



# LAUDS

THE SUNDAYS IN LENT

SAIN+  
MARKS  
FITZROY

## ACKNOWLEDGEMENTS

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*Cover photo: Crucifix in Saint Mark's – Sunday Before Lent – 7:50 pm – 14 February 2021*

# THE ANGELUS

✝ The angel of the Lord brought tidings to Mary,  
**and she conceived by the Holy Spirit.**

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

Blessed are you amongst women  
and blessed is the fruit of your womb, Jesus.

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

Behold the handmaid of the Lord.

**Be it unto me according to your word.**

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

Blessed are you amongst women  
and blessed is the fruit of your womb, Jesus.

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

And the Word was made flesh.

**And dwelt among us.**

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

Blessed are you amongst women  
and blessed is the fruit of your womb, Jesus.

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

Pray for us, O holy Mother of God.

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

Pour forth, we beseech you, O Lord, your grace into our hearts,  
that as we have known the incarnation of your Son, Jesus Christ,  
by the message of an angel, ✝ so by his cross and passion  
we may be brought to the glory of his resurrection,  
for he is one with you and the Holy Spirit, one God, now and for ever.

**Amen.**

# INTRODUCTION

✦ O Lord, open our lips,  
**and our mouth shall proclaim your praise.**

Make me a clean heart, O God.  
**And renew a right spirit within me.**

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.  
**Blessed be God for ever.**

## A SONG OF PENITENCE

*Psalm 51:1-5, 12-15*

We do not live on bread alone.

**But on every word that comes from the mouth of God.**

Have mercy on me, O God, in your great goodness; \*  
according to the abundance of your compassion blot out my offences.

Wash me thoroughly from my wickedness \*  
and cleanse me from my sin.

**For I acknowledge my faults \*  
and my sin is ever before me.  
Against you only have I sinned \*  
and done what is evil in your sight.**

So that you are justified in your sentence \*  
and righteous in your judgement.

Cast me not away from your presence \*  
and take not your holy spirit from me.

**Give me again the joy of your salvation \*  
and sustain me with your gracious spirit my God;  
Then shall I teach your ways to the wicked \*  
and sinners shall return to you**

Deliver me from my guilt, O God, the God of my salvation, \*  
and my tongue shall sing of your righteousness.

**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.**

**We do not live on bread alone.  
But on every word that comes from the mouth of God.**

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.  
**Amen.**

*We sit for the psalmody and reading.*

# PSALMODY

## Psalm 63

*Lent 1 – 4*            I will bless the Lord all my life;  
                              **in your name I will lift up my hands.**

*Lent 5 – 6*            You, my God, have become my help.  
                              **You, my God, have become my help.**

O God, you are my God, for you I long; \*  
for you my soul is thirsting.  
My body pines for you \*  
like a dry, weary land without water.

**So I gaze on you in the sanctuary \*  
to see your strength and your glory.  
For your love is better than life, \*  
my lips will speak your praise.**

So I will bless you all my life, \*  
in your name I will lift up my hands.  
My soul shall be filled as with a banquet, \*  
my mouth shall praise you with joy.

**On my bed I remember you. \*  
On you I muse through the night  
for you have been my help; \*  
in the shadow of your wings I rejoice.**

My soul clings to you; \*  
your right hand holds me fast.

**Glory be to the Father, and to the Son, \*  
and to the Holy Spirit.  
As it was in the beginning, is now, and ever shall be, \*  
world without end. Amen.**

*Lent 1 – 4*            I will bless the Lord all my life;  
                              **in your name I will lift up my hands.**

*Lent 5 – 6*            You, my God, have become my help.

To you we come, radiant Lord,  
the goal of all our desiring,  
beyond all earthly beauty;  
gentle protector, strong deliverer,  
in the night you are our confidence;  
from first light be our joy;  
through Jesus Christ our Lord.

### **From Lamentations 3**

*Lent 1 – 4*            Sing and praise God for ever.  
**Sing and praise God for ever.**

*Lent 5 – 6*            Deliver us by your wonderful works;  
**save us from the power of death.**

The steadfast love of the Lord never ceases, \*  
his mercies never come to an end;  
They are new every morning; \*  
great is your faithfulness.

