

CLARE COLLEGE CHAPEL



Pew Booklet Lent Term 2025

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CHORAL EVENSONG

Introit Rodney Bennett *A Good-Night*

Close now thine eyes and rest secure;
Thy soul is safe enough, thy body sure;
He that loves thee, he that keeps
And guards thee, never slumbers, never sleeps.
The smiling conscience in a sleeping breast
Has only peace, has only rest;
The music and the mirth of kings
Are all but very discords, when she sings;
Then close thine eyes and rest secure;
No sleep so sweet as thine, no rest so sure.

Words *Francis Quarles (1592–1644)*
Music *Sir Richard Rodney Bennett (1936–2012)*

Psalm 67 (plainchant)

God be merciful unto us, and bless us: and shew us the light of his countenance, and be merciful unto us:
That thy way may be known upon earth: thy saving health among all nations.
Let the people praise thee, O God: yea, let all the people praise thee.
O let the nations rejoice and be glad: for thou shalt judge the folk righteously, and govern the nations upon earth.
Let the people praise thee, O God: let all the people praise thee.
Then shall the earth bring forth her increase: and God, even our own God, shall give us his blessing.
God shall bless us: and all the ends of the world shall fear him.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 1: 1–14

These are the names of the sons of Israel who went to Egypt with Jacob, each with his family: ² Reuben, Simeon, Levi and Judah; ³ Issachar, Zebulun and Benjamin; ⁴ Dan and Naphtali; Gad and Asher. ⁵ The descendants of Jacob numbered seventy in all; Joseph was already in Egypt.

⁶ Now Joseph and all his brothers and all that generation died, ⁷ but the Israelites were exceedingly fruitful; they multiplied greatly, increased in numbers and became so numerous that the land was filled with them.

⁸ Then a new king, to whom Joseph meant nothing, came to power in Egypt. ⁹ ‘Look,’ he said to his people, ‘the Israelites have become far too numerous for us. ¹⁰ Come, we must deal shrewdly with them or they will become even more numerous and, if war breaks out, will join our enemies, fight against us and leave the country.’

¹¹ So they put slave masters over them to oppress them with forced labour, and they built Pithom and Rameses as store cities for Pharaoh. ¹² But the more they were oppressed, the more they multiplied and spread; so the Egyptians came to dread the Israelites ¹³ and worked them ruthlessly. ¹⁴ They made their lives bitter with harsh labour in brick and mortar and with all kinds of work in the fields; in all their harsh labour, the Egyptians worked them ruthlessly.

Second Reading Exodus 1: 15–22

The king of Egypt said to the Hebrew midwives, whose names were Shiphrah and Puah, ¹⁶ ‘When you are helping the Hebrew women during childbirth on the delivery stool, if you see that the baby is a boy, kill him; but if it is a girl, let her live.’ ¹⁷ The midwives, however, feared God and did not do what the king of Egypt had told them to do; they let the boys live. ¹⁸ Then the king of Egypt summoned the midwives and asked them, ‘Why have you done this? Why have you let the boys live?’

¹⁹ The midwives answered Pharaoh, ‘Hebrew women are not like Egyptian women; they are vigorous and give birth before the midwives arrive.’

²⁰ So God was kind to the midwives and the people increased and became even more numerous. ²¹ And because the midwives feared God, he gave them families of their own.

²² Then Pharaoh gave this order to all his people: ‘Every Hebrew boy that is born you must throw into the Nile, but let every girl live.’

First Collect, for the Day

O God, who, through the preaching of the blessed Apostle Saint Paul, hast caused the light of the Gospel to shine throughout the world: Grant, we beseech thee, that we, having his wonderful conversion in remembrance, may shew forth our thankfulness unto thee for the same, by following the holy doctrine which he taught; through Jesus Christ our Lord. Amen.

Anthem Howells *Here is the little door*

Here is the little door, lift up the latch, O lift!
We need not wander more but enter with our gift;
Our gift of finest gold,
Gold that was never bought nor sold;
Myrrh to be strewn about his bed;
Incense in clouds about his head;
All for the Child that stirs not in his sleep,
But holy slumber holds with ass and sheep.

Bend low about his bed, for each he has a gift;
See how his eyes awake, lift up your hands, O lift!
For gold, he gives a keen-edged sword
(Defend with it thy little Lord!)
For incense, smoke of battle red
Myrrh for the honoured happy dead;
Gifts for his children, terrible and sweet,
Touched by such tiny hands and O such tiny feet.

Words *Frances Chesterton (1875–1938)*
Music *Herbert Howells (1892–1983)*

Sunday 26 January, Fourth Sunday after Epiphany

HOLY COMMUNION

Collect for the Day

Almighty God,
whose Son revealed in signs and miracles
the wonder of your saving presence:
renew your people with your heavenly grace,
and in all our weakness
sustain us by your mighty power;
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.

Gospel Reading Luke 10: 38–42

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'

⁴¹ 'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, ⁴² but few things are needed – or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'

Sunday 26 January, Fourth Sunday after Epiphany

CHORAL EVENSONG

Introit Poulenc *Videntes stellam*

Videntes stellam Magi
gavisi sunt gaudio magno:
Et intrantes domum obtulerunt

Domino aurum thus et myrrham.

*The wise men, when they saw the star,
rejoiced greatly:
and, when they were come into the house, they
presented
unto the Lord gold, and frankincense, and myrrh.*

Words *anonymous*
Music *Francis Poulenc (1899–1963)*

Psalm 34 (Pratt)

I will always give thanks unto the Lord: his praise shall ever be in my mouth.
My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad.
O praise the Lord with me: and let us magnify his Name together.
I sought the Lord, and he heard me: yea, he delivered me out of all my fear.
They had an eye unto him, and were lightened: and their faces were not ashamed.
Lo, the poor crieth, and the Lord heareth him: yea, and saveth him out of all his troubles.
The angel of the Lord tarrieth round about them that fear him: and delivereth them.
O taste, and see, how gracious the Lord is: blessed is the man that trusteth in him.
O fear the Lord, ye that are his saints: for they that fear him lack nothing.

The lions do lack, and suffer hunger: but they who seek the Lord shall want no manner of thing that is good.

Come, ye children, and hearken unto me: I will teach you the fear of the Lord.

What man is he that lusteth to live: and would fain see good days?

Keep thy tongue from evil: and thy lips, that they speak no guile.

Eschew evil, and do good: seek peace, and ensue it.

The eyes of the Lord are over the righteous: and his ears are open unto their prayers.

The countenance of the Lord is against them that do evil: to root out the remembrance of them from the earth.

The righteous cry, and the Lord heareth them: and delivereth them out of all their troubles.

The Lord is nigh unto them that are of a contrite heart: and will save such as be of an humble spirit.

Great are the troubles of the righteous: but the Lord delivereth him out of all.

He keepeth all his bones: so that not one of them is broken.

But misfortune shall slay the ungodly: and they that hate the righteous shall be desolate.

The Lord delivereth the souls of his servants: and all they that put their trust in him shall not be destitute.

Glory be to the Father and to the Son: and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Daniel 7: 1–14

In the first year of Belshazzar king of Babylon, Daniel had a dream, and visions passed through his mind as he was lying in bed. He wrote down the substance of his dream.

² Daniel said: ‘In my vision at night I looked, and there before me were the four winds of heaven churning up the great sea. ³ Four great beasts, each different from the others, came up out of the sea.

⁴ ‘The first was like a lion, and it had the wings of an eagle. I watched until its wings were torn off and it was lifted from the ground so that it stood on two feet like a human being, and the mind of a human was given to it.

⁵ ‘And there before me was a second beast, which looked like a bear. It was raised up on one of its sides, and it had three ribs in its mouth between its teeth. It was told, “Get up and eat your fill of flesh!”

⁶ ‘After that, I looked, and there before me was another beast, one that looked like a leopard. And on its back it had four wings like those of a bird. This beast had four heads, and it was given authority to rule.

⁷ ‘After that, in my vision at night I looked, and there before me was a fourth beast – terrifying and frightening and very powerful. It had large iron teeth; it crushed and devoured its victims and trampled underfoot whatever was left. It was different from all the former beasts, and it had ten horns.

⁸ ‘While I was thinking about the horns, there before me was another horn, a little one, which came up among them; and three of the first horns were uprooted before it. This horn had eyes like the eyes of a human being and a mouth that spoke boastfully.

⁹ ‘As I looked,
‘thrones were set in place,
and the Ancient of Days took his seat.
His clothing was as white as snow;
the hair of his head was white like wool.
His throne was flaming with fire,
and its wheels were all ablaze.

¹⁰ A river of fire was flowing,
coming out from before him.
Thousands upon thousands attended him;
ten thousand times ten thousand stood before him.
The court was seated,
and the books were opened.

¹¹ “Then I continued to watch because of the boastful words the horn was speaking. I kept looking until the beast was slain and its body destroyed and thrown into the blazing fire. ¹² (The other beasts had been stripped of their authority, but were allowed to live for a period of time.)

¹³ “In my vision at night I looked, and there before me was one like a son of man, coming with the clouds of heaven. He approached the Ancient of Days and was led into his presence. ¹⁴ He was given authority, glory and sovereign power; all nations and peoples of every language worshipped him. His dominion is an everlasting dominion that will not pass away, and his kingdom is one that will never be destroyed.

Second Reading Mark 14: 53–65

They took Jesus to the high priest, and all the chief priests, the elders and the teachers of the law came together. ⁵⁴ Peter followed him at a distance, right into the courtyard of the high priest. There he sat with the guards and warmed himself at the fire.

⁵⁵ The chief priests and the whole Sanhedrin were looking for evidence against Jesus so that they could put him to death, but they did not find any. ⁵⁶ Many testified falsely against him, but their statements did not agree.

⁵⁷ Then some stood up and gave this false testimony against him: ⁵⁸ “We heard him say, “I will destroy this temple made with human hands and in three days will build another, not made with hands.”” ⁵⁹ Yet even then their testimony did not agree.

⁶⁰ Then the high priest stood up before them and asked Jesus, ‘Are you not going to answer? What is this testimony that these men are bringing against you?’ ⁶¹ But Jesus remained silent and gave no answer.

Again the high priest asked him, ‘Are you the Messiah, the Son of the Blessed One?’

⁶² ‘I am,’ said Jesus. ‘And you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven.’

⁶³ The high priest tore his clothes. ‘Why do we need any more witnesses?’ he asked. ⁶⁴ ‘You have heard the blasphemy. What do you think?’

They all condemned him as worthy of death. ⁶⁵ Then some began to spit at him; they blindfolded him, struck him with their fists, and said, ‘Prophesy!’ And the guards took him and beat him.

First Collect, for the Day

Almighty and everlasting God, mercifully look upon our infirmities, and in all our dangers and necessities stretch forth thy right hand to help and defend us; through Jesus Christ our Lord. Amen.

Anthem Kirbye *Vox in Rama*

Vox in Rama audita est
ploratus et ululatus multus,
Rachel plorans filios suos,
et noluit consolari, quia non sunt.

*A voice is heard in Ramah
of weeping and great lamentation.
Rachel is weeping for her children,
and will not be comforted because they are no more.*

Words *Matthew 2: 18*
Music *George Kirbye (c. 1565–1634)*

Tuesday 28 January
CHORAL EVENSONG

Introit Byrd *Sing joyfully*

Sing joyfully unto God our Strength: sing loud unto the God of Jacob.
Take the song, and bring forth the timbrel, the pleasant harp and the viol.
Blow the trumpet in the new moon, ev'n in the time appointed, and at our feast day.
For this is a statute for Israel, and a law of the God of Jacob.

Words *Psalms 81: 1–4*
Music *William Byrd (c. 1539–1623)*

Psalm 87 (Macfarren)

Her foundations are upon the holy hills: the Lord loveth the gates of Sion more than all the dwellings
of Jacob.
Very excellent things are spoken of thee: thou city of God.
I will think upon Rahab and Babylon: with them that know me.
Behold ye the Philistines also: and they of Tyre, with the Moabites; lo, there was he born.
And of Sion it shall be reported that he was born in her: and the most High shall stablish her.
The Lord shall rehearse it when he writeth up the people: that he was born there.
The singers also and trumpeters shall he rehearse: All my fresh springs shall be in thee.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 2: 1–10

Now a man of the tribe of Levi married a Levite woman,² and she became pregnant and gave birth to a son. When she saw that he was a fine child, she hid him for three months.³ But when she could hide him no longer, she got a papyrus basket for him and coated it with tar and pitch. Then she placed the child in it and put it among the reeds along the bank of the Nile.⁴ His sister stood at a distance to see what would happen to him.

⁵ Then Pharaoh's daughter went down to the Nile to bathe, and her attendants were walking along the river-bank. She saw the basket among the reeds and sent her female slave to get it.⁶ She opened it and saw the baby. He was crying, and she felt sorry for him. 'This is one of the Hebrew babies,' she said.

⁷ Then his sister asked Pharaoh's daughter, 'Shall I go and get one of the Hebrew women to nurse the baby for you?'

⁸ 'Yes, go,' she answered. So the girl went and got the baby's mother.⁹ Pharaoh's daughter said to her, 'Take this baby and nurse him for me, and I will pay you.' So the woman took the baby and nursed him.¹⁰ When the child grew older, she took him to Pharaoh's daughter and he became her son. She named him Moses, saying, 'I drew him out of the water.'

Second Reading Exodus 2: 11–25

One day, after Moses had grown up, he went out to where his own people were and watched them at their hard labour. He saw an Egyptian beating a Hebrew, one of his own people. ¹² Looking this way and that and seeing no one, he killed the Egyptian and hid him in the sand. ¹³ The next day he went out and saw two Hebrews fighting. He asked the one in the wrong, ‘Why are you hitting your fellow Hebrew?’

¹⁴ The man said, ‘Who made you ruler and judge over us? Are you thinking of killing me as you killed the Egyptian?’ Then Moses was afraid and thought, ‘What I did must have become known.’

¹⁵ When Pharaoh heard of this, he tried to kill Moses, but Moses fled from Pharaoh and went to live in Midian, where he sat down by a well. ¹⁶ Now a priest of Midian had seven daughters, and they came to draw water and fill the troughs to water their father’s flock. ¹⁷ Some shepherds came along and drove them away, but Moses got up and came to their rescue and watered their flock.

¹⁸ When the girls returned to Reuel their father, he asked them, ‘Why have you returned so early today?’

¹⁹ They answered, ‘An Egyptian rescued us from the shepherds. He even drew water for us and watered the flock.’

²⁰ ‘And where is he?’ Reuel asked his daughters. ‘Why did you leave him? Invite him to have something to eat.’

²¹ Moses agreed to stay with the man, who gave his daughter Zipporah to Moses in marriage. ²² Zipporah gave birth to a son, and Moses named him Gershom, saying, ‘I have become a foreigner in a foreign land.’

²³ During that long period, the king of Egypt died. The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God. ²⁴ God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob. ²⁵ So God looked on the Israelites and was concerned about them.

First Collect, for the Day

Almighty and everlasting God, mercifully look upon our infirmities, and in all our dangers and necessities stretch forth thy right hand to help and defend us; through Jesus Christ our Lord. Amen.

Anthem J. S. Bach *Sicut locutus est*

Sicut locutus est ad patres nostros,
Abraham, et semini eius in saecula.

*As he promised to our forefathers
Abraham and his sons for ever.*

Words *Luke 1: 46–55*
Music Magnificat, *Johann Sebastian Bach (1685–1750)*

Thursday 30 January, *Charles I, King, 1649*

CHORAL EVENSONG

Introit Peter Dyke *Three Kings*

Three kings are here, both wealthy and wise,
Come riding over the snow covered ice;
Royal in throng, noble in song,
They search for the Child, the Redeemer of wrong;
With tabours and drums they go sounding along.

