

St Michael and All Angels Mill Hill



The second Sunday of Lent



Sunday 1st March 2026

10:30 am



**THE CHURCH
OF ENGLAND**

Our Family Service today

Today's service will be a little different to normal.

Father John Wainwright, who was due to preside and preach today, has suffered an accident and is not able to be with us.

However, we are still able to hold our act of worship to our best ability without a priest to lead us.

Our Family Service will follow the usual order, but with a few changes:

There will be no sermon.

Communion will be given by one of our Licenced Lay Assistants from the Reserved Sacrament, which was consecrated by Reverend Heather last Sunday.

This will be in one kind, i.e. only the bread.

We will not be able to offer a blessing to those who do not wish to receive Communion on this occasion.

Father John is recovering well; we will remember him in our prayers, and he expects to be fit enough to join us on Sunday 22nd March.

The Processional Hymn (NHWS 271)

Please stand

To God be the glory!
great things he hath done;
so loved he the world
that he gave us his Son;
who yielded his life
an atonement for sin,
and opened the life-gate
that all may go in.

Refrain:

*Praise the Lord, praise the Lord!
let the earth hear his voice;
praise the Lord, praise the Lord!
let the people rejoice:
O come to the Father,
through Jesus the Son,
and give him the glory;
great things he hath done.*

2 O perfect redemption,
the purchase of blood!
to ev'ry believer
the promise of God;
the vilest offender
who truly believes,
that moment from Jesus
a pardon receives.

3 Great things he hath taught us,
great things he hath done,
and great our rejoicing
through Jesus the Son;
but purer, and higher,
and greater will be
our wonder, our rapture,
when Jesus we see.

The Greeting

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

The leader introduces the service

Prayer of Penitence

As brothers and sisters in God's family,
we come together to ask for our Father's forgiveness.
God our Father, we come to you in sorrow for our sins.
Lord we have sinned against you and against our neighbour.

All: Lord have mercy

Lord, show us your mercy and love.

All: And grant us your salvation

May the God of love and power
forgive us and free us from our sins,
heal us and strengthen us by his Spirit,
and raise us to new life.

All: Amen.



Scripture Reading

Please be seated

Romans 4: 1-7, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? ²For if Abraham was justified by works, he has something to boast about, but not before God.

³For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.'

⁴Now to one who works, wages are not reckoned as a gift but as something due. ⁵But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

¹³For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. ¹⁴If it is the adherents of the law who are to be the heirs, faith is null and the promise is void.

¹⁵For the law brings wrath; but where there is no law, neither is there violation.

¹⁶For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us,

¹⁷as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

This is the word of the Lord

All: Thanks be to God.

The Gradual Hymn (NHWS 232)

Please stand

Seek ye first the kingdom of God,
and his righteousness,
and all these things shall be added unto you;
allelu, alleluia.

Alleluia, alleluia, alleluia
allelu, alleluia

You shall not live by bread alone,
but by ev'ry word
that proceeds from the mouth of God;
allelu, alleluia.

Ask and it shall be given unto you,
seek and ye shall find;
knock, and it shall be opened unto you;
allelu, alleluia.

The Gospel



Musical notation for the Gospel text, featuring a treble clef, a key signature of three flats (B-flat, E-flat, A-flat), and a 4/4 time signature. The melody is written on a single staff with lyrics underneath. The lyrics are: "Prai — se to you O Christ, King of e - ter - nal glo - ry." The notation includes a slur under "Prai — se to you", a fermata over the "O", and a double bar line at the end with a "CW" copyright symbol.

The Lord be with you

All: And also with you.

Hear the Gospel of our Lord Jesus Christ according to John

All: Glory to you, O Lord.

John 3: 1-17

Now there was a Pharisee named Nicodemus, a leader of the Jews.

²He came to Jesus by night and said to him, ‘Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.’

³Jesus answered him, ‘Very truly, I tell you, no one can see the kingdom of God without being born from above.’ ⁴Nicodemus said to him, ‘How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?’

⁵Jesus answered, ‘Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit.

⁶What is born of the flesh is flesh, and what is born of the Spirit is spirit.

