



CHELMSFORD  
CATHEDRAL



***The Holy Eucharist***  
***The Fourth Sunday of Lent***  
***Mothering Sunday***  
***Sunday 15<sup>th</sup> March***  
***at 11.15am***

*President: The Venerable David Lowman*  
*Preacher: The Revd Canon Sebastian Harries*

**Welcome to Chelmsford Cathedral.** Everything you need for this celebration is in this booklet. Please ensure that your mobile phone is switched off and keep your belongings with you.

**Music.** The mass setting is the Communion Service in F by William Harris (1883-1973). The Cathedral Choristers are directed by Emma Gibbins, Director of Music. The organ is played by Samuel Bristow, the Assistant Director of Music.

**Receiving Communion.** All who have been baptised are invited to receive Holy Communion or to receive a blessing as is your custom. Please come in two single files down the centre of the nave to one of the Communion stations, and hold out your hands to receive the consecrated bread. **Please do not intinct** (dip) the wafer into the consecrated wine. To receive a blessing, please bow your head. Gluten-free wafers are also available; please speak to one of the stewards on duty.

**Hearing Aids.** There is a loop system installed throughout the Cathedral. If you are a hearing aid user, please turn it to **T**.

**If the alarm sounds,** please exit the Cathedral and, if safe, assemble at the rear of the Shire Hall in the South Eastern corner of the churchyard. Please leave your belongings until it is safe to collect them.

**Rubrics:** Please stand or sit as is comfortable for you.

**Please make a financial contribution to the maintenance and ministry of the Cathedral.** You can use the contactless giving plates near the doors or by scanning the QR code here. A collection will be taken during the service.



**Live stream:** This service is being live streamed to the Chelmsford Cathedral Facebook page.

**Car park code:** 0000

*Visit us at [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk).*

**Music before the service**

Salve Regina

*Naji Hakim (b. 1955)*

# The Gathering

Before the service begins, the congregation is welcomed.  
Please stand as the choir sing:

## Lent Prose

*Choir: Hear us, O Lord, have mercy upon us: for we have sinn'd against thee.*  
Sins oft committed now we lay before thee  
With true contrition, now no more we veil them  
Grant us, Redeemer, loving absolution.

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

## Hymn

LOVE DIVINE

John Stainer (1840-1901)



God of Eve and God of Mary,  
God of love and mother-earth,  
thank you for the ones who with us  
shared their life and gave us birth.

As you came to earth in Jesus,  
so you come to us today;  
you are present in the caring  
that prepares us for life's way.

Thank you that the Church, our Mother,  
gives us bread and fills our cup,  
and the comfort of the Spirit  
warms our hearts and lifts us up.

Thank you for belonging, shelter,  
bonds of friendship, ties of blood,  
and for those who have no children,  
yet are parents under God.

God of Eve and God of Mary,  
Christ our brother, human Son,  
Spirit, caring like a Mother,  
take our love and make us one!

Words: Fred Kaan (1929-2009)

## The Greeting

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

*All* **Amen.**

*All* The Lord be with you  
**and also with you.**

*The president offers some words of welcome and introduction.*

## The Prayers of Penitence

*Deacon* Let us call to mind our sin,  
our failure to value the love of others  
and our failure to love as Christ has loved us.

*We keep a moment of quiet as we call to mind our sins.*

*All* **Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly, love mercy,  
and walk humbly with you, our God. Amen.**

*President* Almighty God,  
who forgives all who truly repent,  
have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in life eternal;  
through Jesus Christ our Lord.

*All* **Amen.**

*Please be seated as the choir sings the Kyrie.*

## **Kyrie eleison**

Kyrie eleison,  
Christe eleison,  
Kyrie eleison.

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

## **The Collect**

*President* Let us pray.

*We keep a moment of quiet prayer.*

God of compassion,  
whose Son Jesus Christ, the child of Mary,  
shared the life of a home in Nazareth,  
and on the cross drew the whole human family to himself:  
strengthen us in our daily living  
that in joy and in sorrow  
we may know the power of your presence  
to bind together and to heal;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

*All*



**A - men.**

# ***The Liturgy of the Word***

## **The First Reading**

*Exodus 2.1-10*

A reading from the book of Exodus.

