

ST NICHOLAS' ANGLICAN CHURCH, HELSINKI

A diverse and inclusive community of Word and Sacrament

First Sunday of Lent, 6th March 2022



Temptation in the Wilderness, Rivière, Briton, 1840-1920

St Nicholas' Anglican Church

Tehtaankatu 23

00150 Helsinki

Tel: 050 309 9132 **Email:** office@anglican.fi

www.anglican.fi

We warmly welcome you to our Sunday Eucharist! We hope you will stay for a chat and refreshments after the service.

Safeguarding

We are committed to the safeguarding, care and nurture of everyone within our community. Please contact the safeguarding officer or chaplain for assistance or advice; we respond promptly to every concern or allegation.

Participating in the Service

The order of service indicates whether to sit or stand, however please feel free to adopt the posture that you feel most comfortable with. If you have difficulty coming up for communion then please let the Verger know and we will bring Communion to you.

Music

Music notation for the Kyrie & Gloria, Sanctus & Benedictus, and Agnus Dei are available on a separate sheet.

Children

Children are always welcome at our services. Sunday School takes place during school term-time, on Sundays at 10am in the Church crypt. We also have a Youth Group for ages 11 plus. To find out more please speak to one of our Sunday School teachers on the contact list.

Giving to St Nicholas

The Chaplaincy does not benefit from 'Church tax.' We have a contactless payment option and a collection basket at the back of Church. Please consider regular giving via our website or using the Chaplaincy Bank Details: The Anglican Church in Finland, IBAN: FI19 3131 1000 3283 06 Ref:1009. You can also use Mobile Pay to make a donation, using number 95789.

Social media

You can follow us on

Facebook: <https://www.facebook.com/anglicanfinland>

Instagram: https://www.instagram.com/anglican_church_helsinki/

Twitter: St Nicholas' Church, Helsinki @anglicanfinland

If you would like to receive our weekly newsletter then please visit the 'Contact Us' page on our website

Video & Photography

We kindly ask that no photos are taken during the service to protect the privacy of fellow worshippers. Our services are streamed online and every care is taken to ensure that members of the congregation are not visible, but if you have any questions then please speak with the Verger.

Contact us

Chaplain: tuomas.makipaa@anglican.fi

Father Tuomas Mäkipää (050-3099132)

Urdu Language Ministry: parvez.gill@anglican.fi

Father Gill Parvez

Churchwardens: churchwardens@anglican.fi

Arne Laitinen

Johnson Samuel

Council: council@anglican.fi

Lara McCoy

Ameena Noel

Ron Peake

Henry Rawstorne

Director of Music: erik.riekko@anglican.fi

Erik Johannes Riekkö

Sunday School/Youth Team: office@anglican.fi

Jane Mayhew-Smith

Jayawin & Tino Jayapal

Sarah Tahvanainen

Safeguarding officer: safeguarding@anglican.fi

Arne Laitinen

Sarah Tahvanainen (Safeguarding Assistant)

Office Manager: office@anglican.fi

Sarah Tahvanainen

Deanery Synod reps:

Linda Jämsen

Humaira John

[Please use the contact emails provided]

Jesus in every respect has been tempted as we are, yet without sin. (Hebrews 4.15)

Let us proceed in peace
In the name of Christ, Amen!

Entrance Hymn: The Glory of These Forty Days

**The glory of these forty days
we celebrate with songs of praise;
for Christ, by whom all things were made,
himself has fasted and has prayed.**

**Alone and fasting Moses saw
the loving God who gave the law;
and to Elijah, fasting, came
the steeds and chariots of flame.**

**So Daniel trained his mystic sight,
delivered from the lions' might;
and John, the bridegroom's friend, became
the herald of Messiah's name.**

**Then grant us, Lord, like them to be
full off in fast and prayer with thee;
our spirits strengthen with thy grace,
and give us joy to see thy face.**

**O Father, Son, and Spirit blest,
to thee be every prayer addressed,
who art in threefold name adored,
from age to age, the only Lord.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

The Greeting

The Lord be with you
and also with you.

