

Chelmsford Cathedral



***The Eucharist
on Ash Wednesday***

***Wednesday 2nd March
at 7.30pm***

***President: Canon Imogen Nay
Preacher: The Very Rev'd Nicholas Henshall***

You are warmly welcomed 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.

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

Music: The mass setting is Missa Quarti toni by Tomás Luis de Victoria (1548 – 1611). The music is sung by the members of the Cathedral Choir, directed by James Davy, Organist and Master of the Choristers. The organist is Hilary Punnett, Assistant Organist and Director of the Girls' Choir.

You are warmly invited to make a financial contribution to the life of the Cathedral by making a donation using the contactless giving plates near the doors. Your gift will be used to enable us to deliver our ministry in its varied forms, from hosting community events, cultural activities, maintaining free entry to this glorious building, supporting our musical and worship tradition and much more. If you would like to find out more about our planned giving scheme, please ask one of the stewards. To donate online, please visit the Cathedral website, scroll towards the bottom of the page and under the heading “supporting your Cathedral” click the link. You can also donate by scanning the QR code below. Thank you.

Receiving communion: You are invited to receive communion (in one kind – the bread) at your seat. Please hold out your hands to receive and the bread will be placed in your hands. Gluten-free wafers are available. Please speak to one of the stewards.

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.

Live stream: This service is being live streamed to the Chelmsford Cathedral Youtube channel.

Car park code: 3254

If you would like to know more about the Christian faith and the life of the Christian community in this place, please ring 01245 294486 or visit us at chelmsfordcathedral.org.uk.



Music before the Service

O Mensch, bewein dein Sünde gross, BWV 622 J S Bach (1685 – 1750)

¶ The Gathering

At the entry of the choir and clergy, please stand. The Lent Prose will be sung in procession.



Refrain

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

Cantor

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

Refrain

Cantor

O thou chief Corner-stone, Right Hand of the Father: Way of Salvation, Gate of Life Celestial: cleanse thou our sinful souls from all defilement.

Refrain

Cantor

God, we implore thee, in thy glory seated: bow down and hearken to thy weeping children: pity and pardon all our grievous trespasses.

Refrain

Cantor

Sins oft committed now we lay before thee: with true contrition, now no more we veil them: grant us, Redeemer, loving absolution.

Refrain

Cantor

Innocent, captive, taken unresisting: falsely accused, and for us sinners sentenced, save us, we pray thee, Jesu our Redeemer.

Refrain

The Greeting

The President says

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

All **Amen.**

Introduction

The President says

Brothers and sisters in Christ, since early days Christians have observed with great devotion the time of our Lord's passion and resurrection and prepared for this by a season of penitence and fasting. By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel, and so grow in faith and in devotion to our Lord. I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's word.

The choir sings Kyrie eleison

Kyrie eleison. Christe eleison. Kyrie eleison
Lord, have mercy. Christ, have mercy. Lord, have mercy.

The Collect

The President sings Let us pray. *The congregation, still standing, remains for a short time in silent prayer, after which the President sings*

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit, one God,
now and for ever. **Amen.**

¶ **The Liturgy of the Word**

Please sit

The First Reading

Joel 2: 1 - 2, 12 - 17

Blow the trumpet in Zion; sound the alarm on my holy mountain! Let all the inhabitants of the land tremble, for the day of the Lord is coming, it is near— a day of darkness and gloom, a day of clouds and thick darkness! Like blackness spread upon the mountains a great and powerful army comes; their like has never been from of old, nor will be again after them in ages to come.

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain-offering and a drink-offering for the Lord, your God?

Blow the trumpet in Zion; sanctify a fast; call a solemn assembly; gather the people. Sanctify the congregation; assemble the aged; gather the children, even infants at the breast. Let the bridegroom leave his room, and the bride her canopy. Between the vestibule and the altar let the priests, the ministers of the Lord, weep. Let them say, ‘Spare your people, O Lord, and do not make your heritage a mockery, a byword among the nations. Why should it be said among the peoples, “Where is their God?”’

All Return to the Lord, your God,
for he is gracious and merciful.

Please stand

Hymn (NEH 67)

AUS DER TIEFE

'M.H.' in *Nürnbergisches Gesangbuch* 1676
Melody possibly by M. Herbst 1654-1681



**Forty days and forty nights
thou wast fasting in the wild,
forty days and forty nights
tempted and yet undefiled.**

**Sunbeams scorching all the day,
chilly dewdrops nightly shed,
prowling beasts about thy way,
stones thy pillow, earth thy bed.**

**Let us thine endurance share,
and awhile from joys abstain,
with thee watching unto prayer,
strong with thee to suffer pain.**

**And if Satan, vexing sore,
flesh or spirit should assail,
thou, his vanquisher before,
grant we may not faint nor fail.**

**So shall we have peace divine,
holier gladness ours shall be,
round us too shall angels shine,
such as ministered to thee.**

**Keep, O keep us, Saviour dear,
ever constant by thy side,
that with thee we may appear
at the eternal Eastertide.**

Words: G. H. Smyttan (1822 - 1870) & Francis Pott (1832 - 1909)

Please remain standing to sing

Acclamation

Choir *Praise to you O Christ: King of eternal glory.*

All **Praise to you...**



Praise to you, O Christ: King of e - ter - nal glo - ry.

