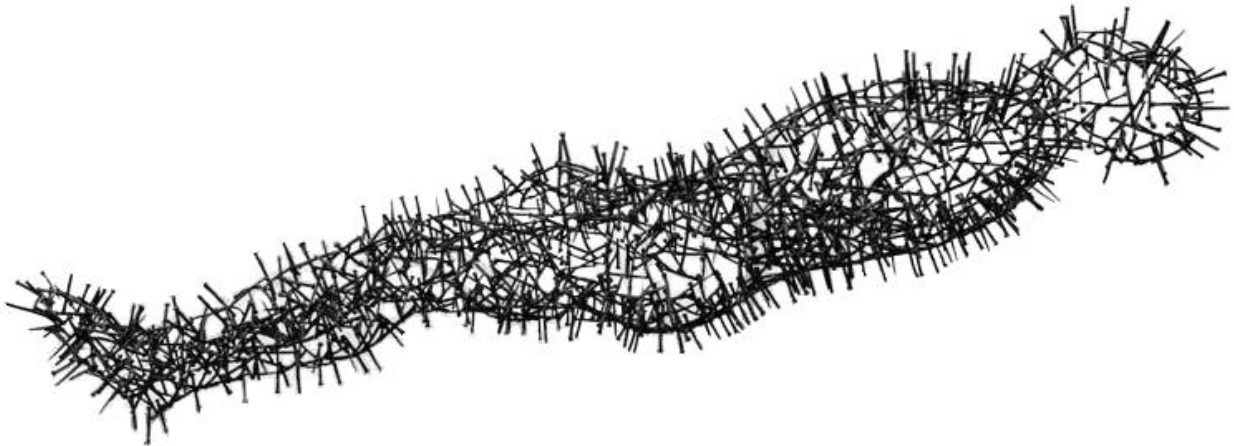




THE CATHEDRAL AND METROPOLITICAL CHURCH OF CHRIST, CANTERBURY

# Sung Eucharist



The Third Sunday of Lent

12<sup>th</sup> March 2023

11.00am

Quire

# Welcome to Canterbury Cathedral for this Service

The Ordinary is  
Kenneth Leighton (1929-88), Missa Sancti Thomae

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 the Precentor.

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Eastern Crypt, Canterbury Cathedral



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# The Gathering

*A welcome is offered*

*Stand to sing*



*The choir sings the verses and the congregation sings this refrain after each verse. The first time, the refrain is sung by the choir:*

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

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

*<sup>2</sup>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.*

*<sup>3</sup>God, we implore thee, in thy glory seated:  
bow down and hearken to thy weeping children:  
pity and pardon all our grievous trespasses.*

*<sup>4</sup>Sins oft committed now we lay before thee:  
with true contrition, now no more we veil them:  
grant us, Redeemer, loving absolution.*

*<sup>5</sup>Innocent, captive, taken unresisting:  
falsely accused, and for us sinners sentenced,  
save us, we pray thee, Jesu our Redeemer.*

*Words: A Lent Prose*

*Tune: Mode v*

NEH 507

*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 President 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 to say*

**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**

Lord have mercy upon us.  
Christ have mercy upon us.  
Lord have mercy upon us.

*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.

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.**

### **The Epistle**

*Romans 5.1-11*

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person – though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

This is the word of the Lord.

**Thanks be to God.**

*Stand as the choir sings Psalm 95.1-7*

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.

*Stand as the cantor sings and we respond*



Praise to you O Christ, King of eternal glory.

The Lord is a great God, O that today you would listen to his voice.  
Harden not your hearts.

**Praise to you O Christ, King of eternal glory.**

## **The Gospel**

*John 4.5-42*

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.'

Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.'

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him.

Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is

already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

Many Samaritans from that city believed in Jesus because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

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, Vice Dean

*Following the Sermon please stand*

## **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 kneel or sit 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 choir sings*

## **The Motet**

Drop, drop, slow tears,  
And bathe those beauteous feet  
Which brought from Heaven  
The news and Prince of Peace.

Cease not, wet eyes,  
His mercy to entreat;  
To cry for vengeance  
Sin doth never cease.

In your deep floods  
Drown all my faults and fears;  
Nor let His eye  
See sin, but through my tears.

*Words:* Phineas Fletcher (1582-1650)

*Music:* Kenneth Leighton (1929-88)

# **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.**

Let us offer one another a sign of peace.

*Members of the congregation greet one another. Please be respectful of others' safety and their desire to keep distance.*

*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 by text-message:

- To give £5 – text SERVICE to 70560
- To give £10 – text SERVICE to 70580

\*In addition to any text donation, you will incur your standard network message charge.



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.

<sup>2</sup>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.

<sup>3</sup>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.

<sup>4</sup>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.

Words: Charles Wesley (1707-88)

Tune: ABERYSTWYTH

AM 128i

*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.**

*The President praises God for his mighty acts*

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*

Holy, holy, holy, Lord God of hosts,  
Heaven and Earth are full of thy glory.  
Glory be to thee, O Lord most high.

*The President recalls the Last Supper*

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.

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, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.**

*Notre Père...*

*Vater Unser...*

*Onze Vader...*

*Padre Nuestro...*

*Ojcze Nasz...*

*Baba Yetu...*

*E to matou Matua...*

*Ein Tad...*

*Remain standing for*

## **Breaking of the Bread**

*The President breaks the consecrated bread, saying*

God's holy gifts

for God's holy people.

**Jesus Christ is holy,  
Jesus Christ is Lord,  
to the glory of God the Father.**

*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.**

*Sit as the President and other ministers begin*

## **The Distribution of Communion**

*Please come up for Communion as directed by the stewards. All who are regular communicants in their own tradition are welcome to receive the sacrament. 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 have returned to offering the chalice at the time of Communion, but please do not feel any pressure to receive from the common cup, as the Church teaches that the Sacrament is received fully in one kind. 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 may sing the Agnus Dei*

O Lamb of God, that takest away the sins of the world, have mercy upon us.

O Lamb of God, that takest away the sins of the world, grant us thy peace.

## Prayer after Communion

*Silence is kept*

*Stand as the President says*

Let us pray.

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



Guide me, O thou great Redeemer,  
pilgrim through this barren land;  
I am weak, but thou art mighty,  
hold me with thy powerful hand:  
Bread of heaven,  
feed me now and evermore.

<sup>2</sup>Open now the crystal fountain,  
whence the healing stream doth flow;  
let the fiery cloudy pillar  
lead me all my journey through:  
Strong deliverer,  
be thou still my strength and shield.

<sup>3</sup>When I tread the verge of Jordan,  
bid my anxious fears subside;  
death of death, and hell's destruction,  
land me safe on Canaan's side:  
songs and praises,  
I will ever give to thee.

*Words:* Welsh, William Williams (1717-1791)  
*Tr* Peter Williams (1727-1796)

*Tune:* CWM RHONDDA

AM 652

*The President says*

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** Kenneth Leighton (1929-88), Paean

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

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

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