⁷Do not be astonished that I said to you, “You must be born from above.” ⁸The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.’

⁹Nicodemus said to him, ‘How can these things be?’

¹⁰Jesus answered him, ‘Are you a teacher of Israel, and yet you do not understand these things?

¹¹‘Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. ¹²If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? ¹³No one has ascended into heaven except the one who descended from heaven, the Son of Man. ¹⁴And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵that whoever believes in him may have eternal life.

¹⁶‘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.

¹⁷‘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.

The Affirmation of Faith

Please stand

Let us declare our faith in God
**All: We believe in God the Father,
from whom every family
in heaven and earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit. Amen.**

Prayers of Intercession

Please be seated, or kneel if you prefer

In the power of the Spirit and in union with Christ
let us make our prayer to our heavenly Father.

Lord, in your mercy or Lord, hear us
All: Hear our prayer. Lord, graciously hear us.

Please pray for those who are sick or housebound
We remember by name:

*Anil Ameer Subryan, Anna Morison, Arlen, Ashraf Jafari, Fr Barry Wright,
Beryl, Catherine Dalglish, Chandralakha and Scott Singh, Christine,
Christopher Brown, Chris Robins, Colin Izzard, Claire, Clifford Brown,
Crystal, Daniel Ejelonu, Daniel Whittard, David Mulloy,
Fr Desmond Tillyer, Deirdre Mullooly, Devon White, Edd Heimrich,
Edna McGregor, Edward, Evelyn Semlyen, Gail Sparrow, Helen Cloke,
Iren Fabian-Toth, Janet B, Jenny Wardle, Fr John Wainwright, John,
Johnny, Jordan, Judi Bryant, Julian, Katherine Barker, Laura Newbury,
Lauren Reeves, Lisa Sweet, Logan, Mark, Mary, Mary Akpieyi, Mandy,
Mina and Reginald Apiafi, Muriel Doris Bloch, Nicola, Nicole,*

Pamela Ashcroft, Pavol Husar, Rachel, Rahema Charles, Ray, Rella Persaud, Remi Babatunde, Richard Johnson, Robert Winston, Russell Wilkinson, Saffron Leigh, Sandra, Sarah, Sebastian, Susan and Vanessa Husarov, Susan Paterson, Taiwo Odebode, Venita Delpino, Victoria.

We remember those who have recently departed this life:
Fr David Sharpe

and all whose anniversaries of death fall at this time:
Robin Colquhoun, Margaret Meades, Chris Allen, Jeanette Powell..

Rest eternal grant them, O Lord;

All: And let light perpetual shine upon them.

May they rest in peace

All: And rise in glory.

Merciful Father,

**All: Accept these prayers for the sake of your son
our saviour Jesus Christ. Amen.**

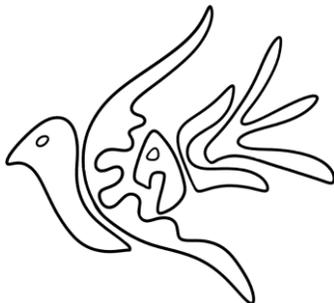
The Peace

To crown all things there must be love,
to bind all together and complete the whole.
Let the peace of Christ rule in our hearts.
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.



The Offertory Hymn (NHWS 282)

When God Almighty came to earth
he took the pain of Jesus' birth,
he took the flight of refugee,
and whispered, "Humbly follow me."

2 When God Almighty went to work,
carpenter's sweat he didn't shirk,
profit and loss he didn't flee,
and whispered, "Humbly follow me."

3 When God Almighty walked the street,
the critic's curse he had to meet,
the cynic's smile he had to see,
and whispered, "Humbly follow me."

4 When God Almighty met his folk,
of peace and truth he boldly spoke
to set the slave and tyrant free,
and whispered, "Humbly follow me."

5 When God Almighty took his place
to save the sometimes human race,
he took it boldly on a tree,
and whispered, "Humbly follow me."

6 When God Almighty comes again,
he'll meet us incognito as then;
and though no words may voice his plea,
he'll whisper, "Are you following me?"

