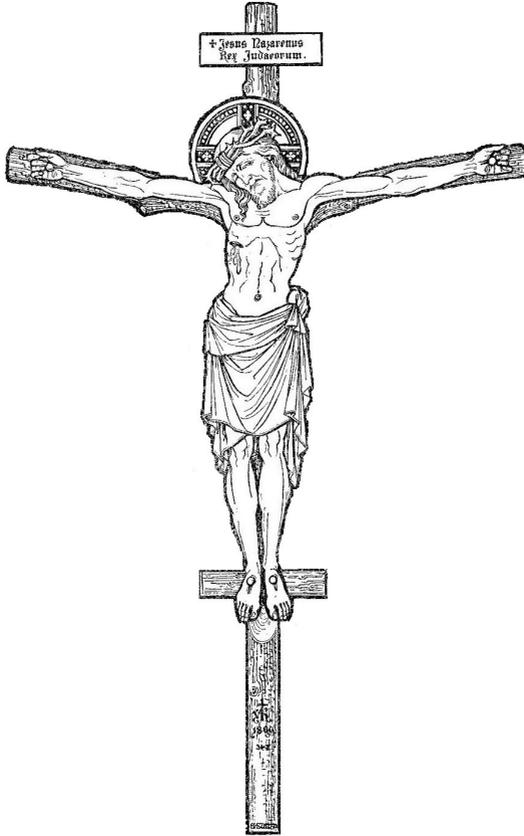


ST MARGARET'S ILKLEY



Lent Booklet
2023

CONTENTS

Please do keep this booklet with you throughout the season, as a handy guide to our liturgies and special events, and as a resource for prayer and reflection.

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Parish Office:

Mrs Vickie Kemp
stmargaretschurchpa@gmail.com
01943 607015
www.stmargaretsilkley.org

Fr Alex:

fatheralexcrawford@icloud.com
01943 603647
My rest day is Monday

LENT DIARY

FEBRUARY

Wed 22	Ash Wednesday	11.00 am Low Mass <i>with imposition of ashes, and social time</i> 7.30 am Sung Mass <i>with imposition of ashes</i>
Thur 23		(no Mass) 6.15 pm Lent Course I <i>in the hall</i>
Fri 24		2.30 pm Stations of the Cross <i>at St Margaret's</i>

Sun 26	First Sunday of Lent	8.00 am Low Mass 9.15 am Family Service 10.45 am Litany and Sung Mass 5.00 pm Choral Evensong <i>at St Wilfrid's, Harrogate</i>
Mon 27		12.30 pm CTI Lent Lunch I <i>at Ilkley Baptist</i>
Tue 28		6.00 pm Contemplative Mass

MARCH

Thur 2		11.00 am Low Mass <i>with social time</i> 6.15 pm Lent Course II <i>in the hall</i>
Fri 3		12.30 pm Organ Recital 6.30 pm Stations of the Cross <i>at Sacred Heart</i>

Sun 5	Second Sunday of Lent	8.00 am Low Mass 9.15 am Family Service 10.45 am Sung Mass 6.30 pm Choral Evensong
Mon 6		12.30 pm CTI Lent Lunch II <i>at Ilkley Baptist</i>
Tue 7		7.00 pm Healing Mass
Thur 9		11.00 am Low Mass <i>with social time</i> 6.15 pm Lent Course III <i>in the hall</i>
Fri 10		2.30 pm Stations of the Cross <i>at St Margaret's</i>
Sat 11		7.00 pm Ilkley Choral Society Concert

Sun 12 **Third Sunday of Lent** 8.00 am Low Mass
 9.15 am Family Mass
 10.45 am Sung Mass
 6.30 pm Choral Evensong

Mon 13 12.30 pm CTI Lent Lunch III *at Ilkley Baptist*

Tue 14 6.00 pm Contemplative Mass

Thur 16 11.00 am Low Mass *with social time*
 6.15 pm Lent Course IV *in the hall*

Fri 17 6.30 pm Stations of the Cross *at Sacred Heart*

Sun 19 **Fourth Sunday of Lent** 8.00 am Low Mass
Mothering Sunday **10.00 am** Parish Mass
 6.30 pm Choral Evensong

