

***The Holy Eucharist***  
***The Third Sunday of Easter***

*Sunday 14<sup>th</sup> April*  
*at 11.15am*

*President: The Revd Canon Ivor Moody*  
*Preacher: The Rt Revd Lynne Cullens*

**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 is sung to the plainsong Missa De Angelis setting. The Cathedral Singers are directed 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. Baptised children who receive communion must do so with their adult carer. 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 church. 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.



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

**Car park code:** 0563

*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](http://chelmsfordcathedral.org.uk).*

**Music before the service**

Jesus Christus, unser Heiland BWV 626

JS Bach 1650-1750



Set up your throne, that earth's despair may cease  
beneath the shadow of its healing peace.

*Lift high the cross...*

*Michael Newbolt (1874-1956), George Kitchin (1827-1912)*

## **The Greeting**

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

*All* **Amen.**

Alleluia! Christ is risen!

*All* **He is risen indeed, Alleluia!**

## **The Prayers of Penitence**

*Deacon* Christ our Passover lamb has been sacrificed for us.  
Let us therefore rejoice by putting away all malice and evil  
and confessing our sins with a sincere and true heart.

You raise the dead to life in the Spirit:

Lord, have mercy.

*All* **Lord, have mercy.**

You bring pardon and peace to the broken in heart:

Christ, have mercy.

*All* **Christ, have mercy.**

You make one by your Spirit the torn and divided:

Lord, have mercy.

*All* **Lord, have mercy.**

*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.**

## Gloria in Excelsis

Gloria in excelsis Deo,  
et in terra pax  
hominibus bonae voluntatis.  
Laudamus te, benedicimus te,  
adoramus te, glorificamus te,  
gratias agimus tibi  
propter magnam gloriam tuam,  
Domine Deus, Rex caelestis,  
Deus Pater omnipotens.  
Domine Fili unigenite, Jesu Christe,  
Domine Deus, Agnus Dei, Filius Patris,  
qui tollis peccata mundi,  
miserere nobis;  
qui tollis peccata mundi,  
suscipe deprecationem nostram.  
Qui sedes ad dexteram Patris,  
miserere nobis.  
Quoniam tu solus Sanctus,  
tu solus Dominus,  
tu solus Altissimus,  
Jesu Christe,  
cum Sancto Spiritu:  
in gloria Dei Patris. Amen.

*Glory to God in the highest,  
and peace to his people on earth.  
We praise you, we bless you,  
we worship you, we glorify you,  
we give thanks to you  
for your great glory  
Lord God, heavenly King,  
almighty God and Father.  
Lord Jesus Christ,  
only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you take away the sin of the world:  
receive our prayer.  
You are seated at the right hand of  
the Father: have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father. Amen.*

## The Collect

*President* Let us pray

Almighty Father,  
who in your great mercy gladdened the disciples  
with the sight of the risen Lord:  
give us such knowledge of his presence with us,  
that we may be strengthened and sustained by his risen life  
and serve you continually in righteousness and truth;  
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.

*Please be seated.*

## **The Liturgy of the Word**

### **The First Reading**

*Acts 3:12-19*

A reading from the Acts of the Apostles.

Peter addressed the people, 'You Israelites, why do you wonder at this, or why do you stare at us, as though by our own power or piety we had made him walk? The God of Abraham, the God of Isaac, and the God of Jacob, the God of our ancestors has glorified his servant Jesus, whom you handed over and rejected in the presence of Pilate, though he had decided to release him. But you rejected the Holy and Righteous One and asked to have a murderer given to you, and you killed the Author of life, whom God raised from the dead. To this we are witnesses. And by faith in his name, his name itself has made this man strong, whom you see and know; and the faith that is through Jesus has given him this perfect health in the presence of all of you. And now, friends, I know that you acted in ignorance, as did also your rulers. In this way God fulfilled what he had foretold through all the prophets, that his Messiah would suffer. Repent therefore, and turn to God so that your sins may be wiped out.'

Alleluia! Christ is risen!

All **He is risen indeed, Alleluia!**

### **Psalm 4**

1. ANSWER me when I call, O God of my righteousness; you set me free when I was in distress; Be gracious to me and hear my prayer.
2. "You vain people, how long will you dishonour my glory;  
how long will you love what is worthless and seek after lies?"
3. Know this, that God has shown me marvellous kindness;  
when I call, God will hear me.
4. Stand in awe then, and do not sin;  
commune in silence with your own heart upon your bed.
5. Offer the sacrifices of righteousness and put your trust in the Most High.

6. There are many that say, "who will show us any good?"  
Lift up the light of your countenance upon us, O God.
7. You have put more gladness in my heart,  
than when grain and wine and oil in-crease.
8. I will lie down in peace and sleep;  
for it is you alone, O God, who make me dwell in safety.

