

St Mary's Cathedral

Palmerston Place, Edinburgh



Third Sunday in Lent Cathedral Eucharist

12th March 2023

10.30am

Preacher: The Provost
Byrd Mass for Five Voices

Welcome to St Mary's Cathedral

Our service, which is laid out in this booklet, is a Eucharist. Like Christians throughout the ages, we gather to reflect on scripture together, to pray for our world, and to share bread and wine as Christ's body and blood given for the life of all. Please join in the words in bold in this service sheet. At various points in our liturgy it is our custom to stand or sit, but please do whatever is comfortable for you.

All who wish to receive communion are welcome to do so. If you would rather receive a blessing, then please indicate this by folding your hands across your chest when you go forward.

At communion, a steward will guide you. Please take your place at the kneelers around the altar, standing or kneeling as you wish. **We have now re-instituted communion in both kinds – i.e. the bread and wine – but it is your choice as to whether you receive both or just the one kind (bread).** If you are receiving communion either way, please remain at the kneeler until both the bread and the wine have been offered to you:

- If you wish to receive the wine, please let the ministrant bring it to your lips to offer you a sip. Intinction (dipping the wafer into the wine) is not permitted.
- Please do not put your hands around the rim of the chalice (the communion cup). If you need to guide it, please touch only the base or the stem.
- If you do not wish to receive the wine, please fold your hands across your chest at that point. The wine will be presented to you, but not to your lips.

Afterwards please return to your seat via the side aisles.

Our Sunday Club for Primary-aged children meets today in the Walpole Hall. If you don't know where this is, a welcomer will be able to point you in the right direction. There is a play area at the West End of the Cathedral, which families with young children are more than welcome to use.

There will be no collection during the service. Please support the Cathedral as you leave – cash can be left in the donation box and there is also a contactless donation machine. If you would like to support the Cathedral through regular donations, please fill out the form on the back of this service sheet. Thank you for your generosity.

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We gather

Introit *Oculi mei*

My eyes are forever turned to the Lord; for he shall release my feet from the snare; look upon me and have mercy on me, for I am abandoned and destitute.

Unto you, O Lord, have I lifted up my soul; O my God, I trust in you, let me not be put to shame.

My eyes...

*Introit for Lent III (Roman Rite)
Adapted from Psalm 25.15-16, 1-2*

Opening Hymn NEH 137

**Come down, O Love divine,
Seek thou this soul of mine,
And visit it with thine own ardour glowing;
O Comforter, draw near,
Within my heart appear,
And kindle it, thy holy flame bestowing.**

**O let it freely burn,
Till earthly passions turn
To dust and ashes in its heat consuming;
And let thy glorious light
Shine ever on my sight,
And clothe me round, the while my path illuming.**

**Let holy charity
Mine outward vesture be,
And lowliness become mine inner clothing;
True lowliness of heart,
Which takes the humbler part,
And o'er its own shortcomings weeps with loathing.**

**And so the yearning strong,
With which the soul will long,
Shall far outpass the power of human telling;
For none can guess its grace,
Till it become the place
Wherein the Holy Spirit makes his dwelling.**

Italian poem by Bianco da Siena (c.1350-1399) tr. R. F. Littledale (1833-90)

Welcome

Grace and peace to you from God our Creator and the Lord Jesus Christ.
Amen.

Collect for Purity

**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.**

Confession and Absolution

God is love and we are God's children.
There is no room for fear in love.
We love because God loved us first.
Let us confess our sins in penitence and faith.

Silence

**God our Father, we confess to you
and to our fellow members in the Body of Christ
that we have sinned in thought, word and deed,
and in what we have failed to do. We are truly sorry.
Forgive us our sins, and deliver us from the power of evil,
for the sake of your Son who died for us,
Jesus Christ, our Lord.**

God, who is both power and love,
forgive us and free us from our sins,
heal and strengthen us by the Holy Spirit,
and raise us to new life in Christ our Lord. **Amen.**

Kyrie *(sung by the choir)*

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Collect of the Day

Almighty God, whose Son Jesus Christ gives the water of eternal life, may we always thirst for you, the spring of life and source of goodness; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Collect for Ash Wednesday *(repeated throughout Lent)*

Almighty and everlasting God, you despise nothing you have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts; that we, worthily lamenting our sins and acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, world without end.
Amen.

