in your sight,
- 5 So that you are justified in your sentence
and righteous in your judgement.
- 6 Cast me not away from your presence
and take not your holy spirit from me.
- 7 Give me again the joy of your salvation
and sustain me with your gracious spirit;
- 8 Then shall I teach your ways to the wicked
and sinners shall return to you.
- 9 Deliver me from my guilt, O God, the God of my salvation,
and my tongue shall sing of your righteousness.

Psalm 51.1-5, 12-15

All Bless the Father, the Son and the Holy Spirit:
sing his praise and exalt him for ever.

This opening prayer may be said

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Silence is kept.

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.

All Amen.

The Word of God

Psalmody

The appointed psalmody is said.

Psalm 77

Refrain: In the day of my trouble I have sought the Lord.

- 1 I cry aloud to God;
I cry aloud to God and he will hear me.
- 2 In the day of my trouble I have sought the Lord;
by night my hand is stretched out and does not tire;
my soul refuses comfort.
- 3 I think upon God and I groan;
I ponder, and my spirit faints.
- 4 You will not let my eyelids close;
I am so troubled that I cannot speak. *R*
- 5 I consider the days of old;
I remember the years long past;
- 6 I commune with my heart in the night;
my spirit searches for understanding.
- 7 Will the Lord cast us off for ever?
Will he no more show us his favour?
- 8 Has his loving mercy clean gone for ever?
Has his promise come to an end for evermore?
- 9 Has God forgotten to be gracious?
Has he shut up his compassion in displeasure?
- 10 And I said, 'My grief is this:
that the right hand of the Most High has lost its strength.' *R*
- 11 I will remember the works of the Lord
and call to mind your wonders of old time.
- 12 I will meditate on all your works
and ponder your mighty deeds.
- 13 Your way, O God, is holy;
who is so great a god as our God?
- 14 You are the God who worked wonders
and declared your power among the peoples.
- 15 With a mighty arm you redeemed your people,
the children of Jacob and Joseph. *R*
- 16 The waters saw you, O God;
the waters saw you and were afraid;
the depths also were troubled.
- 17 The clouds poured out water; the skies thundered;
your arrows flashed on every side;
- 18 The voice of your thunder was in the whirlwind;
your lightnings lit up the ground;
the earth trembled and shook.
- 19 Your way was in the sea, and your paths in the great waters,
but your footsteps were not known.

20 You led your people like sheep
by the hand of Moses and Aaron.

Refrain: *In the day of my trouble I have sought the Lord.*

*God our shepherd,
you led us and saved us in times of old;
do not forget your people in their troubles,
but raise up your power
to sustain the poor and helpless;
for the honour of Jesus Christ our Lord.*

Each psalm or group of psalms may end with

All Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.

Scripture Reading

The reading(s) may be followed by a time of silence.

Exodus 34.1-10

The Lord said to Moses, 'Cut two tablets of stone like the former ones, and I will write on the tablets the words that were on the former tablets, which you broke. Be ready in the morning, and come up in the morning to Mount Sinai and present yourself there to me, on the top of the mountain. No one shall come up with you, and do not let anyone be seen throughout all the mountain; and do not let flocks or herds graze in front of that mountain.' So Moses cut two tablets of stone like the former ones; and he rose early in the morning and went up on Mount Sinai, as the Lord had commanded him, and took in his hand the two tablets of stone. The Lord descended in the cloud and stood with him there, and proclaimed the name, 'The Lord.' The Lord passed before him, and proclaimed,

The Lord, the Lord,
a God merciful and gracious,
slow to anger,
and abounding in steadfast love and faithfulness,
keeping steadfast love for the thousandth generation,
forgiving iniquity and transgression and sin,
yet by no means clearing the guilty,
but visiting the iniquity of the parents
upon the children
and the children's children,
to the third and the fourth generation.'

And Moses quickly bowed his head towards the earth, and worshipped. He said, 'If now I have found favour in your sight, O Lord, I pray, let the Lord go with us. Although this is a stiff-necked people, pardon our iniquity and our sin, and take us for your inheritance.'

He said: I hereby make a covenant. Before all your people I will perform marvels, such as have not been performed in all the earth or in any nation; and all the people among whom you live shall see the work of the Lord; for it is an awesome thing that I will do with you.