God's angel speaks Saint Joseph anigh:
"With Jesus into far Egypt fly.
Stay not nor stand; Herod's at hand."
The ass hastens panting; the hot desert sand
Has rescued our Saviour from Herod's ill band.

Herod betrays these innocent lives
Both younger and elder to lances and knives.
Who can dare tell Murder so fell?
These pretty young children in anguish of hell
Were martyred together his anger to quell.

Words *Old Flemish for Holy Innocents Day, translated Robert Graves (1895–1985)*
Music *Peter Dyke (1965–)*

Psalm 20: 1–9 (Aldrich)

The Lord hear thee in the day of trouble: the Name of the God of Jacob defend thee;
Send thee help from the sanctuary: and strengthen thee out of Sion;
Remember all thy offerings: and accept thy burnt-sacrifice;
Grant thee thy heart's desire: and fulfil all thy mind.
We will rejoice in thy salvation, and triumph in the Name of the Lord our God: the Lord perform all
thy petitions.
Now know I that the Lord helpeth his Anointed, and will hear him from his holy heaven: even with
the wholesome strength of his right hand.
Some put their trust in chariots, and some in horses: but we will remember the Name of the Lord
our God.
They are brought down, and fallen: but we are risen, and stand upright.
Save, Lord, and hear us, O King of heaven: when we call upon thee.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 3: 1–10

Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. ² There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. ³ So Moses thought, 'I will go over and see this strange sight – why the bush does not burn up.'

⁴ When the Lord saw that he had gone over to look, God called to him from within the bush, 'Moses! Moses!'

And Moses said, 'Here I am.'

⁵ 'Do not come any closer,' God said. 'Take off your sandals, for the place where you are standing is holy ground.' ⁶ Then he said, 'I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.' At this, Moses hid his face, because he was afraid to look at God.

⁷ The Lord said, 'I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. ⁸ So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey – the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. ⁹ And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them. ¹⁰ So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt.'

Second Reading Exodus 3: 11–22

But Moses said to God, 'Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?'

¹² And God said, 'I will be with you. And this will be the sign to you that it is I who have sent you: when you have brought the people out of Egypt, you will worship God on this mountain.'

¹³ Moses said to God, 'Suppose I go to the Israelites and say to them, "The God of your fathers has sent me to you," and they ask me, "What is his name?" Then what shall I tell them?'

¹⁴ God said to Moses, 'I am who I am. This is what you are to say to the Israelites: "I am has sent me to you.'"

¹⁵ God also said to Moses, 'Say to the Israelites, "The Lord, the God of your fathers – the God of Abraham, the God of Isaac and the God of Jacob – has sent me to you."

'This is my name for ever,
the name you shall call me
from generation to generation.

¹⁶ 'Go, assemble the elders of Israel and say to them, "The Lord, the God of your fathers – the God of Abraham, Isaac and Jacob – appeared to me and said: I have watched over you and have seen what has been done to you in Egypt. ¹⁷ And I have promised to bring you up out of your misery in Egypt into the land of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites – a land flowing with milk and honey."

¹⁸ 'The elders of Israel will listen to you. Then you and the elders are to go to the king of Egypt and say to him, "The Lord, the God of the Hebrews, has met with us. Let us take a three-day journey into the wilderness to offer sacrifices to the Lord our God." ¹⁹ But I know that the king of Egypt will not let you go unless a mighty hand compels him. ²⁰ So I will stretch out my hand and strike the Egyptians with all the wonders that I will perform among them. After that, he will let you go.

²¹ 'And I will make the Egyptians favourably disposed towards this people, so that when you leave you will not go empty-handed. ²² Every woman is to ask her neighbour and any woman living in her house for articles of silver and gold and for clothing, which you will put on your sons and daughters. And so you will plunder the Egyptians.'

First Collect, for the Day

Almighty and everlasting God, mercifully look upon our infirmities, and in all our dangers and necessities stretch forth thy right hand to help and defend us; through Jesus Christ our Lord. Amen.

AnthemMendelssohn *There shall a star from Jacob come forth*

There shall a star from Jacob come forth, and a sceptre from Israel rise up.
And dash in pieces princes and nations.
As bright the star of morning gleams,
So Jesus sheddeth glorious beams
Of light and consolation!
Thy Word, O Lord,
Radiance darting, truth imparting,
Gives salvation;
Thine be praise and adoration!

Words Original German text compiled by *Christian Charles Josias von Bunsen*
Music *Felix Mendelssohn (1809–47)*

Sunday 2 February, Presentation of Christ in the Temple ('Candlemas')**HOLY COMMUNION**

Collect for the Day

Almighty and ever-living God,
clothed in majesty,
whose beloved Son was this day presented in the Temple,
in substance of our flesh:
grant that we may be presented to you
with pure and clean hearts,
by your Son Jesus Christ our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Gospel Reading Luke 11: 1–13

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.'

² He said to them, 'When you pray, say:

“Father,
hallowed be your name,
your kingdom come.

³ Give us each day our daily bread.

⁴ Forgive us our sins,
for we also forgive everyone who sins against us.
And lead us not into temptation.”

⁵ Then Jesus said to them, 'Suppose you have a friend, and you go to him at midnight and say, "Friend, lend me three loaves of bread; ⁶ a friend of mine on a journey has come to me, and I have no food to offer him." ⁷ And suppose the one inside answers, "Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you anything." ⁸ I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.'

⁹ ‘So I say to you: ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ¹⁰ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

¹¹ ‘Which of you fathers, if your son asks for a fish, will give him a snake instead? ¹² Or if he asks for an egg, will give him a scorpion? ¹³ If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!’

Tuesday 4 February
CHORAL EVENSONG

Introit Gibbons *O Lord in thy wrath, rebuke me not*

O Lord, in thy wrath rebuke me not:
neither chasten me in thy displeasure.
Have mercy upon me, O Lord, for I am weak:
O Lord, heal me, for my bones are vexed.
My soul is also sore troubled:
but Lord, how long wilt thou punish me?
O save me for thy mercy’s sake.

Words *Psalm 6: 1–4*
Music Orlando Gibbons (1583–1625)

Psalm 132 (Wickes; Massey)

Lord, remember David: and all his trouble;
How he sware unto the Lord: and vowed a vow unto the Almighty God of Jacob;
I will not come within the tabernacle of mine house: nor climb up into my bed;
I will not suffer mine eyes to sleep, nor mine eye-lids to slumber: neither the temples of my head to
take any rest;
Until I find out a place for the temple of the Lord: an habitation for the mighty God of Jacob.
Lo, we heard of the same at Ephrata: and found it in the wood.
We will go into his tabernacle: and fall low on our knees before his footstool.
Arise, O Lord, into thy resting-place: thou, and the ark of thy strength.
Let thy priests be clothed with righteousness: and let thy saints sing with joyfulness.
For thy servant David’s sake: turn not away the presence of thine Anointed.
The Lord hath made a faithful oath unto David: and he shall not shrink from it;
Of the fruit of thy body: shall I set upon thy seat.
If thy children will keep my covenant, and my testimonies that I shall learn them: their children also
shall sit upon thy seat for evermore.
For the Lord hath chosen Sion to be an habitation for himself: he hath longed for her.
This shall be my rest for ever: here will I dwell, for I have a delight therein.
I will bless her victuals with increase: and will satisfy her poor with bread.
I will deck her priests with health: and her saints shall rejoice and sing.
There shall I make the horn of David to flourish: I have ordained a lantern for mine Anointed.
As for his enemies, I shall clothe them with shame: but upon himself shall his crown flourish.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 4: 1–9

Moses answered, ‘What if they do not believe me or listen to me and say, “The Lord did not appear to you”?’

² Then the Lord said to him, ‘What is that in your hand?’

‘A staff,’ he replied.

³ The Lord said, ‘Throw it on the ground.’

Moses threw it on the ground and it became a snake, and he ran from it. ⁴ Then the Lord said to him, ‘Reach out your hand and take it by the tail.’ So Moses reached out and took hold of the snake and it turned back into a staff in his hand. ⁵ ‘This,’ said the Lord, ‘is so that they may believe that the Lord, the God of their fathers – the God of Abraham, the God of Isaac and the God of Jacob – has appeared to you.’

⁶ Then the Lord said, ‘Put your hand inside your cloak.’ So Moses put his hand into his cloak, and when he took it out, the skin was leprous – it had become as white as snow.

⁷ ‘Now put it back into your cloak,’ he said. So Moses put his hand back into his cloak, and when he took it out, it was restored, like the rest of his flesh.

⁸ Then the Lord said, ‘If they do not believe you or pay attention to the first sign, they may believe the second. ⁹ But if they do not believe these two signs or listen to you, take some water from the Nile and pour it on the dry ground. The water you take from the river will become blood on the ground.’

Second Reading Exodus 4: 10–17

Moses said to the Lord, ‘Pardon your servant, Lord. I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue.’

¹¹ The Lord said to him, ‘Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, the Lord? ¹² Now go; I will help you speak and will teach you what to say.’

¹³ But Moses said, ‘Pardon your servant, Lord. Please send someone else.’

¹⁴ Then the Lord’s anger burned against Moses and he said, ‘What about your brother, Aaron the Levite? I know he can speak well. He is already on his way to meet you, and he will be glad to see you. ¹⁵ You shall speak to him and put words in his mouth; I will help both of you speak and will teach you what to do. ¹⁶ He will speak to the people for you, and it will be as if he were your mouth and as if you were God to him. ¹⁷ But take this staff in your hand so that you can perform the signs with it.’

First Collect, for the Day

O God, who knowest us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright; Grant to us such strength and protection, as may support us in all dangers, and carry us through all temptations; through Jesus Christ our Lord. Amen.

Anthem Gibbons *Great Lord of Lords*

Great Lord of Lords, supreme immortal King,
O give us grace to sing
Thy praise which makes earth, air and heaven to ring.

O Word of God, from ages unbegun,
The Father's only Son,
With Him in power, in substance Thou art one.

O Holy Ghost, whose care doth all embrace,
Thy watch is o'er our race,
Thou source of life, thou spring of peace and grace.

One living Trinity, one unseen Light,
All, all is Thine; Thy light
Beholds alike the bounds of depth and height.
Amen.

Words *Henry Ramsden Bramley (1833–1917)*
Music *Orlando Gibbons*

Wednesday 5 February
COMPLINE

Reading John 14: 1–6, 27

'Do not let your hearts be troubled. You believe in God; believe also in me. ²My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. ⁴You know the way to the place where I am going.'

⁵Thomas said to him, 'Lord, we don't know where you are going, so how can we know the way?'

⁶Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me. ⁷If you really know me, you will know my Father as well. From now on, you do know him and have seen him.'

²⁷Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Introit Beach *Peace, I leave with you*

Peace I leave with you, my peace I give unto you.
Not as the world giveth give I unto you.
Let not your heart be troubled.

Words *John 4: 27*
Music *Amy Beach (1867–1944)*

Psalm 4 (plainsong)

Hear me when I call, O God of my righteousness: thou hast set me at liberty when I was in trouble;
have mercy upon me, and hearken unto my prayer.
O ye sons of men, how long will ye blaspheme mine honour: and have such pleasure in vanity, and
seek after leasing?

Know this also, that the Lord hath chosen to himself the man that is godly: when I call upon the Lord he will hear me.

Stand in awe, and sin not: commune with your own heart, and in your chamber, and be still.

Offer the sacrifice of righteousness: and put your trust in the Lord.

There be many that say: Who will show us any good?

Lord, lift thou up: the light of thy countenance upon us.

Thou hast put gladness in my heart: since the time that their corn and wine and oil increased.

I will lay me down in peace, and take my rest: for it is thou, Lord, only, that makest me dwell in safety.

Glory be to the Father and to the Son: and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be: world without end. Amen.

Anthem Parsons *Ave Maria*

Ave Maria, gratia plena, Dominus tecum:
benedicta tu in mulieribus,
et benedictus fructus ventris tui. Amen.

*Hail Mary, full of grace; the Lord is with thee:
blessed art thou among women,
and blessed is the fruit of thy womb. Amen.*

Words *Luke 1: 28, 42*

Music *Robert Parsons (c. 1535–72)*

Thursday 6 February

CHORAL EVENSONG

Psalm 122 (Robinson)

I was glad when they said unto me: We will go into the house of the Lord.

Our feet shall stand in thy gates: O Jerusalem.

Jerusalem is built as a city: that is at unity in itself.

For thither the tribes go up, even the tribes of the Lord: to testify unto Israel, to give thanks unto the Name of the Lord.

For there is the seat of judgement: even the seat of the house of David.

O pray for the peace of Jerusalem: they shall prosper that love thee.

Peace be within thy walls: and plenteousness within thy palaces.

For my brethren and companions' sakes: I will wish thee prosperity.

Yea, because of the house of the Lord our God: I will seek to do thee good.

Glory be to the Father and to the Son: and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 4: 18–23

Then Moses went back to Jethro his father-in-law and said to him, 'Let me return to my own people in Egypt to see if any of them are still alive.'

Jethro said, 'Go, and I wish you well.'

¹⁹ Now the Lord had said to Moses in Midian, 'Go back to Egypt, for all those who wanted to kill you are dead.'²⁰ So Moses took his wife and sons, put them on a donkey and started back to Egypt. And he took the staff of God in his hand.

²¹ The Lord said to Moses, 'When you return to Egypt, see that you perform before Pharaoh all the wonders I have given you the power to do. But I will harden his heart so that he will not let the people go.'²² Then say to Pharaoh, "This is what the Lord says: Israel is my firstborn son,²³ and I told you,

‘Let my son go, so that he may worship me.’ But you refused to let him go; so I will kill your firstborn son.”

Second Reading Exodus 4: 24–31

At a lodging place on the way, the Lord met Moses and was about to kill him. ²⁵ But Zipporah took a flint knife, cut off her son’s foreskin and touched Moses’ feet with it. ‘Surely you are a bridegroom of blood to me,’ she said. ²⁶ So the Lord let him alone. (At that time she said ‘bridegroom of blood’, referring to circumcision.)

²⁷ The Lord said to Aaron, ‘Go into the wilderness to meet Moses.’ So he met Moses at the mountain of God and kissed him. ²⁸ Then Moses told Aaron everything the Lord had sent him to say, and also about all the signs he had commanded him to perform.

²⁹ Moses and Aaron brought together all the elders of the Israelites, ³⁰ and Aaron told them everything the Lord had said to Moses. He also performed the signs before the people, ³¹ and they believed. And when they heard that the Lord was concerned about them and had seen their misery, they bowed down and worshipped.

First Collect, for the Day

O God, who knowest us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright; Grant to us such strength and protection, as may support us in all dangers, and carry us through all temptations; through Jesus Christ our Lord. Amen.

Anthem Parry *I was glad*

I was glad when they said unto me: we will go into the house of the Lord.
Our feet shall stand in thy gates: O Jerusalem.
Jerusalem is builded as a city: that is at unity in itself.

O pray for the peace of Jerusalem: they shall prosper that love thee.
Peace be within thy walls: and plenteousness within thy palaces.

Words *Psalm 122: 1–3, 6, 7*
Music *Sir Charles Hubert Hastings Parry (1848–1918)*

Sunday 9 February, Sixth Sunday after Epiphany

HOLY COMMUNION

Collect for the Day

O God,
you know us to be set
in the midst of so many and great dangers,
that by reason of the frailty of our nature
we cannot always stand upright:
grant to us such strength and protection
as may support us in all dangers
and carry us through all temptations;
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.

