



CHELMSFORD  
CATHEDRAL



***The Holy Eucharist***  
***The Nineteenth Sunday after Trinity***

*Sunday 6<sup>th</sup> October*  
*at 11.15am*

*President: The Very Revd Paul Kennington*  
*Preacher: The Revd Sharon Quilter*

**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 Collegium Regale setting by Herbert Howells (1892-1983). The choir is directed by Dr Emma Gibbins, the 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. 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:** 1758

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**Music before the service**

Psalm Prelude Set 1, Op. 32: No 2

*Herbert Howells (1892-1983)*

# The Gathering

Before the service begins, the congregation is welcomed. Please stand to sing

## Hymn

CHRISTE SANCTORUM

Melody from La Feillée's  
*Méthode du plain-chant* 1782

The musical score consists of four staves of music in G major (one sharp) and 4/4 time. The melody is written in a single voice line. The first staff contains the first four measures, the second staff the next four, the third staff the next four, and the fourth staff the final four measures. The piece concludes with a double bar line. Below the final measure of the fourth staff, the word 'Amen.' is written, with the 'A' aligned under the first note and 'men.' under the last note.

Father, we praise you, now the night is over,  
active and watchful, standing now before you;  
singing, we offer prayer and meditation:  
thus we adore you.

Monarch of all things, fit us for your mansions;  
banish our weakness, health and wholeness sending;  
bring us to heaven, where your saints united  
joy without ending.

All-holy Father, Son, and equal Spirit,  
Trinity blessed, send us your salvation;  
yours is the glory, gleaming and resounding  
through all creation. Amen.

Words: Percy Dearmer (1867-1936)

## The Greeting

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

*All* **Amen.**

The Lord be with you

*All* **and also with you.**

## The Prayers of Penitence

*Deacon* My sisters and brothers,  
as we prepare to celebrate the presence of Christ  
in word and sacrament,  
let us call to mind and confess our sins.

*All* **Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry 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 grant that we may serve you in newness of life  
to the glory of your name.  
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*

## Gloria in Excelsis

Glory be to God on high,  
and in earth peace, good will towards men.  
We praise thee, we bless thee,  
we worship thee, we glorify thee,  
we give thanks to thee for thy great glory,  
O Lord God, heavenly King, God the Father almighty.  
O Lord, the only-begotten Son, Jesus Christ:  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
receive our prayer.  
Thou that sittest at the right hand of God the Father,  
have mercy upon us.  
For thou only art holy; thou only art the Lord;  
thou only, O Christ,  
with the Holy Ghost, art the Most High,  
in the glory of God the Father. Amen.

## The Collect

*President* Let us pray.

O God, forasmuch as without you  
we are not able to please you;  
mercifully grant that your Holy Spirit  
may in all things direct and rule our hearts;  
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 remain seated*

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

## **The First Reading**

*Genesis 2:18-24*

A reading from the book Genesis.

The Lord God said, 'It is not good that the man should be alone; I will make him a helper as his partner.' So out of the ground the Lord God formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called every living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the Lord God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said, 'This at last is bone of my bones and flesh of my flesh; this one shall be called Woman, for out of Man this one was taken.' Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.

This is the word of the Lord.

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

## **Psalm 8**

1. O Lord our Governor, how excellent is thy Name in all the world : thou that hast set thy glory above the heavens!
2. Out of the mouth of very babes and sucklings hast thou ordained strength, because of thine enemies : that thou mightest still the enemy and the avenger.
3. For I will consider thy heavens, even the works of thy fingers : the moon and the stars, which thou hast ordained.
4. What is man, that thou art mindful of him : and the son of man, that thou visitest him?
5. Thou madest him lower than the angels : to crown him with glory and worship.

6. Thou makest him to have dominion of the works of thy hands : and thou hast put all things in subjection under his feet;
7. All sheep and oxen : yea, and the beasts of the field;
8. The fowls of the air, and the fishes of the sea : and whatsoever walketh through the paths of the seas.
9. O Lord our Governor : how excellent is thy Name in all the world!

## **The Second Reading**

*Hebrews 1:1-4; 2:5-12*

A reading from the letter to the Hebrews.

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has inherited is more excellent than theirs. Now God did not subject the coming world, about which we are speaking, to angels. But someone has testified somewhere, 'What are human beings that you are mindful of them, or mortals, that you care for them? You have made them for a little while lower than the angels; you have crowned them with glory and honour, subjecting all things under their feet.'

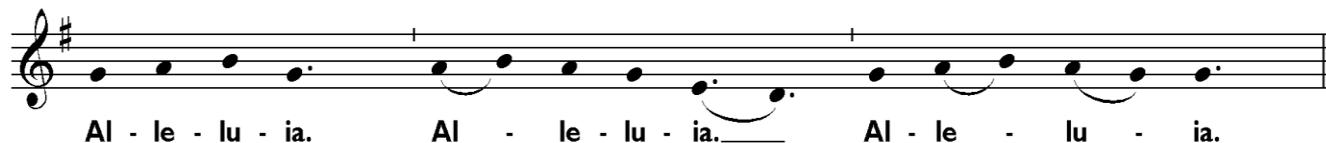
Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honour because of the suffering of death, so that by the grace of God he might taste death for everyone. It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying, 'I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you.'