**'The Lord is my portion,' says my soul, \***  
**'therefore I will hope in him.'**  
**The Lord is good to those who wait for him, \***  
**to the soul that seeks him.**

It is good that we should wait quietly \*  
for the salvation of the Lord.  
For the Lord will not reject for ever; \*  
though he cause grief, he will have compassion.

**According to the abundance of his steadfast love; \***  
**For he does not willingly grieve or afflict anyone.**

**Glory be to the Father, and to the Son, \***  
**and to the Holy Spirit.**  
**As it was in the beginning, is now, and ever shall be, \***  
**world without end. Amen.**

*Lent 1 – 4*            **Sing and praise God for ever.**

*Lent 5 – 6*            **Deliver us by your wonderful works;  
save us from the power of death.**

Open our ears, glorious Lord Christ,  
to hear the music of your voice  
above the chaos of this world;  
open our eyes to see the vision of your glory,  
for you are our King, now and forever.

## **Psalm 25**

*Lent 1 – 4*            The Lord takes delight in his people.  
**He crowns the poor with salvation.**

*Lent 5 – 6*            Now the hour has come.  
**for the Son of Man to be glorified.**

To you, O Lord, I lift up my soul; O my God, in you I trust; \*  
let me not be put to shame; let not my enemies triumph over me.  
Let none who look to you be put to shame, \*  
But let the treacherous be shamed and frustrated.

**Make me to know your ways, O Lord, \***  
**and teach me your paths.**  
**Lead me in your truth and teach me, \***  
**for you are the God of my salvation;**  
**for you have I hoped all the day long.**

Remember, Lord, your compassion and love, \*  
for they are from everlasting.  
Remember not the sins of my youth or my transgressions, \*  
but think on me in your goodness, O Lord,  
according to your steadfast love.

**Gracious and upright is the Lord; \***  
**Therefore shall he teach sinners in the way.**  
**He will guide the humble in doing right \***  
**and teach his way to the lowly.**



All the paths of the Lord are mercy and truth \*  
to those who keep his covenant and his testimonies.  
For your name's sake, O Lord, \*  
be merciful to my sin, for it is great.

**Who are those who fear the Lord? \***  
**them will he teach in the way that they should choose.**  
**Their soul shall dwell at ease \***  
**and their offspring shall inherit the land.**

The hidden purpose of the Lord is for those who fear him \*  
and he will show them his covenant.  
My eyes are ever looking for the Lord, \*  
for he shall pluck my feet out of the net.

**Turn to me and be gracious to me, \***  
**for I am alone and brought very low**  
**The sorrows of my heart have increased; \***  
**O bring me out of my distress.**

Look upon my adversity and misery \*  
and forgive me all my sin.  
Look upon my enemies, for they are many, \*  
and they bear a violent hatred against me.

**O keep my soul and deliver me; \***  
**let me not be put to shame,**  
**for I have put my trust in you.**  
**Let integrity and uprightness preserve me, \***  
**For my hope has been in you.**

Deliver Israel, O God, \*  
out of all his troubles.

**Glory be to the Father, and to the Son, \***  
**and to the Holy Spirit.**  
**As it was in the beginning, is now, and ever shall be, \***  
**world without end. Amen.**

*Lent 1 – 4*      **The Lord takes delight in his people.  
He crowns the poor with salvation.**

*Lent 5 – 6*      **Now the hour has come.  
for the Son of Man to be glorified.**

Free us, God of mercy,  
from all that keeps us from you;  
relieve the misery of the anxious and the ashamed  
and fill us with the hope of peace;  
through Jesus Christ our Lord.

# SCRIPTURE READING

*The Responsory on page 13 follows after the reading appointed for the week.*

## LENT 1 & 2

This day is holy to the Lord your God; do not mourn or weep.  
For this day is holy to our Lord; and do not be grieved,  
for the Lord is your strength.