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him. The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him. 'This must be one of the Hebrews' children,' she said. Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse the child for you?' Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother. Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because', she said, 'I drew him out of the water.'

This is the word of the Lord.

*All*           **Thanks be to God.**

*The choir sings the psalm:*

## **Psalm 34.11-20**

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

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

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

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

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

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

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

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

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

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

## **The Second Reading**

*Colossians 3.12–17*

A reading from the Letter of Paul to the Colossians.

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.

Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

This is the word of the Lord.

*All*            **Thanks be to God.**

Please stand and turn to face the Gospel procession.

## Gospel Acclamation



*Choir* Praise to you, O Christ, King of eternal glory.  
*All* **Praise to you, O Christ, King of eternal glory.**  
*Choir* This child is the light to enlighten the nations  
and the glory of your people Israel.  
*All* **Praise to you, O Christ, King of eternal glory.**

## The Gospel Reading

*John 19.25–27*

*Deacon* The Lord be with you  
*All* **and also with you.**  
Hear the Gospel of our Lord Jesus Christ  
according to John.



Standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

This is the Gospel of the Lord.



Please be seated.

## The Sermon

*The Revd Canon Sebastian Harries*

*Please stand.*

## **The Nicene Creed**

**We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God, begotten, not made,  
of one Being with the Father;  
through him all things were made.  
For us and for our salvation  
he came down from heaven,  
was incarnate from the Holy Spirit  
and the Virgin Mary and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is worshipped and glorified,  
who has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism  
for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.**

## Prayers of Intercession

*President* As children of a loving God who always listens to our cries, let us pray to our Father in heaven.

*The congregation sits or kneels. At the end of the prayers the intercessor may say:*

*All* Merciful Father,  
**accept these prayers, for the sake of your Son,  
our Saviour Jesus Christ. Amen.**

*At the end of the intercessions, please stand.*

## The Liturgy of the Sacrament

### The Peace

*President* Through the prophet Isaiah, God says,  
'As a mother comforts her child, so I will comfort you.'

*All* The peace of the Lord be always with you  
**and also with you.**

*Deacon* Let us offer one another a sign of peace.

*We remain standing to sing the offertory hymn, during which a collection is taken.*

### Hymn

ENGLAND'S LANE

English melody *adapted by* Geoffrey Turton Shaw (1879-1943)

The image shows the musical notation for the hymn 'England's Lane'. It consists of three staves of music in a single system. The first two staves are the main melody, and the third staff is labeled 'Refrain'. The music is written in a treble clef with a key signature of one flat (B-flat) and a common time signature. The melody is simple and melodic, with a clear refrain section.

For the beauty of the earth,  
for the beauty of the skies,  
for the love which from our birth  
over and around us lies:

*Lord of all, to thee we raise  
This our sacrifice of praise.*

2 For the beauty of each hour,  
of the day and of the night,  
hill and vale, and tree and flower,  
sun and moon and stars of light:  
*Lord of all ...*

3 For the joy of ear and eye,  
for the heart and brain's delight,  
for the mystic harmony  
linking sense to sound and sight:  
*Lord of all ...*

4 For the joy of human love,  
brother, sister, parent, child,  
friends on earth and friends above,  
for all gentle thoughts and mild:  
*Lord of all ...*

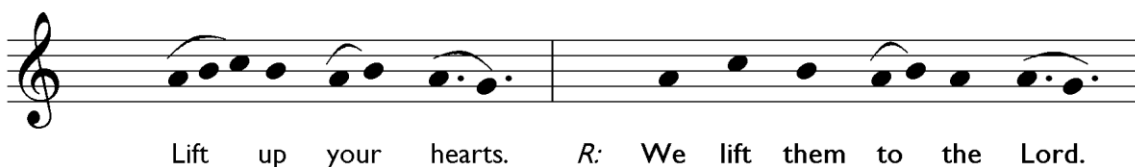
5 For each perfect gift of thine,  
to our race so freely given,  
graces human and divine,  
flowers of earth and buds of heaven:  
*Lord of all ...*