This is the word of the Lord.

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

Please stand

## Gospel Acclamation



Choir      Alleluia, Alleluia, Alleluia.

All      **Alleluia, Alleluia, Alleluia.**

Choir      The words that I speak to you are spirit  
and they are life, says the Lord.

All      **Alleluia, Alleluia, Alleluia.**

## The Gospel Reading

Mark 10:2-16

Deacon      The Lord be with you.

All      **And also with you.**

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



Some Pharisees came, and to test Jesus they asked, ‘Is it lawful for a man to divorce his wife?’ He answered them, ‘What did Moses command you?’ They said, ‘Moses allowed a man to write a certificate of dismissal and to divorce her.’ But Jesus said to them, ‘Because of your hardness of heart he wrote this commandment for you. But from the beginning of creation, “God made them male and female.” “For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.” So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.’ Then in the house the disciples asked him again about this matter. Jesus said to them, ‘Whoever divorces his wife and marries another commits adultery against her; and if she divorces her husband and marries another, she commits adultery.’ People were bringing little children to him in order that he might touch them; and

the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, 'Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.' And he took them up in his arms, laid his hands on them, and blessed them.

*Deacon* This is the Gospel of the Lord.

*All* <sup>organ:</sup>

Praise to you, O Christ.

*Please be seated*

## The Sermon

*The Revd Sharon Quilter*

*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* In the power of the Spirit and in union with Christ,  
let us pray to the Father.

*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* We are all one in Christ Jesus.  
We belong to him through faith,  
heirs of the promise of the Spirit of peace.

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

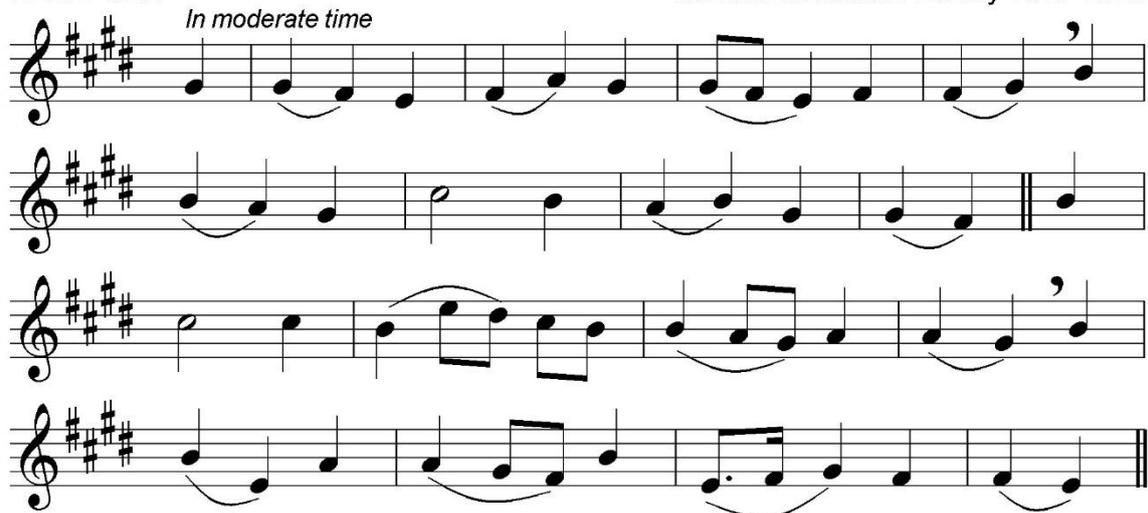
*Deacon* Let us offer one another a sign of peace

We remain standing to sing the offertory hymn

## Hymn

HEREFORD

Samuel Sebastian Wesley 1810-1876



O thou who camest from above,  
the fire celestial to impart,  
kindle a flame of sacred love  
on the mean altar of my heart!

There let it for thy glory burn  
with inextinguishable blaze,  
and trembling to its source return  
in humble prayer, and fervent praise.

Jesus, confirm my heart's desire  
to work, and speak, and think for thee;  
still let me guard the holy fire,  
and still stir up thy gift in me.

Ready for all thy perfect will,  
my acts of faith and love repeat,  
till death thy endless mercies seal,  
and make the sacrifice complete.

Words: Charles Wesley (1707-1788)

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 truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
holy Father, almighty and eternal God.  
From sunrise to sunset this day is holy,  
for Christ has risen from the tomb  
and scattered the darkness of death  
with light that will not fade.  
This day the risen Lord walks with your gathered people,  
unfolds for us your word,  
and makes himself known in the breaking of the bread.  
And though the night will overtake this day  
you summon us to live in endless light,  
the never-ceasing sabbath of the Lord.  
And so, with choirs of angels  
and with all the heavenly host,  
we proclaim your glory  
and join their unending song of 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.

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.