## The Second Reading

*1 John 3:1-7*

A reading from the first letter of John.

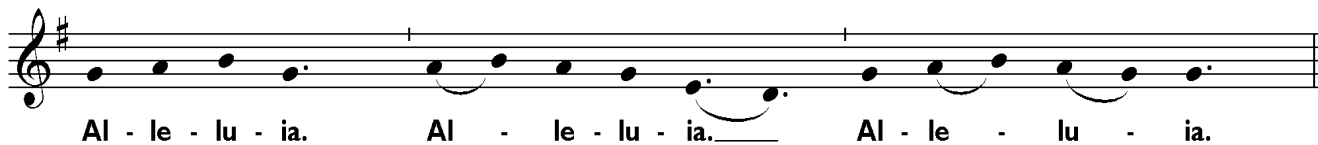
See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. And all who have this hope in him purify themselves, just as he is pure. Everyone who commits sin is guilty of lawlessness; sin is lawlessness. You know that he was revealed to take away sins, and in him there is no sin. No one who abides in him sins; no one who sins has either seen him or known him. Little children, let no one deceive you. Everyone who does what is right is righteous, just as he is righteous.

Alleluia! Christ is risen!

*All*            **He is risen indeed, Alleluia!**

*Please stand.*

## Gospel Acclamation



*Choir*        Alleluia, Alleluia, Alleluia.

*All*            **Alleluia, Alleluia, Alleluia.**

*Choir*        Alleluia, I am the first and the last, says the Lord, and the living one; I was dead, and behold I am alive for evermore.

*All*            **Alleluia, Alleluia, Alleluia.**

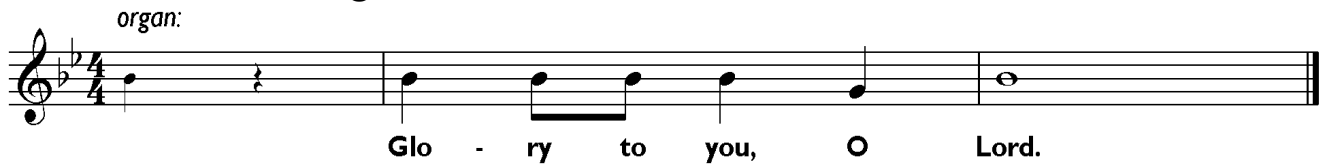
## The Gospel Reading

Luke 24:36b-48

Deacon Alleluia! Christ is risen!

All **He is risen indeed, Alleluia!**

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



While the eleven and their companions were talking about what they had heard, Jesus himself stood among them and said to them, 'Peace be with you.' They were startled and terrified, and thought that they were seeing a ghost. He said to them, 'Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.' And when he had said this, he showed them his hands and his feet. While in their joy they were disbelieving and still wondering, he said to them, 'Have you anything here to eat?' They gave him a piece of broiled fish, and he took it and ate in their presence. Then he said to them, 'These are my words that I spoke to you while I was still with you - that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.' Then he opened their minds to understand the scriptures, and he said to them, 'Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things.'

Deacon Alleluia! Christ is risen!

All **He is risen indeed, Alleluia!**

*Please be seated.*

## The Sermon

*The Rt Revd Lynne Cullens, Bishop of Barking*



*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* Let us bring to the Father our prayers of intercession through Christ who gave himself for the life of the world.

*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* The risen Christ came and stood among his disciples and said, 'Peace be with you.'  
Then were they glad when they saw the Lord. Alleluia.

*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.*

## Hymn (NEH 296)

ST HELEN

George Martin 1844-1916



Lord, enthroned in heavenly splendour,  
first-begotten from the dead,  
thou alone, our strong defender,  
liftest up thy people's head.  
Alleluia, alleluia,  
Jesu, true and living bread.

Here our humblest homage pay we,  
here in loving reverence bow;  
here for faith's discernment pray we,  
lest we fail to know thee now.  
Alleluia, alleluia,  
thou art here, we ask not how.

Though the lowliest form doth veil thee  
as of old in Bethlehem,  
here as there thine angels hail thee,  
Branch and Flower of Jesse's Stem.  
Alleluia, alleluia  
we in worship join with them.

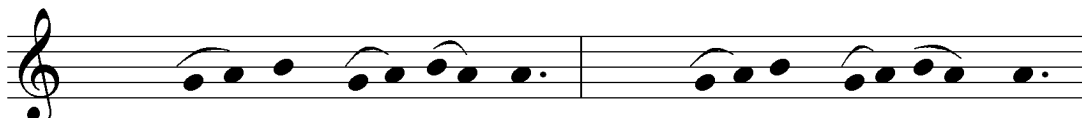
Paschal Lamb, thine offering, finished  
once for all when thou wast slain,  
in its fulness undiminished  
shall for evermore remain,  
Alleluia, alleluia,  
cleansing souls from every stain.

