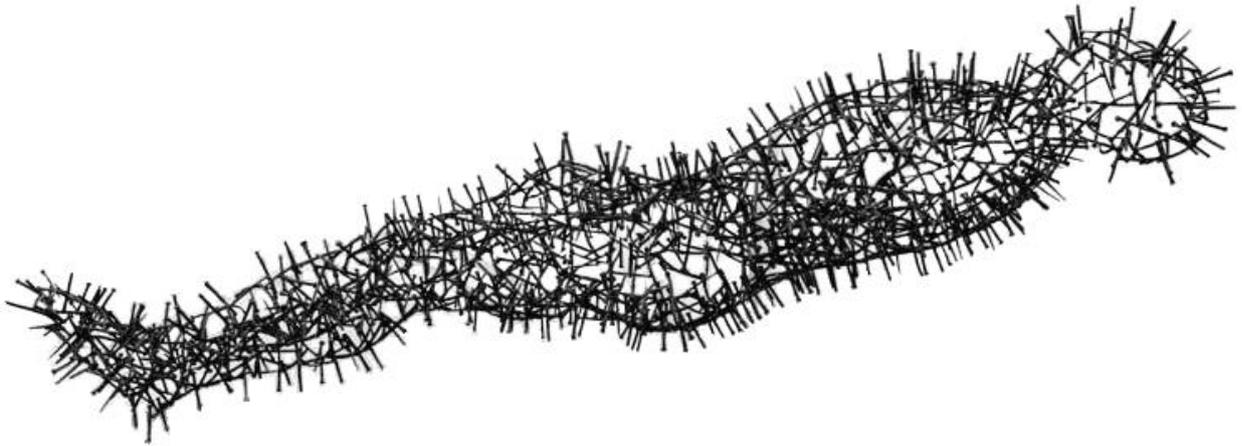




THE CATHEDRAL AND METROPOLITICAL CHURCH OF CHRIST, CANTERBURY

Sung Eucharist



The First Sunday of Lent

Sunday 22nd February 2026

11.00am

Quire

Welcome to Canterbury Cathedral for this Service

The Choral Setting is
Orlande de Lassus (c.1532-94), Missa Laudate Dominum de coelis

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.



THE COLLECTION is an opportunity to give generously to Canterbury Cathedral in response to God's generosity, and there are many ways to give regularly. **Use this QR code** to make a donation.

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 virggers. Please ask.

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

Kyrie Eleison.
Christe Eleison.
Kyrie Eleison.

*Lord have mercy.
Christ have mercy.
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 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 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

Genesis 2.15-17, 3.1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die." ' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

This is the word of the Lord.

Thanks be to God.

Remain seated as the choir sings Psalm 32

Blessed is he whose unrighteousness is forgiven :
and whose sin is covered.

Blessed is the man unto whom the Lord imputeth no sin :
and in whose spirit there is no guile.

For while I held my tongue :
my bones consumed away through my daily complaining.

For thy hand is heavy upon me day and night :
and my moisture is like the drought in summer.

I will acknowledge my sin unto thee :
and mine unrighteousness have I not hid.

I said, I will confess my sins unto the Lord :
and so thou forgavest the wickedness of my sin.

For this shall every one that is godly make his prayer unto thee,
in a time when thou mayest be found :
but in the great water-floods they shall not come nigh him.

Thou art a place to hide me in, thou shalt preserve me from trouble :
thou shalt compass me about with songs of deliverance.

I will inform thee, and teach thee in the way wherein thou shalt go :
and I will guide thee with mine eye.

Be ye not like to horse and mule, which have no understanding :
whose mouths must be held with bit and bridle, lest they fall upon thee.

Great plagues remain for the ungodly :
but whoso putteth his trust in the Lord, mercy embraceth him on every side.

Be glad, O ye righteous, and rejoice in the Lord :
and be joyful, all ye that are true of heart.