Choir *The Lord is a great God, O that today you would listen to his voice; harden not your hearts.*

All **Praise to you...**

The Gospel Reading

Matthew 6: 1 - 6, 16 - 21

Hear the Gospel of our Lord Jesus Christ according to Matthew.

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

‘Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

‘So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you. ‘And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

‘And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

'Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal.
For where your treasure is, there your heart will be also.

This is the Gospel of the Lord.

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

The Sermon

The Very Rev'd Nicholas Henshall

Self-examination and Confession

Please sit or kneel. The Deacon leads the congregation in a corporate examination of conscience using the Litany. The President says

Let us now call to mind our sin and the infinite mercy of God:
God the Father,

All **Have mercy on us.**

God the Son,

All **Have mercy on us.**

God the Holy Spirit,

All **Have mercy on us.**

Holy, blessed, and glorious Trinity,

All **Have mercy on us.**

From all evil and mischief,
from pride, vanity and hypocrisy;
from envy, hatred, and malice;
and from all evil intent,

All **Good Lord, deliver us.**

From sloth, worldliness and love of money,
from hardness of heart and contempt for your word and your laws,

All **Good Lord, deliver us.**

From sins of body and mind;
from the deceits of the world, and at the day of judgement,

All **Good Lord, deliver us.**

In all times of sorrow; in all times of joy;
in the hour of death, and at the day of judgement,

All **Good Lord, deliver us.**

By the mystery of your holy incarnation;
by your birth, childhood, and obedience;
by your baptism, fasting and temptation,

All **Good Lord, deliver us.**

By your ministry in word and work;
by your mighty acts of power;
and by your preaching of the kingdom,

All **Good Lord, deliver us.**

By your agony and trial;
by your cross and passion;
and by your precious death and burial,

All **Good Lord, deliver us.**

By your mighty resurrection;
by your glorious ascension;
and by your sending of the Holy Spirit,

All **Good Lord, deliver us.**

Give us true repentance,
forgive us our sins of negligence and ignorance
and our deliberate sins;
and grant us the grace of your Holy Spirit
to amend our lives according to your holy word.

All **Holy God,
Holy and strong,
Holy and immortal,
Have mercy upon us.**

The President says

Make our hearts clean, O God;
All **and renew a right spirit within us.
Father eternal, giver of light and grace,
we have sinned against you and against our neighbour,
in what we have thought, in what we have said and done,
through ignorance, through weakness,
through our own deliberate fault.**

**We have wounded your love,
and marred your image in us.
We are sorry and ashamed,
and repent of all our sins.
For the sake of your Son Jesus Christ, who died for us,
forgive us all that is past;
and lead us out from darkness
to walk as children of light. Amen.**

The Imposition of Ashes

The President says

Dear friends in Christ,
I invite you to receive these ashes
as a sign of the spirit of penitence with which we shall keep
this season of Lent.
God our Father,
you create us from the dust of the earth:
grant that these ashes may be for us
a sign for our penitence
and a symbol of our mortality;
for it is by your grace alone
that we receive eternal life
in Jesus Christ our Saviour

All **Amen.**

The President and people receive the imposition of ashes; the President first receives the imposition from another minister. At the imposition the minister says to each person:

Remember that you are dust, and to dust you shall return.
Turn away from sin and be faithful to Christ.

During the imposition the choir will sing A Penitential Responsory. The congregation returns from the imposition of ashes and either kneels or sits.

Have mercy upon me, O God. Have mercy upon me, O God, after thy great goodness : according to the multitude of thy mercies do away mine offences. *Remember, O man, that thou art dust, and unto dust thou shalt return.*

Wash me throughly from my wickedness : and cleanse me from my sin.

Remember, O man, that thou art dust, and unto dust thou shalt return.

Against thee only have I sinned, and done this evil in thy sight : that thou mightest be justified in thy saying, and clear when thou art judged.

Remember, O man, that thou art dust, and unto dust thou shalt return.

But lo, thou requirest truth in the inward parts: and shalt make me to understand wisdom secretly.

Thou shalt purge me with hyssop, and I shall be clean : thou shalt wash me, and I shall be whiter than snow.

Remember, O man, that thou art dust, and unto dust thou shalt return.

Thou shalt make me hear of joy and gladness : that the bones which thou hast broken may rejoice.

Turn thy face from my sins : and put out all my misdeeds.