Gospel Reading Luke 11: 14–28

Jesus was driving out a demon that was mute. When the demon left, the man who had been mute spoke, and the crowd was amazed. ¹⁵ But some of them said, ‘By Beelzebul, the prince of demons, he is driving out demons.’ ¹⁶ Others tested him by asking for a sign from heaven. ¹⁷ Jesus knew their thoughts and said to them: ‘Any kingdom divided against itself will be ruined, and a house divided against itself will fall. ¹⁸ If Satan is divided against himself, how can his kingdom stand? I say this because you claim that I drive out demons by Beelzebul. ¹⁹ Now if I drive out demons by Beelzebul, by whom do your followers drive them out? So then, they will be your judges. ²⁰ But if I drive out demons by the finger of God, then the kingdom of God has come upon you.

²¹ ‘When a strong man, fully armed, guards his own house, his possessions are safe. ²² But when someone stronger attacks and overpowers him, he takes away the armour in which the man trusted and divides up his plunder.

²³ ‘Whoever is not with me is against me, and whoever does not gather with me scatters.

²⁴ ‘When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. Then it says, “I will return to the house I left.” ²⁵ When it arrives, it finds the house swept clean and put in order. ²⁶ Then it goes and takes seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first.’

²⁷ As Jesus was saying these things, a woman in the crowd called out, ‘Blessed is the mother who gave you birth and nursed you.’

²⁸ He replied, ‘Blessed rather are those who hear the word of God and obey it.’

Sunday 9 February, Sixth Sunday after Epiphany

CHORAL EVENSONG

Introit Jaakko Mäntyjärvi *Pulchra es*

Pulchra es, amica mea,
suavis et decora sicut Jerusalem,
terribilis ut castrorum acies ordinata.
Averte oculos tuos a me,
quia ipsi me avolare fecerunt.

*Thou art beautiful, O my love,
sweet and lovely as Jerusalem,
terrible as an army with banners.
Turn away thine eyes from me,
for they have overcome me.*

Words *Song of Songs 6: 3–4a*
Music *Jaakko Mäntyjärvi (1963–)*

Psalm 11 (Goss)

In the Lord put I my trust: how say ye then to my soul, that she should flee as a bird unto the hill?
For lo, the ungodly bend their bow, and make ready their arrows within the quiver: that they may
privily shoot at them which are true of heart.
For the foundations will be cast down: and what hath the righteous done?
The Lord is in his holy temple: the Lord’s seat is in heaven.
His eyes consider the poor: and his eye-lids try the children of men.
The Lord alloweth the righteous: but the ungodly, and him that delighteth in wickedness, doth his
soul abhor.
Upon the ungodly he shall rain snares, fire and brimstone, storm and tempest: this shall be their
portion to drink.
For the righteous Lord loveth righteousness: his countenance will behold the thing that is just.

Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Luke 24: 13–24

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. ¹⁴They were talking with each other about everything that had happened. ¹⁵As they talked and discussed these things with each other, Jesus himself came up and walked along with them; ¹⁶but they were kept from recognising him.

¹⁷He asked them, ‘What are you discussing together as you walk along?’

They stood still, their faces downcast. ¹⁸One of them, named Cleopas, asked him, ‘Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?’

¹⁹‘What things?’ he asked.

‘About Jesus of Nazareth,’ they replied. ‘He was a prophet, powerful in word and deed before God and all the people. ²⁰The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; ²¹but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. ²²In addition, some of our women amazed us. They went to the tomb early this morning ²³but didn’t find his body. They came and told us that they had seen a vision of angels, who said he was alive. ²⁴Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus.’

Second Reading Luke 24: 25–35

He said to them, ‘How foolish you are, and how slow to believe all that the prophets have spoken! ²⁶Did not the Messiah have to suffer these things and then enter his glory?’ ²⁷And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

²⁸As they approached the village to which they were going, Jesus continued on as if he were going further. ²⁹But they urged him strongly, ‘Stay with us, for it is nearly evening; the day is almost over.’ So he went in to stay with them.

³⁰When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. ³¹Then their eyes were opened and they recognised him, and he disappeared from their sight. ³²They asked each other, ‘Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?’

³³They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together ³⁴and saying, ‘It is true! The Lord has risen and has appeared to Simon.’ ³⁵Then the two told what had happened on the way, and how Jesus was recognised by them when he broke the bread.

First Collect, for the Day

O Lord, we beseech thee to keep thy Church and household continually in thy true religion; that they who do lean only upon the hope of thy heavenly grace may evermore be defended by thy mighty power; through Jesus Christ our Lord. Amen.

AnthemPaul Ayres *Didn't my Lord deliver Daniel?*

Didn't my Lord deliver Daniel
Deliver Daniel, deliver Daniel?
Didn't my Lord deliver Daniel
Then why not every man?

He delivered Daniel from the lion's den
Jonah from the belly of the whale
And the Hebrew children from the fiery furnace
Then why not every man?

Didn't my Lord deliver Daniel
Deliver Daniel, deliver Daniel?
Didn't my Lord deliver Daniel
And why not every man?

The moon run down in a purple stream
The sun forbear to shine
And every star disappear
King Jesus shall be mine.

Didn't my Lord deliver Daniel
Deliver Daniel, deliver Daniel?
Didn't my Lord deliver Daniel
And why not every man?

I set my foot on the Gospel ship,
And the ship began for to sail,
It landed me on Canaan's shore
And I'll never come back any more.

Didn't my Lord deliver Daniel
Deliver Daniel, deliver Daniel?
Didn't my Lord deliver Daniel
And why not every man?

Words *Traditional Spiritual*
Music *Paul Ayres (1970–)*

Tuesday 11 February
CHORAL EVENSONG

Introit Tippett *Go down, Moses*

*Go down, Moses, way down in Egypt's land,
tell old Pharaoh: Let my people go.*

When Israel was in Egypt's land,
oppressed so hard they could not stand,
"Thus spake the Lord," bold Moses said,
"If not, I'll smite your first-born dead."

*Go down, Moses, way down in Egypt's land,
tell old Pharaoh: Let my people go.*

Words *Traditional Spiritual*
Music *Sir Michael Tippett (1905–98)*

Psalm 9 (Crotch)

I will give thanks unto thee, O Lord, with my whole heart: I will speak of all thy marvellous works.
I will be glad and rejoice in thee: yea, my songs will I make of thy Name, O thou most Highest.
While mine enemies are driven back: they shall fall and perish at thy presence.
For thou hast maintained my right and my cause: thou art set in the throne that judgest right.
Thou hast rebuked the heathen, and destroyed the ungodly : thou hast put out their name for ever
and ever.
O thou enemy, destructions are come to a perpetual end: even as the cities which thou hast
destroyed, their memorial is perished with them.
But the Lord shall endure for ever: he hath also prepared his seat for judgement.
For he shall judge the world in righteousness: and minister true judgement unto the people.
The Lord also will be a defence for the oppressed: even a refuge in due time of trouble.
And they that know thy Name will put their trust in thee: for thou, Lord, hast never failed them that
seek thee.
O praise the Lord which dwelleth in Sion: shew the people of his doings.
For when he maketh inquisition for blood, he remembereth them: and forgetteth not the complaint
of the poor.
Have mercy upon me, O Lord; consider the trouble which I suffer of them that hate me: thou that
liftest me up from the gates of death.
That I may shew all thy praises within the ports of the daughter of Sion: I will rejoice in thy salvation.
The heathen are sunk down in the pit that they made: in the same net which they hid privily, is their
foot taken.
The Lord is known to execute judgement: the ungodly is trapped in the work of his own hands.
The wicked shall be turned into hell: and all the people that forget God.
For the poor shall not always be forgotten: the patient abiding of the meek shall not perish for ever.
Up, Lord, and let not man have the upper hand: let the heathen be judged in thy sight.
Put them in fear, O Lord: that the heathen may know themselves to be but men.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 5: 1–9

Afterwards Moses and Aaron went to Pharaoh and said, “This is what the Lord, the God of Israel, says: “Let my people go, so that they may hold a festival to me in the wilderness.””

² Pharaoh said, ‘Who is the Lord, that I should obey him and let Israel go? I do not know the Lord and I will not let Israel go.’

³ Then they said, ‘The God of the Hebrews has met with us. Now let us take a three-day journey into the wilderness to offer sacrifices to the Lord our God, or he may strike us with plagues or with the sword.’

⁴ But the king of Egypt said, ‘Moses and Aaron, why are you taking the people away from their labour? Get back to your work!’ ⁵ Then Pharaoh said, ‘Look, the people of the land are now numerous, and you are stopping them from working.’

⁶ That same day Pharaoh gave this order to the slave drivers and overseers in charge of the people: ⁷ ‘You are no longer to supply the people with straw for making bricks; let them go and gather their own straw. ⁸ But require them to make the same number of bricks as before; don’t reduce the quota. They are lazy; that is why they are crying out, “Let us go and sacrifice to our God.” ⁹ Make the work harder for the people so that they keep working and pay no attention to lies.’

Second Reading Exodus 5: 10–21

Then the slave drivers and the overseers went out and said to the people, “This is what Pharaoh says: “I will not give you any more straw. ¹¹ Go and get your own straw wherever you can find it, but your work will not be reduced at all.” ¹² So the people scattered all over Egypt to gather stubble to use for straw. ¹³ The slave drivers kept pressing them, saying, ‘Complete the work required of you for each day, just as when you had straw.’ ¹⁴ And Pharaoh’s slave drivers beat the Israelite overseers they had appointed, demanding, ‘Why haven’t you met your quota of bricks yesterday or today, as before?’

¹⁵ Then the Israelite overseers went and appealed to Pharaoh: ‘Why have you treated your servants this way? ¹⁶ Your servants are given no straw, yet we are told, “Make bricks!” Your servants are being beaten, but the fault is with your own people.’

¹⁷ Pharaoh said, ‘Lazy, that’s what you are – lazy! That is why you keep saying, “Let us go and sacrifice to the Lord.” ¹⁸ Now get to work. You will not be given any straw, yet you must produce your full quota of bricks.’

¹⁹ The Israelite overseers realised they were in trouble when they were told, ‘You are not to reduce the number of bricks required of you for each day.’ ²⁰ When they left Pharaoh, they found Moses and Aaron waiting to meet them, ²¹ and they said, ‘May the Lord look on you and judge you! You have made us obnoxious to Pharaoh and his officials and have put a sword in their hand to kill us.’

First Collect, for the Day

O Lord, we beseech thee to keep thy Church and household continually in thy true religion; that they who do lean only upon the hope of thy heavenly grace may evermore be defended by thy mighty power; through Jesus Christ our Lord. Amen.

AnthemMendelssohn *Hear My Prayer*

Hear my prayer, O God, incline Thine ear! Thyself from my petition do not hide!
Take heed to me! Hear how in prayer I mourn to Thee! Without Thee all is dark, I have no
guide.

The enemy shouteth,
The Godless come fast!
Iniquity, hatred, upon me they cast!
The wicked oppress me,
Ah, where shall I fly?
Perplex'd and bewilderd,
O God, hear my cry!

My heart is sorely pain'd within my breast,
My soul with deathly terror is oppress'd
Trembling and fearfulness upon me fall,
With horror overwhelm'd, Lord, hear me call!

O for the wings, for the wings of a dove!
Far away, far away would I rove!
In the wilderness build me a nest,
And remain there for ever at rest.

Words *William Bartholomew (1793–1867)*Music *Felix Mendelssohn (1809–47)*

Sunday 16 February, Septuagesima**HOLY COMMUNION**

Collect for the Day

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.

Gospel Reading Luke 7: 29–36

As the crowds increased, Jesus said, ‘This is a wicked generation. It asks for a sign, but none will be given it except the sign of Jonah. ³⁰ For as Jonah was a sign to the Ninevites, so also will the Son of Man be to this generation. ³¹ The Queen of the South will rise at the judgment with the people of this generation and condemn them, for she came from the ends of the earth to listen to Solomon’s wisdom; and now something greater than Solomon is here. ³² The men of Nineveh will stand up at the judgment

with this generation and condemn it, for they repented at the preaching of Jonah; and now something greater than Jonah is here.

³³ 'No one lights a lamp and puts it in a place where it will be hidden, or under a bowl. Instead they put it on its stand, so that those who come in may see the light. ³⁴ Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness. ³⁵ See to it, then, that the light within you is not darkness. ³⁶ Therefore, if your whole body is full of light, and no part of it dark, it will be just as full of light as when a lamp shines its light on you.'

Sunday 16 February, Septuagesima

CHORAL EVENSONG

Introit Timothy Brown *If ye love me*

If ye love me, keep my commandments, and I will
pray the Father, and he shall give you another Comforter,
that he may abide with you for ever, e'en the Spirit of truth.

Words *John 14: 15–17*
Music *Timothy Brown (1946–)*

Psalm 3 (Crotch); 4 (Soaper)

Lord, how are they increased that trouble me!: many are they that rise against me.
Many one there be that say of my soul: There is no help for him in his God.
But thou, O Lord, art my defender: thou art my worship, and the lifter up of my head.
I did call upon the Lord with my voice: and he heard me out of his holy hill.
I laid me down and slept, and rose up again: for the Lord sustained me.
I will not be afraid for ten thousands of the people: that have set themselves against me round about.
Up, Lord, and help me, O my God: for thou smitest all mine enemies upon the cheek-bone; thou
hast broken the teeth of the ungodly.
Salvation belongeth unto the Lord: and thy blessing is upon thy people.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

Hear me when I call, O God of my righteousness: thou hast set me at liberty when I was in trouble;
have mercy upon me, and hearken unto my prayer.
O ye sons of men, how long will ye blaspheme mine honour: and have such pleasure in vanity, and
seek after leasing?
Know this also, that the Lord hath chosen to himself the man that is godly: when I call upon the
Lord he will hear me.
Stand in awe, and sin not: commune with your own heart, and in your chamber, and be still.
Offer the sacrifice of righteousness: and put your trust in the Lord.
There be many that say: Who will show us any good?
Lord, lift thou up: the light of thy countenance upon us.
Thou hast put gladness in my heart: since the time that their corn and wine and oil increased.
I will lay me down in peace, and take my rest: for it is thou, Lord, only, that makest me dwell in
safety.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Act 9: 1–9

Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest² and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem.³ As he neared Damascus on his journey, suddenly a light from heaven flashed around him.⁴ He fell to the ground and heard a voice say to him, 'Saul, Saul, why do you persecute me?'

⁵ 'Who are you, Lord?' Saul asked.

'I am Jesus, whom you are persecuting,' he replied.⁶ 'Now get up and go into the city, and you will be told what you must do.'

⁷ The men travelling with Saul stood there speechless; they heard the sound but did not see anyone.⁸ Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus.⁹ For three days he was blind, and did not eat or drink anything.

Second Reading Acts 9: 10–19

In Damascus there was a disciple named Ananias. The Lord called to him in a vision, 'Ananias!'

'Yes, Lord,' he answered.

¹¹ The Lord told him, 'Go to the house of Judas on Straight Street and ask for a man from Tarsus named Saul, for he is praying.¹² In a vision he has seen a man named Ananias come and place his hands on him to restore his sight.'

¹³ 'Lord,' Ananias answered, 'I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem.¹⁴ And he has come here with authority from the chief priests to arrest all who call on your name.'

¹⁵ But the Lord said to Ananias, 'Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel.¹⁶ I will show him how much he must suffer for my name.'

¹⁷ Then Ananias went to the house and entered it. Placing his hands on Saul, he said, 'Brother Saul, the Lord – Jesus, who appeared to you on the road as you were coming here – has sent me so that you may see again and be filled with the Holy Spirit.'¹⁸ Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptised,¹⁹ and after taking some food, he regained his strength.

First Collect, for the Day

O Lord, we beseech thee favourably to hear the prayers of thy people; that we, who are justly punished for our offences, may be mercifully delivered by thy goodness, for the glory of thy Name; through Jesus Christ our Saviour, who liveth and reigneth with thee and the Holy Ghost, ever one God, world without end. Amen.

Anthem Timothy Brown *The Earth is the Lord's*

I. The earth is the Lord's, and the fulness thereof; the world, and they that dwell therein.

II. Altissimu, omnipotente, bon Signore, Tue so' le laude, la gloria e l'honore et onne benedictione. Ad Te solo, Altissimo, se konfano, et nullu homo ène dignu te mentovare.