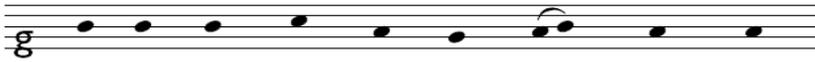
Liturgy of the Sacrament



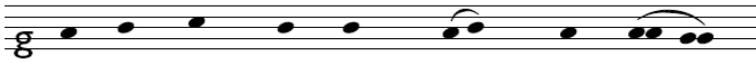
The Lord be with you **R.** and al-so with you.



Lift up your hearts. **R.** We lift them to the Lord.



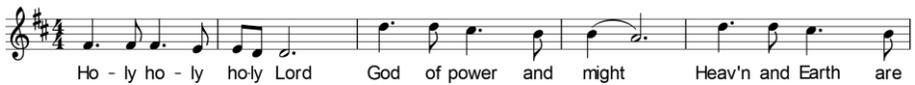
Let us give thanks to the Lord our God.



R. It is right to give thanks and praise.

Almighty God, good Father to us all,
your face is turned towards your world.
In love you gave us Jesus your Son
to rescue us from sin and death.
Your Word goes out to call us home
to the city where angels sing your praise
We join with them in heaven's song:

Sanctus



Ho - ly ho - ly holy Lord God of power and might Heav'n and Earth are



full of your glo-ry, Ho - san - na in the high-est. Bles-sed is he who comes in the



name of the Lord Ho - san-na in the highest, Ho - san - na in the highest.

Please be seated, or kneel if you prefer

John 6: 53-58

⁵³So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.

⁵⁴Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day;

⁵⁵for my flesh is true food and my blood is true drink.

⁵⁶Those who eat my flesh and drink my blood abide in me, and I in them.

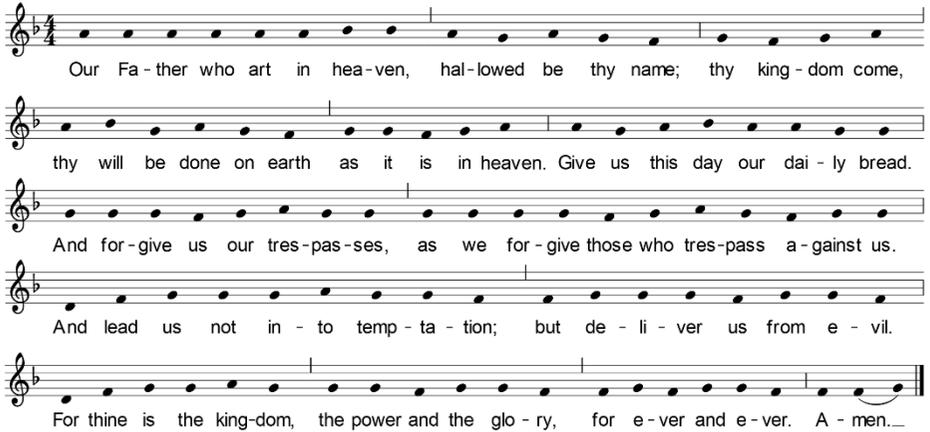
⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me.

⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

**All: Blessed are you,
God of those who hunger and thirst,
for you give us our food in due season.
You nourish us with your word,
which is the bread of life.
You strengthen us with your Spirit,
the new wine of your Kingdom.
In Christ you are food for the hungry,
refreshment for the weary.
Blessed are you, our Creator and Redeemer.
Blessed be God for ever.**

The Lord's Prayer

As our saviour taught us, so we pray:



Our Fa - ther who art in hea - ven, hal - lowed be thy name; thy king - dom come,
thy will be done on earth as it is in heaven. Give us this day our dai - ly bread.
And for - give us our tres - pas - ses, as we for - give those who tres - pass a - gainst us.
And lead us not in - to temp - ta - tion; but de - li - ver us from e - vil.
For thine is the king - dom, the power and the glo - ry, for e - ver and e - ver. A - men...

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

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

Agnus Dei



Lamb of_ God you take away the sin_ the sin of the World_ have
mer - cy on us. Lamb of_ God you take away the sin_ the sin of the
world_ have mer - cy on us. Lamb of_ God you take away the
sin_ the sin of the World_ Grant_ us Peace.

