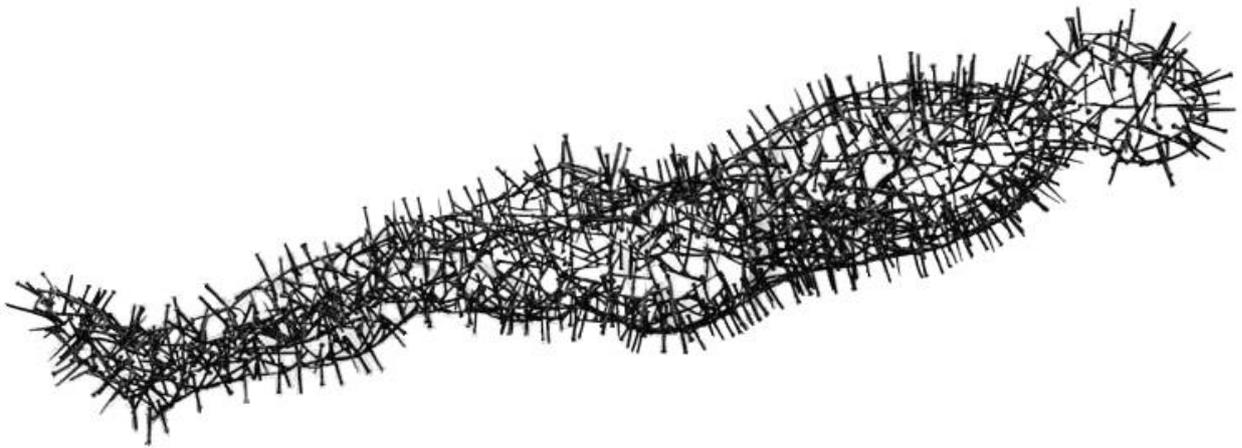




THE CATHEDRAL AND METROPOLITICAL CHURCH OF CHRIST, CANTERBURY

# Sung Eucharist



The Third Sunday of Lent

Sunday 8<sup>th</sup> March 2026

11.00am

Quire

# Welcome to Canterbury Cathedral for this Eucharist

The Choral Setting is  
Jonathan Dove (b.1959), Missa Brevis  
The Kyrie Eleison is traditional Urdu, arranged Christopher Ouvry-Johns

Please ask the priest if you require a gluten-free communion wafer.

## Livestreaming

This service will be livestreamed and you may be seen on camera, although we will not deliberately take any close-ups of the congregation. By attending you agree to be seen in this way. If you have any concerns please speak to a member of the clergy.

Cover Image: *Transport*, 2010, Anthony Gormley  
Eastern Crypt, Canterbury Cathedral

## Health and Safety

Much of the present Cathedral was built hundreds of years ago. Whilst most of the parts of this ancient cathedral that are normally open to the public are easily accessible for all, the historic stone floor may be unpredictably uneven in places, entry to some parts is via stone steps or access ramps of varying gradients, and lighting levels may vary.

Please exercise due care and attention before, during and after the service and move around with regard for your safety. The Cathedral is unable to accept liability for any personal injury or damage to property unless this is due to our own negligence.



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**By cash or cheques** payable to 'Canterbury Cathedral' in Gift Aid envelopes - UK taxpayers please fill in the details on the envelope. Or you can give a one-off donation at one of our **contactless donation points** in the South Transept after the service.



Please ensure that mobile phones are switched off. No form of visual or sound recording, or any form of photography, is permitted during Services. Thank you for your co-operation.



An induction loop system for the hard of hearing is installed in the Cathedral. Hearing aid users should adjust their aid to T.



**Large print** orders of service are available from the stewards and virgers. Please ask.

# The Gathering

*A welcome is offered*

*Stand to sing*



Brother, sister, let me serve you,  
let me be as Christ to you;  
pray that I may have the grace  
to let you be my servant too.

<sup>2</sup>We are pilgrims on a journey,  
and companions on the road;  
we are here to help each other  
walk the mile and bear the load.

<sup>3</sup>I will hold the Christ-light for you  
in the night-time of your fear;  
I will hold my hand out to you,  
speak the peace you long to hear.

<sup>4</sup>I will weep when you are weeping;  
when you laugh, I'll laugh with you;  
I will share your joy and sorrow  
till we've seen this journey through.

<sup>5</sup>When we sing to God in heaven,  
we shall find such harmony,  
born of all we've known together  
of Christ's love and agony.

