



THE CATHEDRAL AND METROPOLITICAL CHURCH OF CHRIST, CANTERBURY

Sung Eucharist



The Third Sunday before Lent

5th February 2023

11.00am

Quire

Welcome to Canterbury Cathedral for this Service

The Ordinary is
Jonathan Dove (b 1959), Missa Brevis (Gloria, Sanctus, Benedictus)
Matthew King (b 1967), Agnus Dei

Cover Image: The Compass Rose

The Compass Rose is a symbol of the worldwide Anglican Communion.
It is set in the nave of the Cathedral and Metropolitan Church of Christ in Canterbury.
The Greek inscription means, 'The truth will set you free.' (John 8.32)

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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The Gathering

A welcome is offered

Stand to sing



Sometimes a light surprises
the Christian while he sings;
it is the Lord who rises
with healing in his wings;
when comforts are declining,
he grants the soul again
a season of clear shining
to cheer it after rain.

³It can bring with it nothing
but he will bear us through;
who gives the lilies clothing
will clothe his people too:
beneath the spreading heavens
no creature but is fed;
and he who feeds the ravens
will give his children bread.

²In holy contemplation
we sweetly then pursue
the theme of God's salvation,
and find it ever new:
set free from present sorrow,
we cheerfully can say,
'E'en let the unknown morrow
bring with it what it may':

⁴Though vine nor fig-tree neither
their wonted fruit should bear,
though all the fields should wither,
nor flocks nor herds be there;
yet, God the same abiding,
his praise shall tune my voice;
for, while in him confiding,
I cannot but rejoice.

Words: William Cowper (1731-1800)

Tune: OFFERTORIUM

AM 519

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

My brothers and sisters, as we prepare to celebrate the presence of Christ in word and sacrament, let us confess our sins.

Remain standing

Almighty God, our heavenly Father, we have sinned against you and against our neighbour in thought and word and deed, through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past and grant that we may serve you in newness of life to the glory of your name. Amen.

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.**

Remain standing as the choir sings

Gloria in Excelsis

Gloria in excelsis Deo, et in terra pax hominibus bonae voluntatis. Laudamus te, benedicimus te, adoramus te, glorificamus te, gratias agimus tibi propter magnam gloriam tuam. Domine Deus, Rex coelestis, Deus pater omnipotens. Domine Fili unigenite, Jesu Christe; Domine Deus, Agnus Dei, Filius Patris, qui tollis peccata mundi, miserere nobis; qui tollis peccata mundi, suscipe deprecationem nostram; qui sedes ad dexteram Patris, miserere nobis. Quoniam tu solus Sanctus, tu solus Dominus, tu solus Altissimus, Jesu Christe, cum Sancto Spiritu: in gloria Dei Patris. Amen.

Glory to God in the highest, and peace to his people on earth. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

The Collect

Let us pray.

Almighty God,
who alone can bring order
to the unruly wills and passions of sinful humanity:
give your people grace
so to love what you command
and to desire what you promise,
that, among the many changes of this world,
our hearts may surely there be fixed
where true joys are to be found;
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

The Epistle

1 Corinthians 2.1-12

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, 'What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him'— these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

This is the word of the Lord.

Thanks be to God.

Remain seated as the choir sings Psalm 112.1-6

Blessed is the man that feareth the Lord :
he hath great delight in his commandments.

His seed shall be mighty upon earth :
the generation of the faithful shall be blessed.

Riches and plenteousness shall be in his house:
and his righteousness endureth for ever.

Unto the godly there ariseth up light in the darkness :
he is merciful, loving, and righteous.

A good man is merciful, and lendeth :
and will guide his words with discretion.

For he shall never be moved :
and the righteous shall be had in everlasting remembrance.

Stand as the cantor sings the Alleluia and we respond



Whoever would become my followers,
let them deny themselves and take up their cross and follow me.

Alleluia.

The Gospel *Matthew 5.13-20*

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 went up the mountain and was joined by his disciples. Then he began to teach them: 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called

great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.'

This is the Gospel of the Lord.

Praise to you, O Christ.

The organist plays a Gospel fanfare

Once the Sermon has been introduced please sit

Sermon The 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 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

O taste and see, how gracious the Lord is.
Blessed is the man that trusteth in him.

Words: Psalm 34.8

Music: Ralph Vaughan Williams (1872-1958)

The Liturgy of the Sacrament

The Peace

Stand

The President says

We are the body of Christ.
In the one Spirit we were all baptized into one body.
Let us then pursue all that makes for peace
and builds up our common life.

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.*



Christ is the King! O friends rejoice;
brothers and sisters with one voice
tell all the world he is your choice.
Alleluia.

⁴O Christian women, Christian men,
all the world over, seek again
the Way disciples followed then.
Alleluia.

²O magnify the Lord, and raise
anthems of joy and holy praise
for Christ's brave saints of ancient days.
Alleluia.