Mon 20 12.30 pm CTI Lent Lunch IV *at Ilkley Baptist*

Tue 21 6.00 pm Contemplative Mass

Thur 23 11.00 am Low Mass *with social time*
 6.15 pm Lent Course V *in the hall*
 7.30 pm PCC Meeting *in the hall*

Fri 24 2.30 pm Stations of the Cross *at St Margaret's*

Sat 25 **The Annunciation** 11.00 am Low Mass with hymns

Sun 26 **Fifth Sunday of Lent** 8.00 am Low Mass
 9.15 am Family Service
 10.45 am Litany and Sung Mass
 6.30 pm Choral Evensong

Mon 27 12.30 pm CTI Lent Lunch V *at Ilkley Baptist*

Tue 28 6.00 pm Contemplative Mass

Thur 30 11.00 am Low Mass *with social time*
 6.15 pm Lent Course VI *in the hall*

Fri 31 6.30 pm Stations of the Cross *at Sacred Heart*

APRIL

Sat 1 10.00 am Church Cleaning
 6.00 pm Holy Week Film Night

HOLY WEEK

Sun 2 **Palm Sunday** 8.00 am Low Mass
 9.15 am Family Service
 10.45 am Procession and Sung Mass
 6.30 pm Choral Evensong

*The principal liturgies are in **bold** type*

Mon 3 Monday of Holy Week 9.15 am Morning Prayer
 5.15 pm Evening Prayer
 7.00 pm Address and Low Mass

Tue 4 Tuesday of Holy Week 9.15 am Morning Prayer
 5.15 pm Evening Prayer
 7.00 pm Address and Low Mass

Wed 5 Wednesday of Holy Week 9.15 am Morning Prayer
 11.00 am Low Mass
 5.15 pm Evening Prayer
 7.00 pm Address and Tenebrae

Thur 6 **Maundy Thursday** 9.15 am Morning Prayer
 (no Evening Prayer)
 7.30 pm Mass and Liturgy of Maundy Thursday
 followed by the Watch until midnight

Fri 7 **Good Friday** 8.15 am Morning Prayer
 9.15 am Family Service and Easter crafts
 11.15 am CTI Walk of Witness
 1.45 pm Liturgy of Good Friday
 5.15 pm Evening Prayer

Sat 8 Holy Saturday 9.15 am Morning Prayer
 5.15 pm Evening Prayer
 7.30 pm Easter Vigil

Sun 9 **Easter Day** 8.15 am Morning Prayer
 9.15 am Family Mass
 10.45 am Sung Mass
 6.30 pm Choral Evensong and Benediction
 followed by drinks at the back of the church

Services resume as normal on Sunday 16 April

SPECIAL SERVICES

Ash Wednesday

Wednesday 22 February, 11.00 am and 7.30 pm

The imposition of ashes will be offered at Low Mass at 11.00 am (followed by social time in the hall) and the Sung Mass at 7.30 pm (with beautiful music by our choir and organist). Make a commitment to keeping a good and holy Lent.

Music for Ash Wednesday at 7.30 pm:

Christopher Rathbone: Missa semplice

Samuel Sebastian Wesley: Wash me thoroughly

Samuel Sebastian Wesley: Andante in E minor

Choral Evensong at St Wilfrid's, Harrogate

Sunday 26 February, 5.00 pm

Our choir sings a joint Evensong with the choirs of St Wilfrid's, Harrogate, and St Oswald's, Guiseley, on the First Sunday of Lent. Do join us for what will be a lovely service.

Anthony Gray: Te lucis ante terminum

Philip Wilby Responses

Herbert Murrill in E

John Ireland: Greater love

Louis Vierne: Cathédrales

The Annunciation of Our Lord to the Blessed Virgin Mary

Saturday 25 March, 11.00 am

The angel Gabriel announces to Mary the wonderful news that she will bear God's Son, the Messiah. Exactly nine months later, on 25 December, Jesus is born at Christmas. Join us as we celebrate this wonderful moment in the Church's year.

Lady Day is also a significant date in the Mothers' Union calendar, and we're inviting members and supporters from around the area to join us for Low Mass with hymns. Everyone is welcome to come and celebrate.

Holy Week

Sunday 2 to Saturday 8 April

We are very pleased that Fr Kenneth Crawford will preach at all our principal liturgies during Holy Week.