<sup>6</sup>Brother, sister, let me serve you,  
let me be as Christ to you;  
pray that I may have the grace  
to let you be my servant too.

Words: Richard A M Gillard (b 1953)

Tune: SERVANT SONG

AM 604

*The President says*

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

Grace, mercy and peace from God our Father  
and the Lord Jesus Christ be with you.

**And also with you.**

**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.**

*The Deacon introduces*

## **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.

*Remain standing*

**Most merciful God, Father of our Lord Jesus Christ, we confess that  
we have sinned in thought, word and deed. We have not loved you  
with our whole heart. We have not loved our neighbours as  
ourselves. 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.**

*Remain standing as the choir sings*

## **Kyrie Eleison**

Khudaya, rahem kar.

*Lord, have mercy.*

Masiha, rahem kar.

*Christ, have mercy.*

Khudaya, rahem kar.

*Lord, have mercy.*

*The President says*

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 Collect**

Let us pray.

*Silence is kept*

Almighty God,  
whose most dear Son went not up to joy but first he suffered pain,  
and entered not into glory before he was crucified:  
mercifully grant that we, walking in the way of the cross,  
may find it none other than the way of life and peace;  
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.**

*Sit*

## **The Liturgy of the Word**

### **Old Testament Reading**      *Exodus 17.1-7*

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

This is the word of the Lord.

**Thanks be to God.**

*Remain seated as the choir sings Psalm 95*

O come, let us sing unto the Lord :  
let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving :  
and shew ourselves glad in him with psalms.

For the Lord is a great God :  
and a great King above all gods.

In his hand are all the corners of the earth :  
and the strength of the hills is his also.

The sea is his, and he made it :  
and his hands prepared the dry land.

O come, let us worship and fall down :  
and kneel before the Lord our Maker.

For he is the Lord our God :  
and we are the people of his pasture, and the sheep of his hand.

To-day if ye will hear his voice, harden not your hearts :  
as in the provocation, and as in the day of temptation in the wilderness;

When your fathers tempted me :  
proved me, and saw my works.

Forty years long was I grieved with this generation, and said :  
It is a people that do err in their hearts,  
for they have not known my ways;

Unto whom I swear in my wrath :  
that they should not enter into my rest.

*Stand as the choir sings the chorus and the verse, then we join in*



You are the Word who binds us and unites us;  
you are the Word who calls us to be one;  
you are the Word who teaches us forgiveness:  
glory to you, Lord Jesus Christ!

**Praise to you, O Christ, our Saviour,  
Word of the Father, calling us to life:  
Son of God who leads us to freedom:  
glory to you, Lord Jesus Christ!**

## **The Gospel**      *John 4.5-15*

The Lord be with you.

**And also with you.**

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

**Glory to you, O Lord.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

*Once the Sermon has been introduced please sit*

**Sermon**      The Dean

*After the Sermon, a few moments of silence are kept as we reflect on what we have heard and then the choir sings*

## **The Motet**

O nata lux de lumine,  
Jesu redemptor saeculi,  
Dignare clemens supplicum  
Laudes preces que sumere.

*O Light born of Light,  
Jesus, redeemer of the world,  
with loving-kindness deign to receive  
suppliant praise and prayer.*

Qui carne quondam contegi  
Dignatus es pro perditis,  
Nos membra confer effici  
Tui beati corporis.

*Thou who once deigned to be clothed in flesh  
for the sake of the lost,  
grant us to be members  
of thy blessed body.*

*Words: 10<sup>th</sup> century hymn*

*Music: Anna Lapwood (b. 1995)*

*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 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.**

*Please sit or kneel when the President says 'Let us pray'*

## **Prayers of Intercession**

*One of these responses is used*

Lord, in your mercy  
**hear our prayer.**

Lord, hear us.  
**Lord, graciously hear us.**

*And at the end*

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

# The Liturgy of the Sacrament

## The Peace

*Stand*

*The President says*

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

The peace of the Lord be always with you.