6 For thy Church that evermore  
lifteth holy hands above,  
offering up on every shore  
this pure sacrifice of love:  
*Lord of all...*

*Words: F. S. Pierpont (1835-1917)*

*Please remain standing.*

## The Eucharistic Prayer



Blessed are you, Lord God,  
our light and our salvation;  
to you be glory and praise for ever.  
From the beginning you have created all things  
and all your works echo the silent music of your praise.  
In the fullness of time you made us in your image,  
the crown of all creation.  
You give us breath and speech,  
that with angels and archangels  
and all the powers of heaven  
we may find a voice to sing your praise:

*The choir sings the Sanctus and Benedictus.*

*Holy, holy, holy, Lord God of hosts,  
heaven and earth are full of thy glory.  
Glory be to thee, O Lord most high.  
Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.*

How wonderful the work of your hands, O Lord.  
As a mother tenderly gathers her children,  
you embraced a people as your own.  
When they turned away and rebelled  
your love remained steadfast.  
From them you raised up Jesus our Saviour, born of Mary,  
to be the living bread,  
in whom all our hungers are satisfied.  
He offered his life for sinners,  
and with a love stronger than death  
he opened wide his arms on the cross.  
On the night before he died,  
he came to supper with his friends  
and, taking bread, he gave you thanks.  
He broke it and gave it to them, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.



*Please sit or kneel.*

## **The Lord's Prayer**

*President* As God's children, and heirs with Christ  
we cry in the Spirit, 'Abba', Father.

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

## **Breaking of the Bread**

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

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

*The choir sings the Agnus Dei.*

## **Agnus Dei**

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

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

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

## **The Giving of Communion**

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

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

*To indicate if you wish to receive Communion, please hold out your hands. If you simply wish to receive a blessing, please keep your head bowed.*

## **Motet**

*Ave Maria, gratia plena,  
Dominus tecum;  
benedicta tu in mulieribus,  
et benedictus fructus ventris tui, Jesus.  
Sancta Maria, Mater Dei,  
ora pro nobis peccatoribus,  
nunc et in hora mortis nostrae.  
Amen.*

*Words: The Angelic Salutation*

*Hail Mary, full of grace,  
the Lord is with thee;  
blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.*

*Music: Simon Lindley (1948-2025)*

*We remain seated for the Communion hymn.*

## Hymn

YE BANKS AND BRAES (THE BANKS O' DOON)

Scottish folk melody



We cannot measure how you heal  
or answer every sufferer's prayer,  
yet we believe your grace responds  
where faith and doubt unite to care.  
Your hands, though bloodied on the cross,  
survive to hold and heal and warn,  
to carry all through death to life  
and cradle children yet unborn.

The pain that will not go away,  
the guilt that clings from things long past,  
the fear of what the future holds,  
are present as if meant to last.  
But present too is love which tends  
the hurt we never hoped to find,  
the private agonies inside,  
the memories that haunt the mind.

So some have come who need your help  
and some have come to make amends,  
as hands which shaped and saved the world  
are present in the touch of friends.  
Lord, let your Spirit meet us here  
to mend the body, mind and soul,  
to disentangle peace from pain,  
and make your broken people whole.

*Words: John Bell (b. 1949) & Graham Maule (1958-2019)*

## Prayer after Communion

*President* Let us pray.

*We keep a moment of quiet prayer.*

Loving God,  
as a mother feeds her children at the breast  
you feed us in this sacrament  
with the food and drink of eternal life:  
help us who have tasted your goodness  
to grow in grace within the household of faith;  
through Jesus Christ our Lord.

*All* **Amen.**

*All* **Almighty God,  
we thank you for feeding us  
with the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out in the power of your Spirit  
to live and work to your praise and glory.  
Amen.**

*Please remain seated for the notices.*

**Notices**

# The Dismissal

Please stand.

## Hymn

ABBOT'S LEIGH

Cyril Taylor (1907-1991)



Sing we of the blessèd Mother  
who received the angel's word,  
and obedient to his summons  
bore in love the infant Lord;  
sing we of the joys of Mary  
at whose breast that child was fed  
who is Son of God eternal  
and the everlasting bread.

