



THE CATHEDRAL AND METROPOLITICAL CHURCH OF CHRIST, CANTERBURY

# Sung Eucharist



The Second Sunday of Lent

Sunday 1<sup>st</sup> March 2026

11.00am

Quire

# Welcome to Canterbury Cathedral for this Eucharist

The Choral Setting is  
William Byrd (c. 1540-1623), Mass for five voices  
The Kyrie Eleison is traditional Urdu, arranged C. 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: 'Beyond Wounded Yet Valued' by Sarah Troughton.  
part of the Stations of the Cross: Jagged Edges currently in the South Quire Aisle.

## 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*



Thy kingdom come! On bended knee  
the passing ages pray;  
and faithful souls have yearned to see  
on earth that kingdom's day.

<sup>2</sup>But the slow watches of the night  
not less to God belong;  
and for the everlasting right  
the silent stars are strong.

<sup>3</sup>And lo, already on the hills  
the flags of dawn appear;  
gird up your loins, ye prophet souls,  
proclaim the day is near:

<sup>4</sup>The day in whose clear-shining light  
all wrong shall stand revealed,  
when justice shall be throned in might,  
and every hurt be healed;

<sup>5</sup>When knowledge, hand in hand with peace,  
shall walk the earth abroad:  
the day of perfect righteousness,  
the promised day of God.

*Words:* Frederick Lucian Hosmer (1840-1929)

*Tune:* IRISH

AM 815

*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,  
you show to those who are in error the light of your truth,  
that they may return to the way of righteousness:  
grant to all those who are admitted  
into the fellowship of Christ's religion,  
that they may reject those things  
that are contrary to their profession,  
and follow all such things as are agreeable to the same;  
through our Lord Jesus Christ,  
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**

*Genesis 12.1-4a*

The Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.'

So Abram went, as the Lord had told him; and Lot went with him.

This is the word of the Lord.

**Thanks be to God.**

*Remain seated as the choir sings Psalm 121*

I will lift up mine eyes unto the hills :  
from whence cometh my help.

My help cometh even from the Lord :  
who hath made heaven and earth.

He will not suffer thy foot to be moved :  
and he that keepeth thee will not sleep.

Behold, he that keepeth Israel :  
shall neither slumber nor sleep.

The Lord himself is thy keeper :  
the Lord is thy defence upon thy right hand;

So that the sun shall not burn thee by day :  
neither the moon by night.

The Lord shall preserve thee from all evil :  
yea, it is even he that shall keep thy soul.

The Lord shall preserve thy going out, and thy coming in :  
from this time forth for evermore.

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



You are the Word who calls us to be servants;  
you are the Word whose only law is love;  
you are the Word-made-flesh who lives among us:  
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 3.1-17*

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.**

There was a Pharisee named Nicodemus, a leader of the Jews. He 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.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus 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?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The 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.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

'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. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. 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. 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.

**Praise to you, O Christ.**

*Once the Sermon has been introduced please sit*

**Sermon**            The Reverend Dr E L Pennington, Canon Missioner

*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**

Ave, verum corpus,  
natum de Maria Virgine,  
vere passum, immolatum  
in cruce pro homine,  
cuius latus perforatum  
unda fluxit et sanguine,  
esto nobis praegustatum  
in mortis examine.  
O dulcis, O pie,  
O Jesu, fili Mariae,  
Miserere mei. Amen.

*Hail, true Body,  
born of the Virgin Mary,  
who having truly suffered,  
was sacrificed on the cross for humankind,  
whose pierced side  
flowed with water and blood,  
may it be for us a foretaste  
in the trial of death.  
O sweet one, O holy one,  
O Jesus, son of Mary,  
have mercy on me. Amen.*

*Words: 13<sup>th</sup> Century Eucharistic Hymn*

*Music: William Byrd (c. 1540-1623)*

*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*





O thou, who at thy Eucharist didst pray  
that all thy church might be for ever one,  
grant us at every Eucharist to say  
with longing heart and soul, 'Thy will be done':  
O, may we all one bread, one body be,  
through this blest sacrament of unity.

<sup>2</sup>For all thy church, O Lord, we intercede;  
make thou our sad divisions soon to cease;  
draw us the nearer each to each, we plead,  
by drawing all to thee, O Prince of Peace:  
thus may we all one bread, one body be,  
through this blest sacrament of unity.

<sup>3</sup>We pray thee too for wanderers from thy fold;  
O bring them back, good Shepherd of the sheep,  
back to the faith which saints believed of old,  
back to the church which still that faith doth keep:  
soon may we all one bread, one body be,  
through this blest sacrament of unity.

<sup>4</sup>So, Lord, at length when sacraments shall cease,  
may we be one with all thy church above,  
one with thy saints in one unbroken peace,  
one with thy saints in one unbounded love:  
more blessed still, in peace and love to be  
one with the Trinity in Unity.

*Words:* William Turton (1856-1938)

*Tune:* SONG 1

AM 460

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.**

*The President says*

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*

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. **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



Church of God, elect and glorious,  
holy nation, chosen race;  
called as God's own special people,  
royal priests and heirs of grace:  
know the purpose of your calling,  
show to all his mighty deeds;  
tell of love which knows no limits,  
grace which meets all human needs.

<sup>2</sup>God has called you out of darkness  
into his most marvellous light;  
brought his truth to life within you,  
turned your blindness into sight.  
Let your light so shine around you  
that God's name is glorified;  
and all find fresh hope and purpose  
in Christ Jesus crucified.

<sup>3</sup>Once you were an alien people,  
strangers to God's heart of love;  
but he brought you home in mercy,  
citizens of heaven above.  
Let his love flow out to others,  
let them feel a Father's care;  
that they too may know his welcome  
and his countless blessings share.

<sup>4</sup>Church of God, elect and holy,  
be the people he intends;  
strong in faith and swift to answer  
each command your master sends:  
royal priests, fulfil your calling  
through your sacrifice and prayer;  
give your lives in joyful service –  
sing his praise, his love declare.

Words: James Seddon (1915-83)

Tune: LUX EOI

AM 488

*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.**

*The Deacon says*

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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