**And also with you.**

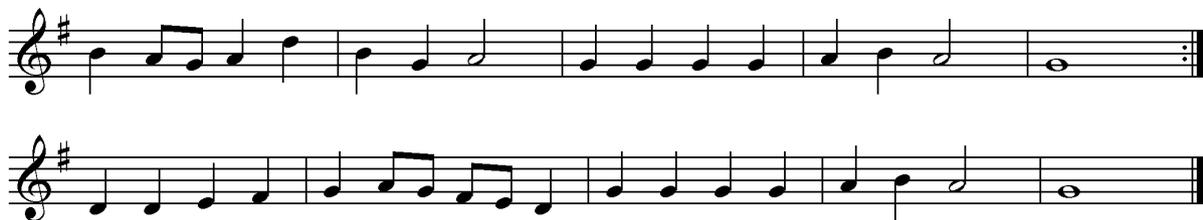
*The Deacon says*

Let us offer one another a sign of peace.

*Members of the congregation greet one another*

*Remain standing to sing*

**The Offertory Hymn** *during which the table is prepared and the gifts of the people are gathered and presented. If you would prefer to give electronically, please use the QR code*



Dearest Jesu, we are here,  
at thy call, thy presence owning;  
pleading now in holy fear  
that great sacrifice atoning:  
Word incarnate, much in wonder  
on this mystery deep we ponder.

<sup>2</sup>Jesu, strong to save — the same  
yesterday, today, for ever —  
make us fear and love thy name,  
serving thee with best endeavour:  
in this life, O ne'er forsake us,  
but to bliss hereafter take us.

*Words: George Ratcliffe Woodward (1848-1934) Tune: LIEBSTER JESU (DESSAU) AM 439  
after Liber Jesu, wir sind hier by Tobias Clausnitzer (1619-84)*

*The President takes the bread and wine and praises God for his gifts*

God of our journey, as we walk with you on your path of obedience, sustain us on  
our way and lead us to your glory; through Jesus Christ our Lord. **Amen.**

## The Eucharistic Prayer

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:

*The choir sings*

Sanctus, sanctus, sanctus,  
Dominus Deus Sabaoth.  
Pleni sunt coeli et terra gloria tua.  
Hosanna in excelsis.

*Holy, holy, holy Lord,  
God of power and might.  
Heaven and earth are full of your glory.  
Hosanna in the highest.*

Benedictus qui venit  
In nomine Domini.  
Hosanna in excelsis.

*Blessed is he who comes  
in the name of the Lord.  
Hosanna in the highest*

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends and, taking bread, he praised you.

He broke the bread, gave it to them and said:

Take, eat;

this is my body which is given for you;

do this in remembrance of me.

When supper was ended he took the cup of wine.

Again he praised you, gave it to them and said:

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.

So, Father, we remember all that Jesus did,

in him we plead with confidence

his sacrifice made once for all upon the cross.

Bringing before you the bread of life and cup of salvation,

we proclaim his death and resurrection until he comes in glory.

*The Deacon says*

Jesus Christ is Lord:

**Lord, by your cross and resurrection you have set us free.**

**You are the Saviour of the world.**

Lord of all life,

help us to work together for that day

when your kingdom comes

and justice and mercy will be seen in all the earth.

Look with favour on your people,

gather us in your loving arms

and bring us with all the saints

to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,

in the unity of the Holy Spirit,

all honour and glory are yours,

O loving Father, for ever and ever.

**Amen.**

## The Lord's Prayer

*The President says*

As we join our prayers with the Church Universal, so we say,  
each in our own language, the prayer that Jesus taught us.

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.**

*Notre Père...*

*Vater Unser...*

*Onze Vader...*

*Padre Nuestro...*

*Ojczy Nasz...*

*Baba Yetu...*

*E to matou Matua...*

*Ein Tad...*

*Πάτερ ἡμῶν*

*Remain standing for*

## Breaking of the Bread

*The President breaks the consecrated bread, saying*

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.**

Jesus is the Lamb of God who takes away the sin of the world.  
Blessed are those who are called to his supper.

**Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

**Most merciful Lord, your love compels us to come in.  
Our hands were unclean, our hearts were unprepared;  
we were not fit even to eat the crumbs from under your table.  
But you, Lord, are the God of our salvation,  
and share your bread with sinners.  
So cleanse and feed us  
with the precious body and blood of your Son,  
that he may live in us and we in him;  
and that we, with the whole company of Christ,  
may sit and eat in your kingdom.  
Amen.**

*Sit as the President and other ministers begin*

## **The Distribution of Communion**

*Please come up for Communion as directed by the stewards. All baptised Christians who receive communion in their own church are encouraged to receive today. If you are accompanied by children who do not yet receive, please bring them with you to receive a blessing. They must not be left on their own.*

