THE FIRST SUNDAY IN LENT
6th March 2022

Sung Litany
and
Choral Eucharist

11.15am
Welcome

Welcome to worship in the Cathedral in this ever-changing Covid-19 era. Following the Government’s announcement of the further easing of restrictions from Monday 28th February the protocols below remain in place and are designed for the protection of all who come to the Cathedral.

Entering the Cathedral
Please do not come to the Cathedral if you have any of the symptoms associated with Covid-19 and, if you fall into the high-risk category and have not been fully vaccinated, assess the risks to your own wellbeing. Upon entry, please continue to sanitise your hands using the dispenser beside the noticeboard inside the door. The wearing of face masks is at worshippers’ own discretion.

During Services
There will still be no physical exchange of the Sign of Peace. Holy Communion will continue to be distributed, bread only, at the Crossing. Clergy will sanitise their hands and wear a mask for distribution.

Musical Setting
Missa secunda - Hans Leo Hassler (1564 - 1612)

Live-streaming
This service is being live-streamed and recorded via www.churchservices.tv and YouTube. The camera is at the back of the Cathedral and covers the Nave, Crossing, Choir Stalls and High Altar. It does not cover the North and South Aisles, Dean’s Chapel and Ambulatory. If you do not wish to appear on camera please consult the churchwardens/stewards and they will guide you to a seat out of shot.

Photography
Please ensure that all cellphones are switched off. Photography of any kind is not permitted during the Service.

Accessibility
The Cathedral is fitted with a Deaf Loop System. Those who have digital hearing aids should set them to “T”. Large print copies of this order of service are available.

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The Gathering of God’s People

The choir and clergy enter in silence and the service begins with

The Litany

Henry Loosemore (1627-1670)

Cantor: O God the Father, of heaven:
Choir: have mercy upon us miserable sinners.

Cantor: O God the Father, of heaven:
Choir: have mercy upon us miserable sinners.

Cantor: O God the Son, Redeemer of the world:
Choir: have mercy upon us miserable sinners.

Cantor: O God the Holy Ghost,
proceeding from the Father and the Son:
Choir: have mercy upon us miserable sinners.

Cantor: O holy, blessed, and glorious Trinity,
three Persons and one God:
Choir: have mercy upon us miserable sinners.

Cantor: Remember not, Lord, our offences,
nor the offences of our forefathers;
neither take thou vengeance of our sins:
spare us, good Lord, spare thy people,
whom thou hast redeemed with thy most precious blood,
and be not angry with us for ever.
Choir: Spare us, good Lord.

Cantor: From all evil and mischief; from sin,
from the craft and assaults of the devil;
from thy wrath, and from everlasting damnation,
Choir: Good Lord, deliver us.

Cantor: From all blindness of heart;
from pride, vain-glory, and hypocrisy;
from envy, hatred, and malice, and all uncharitableness,
Choir: Good Lord, deliver us.
Cantor: From fornication, and all other deadly sin;  
and from all the deceits of the world, the flesh, and the devil,  
Choir: Good Lord, deliver us.

Cantor: From lightning and tempest;  
from plague, pestilence, and famine;  
from battle and murder, and from sudden death,  
Choir: Good Lord, deliver us.

Cantor: From all sedition, privy conspiracy, and rebellion;  
from all false doctrine, heresy, and schism;  
from hardness of heart,  
and contempt of thy Word and Commandment,  
Choir: Good Lord, deliver us.

Cantor: By the mystery of thy holy Incarnation;  
by thy holy Nativity and Circumcision;  
by thy Baptism, Fasting, and Temptation,  
Choir: Good Lord, deliver us.

Cantor: By thine Agony and bloody Sweat;  
by thy Cross and Passion;  
by thy precious Death and Burial;  
by thy glorious Resurrection and Ascension;  
and by the coming of the Holy Spirit,  
Choir: Good Lord, deliver us.

Cantor: In all time of our tribulation;  
in all time of our wealth;  
in the hour of death, and in the day of judgement,  
Choir: Good Lord, deliver us.