The full pattern of services can be found in the Lent Diary at the beginning of the booklet, but the key services are highlighted here. We strongly encourage you to come to as many of the principal liturgies as possible. This is the most moving and powerful part of the Church's calendar, and the joy of Easter will be greatly enhanced by a prayerful engagement with the events of Holy Week.

Palm Sunday: 10.45 am Procession and Sung Mass

We begin in the parish hall for the Liturgy of the Palms, and then process around the church, in imitation of Jesus' entry into Jerusalem before his Passion (members of the congregation unable to process are very welcome to wait in church). During the course of the service we will hear a dramatic reading of the Passion Gospel, led by members of our congregation.

Monday and Tuesday: 7.00 pm Address and Low Mass

Wednesday: 11.00 am Low Mass and 7.00 pm Address and Tenebrae

Tenebrae (Latin for 'darkness') is a highly symbolic service reflecting on the themes of darkness and light. As we hear poems and readings of the passion, the church gradually falls into darkness.

Thursday: 7.30 pm Sung Mass and Liturgy of Maundy Thursday

We mark Jesus' final night with his disciples before his Passion, when he washed their feet, and gave us the gift of the Eucharist. After the service we keep watch with the Blessed Sacrament until midnight (members of the congregation may stay for as long as they wish).

Friday: 1.45 pm Liturgy of Good Friday

The holiest day of the year, the day on which Christ was crucified for us. The Liturgy involves hearing the story of the Passion, prayer, music, and veneration of the cross.

The Easter Vigil

Saturday 8 April, 7.30 pm

This is the most joyful act of worship in the Christian calendar, the first celebration of the resurrection as night falls on Holy Saturday. We begin by hearing the story of our salvation unfolding over the pages of scripture, and by lighting the new fire and marking the paschal candle. The priest sings the ancient blessing of the light, the *Exsultet*, and we make a joyful noise to celebrate our risen Lord. *Do bring pots, pans, musical instruments, or whatever you can find, with which to make a joyful noise!*

On Easter Day itself, we will sing **Morning Prayer at 8.15 am**, celebrate at the **Family Mass at 9.15 am**, and the **Sung Mass at 10.45 am**.

Choral Evensong and Benediction at 6.30 pm rounds off our Easter liturgies, and will be followed by drinks at the back of the church.

Holy Week and Easter for families

Families are *of course* very welcome to join us for any of our liturgies at any time through the year! But we have three special services through Holy Week which will be interactive and engaging for children, and enable the whole family to mark this special week together.

Sunday 2 April: 9.15 am Palm Sunday Family Service

We will process around the church and sing together, remembering Jesus' entry into Jerusalem.

Friday 7 April: 9.15 am Good Friday Family Service and Crafts

We mark the holiest day of the year together by recalling Jesus' last days before his death, then move into the hall for Easter crafts, and hot cross buns.

Sunday 9 April: 9.15 am Easter Day Family Mass

Come and celebrate the resurrection together at a joyful Family Mass on Easter Day—followed by an Easter egg hunt around the church grounds!

REGULAR SERVICES AND DEVOTIONS

Contemplative Mass

Tuesdays in Lent at 6.00 pm

Scripture, silence, Eucharist. A beautiful and peaceful celebration of the Mass by candlelight, with minimal words, and an opportunity for extended prayer and reflection on the Gospel reading in silence. A chance to recharge the spiritual batteries in the peace of the Lady Chapel each week.

On **Tuesday 7 March** we will hold a special Mass with anointing and prayers for healing, at 7.00 pm, which replaces the Contemplative Mass that evening.

Stations of the Cross

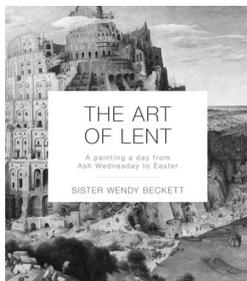
Fridays through Lent, alternating between St Margaret's and Sacred Heart

We join with our Roman Catholic brothers and sisters in this joint witness through Lent. When at St Margaret's, Stations will be at 2.30 pm; when at Sacred Heart, Stations will be at 6.30 pm (for locations each week, see the Lent Diary).

On **Friday 24 March** at St Margaret's the service will include a special set of musical reflections on each station, composed and played by our very own Christopher Rathbone. Not to be missed!

