

24 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.

25 From you comes my praise in the great congregation; ♦ I will perform my vows in the presence of those that fear you.

26 The poor shall eat and be satisfied; ♦ those who seek the Lord shall praise him; their hearts shall live for ever.

27 All the ends of the earth shall remember and turn to the Lord, ♦ and all the families of the nations shall bow before him.

28 For the kingdom is the Lord's ♦ and he rules over the nations.

29 How can those who sleep in the earth bow down in worship, ♦ or those who go down to the dust kneel before him?

30 He has saved my life for himself; my descendants shall serve him; ♦ this shall be told of the Lord for generations to come.

31 They shall come and make known his salvation, to a people yet unborn, ♦ declaring that he, the Lord, has done it.

The Dismissal

Priest When the disciples had sung a hymn they went out to the Mount of Olives. Jesus prayed to the Father, 'If it is possible, take this cup of suffering from me'. He said to his disciples, 'How is it that you were not able to keep watch with me for one hour? The hour has come for the Son of Man to be handed over to the power of sinful men. Come, let us go.'

Christ was obedient unto death.
Go in his peace.

The ministers and people depart



Agony in the Garden - El Greco

St John's, Pevensey Road



The Gathering

Priest In the name of the Father,
and of the Son,
and of the Holy Spirit.

All Amen.

The Greeting

Priest The grace of our Lord Jesus Christ,
the love of God
and the fellowship of the Holy Spirit
be with you

All and also with you.

Words of welcome or introduction may be said.

Prayers of Penitence

Our Lord Jesus Christ says:
'If you love me, keep my commandments.
'Unless I wash you, you have no part in me.'

Let us confess to almighty God our sins
against his love,
and ask him to cleanse us.

cf John 14.15; 13.8

Silence is kept.

Have mercy on us, O God,
in your great goodness;
according to the abundance of your
compassion
blot out our offences.
Lord, have mercy.

All Lord, have mercy.

Against you only have we sinned
and done what is evil in your sight.
Christ, have mercy.

All Christ, have mercy.

Purge us from our sin and we shall be
clean;
wash us and we shall be whiter than snow.
Lord, have mercy.

All Lord, have mercy.

The priest says

May the Father forgive you
by the death of his Son
and strengthen you
to live in the power of the Spirit
all your days.

All Amen.

The Collect

Let us pray that we may love one
another as Christ has loved us.

Silence is kept.

God our Father,
you have invited us to share in the supper
which your Son gave to his Church
to proclaim his death until he comes:
may he nourish us by his presence,
and unite us in his love;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All Amen.

First Reading

Exodus 12.1-4(5-10)11-14

The Lord said to Moses and Aaron in the land of Egypt: This month shall mark for you the beginning of months; it shall be the first month of the year for you. Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbour in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it. Your lamb shall be without blemish, a year-old male; you may take it from the sheep or from the goats. You shall keep it until the fourteenth day of this month; then the whole assembled congregation of Israel shall slaughter it at twilight. They shall take some of the blood and put it on the two doorposts and the lintel of the houses in which they eat it. They shall eat the lamb that same night; they shall eat it roasted over the fire with unleavened bread and bitter herbs. Do not eat any of it raw or boiled in water, but roasted over the fire, with its head, legs, and inner organs. You shall let none of it remain until the morning; anything that remains until the morning you shall burn. This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly. It is the passover of the LORD. For I will pass through the land of Egypt that night, and I will strike down every firstborn in the land of Egypt, both human beings and animals; on all the gods of Egypt I will execute judgements: I am the LORD. The blood shall be a sign for you on the houses where you live: when I see the blood, I will pass over you, and no plague shall destroy you when I strike the land of

Egypt. This day shall be a day of remembrance for you. You shall celebrate it as a festival to the LORD; throughout your generations you shall observe it as a perpetual ordinance.

For the word of the Lord.

All Thanks be to God.

Second Reading

1 Corinthians 11.23-26

Beloved: I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

For the word of the Lord.

All Thanks be to God.

Gospel Reading

Praise to you, O Christ, King of eternal glory.

I give you a new commandment, says the Lord:

Love one another as I have loved you.

All Praise to you, O Christ, King of eternal glory.

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

All Glory to you, O Lord.

The Stripping of the Altar

The holy table may be stripped bare. During the stripping, we are invited to read and reflect upon these verses from Psalm 22

- 1 My God, my God, why have you forsaken me, ♦
and are so far from my salvation,
from the words of my distress?
- 2 O my God, I cry in the daytime,
but you do not answer; ♦
and by night also, but I find no rest.
- 3 Yet you are the Holy One, ♦
enthroned upon the praises of Israel.
- 4 Our forebears trusted in you; ♦
they trusted, and you delivered them.
- 5 They cried out to you and were delivered; ♦
they put their trust in you and were not confounded.
- 6 But as for me, I am a worm and no man, ♦
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; ♦
they curl their lips and wag their heads, saying,
- 8 'He trusted in the Lord; let him deliver him; ♦
let him deliver him, if he delights in him.'
- 9 But it is you that took me out of the womb ♦
and laid me safe upon my mother's breast.
- 10 On you was I cast ever since I was born; ♦
you are my God even from my mother's womb.