Words of welcome or introduction may be said.

Prayer of Preparation

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.**

Prayers of Penitence

Our Lord Jesus Christ said: The first commandment is this:
'Hear, O Israel, the Lord our God is the only
Lord. You shall love the Lord your God with all your heart, with all your soul, with all
your mind, and with all your strength.'
The second is this: 'Love your neighbour as yourself.' There is no other
commandment greater than these. On these two commandments hang all the law and
the prophets.
Amen. Lord, have mercy.

The sacrifice of God is a broken spirit;
a broken and contrite heart God will not despise.
Let us come to the Lord, who is full of compassion, and acknowledge our
transgressions in penitence and faith.

Silence is kept

Wash me thoroughly from my wickedness and cleanse me from my sin.
Lord, have mercy.
Lord, have mercy.

Make me a clean heart, O God,
and renew a right spirit within me.
Christ, have mercy.
Christ, have mercy.

Cast me not away from your presence
and take not your holy spirit from me.
Lord, have mercy.
Lord, have mercy.

The President declares 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 is omitted during Lent.

The Collect *we remain standing*

The president introduces a period of silent prayer with the words 'Let us pray' or a more specific bidding.

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
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

The First Reading: Deuteronomy 26.1-11. Read by Linda Jämsén. *We sit*

A reading from the book of Deuteronomy

Moses spoke to the people, saying: When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us.' When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response before the LORD your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O LORD, have given me.' You shall set it down before the LORD your God and bow down before the LORD your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

This is the word of the Lord.

Thanks be to God.

Psalm 91.1-2, 9-16 sung by the choir to a chant by Charles Hubert Hastings Parry
(1848-1918)

The Second Reading: Romans 10.8b-13. Read by Anja Haltia. *We sit*

A reading from the epistle of St Paul to the Romans

What does scripture say?

‘The word is near you, on your lips and in your heart’

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, ‘No one who believes in him will be put to shame.’ For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, ‘Everyone who calls on the name of the Lord shall be saved.’

This is the word of the Lord.

Thanks be to God.

Gradual Hymn: Forty Days and Forty Nights

**Forty days and forty nights
you were fasting in the wild;
forty days and forty nights
tempted, and yet undefiled.**

**Burning heat throughout the day,
bitter cold when light has fled,
prowling beasts around your way,
stones your pillow, earth your bed.**

**Shall not we your trials share,
learn your discipline of will,
and with you by fast and prayer
wrestle with the powers of hell?**

**So, if Satan, pressing hard,
soul and body would destroy:
Christ who conquered, be our guard;
give to us the victor's joy.**

**Saviour, may we hear your voice—
keep us constant at your side;
and with you we shall rejoice
at the eternal Eastertide.**

Gospel Reading: Luke 4.1-13. *Please remain standing*

Praise and honour to Christ Jesus!

One does not live on bread alone,

but by every word that comes from the mouth of God.

Praise and honour to Christ Jesus! (*Deuteronomy 8.3*)

The Lord be with you

and also with you.

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

Glory to you, O Lord.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' 4 Jesus answered him, 'It is written, "One does not live by bread alone."'

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."'

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, 10 for it is written,

"He will command his angels concerning you, to protect you",

and

"On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus answered him, 'It is said, "Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

This is the Gospel of the Lord.

Praise to you, O Christ.

Sermon *please sit*

The Nicene Creed *please stand*

**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.

**For ecumenical reasons, and according to the Anglican – Oriental Orthodox Agreement, Filioque can be omitted.*

Prayers of Intercession *please sit or stand*

The response to the petition
Lord, in your mercy is
hear our prayer.

The prayers conclude:
Merciful Father,
accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.

THE LITURGY OF THE SACRAMENT

The Peace *please stand*

We are the body of Christ. In the one Spirit we were all baptized into one body. Let us then pursue all that makes for peace and builds up our common life.

The peace of the Lord be always with you.
and also with you.

Let us offer one another a sign of peace. *Please wave or use a 'Namaste' greeting.*

Preparation of the Table

A hymn is sung and the gifts of the people may be gathered and presented.