Most High, all powerful, good Lord, Yours are the praises, the glory, the honour, and all blessing. To You alone, Most High, do they belong, and no man is worthy to mention Your name.

III. For he hath founded it upon the seas, and established it upon the floods.

IV. Who shall ascend into the hill of the Lord? or who shall stand in his holy place? He that hath clean hands, and a pure heart.

V. He shall receive the blessing from the Lord, and righteousness from the God of his salvation.

VI. Laudate et benedicite mi? Signore et reingratiate e serviateli cum grande humilitate.
Praise and bless my Lord, and give Him thanks and serve Him with great humility.

VII. He shall receive the blessing from the Lord, and righteousness from the God of his salvation.

Words *from Psalm 24 and St. Francis: Cantico delle Creature – Canticle of the Creatures*
(Cantico del Sole – Canticle of the Sun)
Music *Timothy Brown*

Tuesday 18 February
CHORAL EVENSONG

Introit *Lassus Memor esto verbi tui*

Memor esto verbi tui servo tuo,
in quo mihi spem dedisti.
Haec me consolata est in humilitate mea:
quia eloquium tuum vivificavit me.

*Remember your word to your servant
by which you have given me hope.
This has comforted me in my humiliation
because your word has enlivened me.*

Words *Psalm 118*
Music *Orlande Lassus (1532–56)*

Psalm 33: 1–12 (Randall)

Rejoice in the Lord, O ye righteous: for it becometh well the just to be thankful.
Praise the Lord with harp: sing praises unto him with the lute, and instrument of ten strings.
Sing unto the Lord a new song: sing praises lustily unto him with a good courage.
For the word of the Lord is true: and all his works are faithful.
He loveth righteousness and judgement: the earth is full of the goodness of the Lord.
By the word of the Lord were the heavens made: and all the hosts of them by the breath of his mouth.
He gathereth the waters of the sea together, as it were upon an heap: and layeth up the deep, as in a treasure-house.
Let all the earth fear the Lord: stand in awe of him, all ye that dwell in the world.
For he spake, and it was done: he commanded, and it stood fast.
The Lord bringeth the counsel of the heathen to nought: and maketh the devices of the people to be of none effect, and casteth out the counsels of princes.
The counsel of the Lord shall endure for ever: and the thoughts of his heart from generation to generation.
Blessed are the people, whose God is the Lord Jehovah: and blessed are the folk, that he hath chosen to him to be his inheritance.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 5: 22–6:5

Moses returned to the Lord and said, ‘Why, Lord, why have you brought trouble on this people? Is this why you sent me? ²³ Ever since I went to Pharaoh to speak in your name, he has brought trouble on this people, and you have not rescued your people at all.’

⁶ Then the Lord said to Moses, ‘Now you will see what I will do to Pharaoh: because of my mighty hand he will let them go; because of my mighty hand he will drive them out of his country.’

² God also said to Moses, ‘I am the Lord. ³ I appeared to Abraham, to Isaac and to Jacob as God Almighty, but by my name the Lord I did not make myself known to them. ⁴ I also established my covenant with them to give them the land of Canaan, where they resided as foreigners. ⁵ Moreover, I have heard the groaning of the Israelites, whom the Egyptians are enslaving, and I have remembered my covenant.’

Second Reading Exodus 6: 6–12

‘Therefore, say to the Israelites: “I am the Lord, and I will bring you out from under the yoke of the Egyptians. I will free you from being slaves to them, and I will redeem you with an outstretched arm and with mighty acts of judgment. ⁷ I will take you as my own people, and I will be your God. Then you will know that I am the Lord your God, who brought you out from under the yoke of the Egyptians. ⁸ And I will bring you to the land I swore with uplifted hand to give to Abraham, to Isaac and to Jacob. I will give it to you as a possession. I am the Lord.”’

⁹ Moses reported this to the Israelites, but they did not listen to him because of their discouragement and harsh labour.

¹⁰ Then the Lord said to Moses, ¹¹ ‘Go, tell Pharaoh king of Egypt to let the Israelites go out of his country.’

¹² But Moses said to the Lord, ‘If the Israelites will not listen to me, why would Pharaoh listen to me, since I speak with faltering lips?’

First Collect, for the Day

O Lord, we beseech thee favourably to hear the prayers of thy people; that we, who are justly punished for our offences, may be mercifully delivered by thy goodness, for the glory of thy Name; through Jesus Christ our Saviour, who liveth and reigneth with thee and the Holy Ghost, ever one God, world without end. Amen.

Anthem Palestrina *Memor esto verbi tui*

Memor esto verbi tui servo tuo,
in quo mihi spem dedisti.
Haec me consolata est in humilitate mea:
quia eloquium tuum vivificavit me.
Superbi inique agebant usquequaque;
quia eloquium tuum vivificavit me.
Superbi inique agebant usquequaque;

a lege autem tua non declinavi.
Memor fui iudiciorum tuorum a saeculo, Domine, et
consolatus sum.

*Remember your word to your servant
by which you have given me hope.
This has comforted me in my humiliation
because your word has enlivened me.
The same is my comfort in my trouble:
for thy word hath quickened me.
The proud have had me exceedingly in
derision:
yet have I not shrunk from thy law.
For I remembered thine everlasting
judgements, O Lord: and received comfort.*

Words *Psalm 119*
Music *Giovanni Pierluigi da Palestrina (c. 1525–94)*

Wednesday 19 February

COMPLINE

Reading Romans 8: 28–39

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. ²⁹ For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. ³⁰ And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

³¹ What, then, shall we say in response to these things? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things? ³³ Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who then is the one who condemns? No one. Christ Jesus who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us. ³⁵ Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶ As it is written:

‘For your sake we face death all day long;
we are considered as sheep to be slaughtered.’

³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Introit Sheppard *Libera nos, salva nos I & II*

Libera nos, salva nos, justifica nos O beata Trinitas. *Free us, keep us safe and do justly with us, O blessed Trinity.*

Benedicamus Patrem et Filium et Sancto Spiritu: *Let us bless the Father and the Son and the Holy Ghost:*

Laudemus et superexaltemus eum in saecula. *Let us praise and magnify him for ever.*
Benedictus es Domine in firmamento caeli: *You are blessed, O Lord, in the firmament of heaven:*
Et laudabilis et gloriosus et superexaltatus in saecula. *And praiseworthy and glorified and magnified for ever.*

Benedicat et custodiat nos omnipotens et misericors Dominus. Amen. *May the almighty and merciful Lord bless and guard us. Amen.*

Libera nos, salva nos, justifica nos O beata Trinitas. *Free us, keep us safe and do justly with us, O blessed Trinity.*

Words *Sixth Antiphon at Matins on Trinity Sunday*
Music *John Sheppard (c. 1515–58)*

Psalm 31: 1–6 (plainsong)

In thee, O Lord, have I put my trust: let me never be put to confusion, deliver me in thy righteousness.

Bow down thine ear to me: make haste to deliver me.

And be thou my strong rock, and house of defence: that thou mayest save me.

For thou art my strong rock, and my castle: be thou also my guide, and lead me for thy Name’s sake.

Draw me out of the net that they have laid privily for me: for thou art my strength.

Into thy hands I commend my spirit: for thou hast redeemed me, O Lord, thou God of truth.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

Anthem Tavener *Song for Athene*

Alleluia. May flights of angels sing thee to thy rest.
Alleluia. Remember me, o Lord, when you come into your kingdom.
Alleluia. Give rest, o Lord, to your handmaid who has fallen asleep.
Alleluia. The Choir of Saints have found the well-spring of life and door of paradise.
Alleluia. Life: a shadow and a dream.
Alleluia. Weeping at the grave creates the song: Alleluia.
Alleluia. Come, enjoy the rewards and crowns I have prepared for you.

Words *William Shakespeare (1564–1616); Orthodox Funeral Service*
Music *Sir John Tavener (1944–2013)*

Thursday 20 February
CHORAL EVENSONG

Introit Wood *Hail, gladdening light*

Hail, gladdening light, of his pure glory poured,
Who is the immortal Father, heavenly, blest,
Holiest of holies, Jesus Christ, our Lord!

Now we are come to the sun's hour of rest;
The lights of evening round us shine;
We hymn the Father, Son and Holy Spirit divine.
Worthiest art thou at all times to be sung
With undefiled tongue,
Son of our God, giver of life alone;
Therefore in all the world thy glories, Lord, they own. Amen.

Words *Greek (3rd century), tr. John Keble (1792–1866)*
Music *Charles Wood (1866–1926)*

Psalm 40 (Walker)

I waited patiently for the Lord: and he inclined unto me, and heard my calling.
He brought me also out of the horrible pit, out of the mire and clay: and set my feet upon the rock,
and ordered my goings.
And he hath put a new song in my mouth: even a thanksgiving unto our God.
Many shall see it, and fear: and shall put their trust in the Lord.
Blessed is the man that hath set his hope in the Lord: and turned not unto the proud, and to such as
go about with lies.
O Lord my God, great are the wondrous works which thou hast done, like as be also thy thoughts
which are to us-ward: and yet there is no man that ordereth them unto thee.
If I should declare them, and speak of them: they should be more than I am able to express.
Sacrifice and meat-offering thou wouldest not: but mine ears hast thou opened.
Burnt-offerings, and sacrifice for sin, hast thou not required: then said I, Lo, I come,
In the volume of the book it is written of me, that I should fulfil thy will, O my God: I am content to
do it; yea, thy law is within my heart.
I have declared thy righteousness in the great congregation: lo, I will not refrain my lips, O Lord, and
that thou knowest.
I have not hid thy righteousness within my heart: my talk hath been of thy truth and of thy salvation.

I have not kept back thy loving mercy and truth: from the great congregation.
Withdraw not thou thy mercy from me, O Lord: let thy loving-kindness and thy truth always preserve me.
For innumerable troubles are come about me; my sins have taken such hold upon me that I am not able to look up: yea, they are more in number than the hairs of my head, and my heart hath failed me.
O Lord, let it be thy pleasure to deliver me: make haste, O Lord, to help me.
Let them be ashamed and confounded together, that seek after my soul to destroy it: let them be driven backward and put to rebuke, that wish me evil.
Let them be desolate, and rewarded with shame: that say unto me, Fie upon thee, fie upon thee.
Let all those that seek thee be joyful and glad in thee: and let such as love thy salvation say always, The Lord be praised.
As for me, I am poor and needy: but the Lord careth for me.
Thou art my helper and redeemer: make no long tarrying, O my God.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 7: 1–13

Then the Lord said to Moses, ‘See, I have made you like God to Pharaoh, and your brother Aaron will be your prophet. ² You are to say everything I command you, and your brother Aaron is to tell Pharaoh to let the Israelites go out of his country. ³ But I will harden Pharaoh’s heart, and though I multiply my signs and wonders in Egypt, ⁴ he will not listen to you. Then I will lay my hand on Egypt and with mighty acts of judgment I will bring out my divisions, my people the Israelites. ⁵ And the Egyptians will know that I am the Lord when I stretch out my hand against Egypt and bring the Israelites out of it.’

⁶ Moses and Aaron did just as the Lord commanded them. ⁷ Moses was eighty years old and Aaron eighty-three when they spoke to Pharaoh.

⁸ The Lord said to Moses and Aaron, ⁹ ‘When Pharaoh says to you, “Perform a miracle,” then say to Aaron, “Take your staff and throw it down before Pharaoh,” and it will become a snake.’

¹⁰ So Moses and Aaron went to Pharaoh and did just as the Lord commanded. Aaron threw his staff down in front of Pharaoh and his officials, and it became a snake. ¹¹ Pharaoh then summoned the wise men and sorcerers, and the Egyptian magicians also did the same things by their secret arts: ¹² each one threw down his staff and it became a snake. But Aaron’s staff swallowed up their staffs. ¹³ Yet Pharaoh’s heart became hard and he would not listen to them, just as the Lord had said.

Second Reading Exodus 7: 14–24

Then the Lord said to Moses, ‘Pharaoh’s heart is unyielding; he refuses to let the people go. ¹⁵ Go to Pharaoh in the morning as he goes out to the river. Confront him on the bank of the Nile, and take in your hand the staff that was changed into a snake. ¹⁶ Then say to him, “The Lord, the God of the Hebrews, has sent me to say to you: let my people go, so that they may worship me in the wilderness. But until now you have not listened. ¹⁷ This is what the Lord says: by this you will know that I am the Lord: with the staff that is in my hand I will strike the water of the Nile, and it will be changed into blood. ¹⁸ The fish in the Nile will die, and the river will stink; the Egyptians will not be able to drink its water.’”

¹⁹ The Lord said to Moses, ‘Tell Aaron, “Take your staff and stretch out your hand over the waters of Egypt – over the streams and canals, over the ponds and all the reservoirs – and they will turn to blood.” Blood will be everywhere in Egypt, even in vessels of wood and stone.’

²⁰ Moses and Aaron did just as the Lord had commanded. He raised his staff in the presence of Pharaoh and his officials and struck the water of the Nile, and all the water was changed into blood. ²¹ The fish in the Nile died, and the river smelled so bad that the Egyptians could not drink its water. Blood was everywhere in Egypt.

²² But the Egyptian magicians did the same things by their secret arts, and Pharaoh's heart became hard; he would not listen to Moses and Aaron, just as the Lord had said. ²³ Instead, he turned and went into his palace, and did not take even this to heart. ²⁴ And all the Egyptians dug along the Nile to get drinking water, because they could not drink the water of the river.

First Collect, for the Day

O Lord, we beseech thee favourably to hear the prayers of thy people; that we, who are justly punished for our offences, may be mercifully delivered by thy goodness, for the glory of thy Name; through Jesus Christ our Saviour, who liveth and reigneth with thee and the Holy Ghost, ever one God, world without end. Amen.

Anthem Brahms *Wie lieblich sind deine Wohnungen*

Wie lieblich sind deine Wohnungen, Herr Zabaoth!	<i>How lovely are thy dwelling-places, O Lord of hosts!</i>
Meine Seele verlanet und sehnet sich nach den Vorhöfen des Herrn;	<i>My soul ever longeth and fainteth for the blest courts of the Lord.</i>
Mein Leib und seele freun sich in dem lebendigen Gott.	<i>My heart and flesh do cry to God, cry to the living God.</i>
Wohl denen, die in deinem Hause wohnen, die loben dich immerdar.	<i>Blessed are they that dwell in thy house, they ever praise thee, O Lord.</i>

Words *Psalm 84: 1, 2, 4*
Music *Johannes Brahms (1833–97)*

Sunday 23 February, Sexagesima

HOLY COMMUNION

Collect for the Day

Almighty God,
you have created the heavens and the earth
and made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ your Son our Lord,
who with you and the Holy Spirit reigns supreme over all things,
now and for ever. Amen.

Gospel Reading Luke 11: 37–54

When Jesus had finished speaking, a Pharisee invited him to eat with him; so he went in and reclined at the table. ³⁸ But the Pharisee was surprised when he noticed that Jesus did not first wash before the meal.

³⁹ Then the Lord said to him, 'Now then, you Pharisees clean the outside of the cup and dish, but inside you are full of greed and wickedness. ⁴⁰ You foolish people! Did not the one who made the outside make the inside also? ⁴¹ But now as for what is inside you – be generous to the poor, and everything will be clean for you.'

⁴² ‘Woe to you Pharisees, because you give God a tenth of your mint, rue and all other kinds of garden herbs, but you neglect justice and the love of God. You should have practised the latter without leaving the former undone.

⁴³ ‘Woe to you Pharisees, because you love the most important seats in the synagogues and respectful greetings in the market-places.

⁴⁴ ‘Woe to you, because you are like unmarked graves, which people walk over without knowing it.’

