

Sung Eucharist
Sunday 21st February 2021
at 10.00 am
The First Sunday in Lent



Truro
Cathedral

President and Preacher:
The Dean
Organist: Andrew Wyatt
Cantor: Kathryn Gregory

From the Dean

Today is the first Sunday in Lent, and because we are systematically reading Mark's Gospel this year, this morning we have his version of Jesus in the wilderness, which, like most everything else in Mark's Gospel, is terse and to the point. We hear that Jesus was tempted by Satan, but we don't get the elaborate temptations that we find in Matthew and Luke. (For many years, Mark has been seen by Biblical scholars as the earliest of the Gospels, but it is not inconceivable that Mark wrote his gospel *after* Matthew and Luke, summarising some of the details that he knew could have been found in their works; highly speculative, I know, but we mustn't automatically conclude that brevity means earliest.) Of course, we all know that we give things up for Lent, emulating Jesus' deprivations in the wilderness. But actually, we should be taking something on, because the whole point of being deprived is not to become more hairshirtish in our self-imposed martyrdom (look at what I can do without!), but to enhance the importance of love and service in our lives – see, when I am not distracted by the rubbish in my life I can allow more time for the proper things in life! So, I encourage you to pray more, read the Bible and other spiritual works more, think about your discipleship more; ask yourselves, how can I serve God and my fellow human beings better?

It is also half term week, and the back row of our choir are taking a well-deserved break from choral duties. They have been outstanding since lockdown began, and the music-making has been of the highest order. I need to pay tribute to them because they have not flinched one iota from offering their enormous skills and talents in the service of our worship during this time. And heartfelt thanks to Kathryn Gregory who is our cantor this morning. At the moment, Kathryn is unable to return to Cambridge for her studies, and we are privileged to have her with us, along with Andrew playing the organ.

Tomorrow, the prime minister is making a statement on a possible road map out of lockdown, and of course we will pay due regard to what will be said. It is our fervent desire to re-open the cathedral as soon as it is safe, and with contagion rates falling in Cornwall, that day may not be too long delayed. Please refer to our website for updates as and when they occur.

In the meantime, have a joyous Lent – and I mean that!

Ever your friend and fellow disciple.

Roger.

THIS WEEK

Because of lockdown restrictions, the cathedral is currently closed and Sunday services are being live streamed. Please check our website for any up to date changes that may have to take place.

Next Sunday 28th February: The Second Sunday in Lent

10.00 am Sunday Eucharist (Live streamed)
President and Preacher: The Revd Canon Jane Vaughan-Wilson

4.00 pm Evensong (Live streamed)
Preacher: Canon Simon Griffiths

An Act of Spiritual Communion

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within thy wounds hide me.
Suffer me not to be parted from thee.
From the malignant enemy, defend me.
In the hour of my death, call me
And bid me come to thee
That with all thy saints I may praise thee,
For ever and ever. Amen.

The Gathering

Please stand as a vergers leads the clergy to the altar.

Organ Prelude

'Attende Domine' by Jeanne Demessieux (1921–1968)

The president says

In the name of the Father,
and of the Son,
and of the Holy Spirit.

All **Amen.**

The Greeting

The president greets the people

Grace, mercy and peace from God our Father
and the Lord Jesus Christ be with you.

All **And also with you.**

Words of welcome and introduction may be said.

Prayers of Penitence

The president invites all to confess their sins

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.

All **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.**

The president says

Almighty God, our heavenly Father,
who in his great mercy
has promised forgiveness of sins
to all those who with heartfelt repentance and true faith turn to him:
have mercy on you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and bring you to everlasting life,
through Jesus Christ our Lord.

All **Amen.**

Please remain standing

*The cantor sings the Kyrie Eleison from the Messe Basse by Gabriel Fauré
(1845 – 1924)*

Kyrie eleison
Christe eleison.
Kyrie eleison

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

The Collect

The president says the Collect, the special prayer for the day.