- 11 Be not far from me, for trouble is near at hand ♦
and there is none to help.
- 12 Mighty oxen come around me; ♦
fat bulls of Bashan close me in on every side.
- 13 They gape upon me with their mouths, ♦
as it were a ramping and a roaring lion.
- 14 I am poured out like water; ♦
all my bones are out of joint; ♦
my heart has become like wax melting in the depths of my body.
- 15 My mouth is dried up like a potsherd; ♦
my tongue cleaves to my gums; ♦
you have laid me in the dust of death.
- 16 For the hounds are all about me; ♦
the pack of evildoers close in on me; ♦
they pierce my hands and my feet.
- 17 I can count all my bones; ♦
they stand staring and looking upon me.
- 18 They divide my garments among them; ♦
they cast lots for my clothing.
- 19 Be not far from me, O Lord; ♦
you are my strength; hasten to help me.
- 20 Deliver my soul from the sword, ♦
my poor life from the power of the dog.
- 21 Save me from the lion's mouth, ♦
from the horns of wild oxen. ♦
You have answered me!
- 22 I will tell of your name to my people; ♦
in the midst of the congregation will I praise you.
- 23 Praise the Lord, you that fear him; ♦
O seed of Jacob, glorify him; ♦
stand in awe of him, O seed of Israel.

Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we, in the company of St John the Evangelist, St Peter, Mary the Mother of God, and all the saints, may praise and glorify you for ever, through Jesus Christ our Lord;

by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever.

All Amen.

The Lord's Prayer

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.

Breaking of the Bread

The president breaks the consecrated bread.

Every time we eat this bread and drink this cup,

All we proclaim the Lord's death until he comes.

Agnus Dei

All Jesus, Lamb of God, have mercy on us.

Jesus, bearer of our sins, have mercy on us.

Jesus, redeemer of the world, give us your peace.

Giving of Communion

The president says the invitation to communion

Jesus 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 president and people receive communion.

Prayer after Communion

Silence is kept.

Lord Jesus Christ, we thank you that in this wonderful sacrament you have given us the memorial of your passion:

grant us so to reverence the sacred mysteries of your body and blood that we may know within ourselves and show forth in our lives the fruit of your redemption, for you are alive and reign, now and for ever.

All Amen.

John 13.1-17,31b-35

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's

feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.

Jesus said, 'Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come." I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.'

This is the Gospel of the Lord.

All Praise to you, O Christ.

Sermon

Prayers of Intercession

In the power of the Spirit let us pray to the Father through Christ the saviour of the world.

Father, on this, the night he was betrayed, your Son Jesus Christ washed his disciples' feet. We commit ourselves to follow his example of love and service. Lord, hear us **All and humble us.**

On this night, he prayed for his disciples to be one.

We pray for the unity of your Church.
Lord, hear us

All and unite us.

On this night, he prayed for those who were to believe through his disciples' message.

We pray for the mission of your Church.
Lord, hear us

All and renew our zeal.

On this night, he commanded his disciples to love,
but suffered rejection himself.

We pray for the rejected and unloved.
Lord, hear us

All and fill us with your love.

On this night, he reminded his disciples that if the world hated them it hated him first.

We pray for those who are persecuted for their faith.

Lord, hear us

All and give us your peace.

On this night, he accepted the cup of death

and looked forward to the new wine of the kingdom.

We remember those who have died in the peace of Christ.

Lord, hear us

All and welcome all your children into paradise.

The Peace

Jesus says: 'Peace I leave with you;
my peace I give to you.

Do not let your hearts be troubled,
neither let them be afraid.'

cf John 14.27

The peace of the Lord be always with you

All and also with you.

Let us offer one another a sign of peace.

All may exchange a sign of peace.

Preparation of the Table

The Table is prepared and bread and wine are placed upon it.

At the eucharist we are with our crucified and risen Lord.

We know that it was not only our ancestors,

but we who were redeemed and brought forth from bondage to freedom,

from mourning to feasting.

We know that as he was with them in the upper room

so our Lord is here with us now.

All Until the kingdom of God comes let us celebrate this feast.

Blessed are you, Lord, God of the universe,
you bring forth bread from the earth.

All Blessed be God for ever.

Blessed are you, Lord, God of the universe,
you create the fruit of the vine.

All Blessed be God for ever.

The president takes the bread and wine.

The Eucharistic Prayer

The priest says

The Lord is here

All His Spirit is with us.

Lift up your hearts.

All We lift them to the Lord.

Let us give thanks to the Lord our God.

All It is right to give thanks and praise.

It is indeed right to give you thanks,
Father most holy, through Jesus Christ our Lord.

For on this night he girded himself with a towel

and, taking the form of a servant,
washed the feet of his disciples.

He gave us a new commandment that we should love one another as he has loved us.

Knowing that his hour had come,
in his great love he gave this supper to his disciples

to be a memorial of his passion,
that we might proclaim his death until he comes again,

and feast with him in his kingdom.

Therefore earth unites with heaven

to sing a new song of praise;

we too join with angels and archangels as they proclaim your glory without end:

**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.

Lord, you are holy indeed, the source of all holiness;

grant that by the power of your Holy Spirit,

and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;

who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples,
saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:
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.
Do this, as often as you drink it,
in remembrance of me.

Christ is the bread of life:

**All When we eat this bread and drink this cup,
we proclaim your death, Lord Jesus,
until you come in glory.**

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy to stand in your presence and serve you.