Cantor: We sinners do beseech thee to hear us, O Lord God;  
and that it may please thee to rule and govern  
thy holy Church universal in the right way;  
Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to protect and guide  
thy servant the President;  
Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to illuminate  
all Bishops, Priests, and Deacons,  
with true knowledge and understanding of thy Word;  
and that both by their preaching and living  
they may set it forth, and shew it accordingly;  
Choir: We beseech thee to hear us, good Lord.
Cantor: That it may please thee to further the work of the Church in all the world, and to send forth labourers into thy harvest;

Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to endue the Ministers of this State, and all in authority, with grace, wisdom, and understanding;

Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to bless and keep all who guard our shores, and to shield them in all dangers and adversities;

Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to bless and keep all thy people;

Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to give to all nations unity, peace, and concord;

Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to give us an heart to love and fear thee, and diligently to live after thy commandments;

Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to give to all thy people increase of grace to hear meekly thy Word, and to receive it with pure affection, and to bring forth the fruits of the Spirit;

Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to bring into the way of truth all such as have erred, and are deceived;

Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to strengthen such as do stand; and to comfort and help the weak-hearted; and to raise up them that fall; and finally to beat down Satan under our feet;

Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to succour, help, and comfort, all that are in danger, necessity, and tribulation;

Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to preserve all that travel by land, by water, or by air, all women labouring of child, all sick persons, and young children; and to shew thy pity upon all prisoners and captives;

Choir: We beseech thee to hear us, good Lord.
Cantor: That it may please thee to defend, and provide for, the fatherless children, and widows, and all that are desolate and oppressed;
Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to have mercy upon all men;
Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts;
Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to give and preserve to our use the kindly fruits of the earth, so as in due time we may enjoy them;
Choir: We beseech thee to hear us, good Lord.

Cantor: That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy holy Word;
Choir: We beseech thee to hear us, good Lord.

Cantor: Son of God: we beseech thee to hear us.
Choir: Son of God: we beseech thee to hear us.

Cantor: O Lamb of God: that takest away the sins of the world;
Choir: Grant us thy peace.

Cantor: O Lamb of God: that takest away the sins of the world;
Choir: Have mercy upon us.

Cantor: O Christ, hear us.
Choir: O Christ, hear us.

Cantor: Lord, have mercy upon us.
Choir: Lord, have mercy upon us.

Cantor: Christ, have mercy upon us.
Choir: Christ, have mercy upon us.

Cantor: Lord, have mercy upon us.
Choir: Lord, have mercy upon us.

The Service continues as the celebrant pronounces the Absolution:
Almighty God, who forgives all who truly repent, have mercy on you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. Amen.
**The Collect of the Day**

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 our Lord. Amen.

**Proclaiming and Receiving the Word**

*Sit for*

**The First Reading**

Joel 2: 1-2, 12-17

*At the end of the reading the reader says*

This is the word of the Lord.

*Thanks be to God.*

*The Choir sings*

**Psalm 91: 1-2, 9-16**

1. Whoever dwells in the shelter of the Most High
and abides under the shadow of the Almighty,

2. Shall say to the Lord, 'My refuge and my stronghold,
my God, in whom I put my trust.'

9. Because you have made the Lord your refuge
and the Most High your stronghold,

10. There shall no evil happen to you,
neither shall any plague come near your tent.

11. For he shall give his angels charge over you,
to keep you in all your ways.

12. They shall bear you in their hands,
lest you dash your foot against a stone.

13. You shall tread upon the lion and adder;
the young lion and the serpent you shall trample underfoot.

14. Because they have set their love upon me, therefore will I deliver them;
I will lift them up, because they know my name.

15. They will call upon me and I will answer them;
I am with them in trouble, I will deliver them and bring them to honour.

16. With long life will I satisfy them
and show them my salvation.
Sit for

**The Second Reading**

_Romans 10: 8b-13_

*At the end of the reading the reader says*

This is the word of the Lord.

Thanks be to God.

Stand for the

**Hymn of the Gradual**

Forty days and forty nights
thou wast fasting in the wild,
fourty days and forty nights
tempted and yet undefiled.

Sunbeams scorching all the day,
chilly dewdrops nightly shed,
prowlimg beasts about thy way,
stones thy pillow, earth thy bed.