Let us pray

Almighty and everlasting God, you hate nothing that you have made
and forgive the sins of all those who are penitent: create and make in
us new and contrite hearts that we, worthily lamenting our sins and
acknowledging our wretchedness, may receive from you, the God of
all mercy, perfect remission and forgiveness; 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.

All **Amen.**

Please sit

The Liturgy of the Word

First Reading Genesis 9: 8-17

A reading from the book of Genesis.

God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

This is the word of the Lord.

All **Thanks be to God.**

Lent Prose
sung by the cantor

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

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

Second Reading
1 Peter 3: 18-end

A reading from the first letter of St Peter.

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

This is the word of the Lord.

All **Thanks be to God.**

Please stand

Gospel Acclamation
sung by the cantor

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.

Gospel Reading
Mark 1: 9-15

The president says

The Lord be with you.

All **And also with you.**

Hear the Gospel of our Lord Jesus Christ according to St Mark.

All **Glory to you, O Lord.**

In those days Jesus came from Nazareth of Galilee and was baptised by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a

dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

This is the Gospel of the Lord.

All **Praise to you, O Christ.**

Sermon

The president says an opening invocation or prayer, and then all sit.

Please stand

The Creed

All **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**

The Liturgy of the Sacrament

The Peace

The president introduces the Peace

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ.

The peace of the Lord be always with you.

All **And also with you.**

Please sit while the altar is prepared but stand when the organ stops playing.

The president may say the following Offertory Prayers

Pray, my brothers and sisters,
that our sacrifice may be acceptable
to God the almighty Father.

All **May the Lord accept the sacrifice we offer
for the praise and glory of his name,
for our good, and the good of all creation.**

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.

All **Amen.**

Eucharistic Prayer B

The president says

The Lord be with you.

All **And also with you.**

Lift up your hearts.

All **We lift them to the Lord.**

Let us give thanks to the Lord our God.

All **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 cantor sings the Sanctus and Benedictus

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.

Please remain standing as the president continues

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.

Great is the mystery of faith:

All **Christ has died:
Christ is risen:
Christ will come again.**

The prayer continues

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 the Blessed Virgin Mary
and 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.

All **Amen.**

Please remain standing.

The Lord's Prayer

The president introduces the Lord's Prayer in these or other suitable words

With faith and confidence, let us pray to the Father in words that our Saviour taught us:

All **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.**

Breaking of the Bread

The president breaks the consecrated bread.

We break this bread to share in the body of Christ.

All **Though we are many, we are one body,
because we all share in one bread.**

Giving of Communion

The president says the following invitation to Communion.

Jesus is the Lamb of God who takes away the sin of the world.
Blessed are those who are called to his supper.

All

**Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

At the Distribution the president says

The body of Christ.

The communicant replies each time Amen, and then receives.

The cantor 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
sin of the world,
have mercy upon us.
Lamb of God, you take away the
sin of the world,
grant us peace.

Anthem

'Tantum Ergo' by Gabriel Faure

Tantum ergo Sacramentum
Veneremur ceni,
Et antiquum documentum,
Novo cedat ritui.
Praestet fides supplementum,
Sensuum defectui.

Down in adoration falling,
Lo! The sacred Host we hail,
Lo! o'er ancient forms departing,
Newer rites of grace prevail.
Faith for all defects supplying,
Where the feeble senses fail.

Genitori, Genitoque,
Laus et jubilation,
Salus, honor, virtus quoque,
Sit et benediction,
Procedenti ab utroque,
Compar sit laudation. Amen.

To the everlasting Father,
And the Son who reigns on high,
With the Holy Spirit proceeding,
Forth from each eternally,
Be salvation, honour, blessing,
Might and endless majesty. Amen.

After Communion

Please stand

Let us pray

The president says the Post Communion prayer.

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 your mouth; through Jesus Christ our Lord.

All **Amen.**

All **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

The president says

The Lord be with you.

All **And also with you.**

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.

All **Amen.**

Go in the peace of Christ.

All **Thanks be to God.**

Please remain standing as the clergy depart.

Organ Voluntary

'Cantabile' by Cesar Franck (1822 – 1890)

Please take this order of service away with you.

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