Lent Course

Thursdays in Lent, 6.15 - 7.15 pm, in the parish hall



This year we will work our way through Sister Wendy Beckett's book, *The Art of Lent*. The book offers a painting and a reflection for every day of Lent, with each week considering a different theme. Every Thursday we will reflect on that week's paintings together. It would help to have a copy of Sister Wendy's book to use at home: please let us know if you would like us to order one for you (£8 new or more cheaply second hand, available online).

Lent Evensong Sermon Series

Sundays 5, 12, 19, 26 March, and 2 April, 6.30 pm

Lent is a wonderfully rich time for readings, poetry, and choral music. At Choral Evensong on Sundays one of our regular preachers will reflect on a favourite Lenten hymn, which we will sing during the service.

5 March - Catherine Gibson - *O kind Creator, bow thine ear*

12 March - Fr Bernard Gribbin - *O for a heart to praise my God*

19 March - The Revd Isobel Rathbone - *Morning glory, starlit sky*

26 March - Catherine Beaumont - *When I survey the wondrous cross*

2 April - Fr Kenneth Crawford - *Ride on, ride on in majesty*

SPECIAL EVENTS

Holy Week Film Night

Saturday 1 April at 6.00 pm

We will be screening Pier Paolo Pasolini's masterpiece, *The Gospel According to Matthew* (1964) as Holy Week begins.

"With stunning black-and-white photography, an eclectic soundtrack, and using a cast of non-professionals who voice dialogue drawn directly from scripture, *The Gospel According to Matthew* depicts the key events in the life of Christ, from conception to death on the cross.

Vaunted by the Vatican as one of its select few recommended films, acclaimed by the then Archbishop of Canterbury as a 'great film,' Pasolini's Oscar-, Golden Lion-, and BAFTA-nominated film remains a magnificent, awe-inspiring experience."

Bring some drinks and nibbles to share. The film lasts just over two hours, and we will end with a brief discussion.

Churches Together in Ilkley Lent Lunches

Mondays in Lent at 12.30 pm, at Ilkley Baptist Church

Come together for a bread and soup lunch, followed by a talk on a different theme each week. There is a car park at Ilkley Baptist Church - 4 Kings Road, LS29 9AD. No need to book.

Concerts

Friday 3 March at 12.30 pm and Saturday 11 March at 7.00 pm

Friday 3 March, 12.30 pm - Organ Recital by Christopher Rathbone

Free, with a retiring collection towards the music fund

Christopher writes: The recital on March 3rd is the annual Bach recital: an early chorale partita, the most splendid of the 6 Trio Sonatas written for Bach's eldest and most talented son, Wilhelm Friedemann, no 5 in C, and the wonderful Great G minor Fantasia and Fugue - the Fantasia one of Bach's most chromatic (harmonically colourful) pieces, the Fugue cheeky and virtuosic.

Saturday 11 March, 7.00 pm - Concert by Ilkley Choral Society

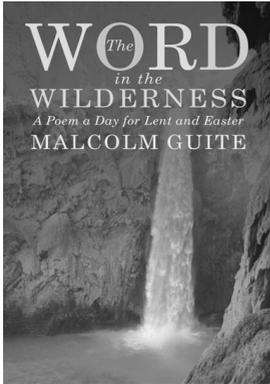
Tickets are £16, available via the Society's website: www.ilkleychoral.org.uk

An opportunity to hear **Ralph Vaughan Williams'** wonderful '**A Sea Symphony**' accompanied by Leeds Symphony Orchestra. This work was first performed in Leeds in 1910, and was one of the first symphonies to include a chorus throughout as an integral part of the texture. Vaughan Williams was only 30 years old when he began composing it. The text comes from Walt Whitman's 'Leaves of Grass.'

LENT BOOK RECOMMENDATIONS

**The Word in the Wilderness:
a poem a day for Lent and Easter**

Malcolm Guite
recommended by Catherine Gibson

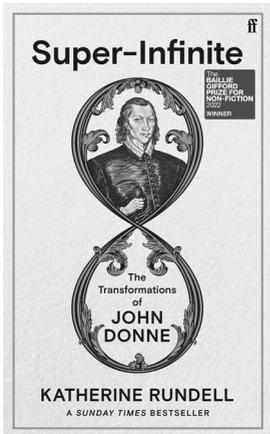


I used this as my Lent book during the Covid lockdown, and found it very helpful. The poems cover a wide time-span, from Dante to contemporary writers. Readers will probably find a mixture of the familiar and the surprising. Each poem is followed by a thoughtful reflection.