3 Sing again the joys of Mary  
when she saw the risen Lord,  
and in prayer with Christ's apostles,  
waited on his promised word:  
from on high the blazing glory  
of the Spirit's presence came,  
heavenly breath of God's own being,  
manifest through wind and flame.

2 Sing we, too, of Mary's sorrows,  
of the sword that pierced her through,  
when beneath the cross of Jesus  
she his weight of suffering knew,  
looked upon her Son and Saviour  
reigning high on Calvary's tree,  
saw the price of man's redemption  
paid to set the sinner free.

4 Sing the chiefest joy of Mary  
when on earth her work was done,  
and the Lord of all creation  
brought her to his heavenly home:  
Virgin Mother, Mary blessèd,  
raised on high and crowned with grace,  
may your Son, the world's redeemer,  
grant us all to see his face.

Words: G. B. Timms (1910-1997)

## The Blessing

*All* The Lord be with you  
**and also with you.**

May God, who gave birth to all creation, bless you:  
may God, who became incarnate  
by an earthly mother, bless you:  
may God, who broods as a mother  
over her children, bless you.

May almighty God bless you, Father, Son and Holy Spirit,  
now and for ever.

*All* **Amen.**

*Deacon*



Go in peace to love and serve the Lord.

*All*



In the name of Christ. A - men.

## Organ Voluntary

Ave Maria  
(Cathedral Windows Op. 106, No 2)

*Sigfrid Karg-Elert (1877-1933)*

*Please remain standing as the ministers depart.*

## Music Notes

This morning's opening voluntary is by Naji Hakim who, in 1993, succeeded Olivier Messiaen as Organiste Titulaire at the church of Sainte-Trinité. He performed the inaugural recital of the Chelmsford Cathedral Nave organ in 1994. A small masterwork of timeless simplicity, this exquisite paraphrase of Salve Regina, a Gregorian chant antiphon to the Virgin Mary, treats the unaltered plainchant to a luscious accompaniment utilising Hakim's distinctive harmonic language. The voluntary after the service is by German composer and organist Sigfrid Karg-Elert, and is taken from a series of compositions based on Gregorian themes. Karg-Elert uses Ave Maria, the Gregorian chant on the Angelic Salutation, and weaves it around impressive chords and harmonies.

## **CHELMSFORD CATHEDRAL WORSHIP**

Please join us during the week for prayer in person or online at the following times every day:

### **Sundays**

7.45am: Morning Prayer

8am: Said Eucharist (BCP)

9.30am: Sung Eucharist

11.15am: Choral Eucharist

3.30pm: Choral Evensong

### **Weekdays**

7.45am: Morning Prayer

8.15am: Eucharist

10.30am: Said Eucharist - Thursdays only

5.15pm: Choral Evensong - Thursdays & Fridays

Sung Evening Prayer - Tuesdays

Plainsong Evensong - Wednesdays

Said Evening Prayer - Mondays & Saturdays

For details about how to worship online, live or later, visit our website [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk) and find our 'Regular Worship' page.

## **Safeguarding at Chelmsford Cathedral**

Do you have a concern about a child or an adult at risk?

You can report any concern directly to the Diocesan Safeguarding team

Telephone: 01245 294444 Email: [safeguarding@chelmsford.anglican.org](mailto:safeguarding@chelmsford.anglican.org)

Or you can report your concern to our Cathedral Safeguarding Team

Telephone: 01245 294483

Email: [safeguarding@chelmsfordcathedral.org.uk](mailto:safeguarding@chelmsfordcathedral.org.uk)

If you have information about a safeguarding situation where a child or adult is in immediate danger call the emergency services on 999

To contact your local police to report a non-emergency concern call 101

*Common Worship: Services and Prayers for the Church of England, material from which is included in this service is copyright © The Archbishops' Council 2000. Scripture readings from the New Revised Standard Version of the Bible copyright © 1989 Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Music copyright permission to copy words and music covered by One License A-633635 or CCL licence no 1193318.*