

RESOURCE SHEET

Ash Wednesday
17th February 2021

First Reading: [2 Corinthians 5:20b-6:10](#)
Psalm: [Psalm 51:1-17](#)
Gospel Reading: [Matthew 6:1-21](#)

The readings may be followed by some discussion or silent meditation

*[A homily reflection by Fr Alex can be found here](#)
[and an Audio Recording here](#)*

This hymn may be said or sung for reflection

LENT PROSE

[Link for a recording of the Lent Prose sung from Hereford Cathedral](#)

Refrain:

*Hear us, O Lord, have mercy upon us:
for we have sinn'd against thee.*

1
To thee, Redeemer, on thy throne of
glory: lift we our weeping eyes in holy
pleadings: listen, O Jesu, to our
supplications. [Refrain]

3
God, we implore thee, in thy glory
seated bow down and hearken to they
children pity and pardon all our
grievous trespasses. [Refrain]

5
Innocent, captive, taken unresisting falsely accused, and
for us sinners sentenced, save us, we pray thee, Jesu our
Redeemer. [Refrain]

2
O thou chief Corner-stone, Right Hand
of the Father, Way of Salvation, Gate of
Life Celestial, cleanse thou our sinful
souls from all defilement. [Refrain]

4
Sins oft committed now we lay before
thee with true contrition, now no more
we veil them grant us, Redeemer,
loving absolution. [Refrain]

Lent Prose, 10th Century, trans. W.J. Birkbeck NEH 507

Suggested music for reflection

'Miserere Mei Deus' by Gregorio Allegri

Let us now call to mind our sin and the infinite mercy of God.

God the Father,
have mercy on us.

God the Holy Spirit,
have mercy on us

God the Son,
have mercy on us.

Most Holy and Glorious Trinity,
have mercy on us

We confess to you, Lord all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives, **Lord, have mercy.**

Our self-indulgent appetites and ways, and our exploitation of other people,
Lord, have mercy.

Our anger at our own frustration, and our envy of those more fortunate than ourselves,
Lord, have mercy.

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work, **Lord, have mercy.**

Our negligence in prayer and worship, and our failure to commend the faith that is in us,
Lord, have mercy.

Restore us, good Lord, and let your anger depart from us;
Favourably hear us, for your mercy is great.

Accomplish in us the work of your salvation,
That we may show your glory in the world.

By the cross and passion of your Son our Lord,
Bring us with all your saints to the joy of his resurrection.

In your mercy forgive what we have been, help us to amend what we are, and direct what we shall be; that we may do justly, love mercy, and walk humbly with you, our God. **Amen.**

PRAYER FOR USE DURING LENT

Almighty and everlasting God, you hate nothing that you have made, and forgive the sins of all those who are penitent: create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; 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 forever. **Amen.**

A recording by members of our Parish Choir of the 'Kyrie' from the Mass Setting in F by Harold Darke