Let us thine endurance share,
and awhile from joys abstain,
with thee watching unto prayer,
strong with thee to suffer pain.

And if Satan, vexing sore,
flesh or spirit should assail,
thou, his vanquisher before,
grant we may not faint nor fail.

So shall we have peace divine,
holier gladness ours shall be,
round us too shall angels shine,
such as ministered to thee.

_The Gospel_


*Reader:* Hear the Gospel of our Saviour Christ according to Saint Luke,
chapter four, beginning at verse one.

*All sing:* Glory to you, Lord Jesus Christ.

*At the end of the Gospel*

*Reader:* This is the Gospel of the Lord.

*All sing:* Praise to you, Lord Jesus Christ.
The hymn continues
Keep, O keep us, Saviour dear,
ever constant by thy side,
that with thee we may appear
at the eternal Eastertide.

G. H. Smyttan (1822-1870)
and Francis Pott (1832-1909)

Stand to say

The Nicene Creed
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 by the Holy Spirit of the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
his 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.
Kneel or sit for

THE PRAYERS OF THE PEOPLE

With confidence and trust let us pray to the Father.

For the one holy catholic and apostolic Church,
for this Diocese and for Paul our Bishop,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For the mission of the Church,
that in faithful witness it may preach the gospel to the ends of the earth,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For those preparing for baptism and confirmation and for their teachers and sponsors,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For peace in the world,
that a spirit of respect and reconciliation may grow among nations and peoples,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For the poor, the persecuted, the sick, and all who suffer,
for refugees, prisoners, and all in danger;
that they may be relieved and protected,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For those whom we have injured or offended,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

For grace to amend our lives and to further the reign of God,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.

In communion with all those who have walked in the way of holiness,
let us pray to the Father.
Lord of compassion,
in your mercy hear us.
God our Father, in your love and goodness 
you have taught us to come close to you in penitence 
with prayer, fasting and generosity; 
accept our Lenten discipline, 
and when we fall by our weakness, raise us up by your unfailing mercy; 
through Jesus Christ our Lord. 
Amen.

_Stand for_

**THE PEACE**

Since we are justified by faith, 
we have peace with God through our Lord Jesus Christ, 
who has given us access to his grace. *Romans 5.1,2*

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

**THE HYMN AT THE OFFERTORY**

Jesu, Lover of my soul, 
let me to thy bosom fly, 
while the nearer waters roll, 
while the tempest still is high: 
Hide me, O my Saviour, hide 
till the storm of life is past; 
Safe into the haven guide, 
O receive my soul at last.

Other refuge have I none, 
hangs my helpless soul on thee; 
Leave, ah, leave me not alone, 
still support and comfort me. 
All my trust on thee is stayed, 
all my help from thee I bring; 
Cover my defenceless head 
with the shadow of thy wing.

Thou, O Christ, art all I want, 
more than all in thee I find: 
Raise the fallen, cheer the faint, 
heal the sick, and lead the blind. 
Just and holy is thy name, 
I am all unrighteousness; 
False and full of sin I am, 
thou art full of truth and grace.
Plenteous grace with thee is found,
grace to cover all my sin;
Let the healing streams abound,
make and keep me pure within.
Thou of life the fountain art,
freely let me take of thee,
Spring thou up within my heart,
rise to all eternity.

*Charles Wesley (1707-1788)*

**Celebrating at the Lord’s Table**

**The Preparation of the Table**
God of mercy and compassion,
your Word calls us home to faith and love.
accept all we offer you this day;
in the name of Jesus Christ the Lord. *Amen.*

**The Taking of the Bread and Wine**
Christ our passover has been sacrificed for us.
*Therefore let us celebrate the feast.*

**The Great Thanksgiving**
The Lord is here.
*His Spirit is with us.*
Lift up your hearts:
*We lift them to the Lord.*
Let us give thanks to the Lord our God:
*It is right to give our thanks and praise.*

Father, almighty and everliving God,
at all times and in all places it is right to give you thanks and praise,
through Jesus Christ our Lord.

And now we give you thanks
because he was tempted in every way as we are, yet did not sin.
By his grace we are able to triumph over every evil,
and to live no longer for ourselves alone,
but for him who died for us and rose again.