If you would like to make a donation to support the continuing mission of the Chaplaincy then please do so after the service – we have a mobile pay option (number 95789), contactless payment option, or offerings can be made in the basket provided at the back of Church. Thank you!

Offertory Hymn: O Love, How Deep, How Broad, How High

**O love, how deep, how broad, how high!
It fills the heart with ecstasy,
that God, the Son of God, should take
our mortal form for mortals' sake.**

**God sent no angel to our race,
of higher or of lower place,
but wore the robe of human frame
for us, and to this lost world came.**

**For us he was baptized and bore
his holy fast, and hungered sore;
For us temptation sharp he knew,
for us the tempter overthrew.**

**For us he prayed, for us he taught,
for us his daily works he wrought,
by words and signs and actions, thus
still seeking not himself but us.**

**For us by wickedness betrayed,
scourged, mocked, in purple robe arrayed,
he bore the shameful cross and death;
for us at length gave up his breath.**

**For us he rose from death again;
for us he went on high to reign;
for us he sent his Spirit here
to guide, to strengthen and to cheer.**

**To God whose boundless love has won
Salvation for us through his Son,
To God the Father, glory be
Both now and through eternity.**

Please stand whilst the table is prepared and bread and wine are placed upon it. One or more prayers may be said.

Blessed are you, Lord God of all creation: through your goodness we have this bread to set before you, which earth has given and human hands have made. It will become for us the bread of life. **Blessed be God for ever.**

Blessed are you, Lord God of all creation: through your goodness we have this wine to set before you, fruit of the vine and work of human hands. It will become for us the cup of salvation. **Blessed be God for ever.**

This, or another suitable prayer may be read:

God of the desert, as we follow Jesus into the unknown,
may we recognise the tempter when he comes;
let it be your bread we eat,
your world we serve and you alone we worship;
we ask this through Christ our Lord. **Amen.**

The Eucharistic Prayer *please stand*

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.

It is indeed right and good
to give you thanks and praise,
almighty God and everlasting Father,
through Jesus Christ your Son.
For in these forty days
you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline
we may grow in grace
and learn to be your people once again.
Through fasting, prayer and acts of service
you bring us back to your generous heart.
Through study of your holy word
you open our eyes to your presence in the world
and free our hands to welcome others
into the radiant splendour of your love.
As we prepare to celebrate the Easter feast
with joyful hearts and minds
we bless you for your mercy
and join with saints and angels
for ever praising you and singing:

**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.

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

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.

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 [N 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.

Amen.

The Lord's Prayer

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 Breaking of Bread

We break this bread to share in the body of Christ.

**Though we are many, we are one body,
because we all share in one bread.**

The Agnus Dei *we sing*

**Jesus, Lamb of God:
have mercy on us.
Jesus, bearer of our sins:
have mercy on us.
Jesus redeemer of the world:
grant us your peace.**

Giving of Communion

The president says the invitation to communion:

Draw near with faith.
Receive the body of our Lord Jesus Christ
which he gave for you,
and his blood which he shed for you.
Eat and drink
in remembrance that he died for you,
and feed on him in your hearts
by faith with thanksgiving.

Prayer of Humble Access

**We do not presume
to come to this your table, merciful Lord,
trusting in our own righteousness,**

**but in your manifold and great mercies.
We are not worthy
so much as to gather up the crumbs under your table.
But you are the same Lord
whose nature is always to have mercy.
Grant us therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ
and to drink his blood,
that our sinful bodies may be made clean by his body
and our souls washed through his most precious blood,
and that we may evermore dwell in him and he in us.
Amen.**

Music During Communion *The Choir sing or instrumental music is played*

PLEASE WAIT TO BE INVITED BY THE VERGER TO RECEIVE HOLY COMMUNION.

We kindly ask that you extend your hands, with your face covering in place. You may lower or unloop your face mask to consume the consecrated bread and then replace the face mask before moving back to your place in the congregation.