Malcolm Guite is Chaplain of Girton College, Cambridge, and a performance poet and singer/songwriter who lectures widely on poetry and theology in Britain and the US.

**Super-Infinite:
the Transformations of John Donne**

Katherine Rundell
recommended by the Revd Isobel Rathbone

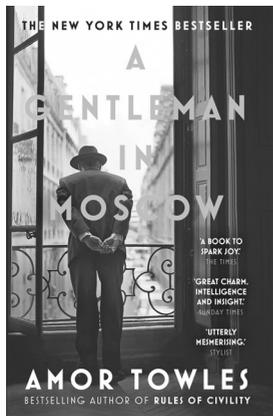


Donne is known to most people as one of the greatest love poets in the English language, the most renowned preacher of his own and perhaps any age, and towards the end of his life, Dean of St Paul's. But not many people know that he was also a seafarer and the father of twelve children, or that in his youth he spent time in prison for marrying his wife Anne without her father's permission. Hence Donne's 'transformations' from one character to another.

This book taught me to appreciate Donne's visceral, really raunchy experience of love, which appears in his love poetry; but also how that spills over into his attitude to God, faith and death. It also emphasises

Donne's unique ability to articulate in his preaching and writing unexpected concepts of faith ("when one man dies, one chapter is not torn out of the book, but translated into a better language...") And because of the author's close analysis of her sources we gain fascinating insight into the society of seventeenth-century England. This book is not always an easy read, because at some point the biographer seems to be modelling her style on that of her subject; but I found it well worth the effort!

A Gentleman in Moscow

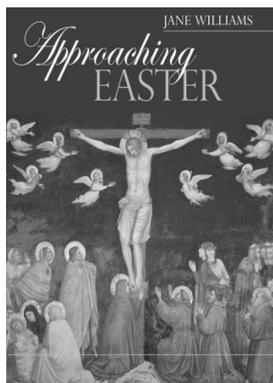


*Amor Towles
recommended by Fr Alex*

On 21 June 1922, Count Alexander Rostov is escorted out of the Kremlin, across Red Square and through the elegant revolving doors of the Hotel Metropol. Deemed an unrepentant aristocrat by a Bolshevik tribunal, the Count has been sentenced to spend the rest of his days in an attic room in the hotel.

Not a Lent book at all! But in this season of introspection and self-reflection, this beautifully rich novel prompts us to consider what really brings us happiness and gives meaning to our lives; and to look for it in the small things we often take for granted.

Approaching Easter



*Jane Williams
recommended by Fr Kenneth Crawford*

Whilst the title might suggest that this is not a Lenten text, Lady Williams' book certainly is appropriate for the Lenten season. The first chapter is 'Forty Days,' and subsequent chapters cover Good Friday, Anger, Fear, Compassion, Waiting, and Easter. This is a comprehensive and authoritatively-written book which leads the reader through life issues in relation to the Lenten season, Holy Week, and then Easter.

She writes, "There are some things worse than fear for our own safety. Fear of being without love, for example, without meaning in life, without self-respect. We are very much afraid of what might be asked of us in defence of these things, but that fear pales into insignificance beside the fear of being without them. That's what Peter discovers when he has denied Jesus for the third time and it makes him weep, bitterly. He would rather be afraid with Jesus, who represents to Peter all that makes life meaningful, than safe, with nothing."

**Science and Spiritual Practices:
Reconnecting through Direct Experience**

*Rupert Sheldrake
recommended by Fr Bernard Gribbin*



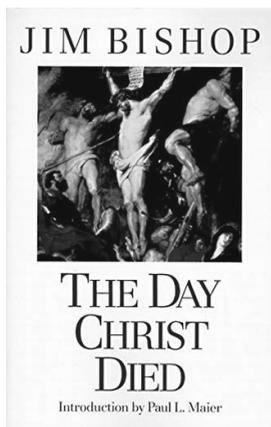
In this pioneering book Rupert Sheldrake shows how science helps validate seven practices on which all religions are built, and which are part of our common human heritage:

- meditation - gratitude - connecting with nature - relating to plants - rituals - singing and chanting - pilgrimage and holy places -

This is a book for anyone who suspects that in the drive towards radical secularism, something valuable has been left behind. "Sheldrake will be seen as a prophet" (The Sunday Times).