*If you are not a communicant, you are welcome to come forward at this point in the service to receive a blessing, keeping your hands to your sides. Please ask the priest if you **need a gluten-free host**.*

*We request that **you do not intinct (dip) your host in the wine** but either take a sip from the cup or remain with your head bowed. This is for the reasons of good hygiene.*

*If you wish to receive communion without climbing the steps to the High Altar, please join the line for the station in the North-East Transept.*

*We keep a **prayerful silence** during Communion to allow others to prepare to receive the sacrament or pray afterwards.*

*During Communion, the choir sings the Agnus Dei*

*Agnus Dei, qui tollis peccata mundi, miserere nobis.*

*Agnus Dei, qui tollis peccata mundi, dona nobis pacem.*

*Lamb of God, you take away the sins of the world, have mercy on us.*

*Lamb of God, you take away the sins of the world, grant us peace.*

## **Prayer after Communion**

*The President says*

Let us pray.

*Stand to pray in silence, before the President says*

Merciful Lord,  
grant your people grace  
to withstand the temptations  
of the world, the flesh and the devil,  
and with pure hearts and minds  
to follow you, the only God;  
through Jesus Christ our Lord.

**Amen.**

*All then say*

**Father of all, we give you thanks and praise,  
that when we were still far off  
you met us in your Son and brought us home.  
Dying and living, he declared your love,  
gave us grace, and opened the gate of glory.  
May we who share Christ's body live his risen life;  
we who drink his cup bring life to others;  
we whom the Spirit lights give light to the world.  
Keep us firm in the hope you have set before us,  
so we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord. Amen.**

## **The Dismissal**



Hope of our calling: hope through courage won  
by those who dared to share all Christ had done.  
Saints of today, Christ's banner now unfurled,  
will bring his gospel to a waiting world.

<sup>2</sup>Hope of our calling: hope with strength empowered,  
inspired by all that we have seen and heard;  
this call is ours, for we are chosen too,  
to live for God in all we say and do.

<sup>3</sup>Hope of our calling: hope with grace outpoured,  
from death's despair the gift of life restored;  
our call to serve, to wash each other's feet,  
to bring Christ's healing touch to all we meet.

<sup>4</sup>Hope of our calling: hope by faith made bold  
to sow God's righteousness throughout the world;  
bring peace from conflict, fruitfulness from weeds,  
the kingdom's harvest from the kingdom's seeds.

<sup>5</sup>Hope of our calling: Spirit-filled, unbound,  
old joys remembered and new purpose found,  
our call refreshed by sacrament and word,  
we go in peace to love and serve the Lord.

*Words:* Ally Barrett (b. 1975)

*Tune:* SONG 22

AM 493

*Remain standing*

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.**

Go in peace to love and serve the Lord.

**In the name of Christ. Amen.**

*All remain standing as the choir and clergy depart*

## **Organ Voluntary**

**Tea and coffee will be served in the Clagett Auditorium following this morning's Eucharist. All are very welcome.**

**Kindly supported by the Friends of Canterbury Cathedral.**

**To find out more about the Friends visit:  
[www.canterbury-cathedral.org/support-us/friends](http://www.canterbury-cathedral.org/support-us/friends)**

### **Usual Pattern of Services**

7.30am	Morning Prayer	Monday-Friday
8.00am	Holy Communion	Daily
9.15am	Morning Prayer	Saturday & Sunday
11.00am	Sung Eucharist	Sunday
12.30pm	Holy Communion	Wednesday
12.30pm	Taizé Prayer (In Choir Term)	Monday
5.30pm	Choral Evensong	Daily (said with silence Thursdays)

# **Safeguarding : Do you need to talk?**

**Are you concerned about the safety of a child, young person or vulnerable adult?**

**Or is there something that you would like to discuss that affects you?**

A safeguarding concern is anything that may impact the safety and wellbeing of a child, young person or vulnerable adult; if they are being neglected, harmed or at risk of being harmed by others or themselves, and are in need of protection. To report a non-emergency safeguarding concern please scan the QR code and complete our online form or email [safeguarding@canterbury-cathedral.org](mailto:safeguarding@canterbury-cathedral.org)

TO REPORT AN EMERGENCY SAFEGUARDING CONCERN PLEASE

CONTACT THE CATHEDRAL CONSTABLES OFFICE:



Located by the main entrance to the Precincts, Christ Church Gate.

Alternatively, please call 01227 866237



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