



THE CATHEDRAL AND METROPOLITICAL CHURCH OF CHRIST, CANTERBURY

Sung Eucharist



Tenth Sunday after Trinity

9th August 2026

11.00am

Quire

Welcome to Canterbury Cathedral for this Eucharist

We are grateful to the St Mark's Episcopal Church, Berkeley, California for singing our services today

The Choral Setting is
Herbert Howells (1892-1983), Collegium Regale Communion Service

Please ask a 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: The Compass Rose

The Compass Rose is a symbol of the worldwide Anglican Communion. The Compass Rose 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)

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



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.

²Hope 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.

³Hope 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.

⁴Hope 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.

⁵Hope 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

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

God the Father forgives us in Christ and heals us by the Holy Spirit.
Let us therefore put away all anger and bitterness,
all slander and malice, and confess our sins to God our redeemer.

Remain standing to say

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

Glory be to God on high, and in earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, heavenly King, God the Father Almighty. O Lord, the only-begotten Son, Jesu Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, have mercy upon us. Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us. For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the glory of God the Father. Amen.

The Collect

Let us pray.

Silence is kept

Let your merciful ears, O Lord,
be open to the prayers of your humble servants;
and that they may obtain their petitions
make them to ask such things as shall please you;
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 Old Testament Reading

1 Kings 19.9-18

When Elijah reached Horeb, the mountain of God, he came to a cave, and spent the night there.

Then the word of the Lord came to him, saying, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.'

He said, 'Go out and stand on the mountain before the Lord, for the Lord is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.

Then there came a voice to him that said, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' Then the Lord said to him, 'Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.'

This is the word of the Lord.

Thanks be to God.

Remain seated as the choir sings Psalm 85.8-13

I will hearken what the Lord God will say concerning me :
for he shall speak peace unto his people,
and to his saints, that they turn not again.

For his salvation is nigh them that fear him :
that glory may dwell in our land.

Mercy and truth are met together :
righteousness and peace have kissed each other.

Truth shall flourish out of the earth :
and righteousness hath looked down from heaven.

Yea, the Lord shall shew loving-kindness :
and our land shall give her increase.

Righteousness shall go before him :
and he shall direct his going in the way.

Stand as the cantor sings the Alleluia and we respond



I am the light of the world, says the Lord.
Whoever follows me will never walk in darkness
but will have the light of life.

Alleluia.

The Gospel *Matthew 14.22-33*

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.

Immediately after feeding the crowd with the five loaves and two fish, Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.'

Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

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 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 sanguine:
esto nobis praegustatum
in mortis examine.
O dulcis, O pie,
O Jesu, fili Mariae,
miserere nobis.

*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 Jesus, O holy Jesus,
O Jesus, son of Mary,
have mercy upon us.*

Words: 13th Century Eucharistic Hymn

Music: Stephanie Martin (b. 1962)

Following the Motet 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 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

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.

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*



When the Thurifer turns to bow to the congregation, all turn to the altar



Here we sing our great thanksgiving,
Tell again God's tale of love:
Sin undone, for Christ's self-giving
Breathes forgiveness from above,
Here we make our humble offering:
All we have, yet more we owe;
So the heavenly celebration
Finds an echo here below.

³Here Christ's love is shared among us,
All are welcomed, none left out.
Here God's reconciling Spirit
Brings an end to fear and doubt.
Let our hands be made for healing,
May our tongues speak words of peace;
Let God's justice rule for ever,
And his righteousness increase.

²Here we take the bread from heaven,
Broken, torn, the crumbs we share;
Here we drink the living fountain,
Quench our thirst, our souls repair.
Here recall Christ's loving passion,
Arms spread wide, he bore our pain;
Suffering servant, scorned Messiah,
God's own loss has bought our gain.

⁴Here may we receive our mission,
Here accept your gracious call.
Speak again your great commission:
Show the Way of Life to all.
Send us, Lord, to live your gospel,
Christ's new body let us be.
Then at last around your table,
All may feast eternally.

Words: Ally Barrett (b. 1975)

Tune: ABBOT'S LEIGH

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.

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

Holy, holy, holy, Lord God of Hosts,
Heaven and earth are full of thy glory:
Glory be to thee, O Lord most high. Amen.

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

Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will, these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;

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.

The Deacon says

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 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...

Ojcze 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

Draw near with faith. Receive the body of our Lord Jesus Christ, which was given for you, and his blood which was shed for you. Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

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

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 peace.

Prayer after Communion

Stand as the President says

Let us pray.

Silence is kept

God of our pilgrimage,
you have willed that the gate of mercy
should stand open for those who trust in you:
look upon us with your favour that we who follow the path of your will
may never wander from the way of life;
through Jesus Christ our Lord.

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



God moves in a mysterious way
his wonders to perform;
he plants his footsteps in the sea,
and rides upon the storm.

²Deep in unfathomable mines
of never-failing skill
he treasures up his bright designs,
and works his sovereign will.

³Ye fearful saints, fresh courage take;
the clouds ye so much dread
are big with mercy, and shall break
in blessings on your head.

⁴Judge not the Lord by feeble sense,
but trust him for his grace;
behind a frowning providence
he hides a smiling face.

⁵His purposes will ripen fast,
unfolding every hour;
the bud may have a bitter taste,
but sweet will be the flower.

⁶Blind unbelief is sure to err,
and scan his work in vain;
God is his own interpreter,
and he will make it plain.

Words: William Cowper (1731-1800)

Tune: LONDON NEW

AM 647

The President says

The peace of God, which passes all understanding,
keep your hearts and minds in the knowledge and love of God,
and of his Son Jesus Christ our Lord;
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 the peace of Christ.
Thanks be to God.

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, & Bank Holidays
11.00am	Sung Eucharist	Sunday
12.30pm	Holy Communion	Wednesday
12.30pm	Taizé Prayer	Monday (resumes in September)
5.30pm	Choral Evensong	Daily

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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