The Day Christ Died

*Jim Bishop
recommended by Fr Alex*



This book takes us through the events of Good Friday, beginning at 6.00 pm on Thursday (the beginning of the Hebrew day) with Jesus and the apostles en route to Jerusalem and the Last Supper, and closing at 4.00 pm the following afternoon, when Jesus is taken down from the cross. Based on the work of "four fine journalists: Matthew, Mark, Luke, and John," Bishop 'fills in' the missing details using the writings of ancient historians, Church fathers, and modern scholars, to create a narrative hour-by-hour account. A powerful retelling of the Passion in its entirety—something we often only hear in snippets in Church.

POETRY FOR LENT

Pilate

*Nell Hodgson
shared by Fr Kenneth Crawford*

Pilate stands bemused, confused
Outside the Palace court.
The crowds are ugly and angry
With the prisoner they have brought.

“Who is this man?
Why does he stand with dignity and strength,
And speak of truth,
Whilst those around are yelling for his blood?
Is he a king?
Is his kingdom near?
I sense his innocence, yet dare not set him free,
For they would take his claim to Caesar,
And demand my head!

So long I’ve laboured for my place of power,
I cannot let that be.
My spirit is disturbed. I know I must decide.
Is he a king from a world beyond our realm?
What proof, then, can he bring?
What power does he hold?
I look into his eyes and see a strength invincible:
Does he possess a secret source of power
Greater than all that I have sought and bought?

So many men I’ve sent to death without a qualm,
So, why this sudden fear?
There is a strange authority and calm
Within this man.
He does not beg for mercy;
He ignores the power I hold.
Why is he so strong, so silent, so calm,
And yet so bold?

My wife, too, has her fears.
'Don't get involved,' she pleads.
'My dreams of him have troubled me!
This man is not as other men,
So weak, and yet so strong.
To what strange kingdom does he belong?
Release him, and let him go,' she cries.

And as I look into his eyes,
I know I must decide. The choice is mine!
I know his innocence of charges laid;
I know that I should set him free!
Yet, how would this affect my own stability?

Oh, bring me a towel and water,
I'll wash my hands of this affair!
Just whip this man and let him go,
I suddenly declare.
The leaders look at me with scorn and say,
'You are no friend of Caesar's if you do!'
I see that they would have him dead.
Then crucify him yourselves;
Place this notice at his head:
"JESUS OF NAZARETH! KING OF THE JEWS!"
His death is yours, not mine.
I wash my hands. Now, go.
It is enough.

'He is not our king,' they said,
But led him forth, in purple robe,
A thorn crown on his head.

How still the courtyard now;
The crowds, their leaders, the soldiers,
The prisoner has gone;
And yet, I cannot rest!
Who was that man? And what his quest?
Why does a sense of guilt now haunt me?
Guilt I cannot wash away?
Did I look into the eyes of Truth,
And reject him, here today?"

II: Jesus is given his cross

He gives himself again with all his gifts
And now we give him something in return.
He gave the earth that bears, the air that lifts,
Water to cleanse and cool, fire to burn,
And from these elements he forged the iron,
From strands of life he wove the growing wood,
He made the stones that pave the roads of Zion,
He saw it all and saw that it is good.
We took his iron to edge an axe's blade,
We took the axe and laid it to the tree,
We made a cross of all that he has made,
And laid it on the one who made us free.
Now he receives again and lifts on high
The gifts he gave, and we have turned awry.

III: Jesus falls the first time

He made the stones that pave the roads of Zion
And well he knows the path we make him tread,
He met the devil as a roaring lion
And still refused to turn these stones to bread,
Choosing instead, as Love will always choose,
This darker path into the heart of pain.
And now he falls upon the stones that bruise
The flesh, that break and scrape the tender skin.
He and the earth he made were never closer,
Divinity and dust come face to face.
We flinch back from his *via dolorosa*.
He sets his face like flint and takes our place,
Staggers beneath the black weight of us all
And falls with us that he might break our fall.