Life-imparting heavenly Manna,  
stricken Rock with streaming side,  
heaven and earth with loud hosanna  
worship thee, the Lamb who died,  
Alleluia, alleluia,  
risen, ascended, glorified.

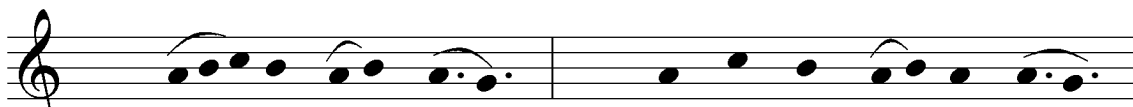
*George Hugh Bourne (1840-1925)*

*Please remain standing.*

## The Eucharistic Prayer



The Lord be with you *R:* And al - so with you.



Lift up your hearts. *R:* We lift them to the Lord.



Let us give thanks to the Lord our God. *R:* It is right to give thanks and praise.

It is indeed right, our duty and our joy,  
always and everywhere to give you thanks,  
almighty and eternal Father,  
and in these days of Easter  
to celebrate with joyful hearts  
the memory of your wonderful works.  
For by the mystery of his passion  
Jesus Christ, your risen Son,  
has conquered the powers of death and hell  
and restored in men and women the image of your glory.  
He has placed them once more in paradise  
and opened to them the gate of life eternal.  
And so, in the joy of this Passover,  
earth and heaven resound with gladness,  
while angels and archangels and the powers of all creation  
sing for ever the hymn of your glory:

*The choir sings the Sanctus and Benedictus*

Sanctus, sanctus, sanctus,  
Dominus Deus Sabaoth.  
Pleni sunt caeli et terra gloria tua.  
Hosanna in excelsis.

Benedictus qui venit  
in nomine Domini.  
Hosanna in excelsis.

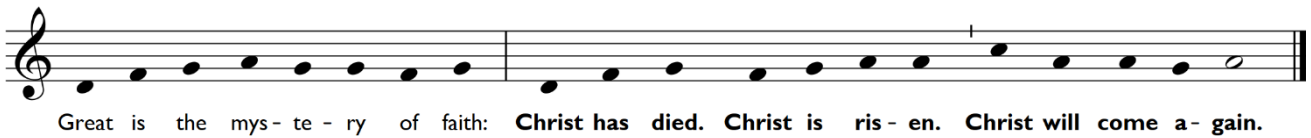
*Holy, holy, holy,  
Lord God of power and might,  
heaven and earth are full of your  
glory. Hosanna in the highest.*

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

Accept our praises, heavenly Father,  
through your Son our Saviour Jesus Christ,  
and as we follow his example and obey his command,  
grant that by the power of your Holy Spirit  
these gifts of bread and wine  
may be to us his body and his blood;  
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.

Therefore, heavenly Father,  
we remember his offering of himself  
made once for all upon the cross;  
we proclaim his mighty resurrection and glorious ascension;  
we look for the coming of your kingdom,  
and with this bread and this cup  
we make the memorial of Christ your Son our Lord.



*The president continues*

Accept through him, our great high priest,  
this our sacrifice of thanks and praise,  
and as we eat and drink these holy gifts  
in the presence of your divine majesty,  
renew us by your Spirit,  
inspire us with your love  
and unite us in the body of your Son,  
Jesus Christ our Lord.

Through him, and with him, and in him,  
in the unity of the Holy Spirit,  
with all who stand before you in earth and heaven,  
we worship you, Father almighty,  
in songs of everlasting praise:

*All*      **Blessing and honour and glory and power  
be yours for ever and ever. Amen.**

*Please sit or kneel.*

## **The Lord's Prayer**

*President*    Let us pray with confidence in the words our Saviour gave us:

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

## Breaking of the Bread

*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

Agnus Dei, qui tollis peccata  
mundi, miserere nobis.

*Lamb of God, you take away the sin  
of the world, have mercy on us.*

Agnus Dei, qui tollis peccata  
mundi, miserere nobis.

*Lamb of God, you take away the sin  
of the world, have mercy on us.*

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

*Lamb of God, you take away the sin  
of the world, grant us peace.*

## The Giving of Communion

*President* Alleluia, Christ our Passover is sacrificed for us.

*All* **Therefore let us keep the feast, Alleluia.**

*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.