⁴⁵ One of the experts in the law answered him, ‘Teacher, when you say these things, you insult us also.’

⁴⁶ Jesus replied, ‘And you experts in the law, woe to you, because you load people down with burdens they can hardly carry, and you yourselves will not lift one finger to help them.

⁴⁷ ‘Woe to you, because you build tombs for the prophets, and it was your ancestors who killed them.⁴⁸ So you testify that you approve of what your ancestors did; they killed the prophets, and you build their tombs. ⁴⁹ Because of this, God in his wisdom said, “I will send them prophets and apostles, some of whom they will kill and others they will persecute.” ⁵⁰ Therefore this generation will be held responsible for the blood of all the prophets that has been shed since the beginning of the world, ⁵¹ from the blood of Abel to the blood of Zechariah, who was killed between the altar and the sanctuary. Yes, I tell you, this generation will be held responsible for it all.

⁵² ‘Woe to you experts in the law, because you have taken away the key to knowledge. You yourselves have not entered, and you have hindered those who were entering.’

⁵³ When Jesus went outside, the Pharisees and the teachers of the law began to oppose him fiercely and to besiege him with questions, ⁵⁴ waiting to catch him in something he might say.

Sunday 23 February, Sexagesima

CHORAL EVENSONG

Introit Duruflé *Ubi caritas*

Ubi caritas et amor, Deus ibi est.	<i>Where charity and love are, there is God.</i>
Congregavit nos in unum Christi amor.	<i>The love of Christ has gathered us together into one.</i>
Exultemus et in ipso jucundemur;	<i>Let us exult and delight in him;</i>
Timeamus et amemus Deum vivum;	<i>Let us honour and love the living God;</i>
Et ex corde diligamus nos sincero.	<i>and from our heart let us esteem him honourably.</i>
Ubi caritas et amor, Deus ibi est. Amen.	<i>Where charity and love are, there is God. Amen.</i>

Words *Sixth Antiphon at the washing of the feet (Maundy Thursday)*

Music *Maurice Duruflé (1902–86)*

Psalm 148 (Longhurst)

O praise the Lord of heaven: praise him in the height.
Praise him, all ye angels of his: praise him, all his host.
Praise him, sun and moon: praise him, all ye stars and light.
Praise him, all ye heavens: and ye waters that are above the heavens.
Let them praise the Name of the Lord: for he spake the word, and they were made; he commanded,
and they were created.
He hath made them fast for ever and ever: he hath given them a law which shall not be broken.
Praise the Lord upon earth: ye dragons, and all deeps;
Fire and hail, snow and vapours: wind and storm, fulfilling his word;

Mountains and all hills: fruitful trees and all cedars;
Beasts and all cattle: worms and feathered fowls;
Kings of the earth and all people: princes and all judges of the world;
Young men and maidens, old men and children, praise the Name of the Lord: for his Name only is
excellent, and his praise above heaven and earth.
He shall exalt the horn of his people; all his saints shall praise him: even the children of Israel, even
the people that serveth him.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Genesis 32: 22–32

That night Jacob got up and took his two wives, his two female servants and his eleven sons and crossed the ford of the Jabbok. ²³ After he had sent them across the stream, he sent over all his possessions. ²⁴ So Jacob was left alone, and a man wrestled with him till daybreak. ²⁵ When the man saw that he could not overpower him, he touched the socket of Jacob's hip so that his hip was wrenched as he wrestled with the man. ²⁶ Then the man said, 'Let me go, for it is daybreak.'

But Jacob replied, 'I will not let you go unless you bless me.'

²⁷ The man asked him, 'What is your name?'
'Jacob,' he answered.

²⁸ Then the man said, 'Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome.'

²⁹ Jacob said, 'Please tell me your name.'
But he replied, 'Why do you ask my name?' Then he blessed him there.

³⁰ So Jacob called the place Peniel, saying, 'It is because I saw God face to face, and yet my life was spared.'

³¹ The sun rose above him as he passed Peniel, and he was limping because of his hip. ³² Therefore to this day the Israelites do not eat the tendon attached to the socket of the hip, because the socket of Jacob's hip was touched near the tendon.

Second Reading John 20: 24–29

Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. ²⁵ So the other disciples told him, 'We have seen the Lord!'

But he said to them, 'Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.'

²⁶ A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, 'Peace be with you!' ²⁷ Then he said to Thomas, 'Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.'

²⁸ Thomas said to him, 'My Lord and my God!'

²⁹ Then Jesus told him, 'Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.'

First Collect, for the Day

O Lord God, who seest that we put not our trust in any thing that we do; Mercifully grant that by thy power we may be defended against all adversity; through Jesus Christ our Lord. Amen.

Anthem

Fauré *Cantique de Jean Racine*

Verbe égal au Très-Haut, notre unique espérance,
Jour éternel de la terre et des cieux,
De la paisible nuit nous rompons le silence:
Divin Sauveur, jette sur nous les yeux!

*Word of God, our only hope,
eternal light of the earth and the heavens,
we break the silence of the peaceful night:
divine Saviour, bestow your eyes upon us!*

Répands sur nous le feu de ta grâce puissante;
Que tout l'enfer fuie au son de ta voix;
Dissipe le sommeil d'une âme languissante,
Qui la conduit à l'oubli de tes lois!

*Lay upon us the fire of your mighty grace,
that all hell may flee the sound of your voice;
banish the slumber of a languishing soul,
which makes it forgetful of your laws!*

Ô Christ, sois favorable à ce peuple fidèle
Pour te bénir maintenant rassemblé;
Reçois les chants qu'il offre à ta gloire immortelle;

*O Christ, be merciful to your faithful people
assembled here to praise you;
receive the songs they offer to your immortal
glory;*

Et de tes dons qu'il retourne comblé!

may they return laden with your gifts.

Words *anonymous-liturgical, Jean Racine (1639–99)*

Music *Gabriel Fauré (1845–1924)*

Tuesday 25 February, *St. Matthias, transferred*

CHORAL EVENSONG

Introit

Byrd *Why do I use my paper, ink and penne?*

Why do I use my paper, ink and pen,
And call my wits to counsel what to say?
Such memories were made for mortal men;
I speak of Saints whose names cannot decay.
An Angel's trump were fitter for to sound
Their glorious death if such on earth were found

That store of such were once on earth pursued,
The histories of ancient times record,
Whose constancy great tyrants' rage subdued
Through patient death, professing Christ the Lord:
As his Apostles perfect witness bare,
With many more that blessed Martyrs were.

Whose patience rare and most courageous mind,
With fame renowned perpetual shall endure,
By whose examples we may rightly find,
Of holy life and death a pattern pure.
That we therefore their virtues may embrace
Pray we to Christ to guide us with his grace.

Words *St Henry Walpole (1558–95)*

Music *William Byrd (c. 1539–1623)*

Preserve me, O God: for in thee have I put my trust.

O my soul, thou hast said unto the Lord: Thou art my God, my goods are nothing unto thee.

All my delight is upon the saints, that are in the earth: and upon such as excel in virtue.

But they that run after another god: shall have great trouble.

Their drink-offerings of blood will I not offer: neither make mention of their names within my lips.

The Lord himself is the portion of mine inheritance, and of my cup: thou shalt maintain my lot.

The lot is fallen unto me in a fair ground: yea, I have a goodly heritage.

I will thank the Lord for giving me warning: my reins also chasten me in the night-season.

I have set God always before me: for he is on my right hand, therefore I shall not fall.

Wherefore my heart was glad, and my glory rejoiced: my flesh also shall rest in hope.

For why? thou shalt not leave my soul in hell: neither shalt thou suffer thy Holy One to see corruption.

Thou shalt shew me the path of life; in thy presence is the fulness of joy: and at thy right hand there is pleasure for evermore.

Glory be to the Father and to the Son: and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading

Exodus 7: 25–8:15

Seven days passed after the Lord struck the Nile. ⁸ ¹ Then the Lord said to Moses, ‘Go to Pharaoh and say to him, “This is what the Lord says: let my people go, so that they may worship me. ² If you refuse to let them go, I will send a plague of frogs on your whole country. ³ The Nile will teem with frogs. They will come up into your palace and your bedroom and onto your bed, into the houses of your officials and on your people, and into your ovens and kneading troughs. ⁴ The frogs will come up on you and your people and all your officials.”’

⁵ Then the Lord said to Moses, ‘Tell Aaron, “Stretch out your hand with your staff over the streams and canals and ponds, and make frogs come up on the land of Egypt.”’

⁶ So Aaron stretched out his hand over the waters of Egypt, and the frogs came up and covered the land. ⁷ But the magicians did the same things by their secret arts; they also made frogs come up on the land of Egypt.

⁸ Pharaoh summoned Moses and Aaron and said, ‘Pray to the Lord to take the frogs away from me and my people, and I will let your people go to offer sacrifices to the Lord.’

⁹ Moses said to Pharaoh, ‘I leave to you the honour of setting the time for me to pray for you and your officials and your people that you and your houses may be rid of the frogs, except for those that remain in the Nile.’

¹⁰ ‘Tomorrow,’ Pharaoh said.

Moses replied, ‘It will be as you say, so that you may know there is no one like the Lord our God. ¹¹ The frogs will leave you and your houses, your officials and your people; they will remain only in the Nile.’

¹² After Moses and Aaron left Pharaoh, Moses cried out to the Lord about the frogs he had brought on Pharaoh. ¹³ And the Lord did what Moses asked. The frogs died in the houses, in the courtyards and in the fields. ¹⁴ They were piled into heaps, and the land reeked of them. ¹⁵ But when Pharaoh saw that there was relief, he hardened his heart and would not listen to Moses and Aaron, just as the Lord had said.

Second Reading Exodus 8: 16–32

Then the Lord said to Moses, “Tell Aaron, “Stretch out your staff and strike the dust of the ground,” and throughout the land of Egypt the dust will become gnats.’¹⁷ They did this, and when Aaron stretched out his hand with the staff and struck the dust of the ground, gnats came on people and animals. All the dust throughout the land of Egypt became gnats.¹⁸ But when the magicians tried to produce gnats by their secret arts, they could not.

Since the gnats were on people and animals everywhere,¹⁹ the magicians said to Pharaoh, “This is the finger of God.’ But Pharaoh’s heart was hard and he would not listen, just as the Lord had said.

²⁰ Then the Lord said to Moses, ‘Get up early in the morning and confront Pharaoh as he goes to the river and say to him, “This is what the Lord says: let my people go, so that they may worship me. ²¹ If you do not let my people go, I will send swarms of flies on you and your officials, on your people and into your houses. The houses of the Egyptians will be full of flies; even the ground will be covered with them.

²² ““But on that day I will deal differently with the land of Goshen, where my people live; no swarms of flies will be there, so that you will know that I, the Lord, am in this land. ²³ I will make a distinction between my people and your people. This sign will occur tomorrow.”

²⁴ And the Lord did this. Dense swarms of flies poured into Pharaoh’s palace and into the houses of his officials; throughout Egypt the land was ruined by the flies.

²⁵ Then Pharaoh summoned Moses and Aaron and said, ‘Go, sacrifice to your God here in the land.’

²⁶ But Moses said, ‘That would not be right. The sacrifices we offer the Lord our God would be detestable to the Egyptians. And if we offer sacrifices that are detestable in their eyes, will they not stone us? ²⁷ We must take a three-day journey into the wilderness to offer sacrifices to the Lord our God, as he commands us.’

²⁸ Pharaoh said, ‘I will let you go to offer sacrifices to the Lord your God in the wilderness, but you must not go very far. Now pray for me.’

²⁹ Moses answered, ‘As soon as I leave you, I will pray to the Lord, and tomorrow the flies will leave Pharaoh and his officials and his people. Only let Pharaoh be sure that he does not act deceitfully again by not letting the people go to offer sacrifices to the Lord.’

³⁰ Then Moses left Pharaoh and prayed to the Lord,³¹ and the Lord did what Moses asked. The flies left Pharaoh and his officials and his people; not a fly remained. ³² But this time also Pharaoh hardened his heart and would not let the people go.

First Collect, for the Day

O Almighty God, who into the place of the traitor Judas didst choose thy faithful servant Matthias to be of the number of the twelve Apostles: Grant that thy Church, being alway preserved from false Apostles, may be ordered and guided by faithful and true pastors; through Jesus Christ our Lord. Amen.

Anthem Howell *Like as the hart*

Like as the hart desireth the waterbrooks, so longeth my soul after thee, O God;
My soul is athirst for God, yea, even for the living God:
when shall I come to appear before the presence of God?
My tears have been my meat day and night while they daily say unto me,
where is now thy God?

Words *Psalm 42: 1–3*
Music *Herbert Howells (1892–1983)*

Thursday 27 February, George Herbert, priest, poet, 1633

CHORAL EVENSONG

Introit Elizabeth Coxhead *My eyes for beauty pine*

My eyes for beauty pine,
My soul for Goddës grace:
No other care nor hope is mine,
To heaven I turn my face.

One splendour thence is shed
From all the stars above:
'Tis named when God's name is said,
'Tis Love, 'tis heavenly Love.

And every gentle heart,
That burns with true desire,
Is lit from eyes that mirror part
Of that celestial fire.

Words *Robert Bridges (1844–1930)*
Music *Elizabeth Coxhead (1909–79)*

Psalm 61 (Bairstow)

Hear my crying, O God: give ear unto my prayer.
From the ends of the earth will I call upon thee: when my heart is in heaviness.
O set me up upon the rock that is higher than I: for thou hast been my hope, and a strong tower for
me against the enemy.
I will dwell in thy tabernacle for ever: and my trust shall be under the covering of thy wings.
For thou, O Lord, hast heard my desires: and hast given an heritage unto those that fear thy Name.
Thou shalt grant the King a long life: that his years may endure throughout all generations.
He shall dwell before God for ever: O prepare thy loving mercy and faithfulness, that they may
preserve him.
So will I always sing praise unto thy Name: that I may daily perform my vows.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 9: 1–12

Then the Lord said to Moses, 'Go to Pharaoh and say to him, "This is what the Lord, the God of the Hebrews, says: 'Let my people go, so that they may worship me.'² If you refuse to let them go and continue to hold them back, ³ the hand of the Lord will bring a terrible plague on your livestock in the

field – on your horses, donkeys and camels and on your cattle, sheep and goats. ⁴ But the Lord will make a distinction between the livestock of Israel and that of Egypt, so that no animal belonging to the Israelites will die.”

⁵ The Lord set a time and said, ‘Tomorrow the Lord will do this in the land.’ ⁶ And the next day the Lord did it: all the livestock of the Egyptians died, but not one animal belonging to the Israelites died. ⁷ Pharaoh investigated and found that not even one of the animals of the Israelites had died. Yet his heart was unyielding and he would not let the people go.

⁸ Then the Lord said to Moses and Aaron, ‘Take handfuls of soot from a furnace and let Moses toss it into the air in the presence of Pharaoh. ⁹ It will become fine dust over the whole land of Egypt, and festering boils will break out on people and animals throughout the land.’

¹⁰ So they took soot from a furnace and stood before Pharaoh. Moses tossed it into the air, and festering boils broke out on people and animals. ¹¹ The magicians could not stand before Moses because of the boils that were on them and on all the Egyptians. ¹² But the Lord hardened Pharaoh’s heart and he would not listen to Moses and Aaron, just as the Lord had said to Moses.

Second Reading Exodus 9: 13–35

Then the Lord said to Moses, ‘Get up early in the morning, confront Pharaoh and say to him, “This is what the Lord, the God of the Hebrews, says: let my people go, so that they may worship me, ¹⁴ or this time I will send the full force of my plagues against you and against your officials and your people, so you may know that there is no one like me in all the earth. ¹⁵ For by now I could have stretched out my hand and struck you and your people with a plague that would have wiped you off the earth. ¹⁶ But I have raised you up for this very purpose, that I might show you my power and that my name might be proclaimed in all the earth. ¹⁷ You still set yourself against my people and will not let them go. ¹⁸ Therefore, at this time tomorrow I will send the worst hailstorm that has ever fallen on Egypt, from the day it was founded till now. ¹⁹ Give an order now to bring your livestock and everything you have in the field to a place of shelter, because the hail will fall on every person and animal that has not been brought in and is still out in the field, and they will die.”’

