



THE CATHEDRAL AND METROPOLITICAL CHURCH OF CHRIST, CANTERBURY

# Sung Eucharist



Nineteenth Sunday after Trinity

6<sup>th</sup> October 2024

11.00am

Quire

# Welcome to Canterbury Cathedral for this Service

The Choral Setting is  
W A Mozart (1756-91), Missa Brevis in B flat

Please ask a priest if you require a gluten-free communion wafer.

## Livestreaming

This service will be livestreamed and you may be seen on camera, although we will not deliberately take any close-ups of the congregation.

By attending you agree to be seen in this way.

If you have any concerns please speak to a member of the clergy.

Cover Image: The Compass Rose

The Compass Rose is a symbol of the worldwide Anglican Communion. The Compass Rose is set in the nave of the Cathedral and Metropolitan Church of Christ in Canterbury. The Greek inscription means 'The truth will set you free.' (John 8.32)



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**Large print** orders of service are available from the stewards and virgers. Please ask

# The Gathering

*A welcome is offered*

*Stand to sing*



Come, let us join our cheerful songs  
with angels round the throne;  
ten thousand thousand are their tongues,  
but all their joys are one.

<sup>2</sup>Worthy the Lamb that died,' they cry,  
'to be exalted thus;'  
'Worthy the Lamb', our lips reply,  
'for he was slain for us.'

<sup>3</sup>Jesus is worthy to receive  
honour and power divine;  
and blessings, more than we can give,  
be, Lord, forever thine.

<sup>4</sup>Let all that dwell above the sky,  
and air, and earth, and seas,  
conspire to lift thy glories high,  
and speak thine endless praise.

<sup>5</sup>The whole creation joins in one  
to bless the sacred name  
of him that sits upon the throne,  
and to adore the Lamb.

*Words:* Isaac Watts (1674-1748)

*Tune:* NATIVITY

AM 362

*The President says*

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

Grace, mercy and peace from God our Father  
and the Lord Jesus Christ be with you.

**And also with you.**

**Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.**

*The President introduces*

## **Prayers of Penitence**

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

*Remain standing to say*

**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.**

*The President says*

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.

**Amen.**

*Remain standing as the choir sings*

## **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 coelestis, 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. Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory. Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sins of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer. 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**

Let us pray.

*Silence is kept*

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.

**Amen.**

*Sit*

## **The Liturgy of the Word**

### **The Epistle**      *Hebrews 1.1-4, 2.5-12*

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.

**Thanks be to God.**

*Remain seated as the choir sings Psalm 8*

O Lord our Governor, how excellent is thy Name in all the world :  
thou that hast set thy glory above the heavens!

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.

For I will consider thy heavens, even the works of thy fingers :  
the moon and the stars, which thou hast ordained.

What is man, that thou art mindful of him :  
and the son of man, that thou visitest him?

Thou madest him lower than the angels :  
to crown him with glory and worship.

Thou makest him to have dominion of the works of thy hands :  
and thou hast put all things in subjection under his feet;

All sheep and oxen :  
yea, and the beasts of the field;

The fowls of the air, and the fishes of the sea :  
and whatsoever walketh through the paths of the seas.

O Lord our Governor :  
how excellent is thy Name in all the world!

*Stand as the cantor sings the Alleluia and we respond*



We do not live by bread alone, but by every word that comes from the mouth  
of God. **Alleluia.**

**The Gospel**      *Mark 10.2-16*

The Lord be with you.

**And also with you.**

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

**Glory to you, O Lord.**

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. He 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.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

*The organist plays a Gospel fanfare*

*Once the Sermon has been introduced please sit*

**Sermon**            The Reverend Dr E L Pennington, Canon Missioner

*After the Sermon, a few moments of silence are kept as we reflect on what we have heard and then the choir sings*

## **The Motet**

Ave, verum corpus natum  
de Maria Virgine:  
vere passum, immolatum  
in cruce pro homine:  
cuius latus perforatum  
unda fluxit et sanguine:  
esto nobis praegustatum,  
in mortis examine.

*Hail the true body, born  
of the Virgin Mary:  
You who truly suffered and were sacrificed  
on the cross for the sake of man.  
From whose pierced flank  
flowed water and blood:  
Be a foretaste for us  
in the trial of death.*

*Words: 14<sup>th</sup> Century Eucharistic Hymn*

*Music: W A Mozart (1756-91)*

*Following the Motet 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.**

*Please sit when the President says 'Let us pray'*

## **Prayers of Intercession**

*One of these responses is used*

Lord, in your mercy  
**hear our prayer.**

Lord, hear us.  
**Lord, graciously hear us.**

*And at the end*

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

## **The Liturgy of the Sacrament**

### **The Peace**

*Stand*



*The President says*

We are the body of Christ.  
In the one Spirit we were all baptized into one body.  
Let us then pursue all that makes for peace  
and builds up our common life.

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

Let us offer one another a sign of peace.

*Members of the congregation greet one another*

*Remain standing to sing*

**The Offertory Hymn** *during which the table is prepared and the gifts of the people are gathered and presented*

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\*In addition to any text donation, you will incur your standard network message charge.



Alleluia, sing to Jesus!  
his the sceptre, his the throne;  
alleluia, his the triumph,  
his the victory alone:  
hark the songs of peaceful Sion  
thunder like a mighty flood;  
Jesus out of every nation,  
hath redeemed us by his blood.