The Song of Manasseh

All Full of compassion and mercy and love
is God, the Most High, the Almighty.

- 1 Lord almighty and God of our ancestors,
you who made heaven and earth in all their glory:
- 2 All things tremble with awe at your presence,
before your great and mighty power.
- 3 Immeasurable and unsearchable is your promised mercy,
for you are God, Most High.
- 4 You are full of compassion, long-suffering and very merciful,
and you relent at human suffering.
- 5 O God, according to your great goodness,
you have promised forgiveness for repentance
to those who have sinned against you.
- 6 The sins I have committed against you
are more in number than the sands of the sea.
- 7 I am not worthy to look up to the height of heaven,
because of the multitude of my iniquities.
- 8 And now I bend the knee of my heart before you,
imploring your kindness upon me.
- 9 I have sinned, O God, I have sinned,
and I acknowledge my transgressions.
- 10 Unworthy as I am, you will save me,
according to your great mercy.
- 11 For all the host of heaven sings your praise,
and your glory is for ever and ever.

Manasseh 1a, 2, 4, 6, 7a, b, 9a, c, 11, 12, 14b, 15

All Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.

All Splendour and majesty are yours, O God;
you are exalted as head over all. Alleluia.

Scripture Reading

The reading(s) may be followed by a time of silence.

Romans 10.8b-13

The word is near you,
on your lips and in your heart'
(that is, the word of faith that we proclaim); because if you confess with
your lips that Jesus is Lord and believe in your heart that God raised him
from the dead, you will be saved. For one believes with the heart and so is
justified, and one confesses with the mouth and so is saved. The scripture
says, 'No one who believes in him will be put to shame.' For there is no
distinction between Jew and Greek; the same Lord is Lord of all and is
generous to all who call on him. For, 'Everyone who calls on the name of the
Lord shall be saved.'

A suitable song or chant, or a responsory in this or another form, may follow

To you, O Lord, I lift up my soul;

All O my God, in you I trust.

You are the God of my salvation,

All To you, O Lord, I lift up my soul.

In you I hope all the day long.

All O my God, in you I trust.

Remember, Lord, your compassion and love,
for they are from everlasting.

All To you, O Lord, I lift up my soul;
O my God, in you I trust.

from Psalm 25

Gospel Canticle

The Benedictus (The Song of Zechariah) is normally said,

All Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.

- 1 Blessed be the Lord the God of Israel,
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour,
born of the house of his servant David.
- 3 Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,
- 4 To show mercy to our ancestors,
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,
- 6 Free to worship him without fear,
holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation
by the forgiveness of all their sins.
- 9 In the tender compassion of our God
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Luke 1.68-79

All Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.

All Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.

Intercessions are offered¶ *for the day and its tasks*¶ *for the world and its needs*¶ *for the Church and her life**Prayers may include the following concerns*¶ *The unity of the Church*¶ *The peace of the world*¶ *The healing of the sick*¶ *The revelation of Christ to those from whom his glory is hidden*¶ *All who travel**These responses may be used*

Lord, in your mercy
hear our prayer

(or)

Lord, hear us.
Lord, graciously hear us.

*Silence may be kept.**The Collect of the day is said*

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
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.

All Amen.*The Lord's Prayer is said*

Trusting in the compassion of God,
as our Saviour taught us, so we pray

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.

HYMN: O Thou who camest from above

Charles Wesley (1707-1788)
based on Leviticus 6:13

Samuel Sebastian Wesley (1810-1876)

TUNE 1: HEREFORD LM

The image shows a musical score for the hymn 'O Thou who camest from above'. It consists of three systems of music, each with a vocal line and a piano accompaniment line. The key signature is two flats (B-flat and E-flat), and the time signature is 3/4. The lyrics are: '1. O thou who cam - est from a - bove the fire ce - les - tial to im - part, kin - dle a flame of sac - red love on the mean al - tar of my heart.'

2. There let it for thy glory burn
with inextinguishable blaze,
and trembling to its source return
in humble prayer and fervent praise.
3. 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.
4. 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 Conclusion

May God our Redeemer show us compassion and love.

All Amen.

Let us bless the Lord.

All Thanks be to God.

Blessing