²⁰ Those officials of Pharaoh who feared the word of the Lord hurried to bring their slaves and their livestock inside. ²¹ But those who ignored the word of the Lord left their slaves and livestock in the field.

²² Then the Lord said to Moses, ‘Stretch out your hand towards the sky so that hail will fall all over Egypt – on people and animals and on everything growing in the fields of Egypt.’ ²³ When Moses stretched out his staff towards the sky, the Lord sent thunder and hail, and lightning flashed down to the ground. So the Lord rained hail on the land of Egypt; ²⁴ hail fell and lightning flashed back and forth. It was the worst storm in all the land of Egypt since it had become a nation. ²⁵ Throughout Egypt hail struck everything in the fields – both people and animals; it beat down everything growing in the fields and stripped every tree. ²⁶ The only place it did not hail was the land of Goshen, where the Israelites were.

²⁷ Then Pharaoh summoned Moses and Aaron. ‘This time I have sinned,’ he said to them. ‘The Lord is in the right, and I and my people are in the wrong. ²⁸ Pray to the Lord, for we have had enough thunder and hail. I will let you go; you don’t have to stay any longer.’

²⁹ Moses replied, ‘When I have gone out of the city, I will spread out my hands in prayer to the Lord. The thunder will stop and there will be no more hail, so you may know that the earth is the Lord’s. ³⁰ But I know that you and your officials still do not fear the Lord God.’

³¹ (The flax and barley were destroyed, since the barley was in the ear and the flax was in bloom. ³² The wheat and spelt, however, were not destroyed, because they ripen later.)

³³ Then Moses left Pharaoh and went out of the city. He spread out his hands towards the Lord; the thunder and hail stopped, and the rain no longer poured down on the land. ³⁴ When Pharaoh saw that the rain and hail and thunder had stopped, he sinned again: he and his officials hardened their hearts. ³⁵ So Pharaoh's heart was hard and he would not let the Israelites go, just as the Lord had said through Moses.

First Collect, for the Day

O Lord God, who seest that we put not our trust in any thing that we do; Mercifully grant that by thy power we may be defended against all adversity; through Jesus Christ our Lord. Amen.

Anthem Britten *Antiphon*

Praised be the God of Love,
Here below and here above,
Who hath dealt his mercies so
To his friend and to his foe:
That both grace and glory tend
Us of old and us in th'end.
The great shepherd of the fold
Us did make for us was sold.
He our foes in pieces brake,
Him we touch and Him we take.
Wherefore since that he is such,
We adore and we do crouch.
Lord, thy praises should be more,
We have none and we no store.
Praised be the God alone,
Who hath made of two folds one.

Words *George Herbert (1593–1633)*
Music *Benjamin Britten (1913–76)*

Sunday 2 March, Quinquagesima

HOLY COMMUNION

Collect for the Day

Almighty Father,
whose Son was revealed in majesty
before he suffered death upon the cross:
give us grace to perceive his glory,
that we may be strengthened to suffer with him
and be changed into his likeness, from glory to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Gospel Reading Luke 12: 1–12

Meanwhile, when a crowd of many thousands had gathered, so that they were trampling on one another, Jesus began to speak first to his disciples, saying: 'Be on your guard against the yeast of the Pharisees, which is hypocrisy. ² There is nothing concealed that will not be disclosed, or hidden that

will not be made known. ³ What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs.

⁴ 'I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. ⁵ But I will show you whom you should fear: fear him who, after your body has been killed, has authority to throw you into hell. Yes, I tell you, fear him. ⁶ Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. ⁷ Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.

⁸ 'I tell you, whoever publicly acknowledges me before others, the Son of Man will also acknowledge before the angels of God. ⁹ But whoever disowns me before others will be disowned before the angels of God. ¹⁰ And everyone who speaks a word against the Son of Man will be forgiven, but anyone who blasphemes against the Holy Spirit will not be forgiven.

¹¹ 'When you are brought before synagogues, rulers and authorities, do not worry about how you will defend yourselves or what you will say, ¹² for the Holy Spirit will teach you at that time what you should say.'

Sunday 2 March, Quinquagesima

CHORAL EVENSONG

Introit *Caroline Shaw and the swallow*

How beloved is your dwelling place, O Lord of hosts,
my soul yearns, faints, my heart and my flesh cry.
The sparrow found a house and the swallow, her nest,
where she may raise her young.
They pass through the valley of bakka,
they make it a place of springs.
The autumn rains also cover it with pools.

Words *Psalm 84*
Music *Caroline Shaw (1982–)*

Psalm 2 (Peasgood)

Why do the heathen so furiously rage together: and why do the people imagine a vain thing?
The kings of the earth stand up, and the rulers take counsel together: against the Lord, and against his Anointed:
Let us break their bonds asunder: and cast away their cords from us.
He that dwelleth in heaven shall laugh them to scorn: the Lord shall have them in derision.
Then shall he speak unto them in his wrath: and vex them in his sore displeasure:
Yet have I set my King: upon my holy hill of Sion.
I will preach the law: whereof the Lord hath said unto me, Thou art my Son, this day have I begotten thee.
Desire of me, and I shall give thee the nations for thine inheritance;: and the utmost parts of the earth for thy possession.
Thou shalt bruise them with a rod of iron: and break them in pieces like a potter's vessel.
Be wise now therefore, O ye kings: be learned, ye that are judges of the earth.
Serve the Lord in fear: and rejoice unto him with reverence.
Kiss the Son, lest he be angry, and so ye perish from the right way, if his wrath be kindled, (yea but a little) blessed are all they that put their trust in him.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading John 21: 1–14

Afterwards Jesus appeared again to his disciples, by the Sea of Galilee. It happened this way: ² Simon Peter, Thomas (also known as Didymus), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples were together. ³ 'I'm going out to fish,' Simon Peter told them, and they said, 'We'll go with you.' So they went out and got into the boat, but that night they caught nothing.

⁴ Early in the morning, Jesus stood on the shore, but the disciples did not realise that it was Jesus.

⁵ He called out to them, 'Friends, haven't you any fish?'
'No,' they answered.

⁶ He said, 'Throw your net on the right side of the boat and you will find some.' When they did, they were unable to haul the net in because of the large number of fish.

⁷ Then the disciple whom Jesus loved said to Peter, 'It is the Lord!' As soon as Simon Peter heard him say, 'It is the Lord,' he wrapped his outer garment round him (for he had taken it off) and jumped into the water. ⁸ The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred metres. ⁹ When they landed, they saw a fire of burning coals there with fish on it, and some bread.

¹⁰ Jesus said to them, 'Bring some of the fish you have just caught.' ¹¹ So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. ¹² Jesus said to them, 'Come and have breakfast.' None of the disciples dared ask him, 'Who are you?' They knew it was the Lord. ¹³ Jesus came, took the bread and gave it to them, and did the same with the fish. ¹⁴ This was now the third time Jesus appeared to his disciples after he was raised from the dead.

Second Reading John 21: 15–25

When they had finished eating, Jesus said to Simon Peter, 'Simon son of John, do you love me more than these?'

'Yes, Lord,' he said, 'you know that I love you.'

Jesus said, 'Feed my lambs.'

¹⁶ Again Jesus said, 'Simon son of John, do you love me?'

He answered, 'Yes, Lord, you know that I love you.'

Jesus said, 'Take care of my sheep.'

¹⁷ The third time he said to him, 'Simon son of John, do you love me?'

Peter was hurt because Jesus asked him the third time, 'Do you love me?' He said, 'Lord, you know all things; you know that I love you.'

Jesus said, 'Feed my sheep. ¹⁸ Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go.' ¹⁹ Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, 'Follow me!'

²⁰ Peter turned and saw that the disciple whom Jesus loved was following them. (This was the one who had leaned back against Jesus at the supper and had said, 'Lord, who is going to betray you?') ²¹ When Peter saw him, he asked, 'Lord, what about him?'

²² Jesus answered, 'If I want him to remain alive until I return, what is that to you? You must follow me.' ²³ Because of this, the rumour spread among the believers that this disciple would not die. But

Jesus did not say that he would not die; he only said, 'If I want him to remain alive until I return, what is that to you?'

²⁴ This is the disciple who testifies to these things and who wrote them down. We know that his testimony is true.

²⁵ Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written.

First Collect, for the Day

O Lord, who hast taught us that all our doings without charity are nothing worth; Send thy Holy Ghost, and pour into our hearts that most excellent gift of charity, the very bond of peace and of all virtues, without which whosoever liveth is counted dead before thee. Grant this for thine only Son Jesus Christ's sake. Amen.

Anthem Mozart *Ave verum corpus*

Ave verum corpus natum de Maria Virgine
Vere passum immolatum in cruce pro homine.
Cujus latus perforatum unda fluxit sanguine.
Esto nobis praegustatum in mortis examine.

*Hail, true Body, born of the Virgin Mary,
who truly suffered and died on the cross for us;
from whose pierced side there flowed blood:
be to us a foretaste for the trial of death.*

Words *Hymn for Corpus Christi*
Music *Wolfgang Amadeus Mozart (1756–91)*

Tuesday 4 March **CHORAL EVENSONG**

Introit Gibbons *Drop, drop, slow tears*

Drop, drop, slow tears,
And bathe those beauteous feet,
Which brought from heav'n
The news and Prince of peace.

Cease not, wet eyes,
His mercies 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 *Orlando Gibbons (1583–1625)*

Psalm 74 (Garrett; Noble)

O God, wherefore art thou absent from us so long: why is thy wrath so hot against the sheep of thy pasture?

O think upon thy congregation: whom thou hast purchased and redeemed of old.

Think upon the tribe of thine inheritance: and mount Sion, wherein thou hast dwelt.

Lift up thy feet, that thou mayest utterly destroy every enemy: which hath done evil in thy sanctuary.

Thine adversaries roar in the midst of thy congregations: and set up their banners for tokens.
 He that hewed timber afore out of the thick trees: was known to bring it to an excellent work.
 But now they break down all the carved work thereof: with axes and hammers.
 They have set fire upon thy holy places: and have defiled the dwelling-place of thy Name, even unto
 the ground.
 Yea, they said in their hearts, Let us make havock of them altogether: thus have they burnt up all the
 houses of God in the land.
 We see not our tokens, there is not one prophet more: no, not one is there among us, that
 understandeth any more.
 O God, how long shall the adversary do this
 dishonour: how long shall the enemy blaspheme thy Name, for ever?
 Why withdrawest thou thy hand: why pluckest thou not thy right hand out of thy bosom to consume
 the enemy?
 For God is my King of old: the help that is done upon earth he doeth it himself.
 Thou didst divide the sea through thy power: thou brakest the heads of the dragons in the waters.
 Thou smotest the heads of Leviathan in pieces: and gavest him to be meat for the people in the
 wilderness.
 Thou broughtest out fountains and waters out of the hard rocks: thou driedst up mighty waters.
 The day is thine, and the night is thine: thou hast prepared the light and the sun.
 Thou hast set all the borders of the earth: thou hast made summer and winter.
 Remember this, O Lord, how the enemy hath rebuked: and how the foolish people hath blasphemed
 thy Name.
 O deliver not the soul of thy turtle-dove unto the multitude of the enemies: and forget not the
 congregation of the poor for ever.
 Look upon the covenant: for all the earth is full of darkness and cruel habitations.
 O let not the simple go away ashamed: but let the poor and needy give praise unto thy Name.
 Arise, O God, maintain thine own cause: remember how the foolish man blasphemeth thee daily.
 Forget not the voice of thine enemies: the presumption of them that hate thee increaseth ever more
 and more.
 Glory be to the Father and to the Son: and to the Holy Ghost;
 As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 10: 1–11

Then the Lord said to Moses, ‘Go to Pharaoh, for I have hardened his heart and the hearts of his officials so that I may perform these signs of mine among them ² that you may tell your children and grandchildren how I dealt harshly with the Egyptians and how I performed my signs among them, and that you may know that I am the Lord.’

³ So Moses and Aaron went to Pharaoh and said to him, ‘This is what the Lord, the God of the Hebrews, says: “How long will you refuse to humble yourself before me? Let my people go, so that they may worship me. ⁴ If you refuse to let them go, I will bring locusts into your country tomorrow. ⁵ They will cover the face of the ground so that it cannot be seen. They will devour what little you have left after the hail, including every tree that is growing in your fields. ⁶ They will fill your houses and those of all your officials and all the Egyptians – something neither your parents nor your ancestors have ever seen from the day they settled in this land till now.”’ Then Moses turned and left Pharaoh.

⁷ Pharaoh’s officials said to him, ‘How long will this man be a snare to us? Let the people go, so that they may worship the Lord their God. Do you not yet realise that Egypt is ruined?’

⁸ Then Moses and Aaron were brought back to Pharaoh. ‘Go, worship the Lord your God,’ he said. ‘But tell me who will be going.’

⁹ Moses answered, 'We will go with our young and our old, with our sons and our daughters, and with our flocks and herds, because we are to celebrate a festival to the Lord.'

¹⁰ Pharaoh said, 'The Lord be with you – if I let you go, along with your women and children! Clearly you are bent on evil. ¹¹ No! Let only the men go and worship the Lord, since that's what you have been asking for.' Then Moses and Aaron were driven out of Pharaoh's presence.

Second Reading Exodus 10: 12–20

And the Lord said to Moses, 'Stretch out your hand over Egypt so that locusts swarm over the land and devour everything growing in the fields, everything left by the hail.'

¹³ So Moses stretched out his staff over Egypt, and the Lord made an east wind blow across the land all that day and all that night. By morning the wind had brought the locusts; ¹⁴ they invaded all Egypt and settled down in every area of the country in great numbers. Never before had there been such a plague of locusts, nor will there ever be again. ¹⁵ They covered all the ground until it was black. They devoured all that was left after the hail – everything growing in the fields and the fruit on the trees. Nothing green remained on tree or plant in all the land of Egypt.

¹⁶ Pharaoh quickly summoned Moses and Aaron and said, 'I have sinned against the Lord your God and against you. ¹⁷ Now forgive my sin once more and pray to the Lord your God to take this deadly plague away from me.'

¹⁸ Moses then left Pharaoh and prayed to the Lord. ¹⁹ And the Lord changed the wind to a very strong west wind, which caught up the locusts and carried them into the Red Sea. Not a locust was left anywhere in Egypt. ²⁰ But the Lord hardened Pharaoh's heart, and he would not let the Israelites go.

First Collect, for the Day

O Lord, who hast taught us that all our doings without charity are nothing worth; Send thy Holy Ghost, and pour into our hearts that most excellent gift of charity, the very bond of peace and of all virtues, without which whosoever liveth is counted dead before thee. Grant this for thine only Son Jesus Christ's sake. Amen.

Anthem Palestrina *Stabat Mater*

Stabat mater dolorosa
Iuxta crucem lacrimosa
Dum pendebat filius.

*Stood the sorrowful mother
weeping by the cross
while her son hung there.*

Cuius animam gementem,
Contristatam et dolentem,
Pertransivit gladius.

*Through her sorrowful heart,
crushed with sadness and grief,
there passed a sword.*

O quam tristis et afflicta
Fuit illa benedicta
Mater unigeniti;

*O how sad and how afflicted
was that blessed woman,
the mother of the sole begotten;*

Quae maerebat et dolebat
Et tremebat, cum videbat
Nati poenas incliti.

*How she grieved and sorrowed
and trembled when she saw
the pains of her glorious son.*

Quis est homo qui non fleret
Christi matrem si videret
In tanto supplicio?