*Nehemiah 8:9,10*

## LENT 3

We proclaim Christ crucified, a stumbling block to Jews  
and foolishness to Gentiles, but to those who are the called,  
both Jews and Greeks, Christ the power of God and the wisdom of God.  
For God's foolishness is wiser than human wisdom,  
and God's weakness is stronger than human strength.

*1 Corinthians 1:23-25*

## LENT 4

God, who is rich in mercy,  
out of the great love with which [we are loved]  
even when we were dead through our trespasses,  
made us alive together with Christ—by grace you have been saved—  
and raised us up with him  
and seated us with him in the heavenly places in Christ Jesus,  
so that in the ages to come [God]  
might show the immeasurable riches of [God's own] grace  
in kindness toward us in Christ Jesus.

*Ephesians 2:4-7*

## LENT 5

In the days of his flesh, Jesus offered up prayers and supplications,  
with loud cries and tears, to the one who was able to save him from death,  
and he was heard because of his reverent submission.  
Although he was a Son, he learned obedience through what he suffered,  
and having been made perfect,  
he became the source of eternal salvation for all who obey him.

*Hebrews 5:7-9*

## LENT 6 – PALM SUNDAY

The next day the great crowd that had come to the festival heard that Jesus was coming to Jerusalem.

So they took branches of palm trees and went out to meet him, shouting,

“Hosanna!

Blessed is the one who comes

in the name of [our God], the King of Israel!”

Jesus found a young donkey and sat on it; as it is written:

“Do not be afraid, daughter of Zion.

Look, your king is coming, sitting on a donkey's colt!”

*John 12:12-15*

## RESPONSORY

*Lent 1 – 4*

Forsake me not, O Lord;  
be not far from me, O my God.

**Forsake me not, O Lord;  
be not far from me, O my God.**

Make haste to help me,  
O Lord of my salvation.

**Be not far from me, O my God.**

Glory to the Father and to the Son  
And to the Holy Spirit.

**Forsake me not, O Lord;  
be not far from me, O my God.**

*From Psalm 38*

*Lent 5 – 6*

We adore you, O Christ, and we bless you;

**By your holy cross, you have redeemed the world.**

God chose what is weak in the world to shame the strong.

**We adore you, O Christ, and we bless you.**

We preach Christ crucified,  
the power of God and the wisdom of God.

**By your holy cross, you have redeemed the world.**

God forbid that I should glory,  
Save in the cross of our Lord Jesus Christ.

**We adore you, O Christ, and we bless you;  
by your holy cross, you have redeemed the world.**

*cf 1 Corinthians 1 and Galatians 6*

*The Benedictus follows. We stand for the Benedictus*

# BENEDICTUS

- Lent 1* You shall worship God alone;  
**you shall serve only your God.**
- Lent 2* If God is for us,  
**who can be against us?**
- Lent 3* To those who are called,  
**Christ is the power of God.**
- Lent 4* Once you were in darkness,  
**but now you are light in Christ Jesus.**
- Lent 5* Jesus said to his disciples, 'Our friend Lazarus has fallen asleep,  
**let us go and wake him from sleep'.**
- Lent 6* The multitude, gathered for the feast, cried out:  
**'Blessed be the one who comes in the name of our God!  
Hosanna in the highest'.**

**✝ Blessed be the Lord, the God of Israel:  
who has come to his people and set them free.**

**The Lord has raised up for us a mighty Saviour:  
born of the house of his servant David.**

**Through the holy prophets, God promised of old:  
to save us from our enemies, from the hands of all who hate us.**

**To show mercy to our forebears:  
and to remember his holy covenant.**

**This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,**

**Free to worship him without fear:  
holy and righteous before him, all the days of our life.**

**And you, child, shall be called the prophet of God, the Most High:  
for you will go before the Lord to prepare his ways.**

**To give his people knowledge of salvation:  
by the forgiveness of their sins.**

**In the tender compassion of our God:  
the dawn from on high shall break upon us,**

**To shine on those who dwell in darkness and the shadow of death:  
and to guide our feet into the way of peace.**

**Glory be to the Father, and to the Son, and to the Holy Spirit.**

**As it was in the beginning, is now and ever shall be, world without end.  
Amen.**

*Lent 1*      **You shall worship God alone;  
you shall serve only your God.**

*Lent 2*      **If God is for us,  
who can be against us?**

*Lent 3*      **To those who are called,  
Christ is the power of God.**

*Lent 4*      **Once you were in darkness,  
but now you are light in Christ Jesus.**