<sup>3</sup>Alleluia, bread of angels,  
thou on earth our food, our stay;  
alleluia, here the sinful  
flee to thee from day to day:  
Intercessor, Friend of sinners,  
earth's Redeemer, plead for me,  
where the songs of all the sinless  
sweep across the crystal sea.

<sup>2</sup>Alleluia, not as orphans  
are we left in sorrow now;  
alleluia, he is near us,  
faith believes, nor questions how:  
though the cloud from sight received him  
when the forty days were o'er,  
shall our hearts forget his promise,  
'I am with you evermore'?

<sup>4</sup>Alleluia, King eternal,  
thee the Lord of lords we own;  
alleluia, born of Mary,  
earth thy footstool, heaven thy throne:  
thou within the veil hast entered,  
robed in flesh, our great High Priest;  
thou on earth both Priest and Victim  
in the eucharistic feast.

Words: W Chatterton Dix (1837-98)

Tune: HYFRYDOL

AM 422

*The President takes the bread and wine and praises God for his gifts*

Wise and gracious God,  
you spread a table before us;  
nourish your people with the word of life  
and the bread of heaven, Jesus Christ our Lord.

**Amen.**

## **The Eucharistic Prayer**

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give thanks and praise.**

Father, we give you thanks and praise  
through your beloved Son Jesus Christ, your living Word,  
through whom you have created all things;  
who was sent by you in your great goodness  
to be our Saviour.

By the power of the Holy Spirit he took flesh;  
as your Son, born of the blessed Virgin,  
he lived on earth and went about among us;  
he opened wide his arms for us on the cross;  
he put an end to death by dying for us;  
and revealed the resurrection by rising to new life;  
so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and singing:

*The choir sings*

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

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

Benedictus qui venit  
In nomine Domini.  
Hosanna in excelsis.

*Blessed is he who comes  
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.

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 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. **Amen.**

## The Lord's Prayer

*The President says*

As we join our prayers with the Church Universal, so we say, each in our own language, the prayer that Jesus taught us.

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.**

*Notre Père...*

*Vater Unser...*

*Onze Vader...*

*Padre Nuestro...*

*Ojcie Nasz...*

*Baba Yetu...*

*E to matou Matua...*

*Ein Tad...*

*Remain standing for*

## Breaking of the Bread

*The President breaks the consecrated bread, saying*

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

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

*The President says*

Draw near with faith.

Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you.

Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

*Sit as the President and other ministers begin*

## The Distribution of Communion

*Please come up for Communion as directed by the stewards. All who are regular communicants in their own tradition are welcome to receive the sacrament. If you are not a communicant, you are welcome to come forward at this point in the service to receive a blessing, keeping your hands to your sides. Please ask the priest if you **need a gluten-free host.***

*We request that **you do not intinct (dip) your host in the wine** but either take a sip from the cup or remain with your head bowed. This is for the reasons of good hygiene.*

*If you wish to receive communion without climbing the steps to the High Altar, please join the line for the station in the North-East Transept.*

*We keep a **prayerful silence** during Communion to allow others to prepare to receive the sacrament or pray afterwards.*

*During Communion, the choir sings the Agnus Dei*

*Agnus Dei, qui tollis peccata mundi, miserere nobis.*

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

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

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

## **Prayer after Communion**

*Stand as the President says*

Let us pray.

*Silence is kept*

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.

**Amen.**

*All then say*

**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



Now thank we all our God,  
with heart and hands and voices,  
who wondrous things hath done,  
in whom his world rejoices;  
who from our mother's arms  
hath blessed us on our way  
with countless gifts of love,  
and still is ours to-day.

<sup>2</sup>O may this bounteous God  
through all our life be near us,  
with ever joyful hearts  
and blessed peace to cheer us;  
and keep us in his grace,  
and guide us when perplexed,  
and free us from all ills  
in this world and the next.

<sup>3</sup>All praise and thanks to God  
the Father now be given,  
the Son, and him who reigns,  
with them in highest heaven,  
the one eternal God,  
whom earth and heaven adore;  
for thus it was, is now,  
and shall be evermore.

Words: German, Martin Rinkart (1586-1649)  
Tr Catherine Winkworth (1827-78)

Tune: NUN DANKET

AM 739

*The President says*

The peace of God, which passes all understanding,  
keep your hearts and minds in the knowledge and love of God,  
and of his Son Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always. **Amen.**

Go in the peace of Christ.

**Thanks be to God.**

*All remain standing as the choir and clergy depart*

## Organ Voluntary

**Tea and coffee will be served in the Deanery following this morning's Eucharist. All are very welcome.**

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### **Usual Pattern of Services**

7.30am	Morning Prayer	Monday-Friday
8.00am	Holy Communion	Daily
9.15am	Morning Prayer	Saturday & Sunday
11.00am	Sung Eucharist	Sunday
12.30pm	Holy Communion	Wednesday
12.30pm	Taizé Prayer	Monday (16/09-21/10)
5.30pm	Choral Evensong	Daily (said Thursdays)



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Produced by the Music & Liturgy Department:  
[precentor@canterbury-cathedral.org](mailto:precentor@canterbury-cathedral.org)  
01227 865281

[www.canterbury-cathedral.org](http://www.canterbury-cathedral.org)