The president and people receive communion. The Church of England invites to Holy Communion all baptised persons who are communicant members of other Churches which subscribe to the doctrine of the Holy Trinity, and who are in good standing in their own Church. Those who are prevented by conscience or the rules of their own Churches from receiving the Blessed Sacrament are invited to receive a blessing. Gluten-free bread is available upon request.

Post-Communion Hymn: Lead Us, Heavenly Father, Lead Us MANNHEIM

**Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing
if our God our Father be.**

**Saviour, breathe forgiveness o'er us,
all our weakness thou dost know,
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint, and weary,
through the desert thou didst go.**

**Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy;
thus provided, pardoned, guided,
nothing can our peace destroy.**

Blessed are those who hunger and thirst for righteousness, for they will be filled. (Matthew 5.6)
Silence is kept.

Post-Communion Prayers

Lord God,
you have renewed us with the living bread from heaven;
by it you nourish our faith,
increase our hope,
and strengthen our love:
teach us always to hunger for him who is the true and living bread,
and enable us to live by every word
that proceeds from out of your mouth;
through Jesus Christ our Lord.
Amen.

Please stand

**Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out
in the power of your Spirit
to live and work
to your praise and glory.
Amen.**

THE DISMISSAL

Blessing

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

Some brief announcements may be made by the president

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Recessional Hymn: Now Thank We All Our God NUN DANKET ALLE GOTT

**Now thank we all our God,
with hearts and hands and voices,
who wondrous things hath done,
in whom his world rejoices;
who from our mother's arms
hath blessed us on our way
with countless gifts of love,
and still is ours today.**

**O may this bounteous God
through all our life be near us,
with ever joyful hearts
and blessed peace to cheer us;
and keep us in his grace,
and guide us when perplexed,
and free us from all ills
in this world and the next.**

**All praise and thanks to God
the Father now be given,
the Son and him who reigns
with them in highest heaven,
the one eternal God,
whom earth and heaven adore;
for thus it was, is now,
and shall be evermore.**

The ministers and people depart.

PLEASE WAIT TO BE GUIDED OUT SAFELY BY THE VERGER

Thank you for joining us in worship today, we hope to welcome you again soon!

Copyright acknowledgement (where not already indicated above):

Christian Copyright Licensing International (CCLI): 309229

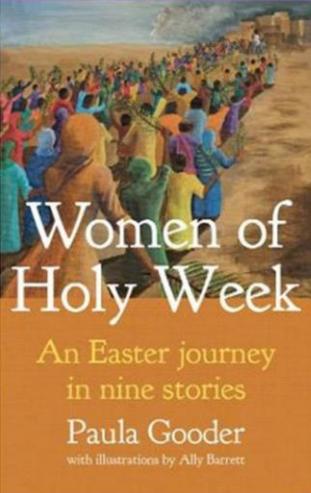
Communion Service (Series 3) by William Mathias (c) copyright Oxford University Press

Post Communion (Sunday next before Lent) © 1985 Anglican Church of Canada: The Book of Alternative Services

Some material included in this service is copyright: © 1989 National Council of the Churches of Christ, USA

Some material included in this service is copyright: © The Archbishops' Council 2000

LENT DISCUSSION GROUP



Please join us in the crypt on the following Sundays after the service:

- 13.3.22
- 20.3.22
- 27.3.22
- 3.4.22
- 10.4.22

To reserve a book please email office@anglican.fi

All-Age Service

Join us in joyful praise!

10am at Mikael Agricola Church

13.3.22





CHORAL EVENSONG

SUNDAY 13TH MARCH

TÖÖLÖ CHURCH, AT 18:00HRS



Holy Week & Easter

Palm Sunday 10th April

10am Sung Eucharist at Mikael Agricola Church

Maundy Thursday 14th April

7pm Sung Eucharist followed by
The Watch at Helsinki Cathedral Chapel

Good Friday 15th April

12 noon Liturgy
at Helsinki Cathedral Chapel

Saturday 16th April

'Festival of Easter at St Nicholas'
An evening of readings, music & hymns
7pm in Mikael Agricola Church

Easter Sunday 17th April

10am Sung Eucharist at Mikael Agricola Church