Jesu

George Herbert
shared by Tina Warnes

JESU is in my heart, his sacred name
Is deeply carved there: but th' other week
A great affliction broke the little frame,
Ev'n all to pieces: which I went to seek:
And first I found the corner, where was *J*,
After, where *ES*, and next where *U* was graved.
When I had got these parcels, instantly
I sat me down to spell them, and perceived
That to my broken heart he was *I ease you*,
And to my whole is *JESU*.

A SIMPLE OFFICE

This can be used on any day through Lent, perhaps at midday, or whenever you feel drawn to pray. You might like to set aside part of a room for prayer, light a candle, and spend some time in silence before the office.

*If you are praying the office with someone else, one person can say the words in normal type, and the other person(s) can say the words in **bold** type.*

PREPARATION

O God, make speed to save us.

O Lord, make haste to help us.

Hear my prayer, O Lord, and give ear to my cry;

hold not your peace at my tears.

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.

THE WORD OF GOD

PSALMODY

SUNDAY

Psalm 51. 11 - end

Make me a clean heart, O God, :
and renew a right spirit within me.

**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;

**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.

**O Lord, open my lips :
and my mouth shall proclaim your praise.**

For you desire no sacrifice, else I would give it; :
you take no delight in burnt offerings.

**The sacrifice of God is a broken spirit; :
a broken and contrite heart, O God, you will not despise.**

O be favourable and gracious to Zion; :
build up the walls of Jerusalem.

**Then you will accept sacrifices offered in righteousness,
the burnt offerings and oblations; :
then shall they offer up bulls on your altar.**

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.

Turn to page 25

MONDAY

Psalm 3

Lord, how many are my adversaries; :
many are they who rise up against me.

**Many are they who say to my soul, :
'There is no help for you in your God.'**

But you, Lord, are a shield about me; :
you are my glory, and the lifter up of my head.

**When I cry aloud to the Lord, :
he will answer me from his holy hill;**

I lie down and sleep and rise again, :
because the Lord sustains me.

**I will not be afraid of hordes of the peoples :
that have set themselves against me all around.**

Rise up, O Lord, and deliver me, O my God, :
for you strike all my enemies on the cheek
and break the teeth of the wicked.

**Salvation belongs to the Lord :
may your blessing be upon your people.**

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.

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TUESDAY

Psalm 6

O Lord, rebuke me not in your wrath; :
neither chasten me in your fierce anger.

**Have mercy on me, Lord, for I am weak; :
Lord, heal me, for my bones are racked.**

My soul also shakes with terror; :
how long, O Lord, how long?

**Turn again, O Lord, and deliver my soul; :
save me for your loving mercy's sake.**

For in death no one remembers you; :
and who can give you thanks in the grave?

**I am weary with my groaning; :
every night I drench my pillow and flood my bed with my tears.**

My eyes are wasted with grief :
and worn away because of all my enemies.

**Depart from me, all you that do evil, :
for the Lord has heard the voice of my weeping.**

The Lord has heard my supplication; :
the Lord will receive my prayer.

**All my enemies shall be put to shame and confusion; :
they shall suddenly turn back in their shame.**

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.

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In the Lord have I taken refuge; :
 how then can you say to me, 'Flee like a bird to the hills,

**'For see how the wicked bend the bow and fit their arrows to the string, :
 to shoot from the shadows at the true of heart.**

'When the foundations are destroyed, :
 what can the righteous do?'

**The Lord is in his holy temple; :
 the Lord's throne is in heaven.**

His eyes behold, :
 his eyelids try every mortal being.

**The Lord tries the righteous as well as the wicked, :
 but those who delight in violence his soul abhors.**

Upon the wicked he shall rain coals of fire and burning sulphur; :
 scorching wind shall be their portion to drink.

**For the Lord is righteous; he loves righteous deeds, :
 and those who are upright shall behold his face.**

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.

Turn to page 25

Help me, Lord, for no one godly is left; :
 the faithful have vanished from the whole human race.

**They all speak falsely with their neighbour; :
 they flatter with their lips, but speak from a double heart.**

O that the Lord would cut off all flattering lips :
 and the tongue that speaks proud boasts!