⁵Christ through all ages is the same:
place the same hope in his great name,
with the same faith his word proclaim.
Alleluia.

³They with a faith for ever new
followed the King, and round him drew
thousands of faithful hearts and true.
Alleluia.

⁶Let love's unconquerable might
your scattered companies unite
in service to the Lord of light.
Alleluia.

⁷So shall God's will on earth be done,
new lamps be lit, new tasks begun,
and the whole church at last be one.
Alleluia.

Words: George K A Bell (1883-1958)

Tune: VULPIUS

AM 486

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

Wise and gracious God,
you spread a table before us;
nourish your people with the word of life
and the bread of heaven, 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

Father, we give you thanks and praise
through your beloved Son Jesus Christ, your living Word,
through whom you have created all things;
who was sent by you in your great goodness
to be our Saviour.

By the power of the Holy Spirit he took flesh;
as your Son, born of the blessed Virgin,
he lived on earth and went about among us;
he opened wide his arms for us on the cross;
he put an end to death by dying for us;
and revealed the resurrection by rising to new life;
so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and singing:

The 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.*

The President recalls the Last Supper

Accept our praises, heavenly Father,
through your Son our Saviour Jesus Christ,
and as we follow his example and obey his command,
grant that by the power of your Holy Spirit
these gifts of bread and wine
may be to us his body and his blood;

who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:

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.

Therefore, heavenly Father,
we remember his offering of himself
made once for all upon the cross;
we proclaim his mighty resurrection and glorious ascension;
we look for the coming of your kingdom,
and with this bread and this cup
we make the memorial of Christ your Son our Lord.

Great is the mystery of faith:

Christ has died:

Christ is risen:

Christ will come again.

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of all the saints,
may praise and glorify you for ever,
through Jesus Christ our Lord;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty 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,	<i>Notre Père...</i>
hallowed be thy name;	<i>Vater Unser...</i>
thy kingdom come;	<i>Onze Vader...</i>
thy will be done;	<i>Padre Nuestro...</i>
on earth as it is in heaven.	<i>Ojcze Nasz...</i>
Give us this day our daily bread.	<i>Baba Yetu...</i>
And forgive us our trespasses,	<i>E to matou Matua...</i>
as we forgive those who trespass against us	<i>Ein Tad...</i>
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.	

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.**

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 sings

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

Silence is kept

Stand as the President says

Let us pray.

Merciful Father,

who gave Jesus Christ to be for us the bread of life,

that those who come to him should never hunger:

draw us to the Lord in faith and love,

that we may eat and drink with him

at his table in the kingdom,

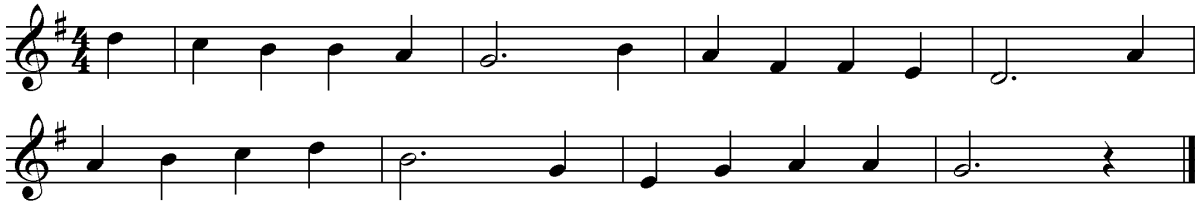
where he is alive and reigns, now and for ever. **Amen.**

All then say

**Almighty God, we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.**

**Send us out in the power of your Spirit
to live and work to your praise and glory. Amen.**

The Dismissal



Thy kingdom come, O God,
thy rule, O Christ, begin;
break with thine iron rod
the tyrannies of sin.

²Where is thy reign of peace
and purity and love?
When shall all hatred cease,
as in the realms above?

³When comes the promised time
that war shall be no more,
and lust, oppression, crime
shall flee thy face before?

⁴We pray thee, Lord, arise,
and come in thy great might;
revive our longing eyes,
which languish for thy sight.

⁵Men scorn thy sacred name,
and wolves devour thy fold;
by many deeds of shame
we learn that love grows cold.

⁶O'er lands both near and far
thick darkness broodeth yet:
arise, O Morning Star,
arise, and never set!

Words: Lewis Hensley (1824-1905)

TUNE: ST CECILIA

AM 816i

Remain standing

The God of all grace,
who called you to his eternal glory in Christ Jesus,
establish, strengthen and settle you in the faith;
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 the peace of Christ.

Thanks be to God

All remain standing as the choir and clergy depart

Organ Voluntary

Jean Langlais (1907-91), 'Prélude sur les grands jeux', Suite Française

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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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 & Feast Days
5.30pm	Choral Evensong	Daily