*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.*

*Words: The Angelic Salutation*

*Music: Claudio Monteverdi (1567-1643)*

*We remain sitting for the communion hymn.*

## Hymn

AR HYD Y NOS

Welsh Traditional Melody



Lord, we come to ask your healing,  
teach us of love;  
all unspoken shame revealing, teach us of love.  
Take our selfish thoughts and actions,  
petty feuds, divisive factions,  
hear us now to you appealing,  
teach us of love.

Soothe away our pain and sorrow,  
hold us in love;  
Grace we cannot buy or borrow,  
hold us in love.  
Though we see but dark and danger,  
though we spurn both friend and stranger,  
Though we often dread tomorrow,  
hold us in love.

When the bread is raised and broken,  
fill us with love;  
Words of consecration spoken,  
fill us with love.  
As our grateful prayers continue,  
make the faith that we have in you  
more than just an empty token,  
fill us with love.



Help us live for one another,  
bind us in love;  
Stranger, neighbour, father, mother –  
bind us in love.  
All are equal at your table,  
through your spirit make us able  
to embrace as sister, brother,  
Bind us in love.

*Jean Holloway (b 1939) ©1995 Kevin Mayhew*

## **Prayer after Communion**

*President* Let us pray.

Living God,  
your Son made himself known to his disciples  
in the breaking of bread:  
open the eyes of our faith,  
that we may see him in all his redeeming work;  
who is alive and reigns, now and for ever.

*All* **Amen.**

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

# The Dismissal

Please stand.

Hymn



Christ is alive! Let Christians sing.  
His cross stands empty to the sky.  
Let streets and homes with praises ring.  
His love in death shall never die.

2 Christ is alive! No longer bound  
to distant years in Palestine,  
he comes to claim the here and now,  
and conquer every place and time.

3 Not throned above, remotely high,  
untouched, unmoved by human pains  
but daily, in the midst of life,  
our Saviour, with the Father reigns.

4 In every insult, rift and war,  
where colour, scorn or wealth divide,  
he suffers still, yet loves the more,  
and lives, though ever crucified.

5 Christ is alive! His Spirit burns  
through this and every future age,  
till all creation lives and learns  
his joy, his justice, love and praise.

Words: Brian Wren (b. 1936)

## The Blessing

*President* Alleluia. Christ is risen!  
*All* **He is risen indeed. Alleluia!**

The God of peace,  
who brought again from the dead our Lord Jesus,  
that great shepherd of the sheep,  
through the blood of the eternal covenant,  
make you perfect in every good work to do his will,  
working in you that which is well-pleasing in his sight;  
and the blessing of God almighty, the Father, the Son, and  
the Holy Spirit, be among you and remain with you always.  
**Amen.**

*All*

Deacon

Go in the peace of Christ Al - le - lu - ia! Al - le - lu - ia!\_\_\_\_\_

All

3 *Choir and Congregation*

Thanks be to God, Al - le - lu - ia! Al - le - lu - ia!\_\_\_\_\_

## Organ Voluntary

Sound the Trumpet

*David Halls (b.1963)*

*Please remain standing as the ministers depart.*

## Music Notes

This morning's opening voluntary is drawn from the *Orgelbüchlein*, a volume of chorale settings spanning the entirety of the Lutheran calendar, compiled during Bach's youth between 1708 and 1727. A brief setting of Luther's renowned Easter hymn, the chorale melody appears as a cantus firmus above a texture of syncopated rhythmic figurations, which could display Christ literally leaping from the tomb.

The final voluntary is by David Halls, long-serving organist at Salisbury Cathedral. The piece offers a riveting display of the solo trumpet within the traditional English march form; a vigorous opening section gives way to a smoothly flowing melody, followed by a reiteration of the opening material, finally crowned by a stirring coda.

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

|          |   |
|----------|---|
| Sundays  | 7.45am: Morning Prayer (online only)<br>8am: Said Eucharist (BCP)<br>9.30am: Parish Eucharist<br>11.15am: Choral Eucharist<br>3.30pm: Choral Evensong   |
| Weekdays | 7.45am: Morning Prayer<br>8.15am: Eucharist<br>12.30pm: Wednesday only Said Eucharist<br>10.30am: Thursdays only Said Eucharist<br>5.15pm: Evensong, Tuesdays, Thursdays & Fridays<br>5.15pm Said Evening Prayer Wednesdays and Saturdays |

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

You must report that concern directly to our Cathedral Safeguarding Lead The Rev'd Canon Kate Moore

Telephone: 07902 225131

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

If she is unavailable, you must report your concern to the Dean or directly to the Diocesan Safeguarding team

Telephone: 01245 294444

or to one of the Cathedral Safeguarding Officers.

**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

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