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.**

*Please sit or kneel*

### **The Lord's Prayer**

*President*    With Christ present among us, so we 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**

*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

My eyes for beauty pine,  
My soul for Goddes 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 Goddes 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: Herbert Howells (1892-1983)*

We remain sitting for the communion hymn.

## Hymn

DIVINE MYSTERIES

F. Stansfield 1835-1914



Sweet sacrament divine,  
hid in thine earthly home,  
Lo, round thy lowly shrine,  
with suppliant hearts we come;  
Jesu, to thee our hearts we raise  
in songs of love and heartfelt praise:  
sweet sacrament divine.

Sweet sacrament of peace,  
dear home for every heart,  
where restless yearnings cease  
and sorrows all depart;  
there in thine ear all trustfully  
we tell our tale of misery:  
sweet sacrament of peace.

Sweet sacrament of rest,  
ark from the ocean's roar,  
within thy shelter blest  
soon may we reach the shore;  
save us, for still the tempest raves,  
save, lest we sink beneath the waves:  
sweet sacrament of rest.

Sweet sacrament divine,  
earth's light and jubilee,  
in thy far depths doth shine  
the Godhead's majesty;  
sweet light, so shine on us, we pray  
that earthly joys may fade away:  
sweet sacrament divine.

*Words: Francis Stanfield (1835-1914)*

## **Prayer after Communion**

*President* Let us pray.

Holy and blessed God,  
you have fed us with the body and blood of your Son  
and filled us with your Holy Spirit:  
may we honour you,  
not only with our lips  
but in lives dedicated to the service  
of Jesus Christ our Lord.

*All* **Amen.**

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

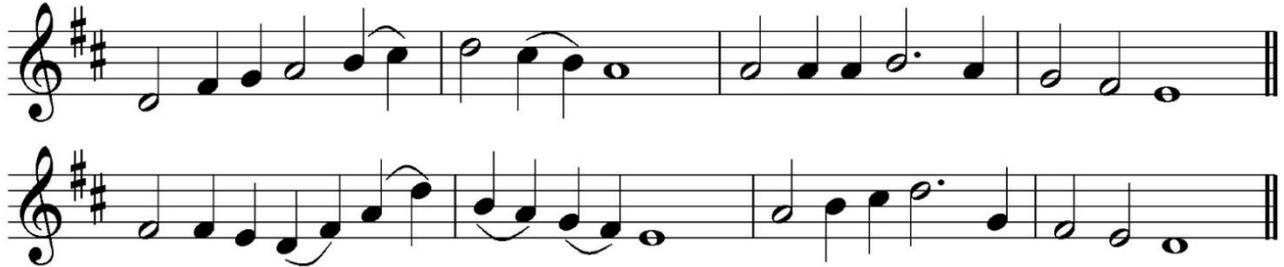
# The Dismissal

Please stand

Hymn

DUKE STREET

Attributed to J. Hatton d.1793



Fight the good fight with all thy might,  
Christ is thy strength and Christ thy right;  
lay hold on life, and it shall be  
thy joy and crown eternally.

Run the straight race through God's good grace,  
lift up thine eyes and seek his face;  
life with its way before us lies,  
Christ is the path and Christ the prize.

Cast care aside, lean on thy Guide;  
his boundless mercy will provide;  
trust, and the trusting soul shall prove  
Christ is its life and Christ its love.

Faint not nor fear, his arms are near;  
he changeth not, and thou art dear;  
only believe, and thou shalt see  
that Christ is all in all to thee.

Words: J S B Monsell (1811-1875)

## The Blessing

*The president blesses the people*

Christ, who has nourished us with himself the living bread,  
make you one in praise and love,  
and raise you up at the last day;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

*All*      **Amen.**

*Deacon*   
Go in peace to love and serve the Lord.

*All*   
In the name of Christ. A - men.

## Organ Voluntary

Rhapsody 3 in C-sharp minor

*Herbert Howells (1892-1983)*

*Please remain standing as the ministers depart*

## Music Notes

The organ music of Herbert Howells often drew on older musical forms and a language harking back to the Tudor period; in other works he preferred a more impressionistic style with rich chords and rhythms that escaped the regularity of barring, giving its music a real sense of ebb and flow. The Psalm Preludes take their mood from a text from the psalms, in this case 'But the meek-spirited shall possess the earth', (Ps 37 vv 11) and a sense of calmness and optimism.

Howells, briefly assistant organist at Salisbury, allegedly composed his third Rhapsody for organ in one sitting, the midst of a zeppelin raid in York in 1918. This is reflected in the music's brooding intensity and majestic scale, resulting in an epic musical drama.

## 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 (Online only) 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: Thursdays only Said Eucharist 5.15pm: Evensong, Tuesdays, Thursdays & Fridays 5.15pm Said Evening Prayer Wednesdays and 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.

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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 Lead  
The Rev'd Canon Kate Moore  
Telephone: 01245 294483  
Email: [safeguarding@chelmsfordcathedral.org.uk](mailto:safeguarding@chelmsfordcathedral.org.uk)

Or to one of the team of 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**  
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