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 Communion from the Reserved Sacrament

*This will be in one kind, i.e. only the bread.
We will not be able to offer a blessing to those who do not
wish to receive Communion on this occasion.*

The Communion Hymn (NHWS 292)

Will you come and follow me
if I but call your name?
Will you go where you don't know
and never be the same?
Will you let my love be shown,
will you let my name be known,
will you let my life be grown
in you, and you in me?

- 2 Will you leave yourself behind
if I but call your name?
Will you care for cruel and kind,
and never be the same?
Will you risk the hostile stare
should your life attract or scare?
Will you let me answer prayer
in you, and you in me?
- 3 Will you let the blinded see
if I but call your name?
Will you set the pris'ners free
and never be the same?
Will you kiss the leper clean
and do such as this unseen,
and admit to what I mean
in you and you in me?
- 4 Will you love the 'you' you hide
if I but call your name?
Will you quell the fear inside
and never be the same?
Will you use the faith you've found
to reshape the world around
through my sight and touch and sound
in you, and you in me?
- 5 Lord, your summons echoes true
when you but call my name.
Let me turn and follow you,
and never be the same.
In your company I'll go
where your love and footsteps show.
Thus I'll move and live and grow
in you, and you in me.

The Post Communion Prayer

Almighty God,
you see that we have no power of ourselves to help ourselves:
keep us both outwardly in our bodies,
and inwardly in our souls;
that we may be defended from all adversities
which may happen to the body,
and from all evil thoughts which may assault and hurt the soul;
through Jesus Christ our Lord.

All: Amen.

**All: 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.**

Notices

Birthdays and Anniversaries in March

The Grace

Please stand

The Lord be with you
All: And also with you.

The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore.

All: Amen.

The Recessional Hymn (NHWS 165)

Lord of our life, and God of our salvation,
star of our night, and hope of ev'ry nation,
hear and receive thy Church's supplication,
Lord God almighty.

2 Lord, thou canst help when earthly armour faileth,
Lord, thou canst save when deadly sin assaileth;
Christ, o'er thy rock nor death nor hell prevaileth;
grant us thy peace, Lord.

3 Peace in our hearts, our evil thoughts assuaging;
peace in thy Church, where people are engaging;
peace, when the world its busy war is waging:
calm all our raging.

4 Grant us thy grace though trial and temptation,
grant us thy truth, thy promise of salvation,
grant us thy peace in ev'ry heart and nation,
and in thy heaven.

The Dismissal

Go in the peace to love and serve the Lord

All: In the name of Christ, Amen.



Services and events this week

- **Morning Prayer – Monday, Tuesday and Thursday**
9:00am on Zoom only
- **Friday 6th March – World Day of Prayer**
10:45am in the church
- **Sunday 8th March – the third Sunday of Lent**
8:00am said Mass
10:30am Parish Mass in the church
also streaming on Zoom

WORLD DAY OF PRAYER

A service for everyone!

Friday 6 March

I will give you rest, come

Nigeria 2026

10:45am
**St Michael
and All Angels
Mill Hill**

Flower Lane NW7 2JA

*Refreshments
will be served
after the service*



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Volunteers Needed for Our Community Banquet!

Are you looking to be more involved in your community?
We'd love to have you join us!

We're looking for volunteers for a variety of roles to help make our monthly Community Banquet a warm, welcoming, and successful event.

Roles include:

- Event setup and decoration
- Welcoming guests
- Serving food
- Kitchen support
- Clearing and packing down
- General assistance throughout the event



No experience needed – just enthusiasm and a willingness to help. A DBS check will be required.

**If you'd like to get involved, please email
manisha@nw7hub.org.uk**



London Pro Arte Choir



Saturday 21 March 2026 at 7:30pm

St Michael's Church, Flower Lane, Mill Hill NW7 2JA

Michael Haydn Requiem

Mozart Vespers

Orpheus Sinfonia

*Tom Winpenny
Conductor*

Tickets: £25; under 18 years - free
from www.lpac.org.uk or phone 020 8420 7238
or on the door



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