

THE PARISH OF FRIERN BARNET

Holy Cross Day
13th September 2020

OPENING HYMN

Take up thy cross, the Saviour said,
if thou wouldst my disciple be;
deny thyself, the world forsake,
and humbly follow after me.

Take up thy cross - let not its weight
fill thy weak spirit with alarm;
his strength shall bear thy spirit up,
and brace thy heart, and nerve thine arm.

Take up thy cross, nor heed the shame,
nor let thy foolish pride rebel;
the Lord for thee the Cross endured,
to save thy soul from death and hell.

Take up thy cross then in his strength,
and calmly ev'ry danger brave;
'twill guide thee to a better home,
and lead to vict'ry o'er the grave.

Take up thy cross, and follow Christ,
nor think till death to lay it down;
for only those who bear the cross
may hope to wear the glorious crown.

To thee, great Lord, the One in Three,
all praise for evermore ascend;
O grant us in our home to see
the heav'nly life that knows no end.

Charles Everest (1814-77)

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.

Introduction

In the anguish of pain and death the key to eternal life lies hidden; in the suffering of our Lord lies the means of our transformation. For the cross, which aimed to destroy, revealed the love which made the earth. Seeing it lifted high, may we be led to be true disciples in the light of its glory.

**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**

CONFESSION

Wandering in the wilderness of our own pride and self-reliance, we have been strangers to you, Father, deaf to your voice, ungrateful for your love; let us turn to you again, for your patience and mercy.

In our foolishness we have forgotten our dependence on you.

Lord have mercy

Lord have mercy.

Stubborn and wayward we are often disobedient.

Christ have mercy.

Christ have mercy.

We have scorned humility and been reluctant to serve others.

Lord have mercy

Lord have mercy.

The priest says the absolution

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. **Amen.**

THE GLORIA

**Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

THE COLLECT

Almighty God,
who in the passion of your blessed Son
made an instrument of painful death
to be for us the means of life and peace:
grant us so to glory in the cross of Christ
that we may gladly suffer for his sake;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen**

THE LITURGY OF THE WORD

READING **Philippians 2:6-11**

A reading from Paul's letter to the Philippians

Christ Jesus, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death – even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

This is the word of the Lord.

All Thanks be to God.

RESPONSORIAL PSALM 22 v 22-27

The response is:

You are the Holy One, O God, enthroned on the praises of Israel.

You are the Holy One, O God, enthroned on the praises of Israel.

I will tell of your name to my people;
in the midst of the congregation will I praise you.
Praise the Lord, you that fear him;
O seed of Jacob, glorify him;
stand in awe of him, O seed of Israel. **R/**

For he has not despised nor abhorred the suffering of the poor;
neither has he hidden his face from them;
but when they cried to him he heard them.
From you comes my praise in the great congregation;
I will perform my vows
in the presence of those that fear you. **R/**

The poor shall eat and be satisfied;
those who seek the Lord shall praise him;
their hearts shall live for ever.
All the ends of the earth
shall remember and turn to the Lord,
and all the families of the nations shall bow before him. **R/**

THE GOSPEL John 3:13-17

Hear the Gospel of our Lord Jesus Christ according to John.

All Glory to you, O Lord.

Jesus said to Nicodemus: 'No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. '

This is the Gospel of the Lord.

All Praise to you, O Christ.

SERMON

THE CREED

Let us declare our faith in God.

**All We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is,
seen and 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,
of one Being with the Father;
through him all things were made.
For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary
and was made man.
For our sake he was crucified under Pontius Pilate;**

he suffered death and was buried.
On the third day he rose again
in accordance with 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 and the Son,
who with the Father and the Son is worshipped and glorified,
who 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.

PRAYERS OF INTERCESSION

In the power of the Spirit and in union with Christ let us pray to the Father.

And at the end

Merciful Father...

**Accept these prayers for the sake of your Son,
Our Saviour Jesus Christ. Amen.**

THE PEACE

In you alone, O Lord, shall we find true peace: from cruel death you bring eternal life, from the bitter cross, proof of your unending love.

The peace of the Lord be with you

All and also with you.

Let us offer one another a sign of God's peace.

HYMN

**Were you there when they crucified my Lord?
Were you there when they crucified my Lord?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they crucified my Lord?**

**Were you there when they nailed Him to the tree?
Were you there when they nailed Him to the tree?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they nailed Him to the tree?**

**Were you there when they laid Him in the tomb?
Were you there when they laid Him in the tomb?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they laid Him in the tomb?**

**Were you there when He rose up from the dead?
Were you there when He rose up from the dead?
Oh, sometimes I feel like shouting glory, glory, glory.
Were you there when He rose up from the dead?**

Spiritual, alt.