And so with all your people,
with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and singing:
The **Sanctus** and **Benedictus** are sung.

Blessed are you, Father,  
the creator and sustainer of all things;  
you made us in your own image,  
male and female you created us;  
even when we turned away from you,  
you never ceased to care for us,  
but in your love and mercy  
you freed us from the slavery of sin;  
giving your only begotten Son to become man  
and suffer death on the cross to redeem us;  
he made there the one complete and all-sufficient sacrifice  
for the sins of the whole world:  
he instituted,  
and in his holy Gospel commanded us to continue,  
a perpetual memory of his precious death  
until he comes again:

On the night that he was betrayed he took bread;  
and when he had given thanks to you,  
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 when he had given thanks to you,  
he gave it to them, saying,  
Drink this, all of you,  
for 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.

Therefore, Father, with this bread and this cup  
we do as Christ your Son commanded:  
we remember his passion and death,  
we celebrate his resurrection and ascension,  
and we look for the coming of his kingdom.

Accept through him, our great high priest,  
this our sacrifice of praise and thanksgiving;  
and as we eat and drink these holy gifts,  
grant by the power of the life-giving Spirit  
that we may be made one in your holy Church  
and partakers of the body and blood of your Son,  
that he may dwell in us and we in him;
Through the same Jesus Christ our Lord,
by whom, and with whom, in the unity of the Holy Spirit,
all honour and glory are yours, Almighty Father,
for ever and ever. Amen.

**The Lord's Prayer**

As our Saviour Christ has taught us, we are bold to say:

*Our Father who art in heaven ...*

**The Breaking of the Bread**

The bread which we break is a sharing in the body of Christ
We, being many, are one body for we all share in the one bread.

*The Agnus Dei* is sung.

**The Communion**

The gifts of God for the people of God.

*Jesus Christ is holy, Jesus Christ is Lord,*

to the glory of God the Father.

*The Choir sing the Communion Motet*

Hear my prayer, O God, incline Thine ear!
Thyself from my petition do not hide!
Take heed to me! Hear how in prayer I mourn to Thee!
Without Thee all is dark, I have no guide.

The enemy shouteth, The godless come fast!
Iniquity, hatred upon me they cast!
The wicked oppress me, Ah, where shall I fly?
Perplexed and bewildered, O God, hear my cry!

My heart is sorely pained within my breast,
My soul with deathly terror is oppressed,
Trembling and fearfulness upon me fall,
With horror overhelmed, Lord, hear me call!

O for the wings of a dove!
Far away would I rove!
In the wilderness build me a nest,
And remain there for ever at rest.

_Felix Mendelssohn (1809-1847)_

**The Great Silence**

_Silence is kept for thanksgiving and reflection_
Going Out As God’s People

Stand to sing the
Post-Communion Hymn

O for a heart to praise my God,
a heart from sin set free;
a heart that always feels thy blood
so freely spilt for me:

A heart resigned, submissive, meek,
my dear Redeemer’s throne;
where only Christ is heard to speak,
where Jesus reigns alone:

A humble, lowly, contrite heart,
believing, true, and clean,
which neither life nor death can part
from him that dwells within:

A heart in every thought renewed,
and full of love divine;
perfect, and right, and pure, and good,
a copy, Lord, of thine.

My heart, thou know’st, can never rest
till thou create my peace;
till of mine Eden repossest,
from self, and sin, I cease.

Thy nature, gracious Lord, impart,
come quickly from above;
write thy new name upon my heart,
thy new best name of love.

Charles Wesley (1707-1788)

The Post-Communion Prayers

Lord God,
you renew us with the living bread from heaven.
Nourish our faith,
increase our hope,
strengthen our love,
and enable us to live by every word
that proceeds from out of your mouth;
through Jesus Christ our Lord. Amen.
Almighty God, we thank you for feeding us with the spiritual food of 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 BLESSING

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

THE DISMISSAL

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

ORGAN VOLUNTARY

Choral paraphrase on ‘Attende Domine’ – Jeanne Demessieux (1921 - 1968)

Please remain in your seat in silence until the Organ Voluntary is over.