**Those who say, 'With our tongue will we prevail; :
 our lips we will use; who is lord over us?'**

'Because of the oppression of the needy, and the groaning of the poor, :
 I will rise up now,' says the Lord,
 'and set them in the safety that they long for.'

**The words of the Lord are pure words, :
like silver refined in the furnace and purified seven times in the fire.**

You, O Lord, will watch over us ☉:
and guard us from this generation for ever.

**The wicked strut on every side, :
when what is vile is exalted by the whole human race.**

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.

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FRIDAY

Psalm 32

Happy the one whose transgression is forgiven, :
and whose sin is covered.

**Happy the one to whom the Lord imputes no guilt, :
and in whose spirit there is no guile.**

For I held my tongue; :
my bones wasted away through my groaning all the day long.

**Your hand was heavy upon me day and night; :
my moisture was dried up like the drought in summer.**

Then I acknowledged my sin to you :
and my iniquity I did not hide.

**I said, 'I will confess my transgressions to the Lord,' :
and you forgave the guilt of my sin.**

Therefore let all the faithful make their prayers to you in time of trouble; :
in the great water flood, it shall not reach them.

**You are a place for me to hide in; you preserve me from trouble; :
you surround me with songs of deliverance.**

'I will instruct you and teach you in the way that you should go; :
I will guide you with my eye.

**'Be not like horse and mule which have no understanding; :
whose mouths must be held with bit and bridle,
or else they will not stay near you.'**

Great tribulations remain for the wicked, :
but mercy embraces those who trust in the Lord.

**Be glad, you righteous, and rejoice in the Lord; :
shout for joy, all who are true of heart.**

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.

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SATURDAY

Psalm 61

Hear my crying, O God, :
and listen to my prayer.

**From the end of the earth I call to you with fainting heart; :
O set me on the rock that is higher than I.**

For you are my refuge, :
a strong tower against the enemy.

**Let me dwell in your tent for ever :
and take refuge under the cover of your wings.**

For you, O God, will hear my vows; :
you will grant the request of those who fear your name.

**You will add length of days to the life of the king, :
that his years may endure throughout all generations.**

May he sit enthroned before God for ever; :
may steadfast love and truth watch over him.

**So will I always sing praise to your name, :
and day by day fulfil my vows.**

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.

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SHORT READING

SUNDAY

Romans 6. 3 - 5

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his.

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MONDAY

Joel 2. 12 - 14

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain-offering and a drink-offering for the Lord, your God?

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TUESDAY

1 Corinthians 9. 24 - end

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

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WEDNESDAY

Romans 7. 21 - 25a

I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

Turn to page 27

THURSDAY*Isaiah 58. 6 - 9a*

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

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FRIDAY*Matthew 6. 1 - 4*

Jesus said to the disciples, 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.'

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SATURDAY*Luke 10. 38 - end*

Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to Jesus and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

PRAYER

You can offer your own prayers, keep silence, or listen prayerfully to some music or reading; or this form of prayer may be used:

In penitence and faith let us make our prayer to the Father
and ask for his mercy and grace.

For your holy people,
that they may triumph over evil and grow in grace,
we pray to you, O Lord:

Lord, have mercy.

For candidates for baptism and confirmation,
that they may live by every word that proceeds from your mouth,
we pray to you, O Lord:

Lord, have mercy.

For the leaders of the nations,
that you will guide them in the ways of mercy and truth,
we pray to you, O Lord:

Lord, have mercy.

For the needy,
that they may not be forgotten,
nor the hope of the poor be taken away,
we pray to you, O Lord:

Lord, have mercy.

For the sick in body, mind and spirit,
that they may know your power to heal,
we pray to you, O Lord:

Lord, have mercy.

For the poor in spirit,
that they may inherit the kingdom of heaven
and see you face to face,
we pray to you, O Lord:

Lord, have mercy.

Let us commend the world, for which Christ suffered,
to the mercy and protection of God.

COLLECT

Teach us, good Lord, to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labour and not to seek for any reward,
save that of knowing that we do your will.
Amen.

LORD'S PRAYER

**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.**

CONCLUSION

May God bless us and show us compassion and mercy.
Amen.

St Margaret's Parish Church

Queen's Road, Ilkley, LS29 9QL

Web: www.stmargaretsilkley.org Tel: 01943 607015

Email: stmargaretschurchpa@gmail.com

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