THE PRAYER OVER THE GIFTS

Lord Jesus Christ,
you were lifted high upon the cross,
to draw the whole world to yourself:
draw us to you in this holy sacrament,
that through the mystery of your body and blood
we may know again the triumph of your cross;
who are alive and reign, now and for ever. **Amen.**

THE 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 thanks and praise

The priest praises God for his mighty acts and all respond

**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.**

Praise to you Lord Jesus:

**All Dying you destroyed our death,
rising you restored our life:
Lord Jesus come in glory.**

THE LORD'S PRAYER

Looking for the coming of his kingdom, let us pray with confidence as our Saviour has taught us

**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

**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.**

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 receives communion on behalf of all those joining in the service, as those at home make an Act of Spiritual Communion joining in saying...

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul that I may unite myself wholly to you now and for ever. Amen

PRAYER AFTER COMMUNION

**All Faithful God,
whose Son bore our sins in his body on the tree
and gave us this sacrament to show forth his death
until he comes:
give us grace to glory in the cross of our Lord Jesus Christ,
for he is our salvation, our life and our hope,
who reigns as Lord, now and for ever. Amen**

THE BLESSING

May almighty God keep you from all harm
and bless you with every good gift. **Amen**

May he set his word in your heart
and fill you with lasting joy. **Amen**

May you walk in his ways,
always knowing what is right and good,
until you enter your heavenly inheritance. **Amen**

May almighty God bless you,
the Father, and the Son, and the Holy Spirit. **Amen**

Go in the peace of Christ.

All Thanks be to God.

FINAL HYMN

Faithful Shepherd, feed me
in the pastures green;
faithful Shepherd, lead me
where thy steps are seen.

Hold me fast, and guide me
in the narrow way;
so, with thee beside me,
I shall never stray.

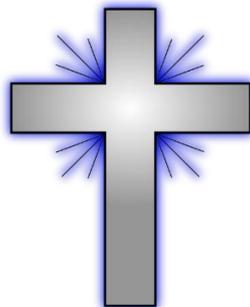
Daily bring me nearer
to the heav'nly shore;
make my faith grow clearer,
may I love thee more.

Hallow ev'ry pleasure,
ev'ry gift and pain;
be thyself my treasure,
though none else I gain.

Day by day prepare me
as thou seest best,
then let angels bear me
to thy promised rest.

Thomas Benson Pollock (1836-1896). Fredrich Silcher (1789-1860)

Please always stay safe – continue to follow the current rules on hygiene and self-isolation – to protect yourselves and others, especially the vulnerable.



For our prayers:

Please continue to remember ***the victims of racism and injustice around the world***. Also ***Kiyoko Kotaka, Judith French***, those who have died recently and all whose anniversaries of death fall at this time ***John Abimbola Kuti, Stan Newman***.

Birthdays: ***Lorraine Awooner-Renner, Emily McEntee, Leona Seraphin***

Notices

APCM: We have received notification from the Diocese that Parishes can now proceed to hold their delayed APCMs – so accordingly please make a note that we shall be holding ours, on Zoom, after the 10am Service on Sunday, 11 October. In addition to electing Church Wardens and members of the PCC, we will also be electing Deanery Synod members. Please do let one of the Wardens know if you wish to stand for election for any of these important roles.

PCC: The next meeting of the PCC is due to be held on Wednesday, 23rd September at 8pm.

Thank you: The donations for the recent ALMA appeal, from this Parish, totalled £1,109. The Diocese was aiming to raise money towards buying 4 vehicles for our partner dioceses in Mozambique and Angola, allowing response to crises in places where there is minimal public transport infrastructure, devastating poverty and extreme vulnerability to climate change. Many thanks to all who made donations towards this appeal.

Parish Finances: Many thanks to all of you who have used the Parish's online giving account over the summer. In addition to making a payment direct to the Parish bank account:-

Account Name: *Friern Barnet PCC*

Reference: *Donation*

Sort Code: *40-52-40*

Account No: *00011551*

the link can still be found on the St John's web address or payments can be made via the QR code below or you can use the QR code reader.

<https://givealittle.co/campaigns/7dba3a49-2db8-4990-b079-42eab9d7729c>



Food Bank: The Food Bank continues to welcome donations as it too has experienced a huge drop in its income this year. If you are able, please make a much needed donation via the link below which will take you straight to the Pembroke Road Food Bank donations page: <https://cafdonate.cafonline.org/10986>

Open Church. St John's church continues to be open for socially distant private prayer on Saturday mornings from 10am – noon. We are planning to open the Church once again for Sunday morning services later this month, but much depends upon the ever changing guideline. Please watch this space for further details.

Contact: If you have any questions or require help or support from the parish please contact Ed Newman on 07940 529905 (email: ed.newman01@gmail.com) or Helen Edwards on 07802 709081 (email: helen.edwards130@gmail.com)