*What man would not weep
to see the mother of Christ
in such great anguish?*

Quis non posset contristari
Piam matrem contemplari
Dolentem cum filio?

*Who could not feel her grief,
to think on the mother of Christ
grieving with her son?*

Pro peccatis suae gentis
Vidit Jesum in tormentis,
Et flagellis subditum.

*She saw Jesus in agony
and scourged by the lash
for the sins of his people.*

Vidit suum dulcem natum
Morientem, desolatum,
Dum emisit spiritum.

*She saw her own sweet son
dying and forsaken,
until he yielded up his spirit.*

Eia mater, fons amoris,
Me sentire vim doloris
Fac, ut tecum lugeam.

*O mother, fount of love,
make me feel the force of your sorrow,
that I too may grieve with you.*

Fac ut ardeat cor meum
In amando Christum Deum
Ut sibi complaceam.

*Make my heart burn
with love for Christ my God,
that I may be pleasing to him.*

Sancta mater, istud agas,
Crucifixi fige plagas
Cordi meo valide.

*Holy mother, grant me this,
fix deep within my heart
the wounds of him, crucified.*

Tui nati vulnerati,
Tam dignati pro me pati,
Mecum poenas divide.

*Let me share the torment
of your wounded son,
who deigned to suffer for me.*

Fac me vere tecum flere,
Crucifixo condolere,
Donec ego vixero.

*Let me weep with you,
and suffer with the crucified
my whole life through.*

Iuxta crucem tecum stare,
Te libenter sociare
In planctu desidero.

*I yearn to stand with you beside the cross,
and willingly join with you
in deep lament.*

Virgo virginum praeclara,
Mihi iam non sis amara:
Fac me tecum plangere.

*Virgin, all virgins excelling,
do not be harsh with me:
but let me mourn with you.*

Fac ut portem Christi mortem,
Passionis eius sortem,
Et plagas recolere.

*Let me bear Christ's death within me,
let me share his passion
and be mindful of his wounds.*

Fac me plagis vulnerari,
Cruce hac inebriari,
Ob amorem filii.

*Let me be riven by his wounds,
intoxicated by his cross,
out of love for your son.*

Inflamatus et accensus
Per te, virgo, sim defensus
In die iudicii.

*Thus kindled and enflamed,
may I, through you, O virgin,
be defended on the day of judgement.*

Fac me cruce custodiri,
Morte Christi praemuniri,
Confoveri gratia.

*Let me be guarded by the cross,
defended by the death of Christ,
and strengthened by his grace.*

Quando corpus morietur,
Fac ut animae donetur
Paradisi gloria.

*And grant that when my body dies,
my soul may gain
the glory of paradise.*

Words *anonymous*

Music *Giovanni Pierluigi da Palestrina (c. 1525–94)*

Wednesday 5 March
VIGIL WITH IMPOSITION OF ASHES

Reading Matthew 4: 1–11

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting for forty days and forty nights, he was hungry. ³ The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’

⁴ Jesus answered, ‘It is written: “Man shall not live on bread alone, but on every word that comes from the mouth of God.”’

⁵ Then the devil took him to the holy city and set him on the highest point of the temple. ⁶ ‘If you are the Son of God,’ he said, ‘throw yourself down. For it is written:

“He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone.”’

⁷ Jesus answered him, ‘It is also written: “Do not put the Lord your God to the test.”’

⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. ⁹ ‘All this I will give you,’ he said, ‘if you will bow down and worship me.’

¹⁰ Jesus said to him, ‘Away from me, Satan! For it is written: “Worship the Lord your God, and serve him only.”’

¹¹ Then the devil left him, and angels came and attended him.

First Collect, for the Day

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

Introit Byrd *Emendemus in melius*

Emendemus in melius, quae ignoranter peccavimus,
ne subito praeoccupati die mortis,
quaeramus spatium paenitentiae et invenire non
possimus.

Attende, Domine, et miserere,
quia peccavimus tibi.

*Let us amend what we have transgressed through
ignorance,
lest we should suddenly, at the day of death,
seek a place of repentance and not be able to find one.*

*Hear us, O Lord, and have mercy,
for we have sinned against you.*

Adiuva nos, Deus salutaris noster,
et propter honorem nominis tui libera nos.

*Help us, O God, our salvation,
and for the honour of your name, free us.*

Words *anonymous*
Music *William Byrd (c. 1539–1623)*

Psalm 51 (MacMillan, *Miserere*)

Miserere mei, Deus,
secundum magnam misericordiam tuam
et secundum multitudinem
miserationum tuarum dele iniquitatem meam.
Amplius lava me ab iniquitate mea
et a peccato meo munda me.
Quoniam iniquitatem meam ego cognosco
et peccatum meum contra me est semper.
Tibi soli peccavi
et malum coram te feci,
ut iustificeris in sermonibus tuis
et vincas cum iudicaris.
Ecce enim in iniquitatibus conceptus sum
et in peccatis concepit me mater mea.
Ecce enim veritatem dilexisti:
incerta et occulta sapientiae tuae
manifestasti mihi.
Asperges me hyssopo et mundabor;
lavabis me et super nivem dealbabor.

Auditui meo dabis gaudium et laetitiam
et exsultabunt ossa humiliata.
Averte faciem tuam a peccatis meis
et omnes iniquitates meas dele.
Cor mundum crea in me, Deus,
et spiritum rectum innova in visceribus meis.
Ne proicias me a facie tua,
et spiritum sanctum tuum ne auferas a me.

Redde mihi laetitiam salutaris tui
et spiritu principali confirma me.
Docebo iniquos vias tuas:
et impij ad te convertentur.
Libera me de sanguinibus,
Deus, Deus salutis meae,
et exsultabit lingua mea iustitiam tuam.
Domine, labia mea aperies,
et os meum annuntiabit laudem tuam.

Quoniam si voluisses sacrificium
dedissem utique;
holocaustis non delectaberis.
Sacrificium Deo spiritus contribulatus:
cor contritum et humiliatum,
Deus, non despicias.
Benigne fac, Domine,

*Have mercy upon me, O God,
according to your great mercy
and according to the abundance
of your compassion blot out my transgressions.
Wash me thoroughly from my iniquity
and cleanse me from my sin.
For I acknowledge my offence
and my sin is ever before me.
Against you only have I sinned,
and done what is evil in your sight
that you may be justified in your sentence
and vindicated when you judge.
Behold, in guilt was I conceived
and in sin did my mother conceive me.
Behold, you delight in sincerity of heart,
and in my inmost being
you teach me wisdom.
Cleanse me with hyssop and I shall be purified;
wash me and I shall be whiter than snow.*

*Let me hear the sounds of joy and gladness;
the bones which you have crushed shall rejoice.
Avert your face from my sins,
and blot out all my iniquity.
Create in me a clean heart, O God,
and renew in me a righteous spirit.
Cast me not out from your presence,
and take not your holy spirit from me.*

*Give me the joy of your salvation
and sustain me in a willing spirit.
I shall teach transgressors your ways,
and sinners shall return to you.
Deliver me from blood-guiltiness,
O God, God of my salvation,
and my tongue shall exalt your justice.
O Lord, open my lips,
and my mouth shall proclaim your praise.*

*For you are not pleased with sacrifices,
else would I give them to you;
neither do you delight in burnt offerings.
The sacrifice of God is a contrite heart:
a broken and sorrowful heart,
O God, you will not despise.
Be favourable and gracious*

in bona voluntate tua Sion,
ut aedificentur muri Jerusalem.
Tunc acceptabis
sacrificium iustitiae,
oblaciones, et holocausta:
tunc imponent super altare tuum vitulos.

*unto Sion, O Lord,
build again the walls of Jerusalem.
Then you shall be pleased
with the sacrifice of righteousness,
oblations and burnt offerings;
they shall offer young bulls upon your altar.*

Words *Psalm 51*
Music *James MacMillan (1959–)*

Thursday 6 March
CHORAL EVENSONG

Introit Purcell *Remember not, Lord, our offences*

Remember not, Lord, our offences, nor th'offences of our forefathers;
neither take thou vengeance of our sins, but spare us, good Lord, spare thy people, whom thou
hast redeemed with thy precious blood, and be not angry with us for ever. Spare us, good Lord.

Words *The Litany*
Music *Henry Purcell (1659–95)*

Psalm 78: 40–56 (Mann)

For he considered that they were but flesh: and that they were even a wind that passeth away, and
cometh not again.
Many a time did they provoke him in the wilderness: and grieved him in the desert.
They turned back, and tempted God: and moved the Holy One in Israel.
They thought not of his hand: and of the day when he delivered them from the hand of the enemy;
How he had wrought his miracles in Egypt: and his wonders in the field of Zoan.
He turned their waters into blood: so that they might not drink of the rivers.
He sent lice among them, and devoured them up: and frogs to destroy them.
He gave their fruit unto the caterpillar: and their labour unto the grasshopper.
He destroyed their vines with hail-stones: and their mulberry trees with the frost.
He smote their cattle also with hail-stones: and their flocks with hot thunderbolts.
He cast upon them the furiousness of his wrath, anger, displeasure, and trouble: and sent evil angels
among them.
He made a way to his indignation, and spared not their soul from death: but gave their life over to
the pestilence;
And smote all the first-born in Egypt: the most principal and mightiest in the dwellings of Ham.
But as for his own people, he led them forth like sheep: and carried them in the wilderness like a
flock.
He brought them out safely, that they should not fear: and overwhelmed their enemies with the sea.
And brought them within the borders of his sanctuary: even to his mountain which he purchased
with his right hand.
He cast out the heathen also before them: caused their land to be divided among them for an
heritage, and made the tribes of Israel to dwell in their tents.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 10: 21–29

Then the Lord said to Moses, ‘Stretch out your hand towards the sky so that darkness spreads over Egypt – darkness that can be felt.’²² So Moses stretched out his hand towards the sky, and total darkness covered all Egypt for three days.²³ No one could see anyone else or move about for three days. Yet all the Israelites had light in the places where they lived.

²⁴ Then Pharaoh summoned Moses and said, ‘Go, worship the Lord. Even your women and children may go with you; only leave your flocks and herds behind.’

²⁵ But Moses said, ‘You must allow us to have sacrifices and burnt offerings to present to the Lord our God. ²⁶ Our livestock too must go with us; not a hoof is to be left behind. We have to use some of them in worshipping the Lord our God, and until we get there we will not know what we are to use to worship the Lord.’

²⁷ But the Lord hardened Pharaoh’s heart, and he was not willing to let them go. ²⁸ Pharaoh said to Moses, ‘Get out of my sight! Make sure you do not appear before me again! The day you see my face you will die.’

²⁹ ‘Just as you say,’ Moses replied. ‘I will never appear before you again.’

Second Reading Exodus 11: 1–10

Now the Lord said to Moses, ‘I will bring one more plague on Pharaoh and on Egypt. After that, he will let you go from here, and when he does, he will drive you out completely. ² Tell the people that men and women alike are to ask their neighbours for articles of silver and gold.’ ³ (The Lord made the Egyptians favourably disposed towards the people, and Moses himself was highly regarded in Egypt by Pharaoh’s officials and by the people.)

⁴ So Moses said, ‘This is what the Lord says: “About midnight I will go throughout Egypt. ⁵ Every firstborn son in Egypt will die, from the firstborn son of Pharaoh, who sits on the throne, to the firstborn son of the female slave, who is at her hand mill, and all the firstborn of the cattle as well. ⁶ There will be loud wailing throughout Egypt – worse than there has ever been or ever will be again. ⁷ But among the Israelites not a dog will bark at any person or animal.”’ Then you will know that the Lord makes a distinction between Egypt and Israel. ⁸ All these officials of yours will come to me, bowing down before me and saying, “Go, you and all the people who follow you!” After that I will leave.’ Then Moses, hot with anger, left Pharaoh.

⁹ The Lord had said to Moses, ‘Pharaoh will refuse to listen to you – so that my wonders may be multiplied in Egypt.’ ¹⁰ Moses and Aaron performed all these wonders before Pharaoh, but the Lord hardened Pharaoh’s heart, and he would not let the Israelites go out of his country.

First Collect, for the Day

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

AnthemPhilip Moore *Evening Prayers*

O Lord my God, I thank thee that thou hast brought this day to a close.

I thank thee that thou hast given me peace in body and in soul.

Thy hand has been over me and has protected and preserved me.

Forgive my puny faith, the ill that I this day have done, and help me to forgive all who have wronged me.

Grant me a quiet night's sleep beneath thy tender care, and defend me from all the temptations of darkness.

Into thy hands I commend my loved ones and all who dwell in this house.

I commend my body and soul.

O Lord God, thy holy name be praised.

Words *Dietrich Bonhoeffer (1906–45)*

Music *Philip Moore (1943–)*

Sunday 9 March, First Sunday of Lent**HOLY COMMUNION**

Collect for the Day

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.

Gospel Reading Luke 12: 13–21

Someone in the crowd said to him, ‘Teacher, tell my brother to divide the inheritance with me.’

¹⁴ Jesus replied, ‘Man, who appointed me a judge or an arbiter between you?’ ¹⁵ Then he said to them, ‘Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.’

¹⁶ And he told them this parable: ‘The ground of a certain rich man yielded an abundant harvest. ¹⁷ He thought to himself, “What shall I do? I have no place to store my crops.”’

¹⁸ Then he said, “This is what I’ll do. I will tear down my barns and build bigger ones, and there I will store my surplus grain. ¹⁹ And I’ll say to myself, ‘You have plenty of grain laid up for many years. Take life easy; eat, drink and be merry.’”

²⁰ But God said to him, “You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?”

²¹ ‘This is how it will be with whoever stores up things for themselves but is not rich towards God.’

Sunday 9 March, First Sunday of Lent

CHORAL EVENSONG

Introit Lilly Vadaneaux *The Lord's Prayer*

Our Father, which 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. Amen.

Words *Matthew 6: 9–13*
Music *Lilly Vadaneaux (2002–, Clare 2021)*

Psalm 32 (Jones)

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.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Matthew 9: 9–13

As Jesus went on from there, he saw a man named Matthew sitting at the tax collector's booth. 'Follow me,' he told him, and Matthew got up and followed him.

¹⁰ While Jesus was having dinner at Matthew's house, many tax collectors and sinners came and ate with him and his disciples. ¹¹ When the Pharisees saw this, they asked his disciples, 'Why does your teacher eat with tax collectors and sinners?'

¹² On hearing this, Jesus said, 'It is not the healthy who need a doctor, but those who are ill. ¹³ But go and learn what this means: "I desire mercy, not sacrifice." For I have not come to call the righteous, but sinners.'

Second Reading 2 Corinthians 4: 2–6

Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone's conscience in the sight of God. ³ And even if our gospel is veiled, it is veiled to those who are perishing. ⁴ The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God. ⁵ For what we preach is not ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. ⁶ For God, who said, 'Let light shine out of darkness,' made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ.

First Collect, for the Day

O Lord, who for our sake didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness and true holiness, to thy honour and glory; who livest and reignest with the Father and the Holy Ghost, one God, world without end. Amen.

Lent Collect

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

Anthem Kuhnau *Tristis est anima mea*

Tristis est anima mea usque ad mortem;
sustinete hic et vigilate mecum.

*My soul is sorrowful even unto death;
stay here and watch with me.*

Iam videbitis turbam, quae circumdabit me,
vos fugam capietis.
Et ego vadam immolari pro vobis.

*Soon you will see the crowd which will
surround me, you will take flight.
And I shall go to be sacrificed for you.*

Words *Matin Responsory for Good Friday*
Music *Johann Kubnau (1660–1722)*

Tuesday 11 March
CHORAL EVENSONG

Introit Casals *O vos omnes*

O vos omnes, qui transitis per viam, attendite, et videte si est dolor sicut dolor meus:

All ye that pass by: behold, and see if there be any sorrow like unto my sorrow.

