

Communion Reflection

Salus eterna, indeficiens, mundi vita

(Sequence for the first Sunday of Advent, Sarum Gradual)

Saviour eternal, health and life of the world unfailing, light everlasting, and in truth our redeemer. Grieving that the mortals must perish through the tempter's subtlety, still in heaven abiding, you came earthward of your own great clemency. Then freely and graciously deigning to assume humanity, to lost and perishing ones you gave your free deliverance, filling all the world with joy. O Christ, our souls and bodies cleanse by your perfect sacrifice, that we as temples pure and bright fit for your abode may be. By your first advent justify us, by your second grant us liberty, that when in the great light you come down, judge of all, we in garments undefiled bright may shine following in your footsteps blest, where'er they lead.

Psallat Ecclesia - Sequences from Medieval Norway
Schola Solensis • Halvor J. Østtveit

Going out as the people of God

What does light talk about?

I asked a plant that once.

It said, "I am not sure,
but it makes me
grow."

Love Poems from God by Daniel Ladinsky

Notices

Closing Hymn

The Spirit lives to set us free,
Walk, walk in the light;
He binds us all in unity,
Walk, walk in the light.

*Walk in the light,
Walk in the light,
Walk in the light,
Walk in the light of the Lord.*

Jesus promised life to all,
Walk, walk in the light;
The dead were wakened by his call,
Walk, walk in the light.

He died in pain on Calvary,
Walk, walk in the light;
To save the lost like you and me,
Walk, walk in the light.

We know his death was not the end,
Walk, walk in the light;
He gave his Spirit to be our friend,
Walk, walk in the light.

The Spirit lives in you and me,
Walk, walk in the light;
His light will shine for all to see,
Walk, walk in the light.

ORLAGH IN THE CITY

Sunday 5A26 (8th February)

Opening Hymn

Longing for truth, we turn to you.
Make us your own, your holy people,
light for the world to see.

*Christ be our light!
Shine in our hearts.
Shine through the darkness.
Christ, be our light!
Shine in your church, gathered today.*

Longing for peace,
our world is troubled.
Longing for hope, many despair.
Your word alone has power to save us.
Make us your living voice.

Longing for food, many are hungry.
Longing for water, many still thirst.
Make us your bread, broken for others,
shared until all are fed.

Gloria

Glory be to God in heaven:
Let all people hear the call.
Peace to those who honour God
Who bear good will and love to all.
Gracious ruler, loving creator,
We adore and give you praise.
Hear our song of glad thanksgiving
For your grace, your loving ways.

Praise to you, O Jesus Christ,
The Son, the Lamb,
who once was slain.
Now you are alive forever,
Help us all God's life to gain.
You alone are blessed and holy:
Jesus Christ, beloved Son.
Sharing glory with the Spirit
And with the Eternal One.

Opening Prayer

Heavenly Father, you have called your church to be the salt of the earth and the light of the world. Give us vigorous faith and a love that is genuine, so that all may see our works and give you the glory. We make our prayer through Christ, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

LITURGY OF THE WORD

A reading from the prophet Isaiah (58:7-10)

I want you to share your food with the hungry
and to provide shelter for homeless, oppressed people.
When you see someone naked, clothe them!

Don't turn your back on your own flesh and blood.
Then your light will shine like the sunrise;
your restoration will quickly arrive;
your godly behaviour will go before you,
and the LORD's splendour will be your rear guard.

Then you will call out, and the LORD will respond;
you will cry out, and he will reply, 'Here I am.'

You must remove the burdensome yoke from among you
and stop pointing fingers and speaking sinfully.

You must actively help the hungry
and feed the oppressed.
Then your light will dispel the darkness,
and your darkness will be transformed into noonday.

Psalm 112

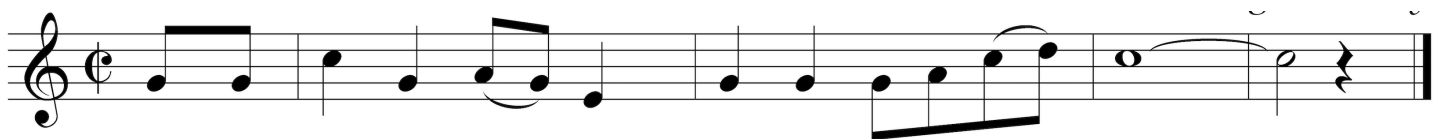
The just rise in the darkness as a light for the upright;
they are gracious, merciful, and righteous.
It is well with those who deal generously and lend,
who conduct their affairs with justice.

For the righteous will never be moved;
they will be remembered forever.
They are not afraid of evil tidings;
their hearts are firm, secure in the LORD.

Their hearts are steady; they will not be afraid;
in the end they will look in triumph on their foes.
They have distributed freely; they have given to the poor;
their righteousness endures forever; their horn is exalted in honour.

A reading from the first letter of St Paul to the Corinthians (2:1-5)

When I came to you, brothers and sisters, I did not come proclaiming the testimony of God to you with superior speech or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were made not with persuasive words of wisdom but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.



Al - le - lu - ia! Al - le - lu - ia! Al-le-lu - ia!_____

I am the light of the world, says the Lord;
anyone who follows me will have the light of life.

A reading from the holy Gospel according to Matthew (5:13-16)

Jesus said: “You are the salt of the earth, but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

Quiet prayer | Lectio | Creed | Intercessions

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.

LITURGY OF THE EUCHARIST

Colours of day dawn into the mind,
The sun has come up, the night is behind.
Go down in the city, into the street,
And let's give the message to the people we meet

*So light up the fire and let the flame burn,
Open the door, let Jesus return,
Take seeds of His Spirit, let the fruit grow,
Tell the people of Jesus, let His love show.*

Go through the park, on into the town;
The sun still shines on, it never goes down.
The light of the world is risen again;
The people of darkness are needing a friend.

Open your eyes, look into the sky,
The darkness has come, the sun came to die,
The evening draws on, the sun disappears,
But Jesus is living, His Spirit is near.