*Lent 5*      **Jesus said to his disciples, ‘Our friend Lazarus has fallen asleep,  
let us go and wake him from sleep’.**

*Lent 6*      **The multitude, gathered for the feast, cried out:  
‘Blessed be the one who comes in the name of our God!  
Hosanna in the highest’.**

*Go to pages 15 – 17 for the intercessions.*

## INTERCESSIONS—LENT 1, 3 AND 5

Let us bless our Redeemer,  
—who has brought us to this day of salvation.

**Lord, create a new spirit within us.**

Christ, our life, we were buried with you in baptism to rise from the dead;  
—lead us, and all preparing for baptism or confirmation,  
along the new path of life.

**Lord, create a new spirit within us.**

You went everywhere, Lord, doing good for everyone;  
—help us to care for the common good of all.

**Lord, create a new spirit within us.**

Healer of souls and bodies, mend our broken lives;  
—let us receive all the blessings of your holiness.

**Lord, create a new spirit within us.**

Through our Lenten observance, Lord,  
deepen our understanding of the mystery of Christ  
and make it a reality in the conduct of our lives.  
We make our prayer through Jesus Christ our Lord.  
**Amen.**

*The concluding prayers are on p.19.*



## INTERCESSIONS—LENT 2 AND 4

Let us glorify God for his wealth of goodness  
—and pray through Jesus Christ, who is always living to intercede for us

**Inflame our hearts with your love.**

God of mercy, help us to enrich this day with deeds of kindness;  
—let all people know by our actions that we are one.

**Inflame our hearts with your love.**

At the time of the flood you saved Noah through the ark;  
—grant salvation through water to those preparing for baptism.

**Inflame our hearts with your love.**

May we never live by bread alone;  
—give us life by every word you speak.

**Inflame our hearts with your love.**

Lord our God, your Son so loved the world  
that he gave himself up to death for our sake.  
Strengthen us by your grace  
and gives us a heart willing to live by that same love.  
We make our prayer through Jesus Christ our Lord.  
**Amen.**

## INTERCESSIONS—LENT 6 (PALM SUNDAY)

Let us adore Christ the Lord.

When he entered Jerusalem, the crowds proclaimed him Messiah and king.

**Blessed is he who comes in the name of the Lord.**

Hosanna to you, the Son of David, the king of the ages;  
—hosanna to you in your triumph over death and hell.

**Blessed is he who comes in the name of the Lord.**

You went up to Jerusalem to endure the passion and enter into glory;  
—lead your Church into the paschal feast of eternal life.

**Blessed is he who comes in the name of the Lord.**

You made your cross the tree of life;  
—share your victory with all the baptised.

**Blessed is he who comes in the name of the Lord.**

You came to save all people;  
—bring into your kingdom all who believe, hope and love.

**Blessed is he who comes in the name of the Lord.**

Everlasting God,  
who in your tender love towards the human race  
sent your Son our Saviour Jesus Christ to take upon him our flesh  
and to suffer death upon the cross:  
grant that we may follow the example of his patience and humility,  
and also be made partakers of his resurrection;  
through Jesus Christ our Lord.

**Amen.**

*The concluding prayers are on p.19.*

## CONCLUSION

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord.

**Amen.**

Gracious God,  
give skill, sympathy and resilience  
to all who are caring for the sick,  
and your wisdom to those searching for a cure.  
Strengthen them with your Spirit,  
that through their work many will be restored to health;  
through Jesus Christ our Lord.

**Amen.**

Uniting our prayers with the whole company of heaven,  
as our Saviour taught us, so we pray:

**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 for ever. Amen.**

The Lord be with you,  
**and also with you.**

The Lord bless us, **+**  
and keep us from all evil, and bring us to everlasting life.

**Amen.**

Let us stay here in the peace of Christ,  
**thanks be to God.**



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