Words *Lamentations 1: 12*
Music *Pablo Casals (1876–1973)*

Psalm 49 (Havergal)

O hear ye this, all ye people: ponder it with your ears, all ye that dwell in the world;
High and low, rich and poor: one with another.
My mouth shall speak of wisdom: and my heart shall muse of understanding.
I will incline mine ear to the parable: and shew my dark speech upon the harp.
Wherefore should I fear in the days of wickedness: and when the wickedness of my heels compasseth me round about?

There be some that put their trust in their goods: and boast themselves in the multitude of their riches.

But no man may deliver his brother: nor make agreement unto God for him;
For it cost more to redeem their souls: so that he must let that alone for ever;
Yea, though he live long: and see not the grave.

For he seeth that wise men also die, and perish together: as well as the ignorant and foolish, and leave their riches for other.

And yet they think that their houses shall continue for ever: and that their dwelling-places shall endure from one generation to another; and call the lands after their own names.

Nevertheless, man will not abide in honour: seeing he may be compared unto the beasts that perish; this is the way of them.

This is their foolishness: and their posterity praise their saying.

They lie in the hell like sheep, death gnaweth upon them, and the righteous shall have domination over them in the morning: their beauty shall consume in the sepulchre out of their dwelling.

But God hath delivered my soul from the place of hell: for he shall receive me.

Be not thou afraid, though one be made rich: or if the glory of his house be increased;

For he shall carry nothing away with him when he dieth: neither shall his pomp follow him.

For while he lived, he counted himself an happy man: and so long as thou doest well unto thyself, men will speak good of thee.

He shall follow the generation of his fathers: and shall never see light.

Man being in honour hath no understanding: but is compared unto the beasts that perish.

Glory be to the Father and to the Son: and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 12: 1–13

The Lord said to Moses and Aaron in Egypt, ² ‘This month is to be for you the first month, the first month of your year. ³ Tell the whole community of Israel that on the tenth day of this month each man is to take a lamb for his family, one for each household. ⁴ If any household is too small for a whole lamb, they must share one with their nearest neighbour, having taken into account the number of people there are. You are to determine the amount of lamb needed in accordance with what each person will eat. ⁵ The animals you choose must be year-old males without defect, and you may take them from the sheep or the goats. ⁶ Take care of them until the fourteenth day of the month, when all the members of the community of Israel must slaughter them at twilight. ⁷ Then they are to take some of the blood and put it on the sides and tops of the door-frames of the houses where they eat the lambs. ⁸ That same night they are to eat the meat roasted over the fire, along with bitter herbs, and bread made without yeast. ⁹ Do not eat the meat raw or boiled in water, but roast it over a fire – with the head, legs and internal organs. ¹⁰ Do not leave any of it till morning; if some is left till morning, you must burn it. ¹¹ This is how you are to eat it: with your cloak tucked into your belt, your sandals on your feet and your staff in your hand. Eat it in haste; it is the Lord’s Passover.

¹² ‘On that same night I will pass through Egypt and strike down every firstborn of both people and animals, and I will bring judgment on all the gods of Egypt. I am the Lord. ¹³ The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt.

Second Reading Exodus 12: 14–30

‘This is a day you are to commemorate; for the generations to come you shall celebrate it as a festival to the Lord – a lasting ordinance. ¹⁵ For seven days you are to eat bread made without yeast. On the first day remove the yeast from your houses, for whoever eats anything with yeast in it from the first day until the seventh must be cut off from Israel. ¹⁶ On the first day hold a sacred assembly, and another one on the seventh day. Do no work at all on these days, except to prepare food for everyone to eat; that is all you may do.

¹⁷ ‘Celebrate the Festival of Unleavened Bread, because it was on this very day that I brought your divisions out of Egypt. Celebrate this day as a lasting ordinance for the generations to come. ¹⁸ In the first month you are to eat bread made without yeast, from the evening of the fourteenth day until the evening of the twenty-first day. ¹⁹ For seven days no yeast is to be found in your houses. And anyone, whether foreigner or native-born, who eats anything with yeast in it must be cut off from the community of Israel. ²⁰ Eat nothing made with yeast. Wherever you live, you must eat unleavened bread.’

²¹ Then Moses summoned all the elders of Israel and said to them, ‘Go at once and select the animals for your families and slaughter the Passover lamb. ²² Take a bunch of hyssop, dip it into the blood in the basin and put some of the blood on the top and on both sides of the door-frame. None of you shall go out of the door of your house until morning. ²³ When the Lord goes through the land to strike down the Egyptians, he will see the blood on the top and sides of the door-frame and will pass over that doorway, and he will not permit the destroyer to enter your houses and strike you down.

²⁴ ‘Obey these instructions as a lasting ordinance for you and your descendants. ²⁵ When you enter the land that the Lord will give you as he promised, observe this ceremony. ²⁶ And when your children ask you, “What does this ceremony mean to you?” ²⁷ then tell them, “It is the Passover sacrifice to the Lord, who passed over the houses of the Israelites in Egypt and spared our homes when he struck down the Egyptians.”’ Then the people bowed down and worshipped. ²⁸ The Israelites did just what the Lord commanded Moses and Aaron.

²⁹ At midnight the Lord struck down all the firstborn in Egypt, from the firstborn of Pharaoh, who sat on the throne, to the firstborn of the prisoner, who was in the dungeon, and the firstborn of all the livestock as well. ³⁰ Pharaoh and all his officials and all the Egyptians got up during the night, and there was loud wailing in Egypt, for there was not a house without someone dead.

First Collect, for the Day

O Lord, who for our sake didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness and true holiness, to thy honour and glory; who livest and reignest with the Father and the Holy Ghost, one God, world without end. Amen.

Lent Collect

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

Anthem Nystedt *Immortal Bach*

Komm, süßer Tod!

Komm, sel’ge Ruh!

Komm, führe mich in Friede!

Come, sweet death!

Come, blessed rest!

Come, lead me into peace!

Words *anonymous*
Music *Knut Nystedt (1915–2014)*

Thursday 13 March
CHORAL EVENSONG

Introit Palestrina *Super flumina Babylonis*

Super flumina Babylonis illic sedimus et flevimus *By the waters of Babylon we sat down and wept*
dum recordaremur tui, Sion: *when we remembered thee, O Sion:*
in salicibus in medio ejus suspendimus organa *as for our harps, we hanged them up upon the trees*
nostra. *that are therein.*

Words *Psalm 137: 1, 2*
Music *Giovanni Pierluigi da Palestrina (c. 1525–94)*

Psalm 137: 1–6 (Lloyd)

By the waters of Babylon we sat down and wept: when we remembered thee, O Sion.
As for our harps, we hanged them up: upon the trees that are therein.
For they that led us away captive required of us then a song, and melody in our heaviness: Sing us
one of the songs of Sion.
How shall we sing the Lord's song: in a strange land?
If I forget thee, O Jerusalem: let my right hand forget her cunning.
If I do not remember thee, let my tongue cleave to the roof of my mouth: yea, if I prefer not
Jerusalem in my mirth.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 12: 31–36

During the night Pharaoh summoned Moses and Aaron and said, 'Up! Leave my people, you and the Israelites! Go, worship the Lord as you have requested. ³² Take your flocks and herds, as you have said, and go. And also bless me.'

³³ The Egyptians urged the people to hurry and leave the country. 'For otherwise,' they said, 'we will all die!' ³⁴ So the people took their dough before the yeast was added, and carried it on their shoulders in kneading troughs wrapped in clothing. ³⁵ The Israelites did as Moses instructed and asked the Egyptians for articles of silver and gold and for clothing. ³⁶ The Lord had made the Egyptians favourably disposed towards the people, and they gave them what they asked for; so they plundered the Egyptians.

Second Reading Exodus 12: 37–42

The Israelites journeyed from Rameses to Sukkoth. There were about six hundred thousand men on foot, besides women and children. ³⁸ Many other people went up with them, and also large droves of livestock, both flocks and herds. ³⁹ With the dough the Israelites had brought from Egypt, they baked loaves of unleavened bread. The dough was without yeast because they had been driven out of Egypt and did not have time to prepare food for themselves.

⁴⁰ Now the length of time the Israelite people lived in Egypt was 430 years. ⁴¹ At the end of the 430 years, to the very day, all the Lord's divisions left Egypt. ⁴² Because the Lord kept vigil that night to bring them out of Egypt, on this night all the Israelites are to keep vigil to honour the Lord for the generations to come.

First Collect, for the Day

O Lord, who for our sake didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness and true holiness, to thy honour and glory; who livest and reignest with the Father and the Holy Ghost, one God, world without end. Amen.

Lent Collect

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

Anthem White *Ad te levavi oculos meos*

Ad te levavi oculos meos:
qui habitas in caelis.

*Unto thee lift I up mine eyes:
O thou that dwellest in the heavens.*

Ecce sicut oculi servorum,
in manibus dominorum suorum,
sicut oculi ancillae in manibus dominae suae:

*Behold, as the eyes of servants
look unto the hand of their masters,
and as the eyes of a maiden unto the hand of her
mistress:*

ita oculi nostri ad Dominum Deum nostrum,
donec misereatur nostri.

*so our eyes wait upon the Lord our God,
until that he have mercy upon us.*

Miserere nostri Domine, miserere nostri:
quia multum repleti sumus despectione.

*Have mercy upon us, O Lord, have mercy upon us:
for we are exceedingly filled with contempt.*

Quia multum repleta est anima nostra:
opprobrium abundantibus, et despectio superbis.
Amen.

*Our soul is exceedingly filled with the scorning of those
that
are at ease: and with the contempt of the proud.
Amen.*

Words *Psalm 122 (123)*
Music *Robert White (c. 1538–74)*

Sunday 16 March, Second Sunday in Lent

HOLY COMMUNION

Collect for the Day

Almighty God,
you show to those who are in error the light of your truth,
that they may return to the way of righteousness:
grant to all those who are admitted
into the fellowship of Christ's religion,
that they may reject those things
that are contrary to their profession,
and follow all such things as are agreeable to the same;
through our Lord Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Gospel Reading Luke 12: 22–34

Then Jesus said to his disciples: ‘Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. ²³ For life is more than food, and the body more than clothes. ²⁴ Consider the ravens: they do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵ Who of you by worrying can add a single hour to your life? ²⁶ Since you cannot do this very little thing, why do you worry about the rest?

²⁷ ‘Consider how the wild flowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these. ²⁸ If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you – you of little faith! ²⁹ And do not set your heart on what you will eat or drink; do not worry about it. ³⁰ For the pagan world runs after all such things, and your Father knows that you need them. ³¹ But seek his kingdom, and these things will be given to you as well.

³² ‘Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³ Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. ³⁴ For where your treasure is, there your heart will be also.

Thursday 20 March
CHORAL EVENSONG

Introit Wesley *Wash me thoroughly*

Wash me thoroughly from my wickedness, and forgive me all my sin.
For I acknowledge my faults: and my sin is ever before me.

Words *Psalm 51: 2–3*
Music *Samuel Sebastian Wesley (1810–76)*

Psalm 53 (Stanford)

The foolish body hath said in his heart: There is no God.
Corrupt are they, and become abominable in their wickedness: there is none that doeth good.
God looked down from heaven upon the children of men: to see if there were any that would understand, and seek after God.
But they are all gone out of the way, they are altogether become abominable: there is also none that doeth good, no not one.
Are not they without understanding, that work wickedness: eating up my people as if they would eat bread? they have not called upon God.
They were afraid where no fear was: for God hath broken the bones of him that besieged thee; thou hast put them to confusion, because God hath despised them.
O that the salvation were given unto Israel out of Sion: O that the Lord would deliver his people out of captivity!
Then should Jacob rejoice: and Israel should be right glad.
Glory be to the Father and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

First Reading Exodus 14: 5–20

When the king of Egypt was told that the people had fled, Pharaoh and his officials changed their minds about them and said, ‘What have we done? We have let the Israelites go and have lost their services!’ ⁶ So he had his chariot made ready and took his army with him. ⁷ He took six hundred of the best chariots, along with all the other chariots of Egypt, with officers over all of

them. ⁸ The Lord hardened the heart of Pharaoh king of Egypt, so that he pursued the Israelites, who were marching out boldly. ⁹ The Egyptians – all Pharaoh’s horses and chariots, horsemen and troops – pursued the Israelites and overtook them as they camped by the sea near Pi Hahiroth, opposite Baal Zephon.

¹⁰ As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord. ¹¹ They said to Moses, ‘Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt?’ ¹² Didn’t we say to you in Egypt, “Leave us alone; let us serve the Egyptians”? It would have been better for us to serve the Egyptians than to die in the desert!’

¹³ Moses answered the people, ‘Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. ¹⁴ The Lord will fight for you; you need only to be still.’

¹⁵ Then the Lord said to Moses, ‘Why are you crying out to me? Tell the Israelites to move on. ¹⁶ Raise your staff and stretch out your hand over the sea to divide the water so that the Israelites can go through the sea on dry ground. ¹⁷ I will harden the hearts of the Egyptians so that they will go in after them. And I will gain glory through Pharaoh and all his army, through his chariots and his horsemen. ¹⁸ The Egyptians will know that I am the Lord when I gain glory through Pharaoh, his chariots and his horsemen.’

¹⁹ Then the angel of God, who had been travelling in front of Israel’s army, withdrew and went behind them. The pillar of cloud also moved from in front and stood behind them, ²⁰ coming between the armies of Egypt and Israel. Throughout the night the cloud brought darkness to the one side and light to the other; so neither went near the other all night long.

Second Reading Exodus 14: 21–31

Then Moses stretched out his hand over the sea, and all that night the Lord drove the sea back with a strong east wind and turned it into dry land. The waters were divided, ²² and the Israelites went through the sea on dry ground, with a wall of water on their right and on their left.

²³ The Egyptians pursued them, and all Pharaoh’s horses and chariots and horsemen followed them into the sea. ²⁴ During the last watch of the night the Lord looked down from the pillar of fire and cloud at the Egyptian army and threw it into confusion. ²⁵ He jammed the wheels of their chariots so that they had difficulty driving. And the Egyptians said, ‘Let’s get away from the Israelites! The Lord is fighting for them against Egypt.’

²⁶ Then the Lord said to Moses, ‘Stretch out your hand over the sea so that the waters may flow back over the Egyptians and their chariots and horsemen.’ ²⁷ Moses stretched out his hand over the sea, and at daybreak the sea went back to its place. The Egyptians were fleeing towards it, and the Lord swept them into the sea. ²⁸ The water flowed back and covered the chariots and horsemen – the entire army of Pharaoh that had followed the Israelites into the sea. Not one of them survived.

²⁹ But the Israelites went through the sea on dry ground, with a wall of water on their right and on their left. ³⁰ That day the Lord saved Israel from the hands of the Egyptians, and Israel saw the Egyptians lying dead on the shore. ³¹ And when the Israelites saw the mighty hand of the Lord displayed against the Egyptians, the people feared the Lord and put their trust in him and in Moses his servant.

First Collect, for the Day

Almighty God, who seest that we have no power of ourselves to help ourselves; Keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. Amen.

Lent Collect

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

Anthem Byrd *Ne irascaris, Domine / Civitas sancti tui*

Ne irascaris, Domine, satis
et ne ultra memineris iniquitatis nostrae.
Ecce, respice, populus tuus omnes nos.

*Be not angry, O Lord, still,
neither remember our iniquity for ever.
Behold, see, we beseech thee, we are all thy people.*

Civitas sancti tui facta est deserta.
Sion deserta facta est, Jerusalem desolata est.

*The holy cities are a wilderness.
Zion is a wilderness, Jerusalem a desolation.*

Words *Isaiah 64: 9–10*
Music *William Byrd (c. 1540–1623)*