Stand as the choir sings the first line then we join in



You are the one whom prophets hoped and longed for;
you are the one who speaks to us today;
you are the one who leads us to our future:
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 *Matthew 4.1-11*

The Lord be with you.

And also with you.

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

Glory to you, O Lord.

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written,

"One does not live by bread alone,
but by every word that comes from the mouth of God." '

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written,

"He will command his angels concerning you",
and "On their hands they will bear you up,
so that you will not dash your foot against a stone." '

Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test." '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written,

“Worship the Lord your God,
and serve only him.” ’

Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord.

Praise to you, O Christ.

Once the Sermon has been introduced please sit

Sermon The Reverend A P Dodd, Canon Treasurer

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

Miserere mei, quoniam infirmus *Have mercy on me, for I am weak;*
sum; sana me, Domine; et sanabor. *heal me, O Lord, and I shall be healed.*

Words: Based on Psalm 6.2

Music: Tomás Luis de Victoria (c.1548-1611)

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*





Just as I am, without one plea
but that thy blood was shed for me,
and that thou bidst me come to thee,
O Lamb of God, I come.

²Just as I am, though tossed about
with many a conflict, many a doubt,
fightings and fears within, without,
O Lamb of God, I come.

³Just as I am, poor, wretched, blind;
sight, riches, healing of the mind,
yea, all I need, in thee to find,
O Lamb of God, I come.

⁴Just as I am, thou wilt receive,
wilt welcome, pardon, cleanse, relieve:
because thy promise I believe,
O Lamb of God, I come.

⁵Just as I am, thy love unknown
has broken every barrier down;
now to be thine, yea, thine alone,
O Lamb of God, I come.

⁶Just as I am, of that free love
the breadth, length, depth, and height to prove,
here for a season, then above,
O Lamb of God, I come.

Words: Charlotte Elliott (1789-1871)

Tune: SAFFRON WALDEN

AM 451i

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

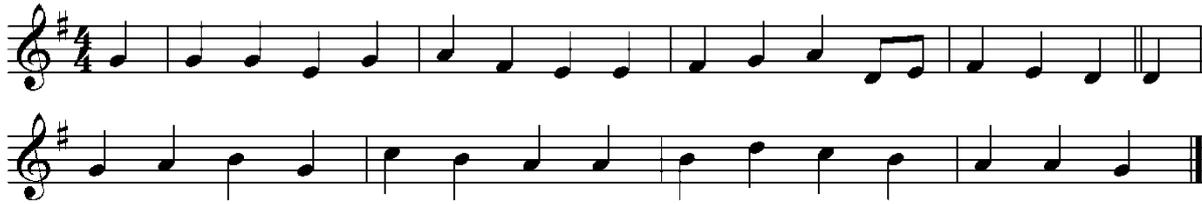
Lord God,
you have renewed us with the living bread from heaven;
by it you nourish our faith,
increase our hope,
and strengthen our love:
teach us always to hunger for him who is the true and living bread,
and enable us to live by every word
that proceeds from out of your mouth;
through Jesus Christ 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



Take up thy cross, the Saviour said,
if thou wouldst my disciple be;
deny thyself, the world forsake,
and humbly follow after me.

²Take up thy cross: let not its weight
fill thy weak spirit with alarm;
his strength shall bear thy spirit up,
and brace thy heart, and nerve thine arm.

³Take up thy cross, nor heed the shame,
nor let thy foolish pride rebel:
thy Lord for thee the cross endured,
to save thy soul from death and hell.

⁴Take up thy cross then in his strength,
and calmly every danger brave,
'twill guide thee to a better home,
and lead to victory o'er the grave.

⁵Take up thy cross, and follow Christ,
nor think till death to lay it down;
for only they who bear the cross
may hope to wear the glorious crown.

⁶To thee, great Lord, the One in Three,
all praise for evermore ascend;
O grant us in our home to see
the heavenly life that knows no end.

Words: Charles Everest (1814-77)

Tune: BRESLAU

AM 135

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**

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

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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