Remember, O man, that thou art dust, and unto dust thou shalt return.

Make me a clean heart, O God : and renew a right spirit within me. Cast me not away from thy presence : and take not thy holy Spirit from me.

Remember, O man, that thou art dust, and unto dust thou shalt return.

O give me the comfort of thy help again : and stablish me with thy free Spirit.

Then shall I teach thy ways unto the wicked : and sinners shall be converted unto thee.

Remember, O man, that thou art dust, and unto dust thou shalt return.

Deliver me from blood-guiltiness, O God, thou that art the God of my health : and my tongue shall sing of thy righteousness.

Remember, O man, that thou art dust, and unto dust thou shalt return.

Thou shalt open my lips, O Lord : and my mouth shall shew thy praise.

Remember, O man, that thou art dust, and unto dust thou shalt return.

For thou desirest no sacrifice, else would I give it thee : but thou delightest not in burnt-offerings.

The sacrifice of God is a troubled spirit : a broken and contrite heart, O God, shalt thou not despise.

Have mercy upon me, O God. Amen.

Words: Psalm 51

Music: Andrew Gant (b.1963)

At the end of the imposition the President says:

The Lord enrich you with his grace,
and nourish you with his blessing;
the Lord defend you in trouble and keep you from all evil.
the Lord accept your prayers,
and absolve you from your offences,
for the sake of Jesus Christ, our Saviour.

All **Amen.**

¶ *The Liturgy of the Sacrament*

Please stand

The Peace

The President says

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

cf Romans 5.1

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

The Deacon says

Let us offer one another a sign of peace.

During the hymn bread and wine are placed on the altar.

Hymn (NEH 353)

REPTON

C. Hubert H. Parry 1848-1918
from a song in his oratorio *Judith*



**Dear Lord and Father of mankind,
forgive our foolish ways!
re-clothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence praise.**

**In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word
rise up and follow thee.**

**O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!**

**Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace.**

**Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind, and fire,
O still small voice of calm!**

Words: John Whittier (1807 - 1892)

Prayer at the Preparation of the Altar

The President says

Merciful Father,
turn us from sin to faithfulness
and from disobedience to love,
and prepare us to celebrate
the death and resurrection of Christ our Saviour
who is alive and reigns, now and for ever.

All **Amen.**

The Eucharistic Prayer

All The Lord be with you
And also with you.

All Lift up your hearts.
We lift them to the Lord.

All Let us give thanks to the Lord our God.
It is right to give thanks and praise.

It is indeed right and good
to give you thanks and praise,
almighty God and everlasting Father,
through Jesus Christ your Son.
For in these forty days
you lead us into the desert of repentance
that through a pilgrimage of prayer and discipline
we may grow in grace
and learn to be your people once again.
Through fasting, prayer and acts of service
you bring us back to your generous heart.
Through study of your holy word
you open our eyes to your presence in the world
and free our hands to welcome others
into the radiant splendour of your love.
As we prepare to celebrate the Easter feast
with joyful hearts and minds
we bless you for your mercy
and join with saints and angels
for ever praising you and singing:

The choir sings Sanctus and Benedictus

Sanctus, Sanctus, Sanctus, Dominus Deus Sabaoth. Pleni sunt coeli et terra gloria tua. Hosanna in excelsis. Benedictus qui venit in nomine Domini. Hosanna in excelsis.

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.

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

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

Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many
for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.

The Deacon says

Great is the mystery of faith:
Christ has died:
Christ is risen:
Christ will come again.

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

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

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

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever.

All **Amen.**

The Lord's Prayer

Please remain standing as we sing the Lord's Prayer. The President says

Lord Jesus, remember us in your kingdom and teach us to pray:

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

Breaking of the Bread

The President breaks the consecrated bread saying

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.**

Please be seated as the choir sings Agnus Dei as the bread is broken for all to share.

Agnus Dei, qui tollis peccata mundi, miserere nobis.

Agnus Dei, qui tollis peccata mundi, dona nobis pacem.

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

The President says

Jesus is the Lamb of God
who takes away the sin of the world.

Blessed are those who are called to his supper.

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

Those in the Cathedral receive communion (from their seats). Please indicate if you wish to receive Communion by holding out your hands. If you simply wish to receive a blessing, please keep your head bowed.

Motet

During communion the choir sings

Parce Domine, populo tuo quia pius es et misericors Exaudi nos in aeternum,
Domine.

Spare, O Lord, spare thy people, for Thou art gracious and merciful. Hear us for ever, O Lord.

Words: from Joel 2 v 17

Music: Jacob Obrecht (1450 – 1505)

Spiritual Communion

If you are worshipping online, while the congregation in the Cathedral receives communion, you are invited to use this prayer of spiritual communion wherever you are.

Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly, and follow you more nearly,
day by day. Amen.

after the Prayer of St Richard of Chichester

Quiet Reflection

As the distribution of communion ends, we keep a time of quiet reflection together.

Prayer after Communion

The President says Let us pray. A moment of silence is kept. The President then says

Almighty God,
you have given your only Son to be for us
both a sacrifice for sin and also an example of godly life:
give us grace that we may always most thankfully receive
these his inestimable gifts,
and also daily endeavour
to follow the blessed steps of his most holy life;
through Jesus Christ our Lord.

All **Amen.**

All **God of pilgrimage,
you have fed us with the bread of heaven.
Refresh and sustain us
as we go forward on our journey
in the name of Jesus Christ our Lord. Amen.**

Please stand

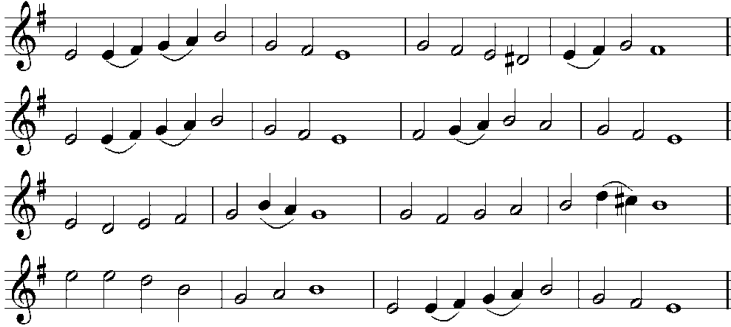


The Dismissal

Hymn (NEH 383ii)

ABERYSTWYTH

Joseph Parry 1841-1903



**Jesu, lover of my soul,
let me to thy bosom fly,
while the nearer waters roll,
while the tempest still is high:
hide me, O my Saviour, hide
till the storm of life is past;
safe into the haven guide,
O receive my soul at last.**

**Other refuge have I none,
hangs my helpless soul on thee;
leave, ah, leave me not alone,
still support and comfort me.
All my trust on thee is stayed,
all my help from thee I bring;
cover my defenceless head
with the shadow of thy wing.**

**Thou, O Christ, art all I want,
more than all in thee I find:
raise the fallen, cheer the faint,
heal the sick, and lead the blind.
Just and holy is thy name,
I am all unrighteousness;
false and full of sin I am,
thou art full of truth and grace.**

Plenteous grace with thee is found,
grace to cover all my sin;
let the healing streams abound,
make and keep me pure within.
Thou of life the fountain art,
freely let me take of thee,
spring thou up within my heart,
rise to all eternity.

Words: Charles Wesley (1707 - 1788)

The Blessing

The President blesses the people

May God the Father,
who does not despise the broken spirit,
give you a contrite heart.

All **Amen.**

May Christ,
who bore our sins in his body on the tree,
heal you by his wounds.

All **Amen.**

May the Holy Spirit,
who leads us into all truth,
speak to you words of pardon and peace.

All **Amen.**

And the blessing of God almighty,
the Father, the Son and the Holy Spirit
be among you and remain with you always.

All **Amen.**

The Dismissal

The Deacon says

Go in the peace of Christ.

All **Thanks be to God.**

Organ Voluntary

Erbarm dich mein, o Herre Gott, BWV 721

J S Bach (1685 – 1750)

Please remain standing as the procession departs

Collections are not being taken during services at present. However your financial support is very important to help us to continue the ministry of Chelmsford Cathedral. We are enormously grateful to those who give regularly through their bank. There are leaflets available which explain how to set this up. You can also contribute through cash donation boxes and contactless points near the doors, or give by phone using the QR code below, or through the on-line giving button at the top right-hand corner of the Cathedral website.



Music copyright permission to copy words and music covered by One License A-633635

Safeguarding at Chelmsford Cathedral

Do you have a concern about a child or a vulnerable adult?

You must report that concern directly to our Cathedral Safeguarding Lead

Ms Lisa Blaco

Telephone: 07902 225131

Email: safeguarding@chelmsfordcathedral.org.uk

If she is unavailable, you must report your concern to our Assistant Safeguarding Lead

Revd Kate Moore

Telephone: 07860 459465

Email: 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

CHELMSFORD CATHEDRAL WORSHIP

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

Weekdays

7.45am: Morning Prayer

8.15am: Eucharist

10.30am: Eucharist on Thursdays*

5.15pm: Evensong on Mondays*, Tuesdays*, Thursdays & Fridays

Sundays

7.45am: Morning Prayer

8am: Eucharist (BCP)

8.45am: Breakfast with the Bible

10.30am: Eucharist

11.30am: Coffee

3.30pm: Evensong

For details of how to listen live or later, visit our website chelmsfordcathedral.org.uk and find our Regular Worship page.

*available to join in person only

Visit us at chelmsfordcathedral.org.uk