



A SERVICE OF MORNING PRAYER  
THE THIRD SUNDAY IN LENT  
SAINT JOHN'S CATHEDRAL

VOLUNTARY

PSALM-PRELUDE, SET I, NO. 1

*Herbert Howells*

THE OPENING SENTENCE

*The Officiant says*

Jesus said, "If any of you would come after me, deny yourself and take up your cross and follow me."

*Mark 8:34*

THE CONFESSION AND ABSOLUTION

Let us confess our sins against God and our neighbor.

*All kneel as a moment of silence is kept.*

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.

THE INVITATORY

*All stand. The Officiant says*

Lord, open our lips.

And our mouth shall proclaim your praise.

*All say together*

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

*During Lent the Officiant says*

The Lord is full of compassion and mercy: Come let us adore him.

*All sit.*

JUBILATE DEO

*Psalm 100*

*The Choir sings*

Be joyful in the Lord, all you lands; \*  
serve the Lord with gladness  
and come before his presence with a song.

Know this: The Lord himself is God; \*  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.

Enter his gates with thanksgiving;  
go into his courts with praise; \*  
give thanks to him and call upon his Name.

For the Lord is good; his mercy is everlasting; \*  
and his faithfulness endures from age to age.

**PSALM 95:I-II**

*Plainchant*

*The Choir sings*

- 1 Come, let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.
  - 2 Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.
  - 3 For the Lord is a great God, \*  
and a great King above all gods.
  - 4 In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.
  - 5 The sea is his, for he made it, \*  
and his hands have molded the dry land.
  - 6 Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.
  - 7 For he is our God,  
and we are the people of his pasture and the sheep of his hand. \*  
Oh, that today you would hearken to his voice!
  - 8 Harden not your hearts, as your forebears did in the wilderness, \*  
at Meribah, and on that day at Massah, hen they tempted me.
  - 9 They put me to the test, \*  
though they had seen my works.
  - 10 Forty years long I detested that generation and said, \*  
“This people are wayward in their hearts;  
they do not know my ways.”
  - 11 So I swore in my wrath, \*  
“They shall not enter into my rest.”
- Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

**THE FIRST READING**

*Exodus 17:1-7*

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Here ends the Reading.

**CANTICLE 14: A SONG OF PENITENCE** *Kyrie Pantokrator*

*Prayer of Manasseh, 1-2, 4, 6-7, 11-15*

*The Choir sings*

O Lord and Ruler of the hosts of heaven, \*  
God of Abraham, Isaac, and Jacob,  
and of all their righteous offspring:

You made the heavens and the earth, \*  
with all their vast array.

All things quake with fear at your presence; \*  
they tremble because of your power.

But your merciful promise is beyond all measure; \*  
it surpasses all that our minds can fathom.

O Lord, you are full of compassion, \*  
long-suffering, and abounding in mercy.

You hold back your hand; \*  
you do not punish as we deserve.  
In your great goodness, Lord,

you have promised forgiveness to sinners, \*  
that they may repent of their sin and be saved.

And now, O Lord, I bend the knee of my heart, \*  
and make my appeal, sure of your gracious goodness.

I have sinned, O Lord, I have sinned, \*  
and I know my wickedness only too well.

Therefore I make this prayer to you: \*  
Forgive me, Lord, forgive me.

Do not let me perish in my sin, \*  
nor condemn me to the depths of the earth.

For you, O Lord, are the God of those who repent, \*  
and in me you will show forth your goodness.  
Unworthy as I am, you will save me,  
in accordance with your great mercy, \*  
and I will praise you without ceasing all the days of my life.  
For all the powers of heaven sing your praises, \*  
and yours is the glory to ages of ages. Amen.  
Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever.  
Amen.

#### THE SECOND READING

*John 4:5-42*

A Reading from the Gospel according to John.

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.' Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.' Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him. Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for

harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.' Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.'

Here ends the Lesson.

## THE SERMON

## THE APOSTLES' CREED

*Officiant and People together, all standing*

I believe in God, the Father almighty,  
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.

He suffered under Pontius Pilate,  
was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven,  
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.

Amen.

## THE PRAYERS

The Lord be with you.

And also with you.

Let us pray.

*All say together*

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, and the power, and the glory, for ever and ever. Amen.

## SUFFRAGE A

V. Show us your mercy, O Lord;

R. **And grant us your salvation.**

V. Clothe your ministers with righteousness;

R. **Let your people sing with joy.**

V. Give peace, O Lord, in all the world;

R. **For only in you can we live in safety.**

V. Lord, keep this nation under your care;

R. **And guide us in the way of justice and truth.**

V. Let your way be known upon earth;

R. **Your saving health among all nations.**

V. Let not the needy, O Lord, be forgotten;

R. **Nor the hope of the poor be taken away.**

V. Create in us clean hearts, O God;

R. **And sustain us with your Holy Spirit.**

## THE COLLECTS

*The Officiant says*

The Lord be with you.

**And also with you.**

Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. **Amen.**

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. **Amen.**

*All sit.*

## ANTHEM

LIKE AS THE HART

*Herbert Howells*

Like as the hart desireth the waterbrooks, so longeth my soul after thee, O God. My soul is athirst for God, yea, even for the living God. When shall I come to appear before the presence of God? My tears have been my meat day and night, while they daily say unto me, Where is now thy God? TEXT: PSALM 42:1-3

*The anthem ended, all stand.*

## INTERCESSIONS AND THANKSGIVINGS

*Prayers are offered for ourselves and others.*

### THE GENERAL THANKSGIVING

*Officiant and People*

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory.

And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

### THE FINAL RESPONSE

*The Officiant says*

Let us bless the Lord.

Thanks be to God.

*The Officiant concludes*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

*2 Corinthians 13:14*

VOLUNTARY

LITURGICAL IMPROVISATION No. 3

*George Oldroyds*

OFFICIANT

The Reverend Canon Katie Pearson *Canon Pastor*

PREACHER

The Very Reverend Richard Lawson *Dean*

ASSISTING PRIEST

The Reverend Canon Broderick Greer *Canon Precentor*

MUSIC

Members of the Vicars Chorale

Dr. Michael Boney

*Director of Music and Organist*

Joseph O'Berry

*Associate Director of Music and Organist*

SAINT JOHN'S CATHEDRAL

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