We listen for God's Word

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 quarrelled 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 quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

The Word of the Lord.

Thanks be to God.

Gradual Hymn NEH 376

**I heard the voice of Jesus say,
'Come unto me and rest;
Lay down, thou weary one, lay down
Thy head upon my breast:'
I came to Jesus as I was,
Weary, and worn, and sad;
I found in him a resting place,
And he has made me glad.**

I heard the voice of Jesus say,
'Behold, I freely give
The living water, thirsty one;
Stoop down, and drink, and live:
I came to Jesus, and I drank
Of that life-giving stream;
My thirst was quenched, my soul revived,
And now I live in him.

I heard the voice of Jesus say,
'I am this dark world's Light;
Look unto me, thy morn shall rise,
And all thy day be bright:'
I looked to Jesus, and I found
In him my Star, my Sun;
And in that light of life I'll walk
Till traveling days are done.

Horatius Bonar (1808-89)

Gospel Acclamation

(sung) Praise to you, O Christ, King of eternal glory.

Praise to you, O Christ, King of eternal glory.

The Lord is a great God, O that today you would listen to his voice.

Harden not your hearts.

Praise to you, O Christ, King of eternal glory.

Gospel John 4.5-42

When it is announced:

Glory to Christ our Saviour.

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 Saviour of the world.'

Give thanks to the Lord for his glorious Gospel.

Praise to Christ our Lord.

(sung) **Praise to you, O Christ, King of eternal glory.**

Sermon

The Very Revd John Conway, Provost

We reflect together on what our readings reveal for us today.

We respond in faith and prayer

The Nicene Creed *which Christians have shared since 381 A.D.*

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 substance with the Father.**

Through him all things were made.

For us and for our salvation

he came down from heaven;

by the power of the Holy Spirit

**he became incarnate of the Virgin Mary,
and was made human.**

**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,
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.**

Intercessions

Prayer is offered for the world and all its people, particularly for those who suffer and those in need, and for the Church.

We share the Peace of Christ

Peace

We meet in Christ's name.

Let us share his peace.

You are invited to share a sign of peace with your neighbours.

Offertory Hymn NEH 362*

**Glorious things of thee are spoken,
Sion, city of our God;
He whose word cannot be broken
Formed thee for his own abode:
On the Rock of Ages founded,
What can shake thy sure repose?
With salvation's walls surrounded,
Thou may'st smile at all thy foes.**

**See, the streams of living waters,
Springing from eternal love,
Well supply thy sons and daughters,
And all fear of want remove:
Who can faint, while such a river
Ever flows their thirst to assuage?
Grace, which like the Lord the giver,
Never fails from age to age.**

**Round each habitation hovering,
see the cloud and fire appear
for a glory and a covering,
showing that the Lord is near.
Thus they march, the pillar leading,
light by night and shade by day;
daily on the manna feeding
which he gives them when they pray.**

**Saviour, if of Sion's city
I through grace a member am,
Let the world deride or pity,
I will glory in thy name:
Fading is the worldling's pleasure,
All his boasted pomp and show;
Solid joys and lasting treasure
None but Sion's children know.**

John Newton (1725-1807)

We Celebrate Communion

Offering

Blessed are you, Lord God of all creation;
through your goodness we have this bread to offer,
which earth has given and human hands have made:
it will become for us the bread of life.

Blessed be God for ever.

Blessed are you, Lord God of all creation;
through your goodness we have this wine to offer,
fruit of the vine and work of human hands:
it will become the cup of our salvation.

Blessed be God for ever.

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 our thanks and praise.

Worship and praise belong to you,
maker of light and darkness.
Your wisdom draws beauty from chaos,
brings a harvest out of sorrow and leads the exiles home.

In Christ your Son enemies are reconciled,
debts forgiven and strangers made welcome.

Your Spirit frees us to live
as sons and daughters in our Father's house.

We who by Christ's power follow the way of the Cross,
sharing the joy of his obedience,
now offer you our praise,
with angels and archangels and the whole company of heaven
singing the hymn of your unending glory:

Sanctus and Benedictus *(sung by the choir)*

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.

Glory and thanksgiving be to you, most loving Father,
for Christ in whom the world is reconciled.
Lifted on the Cross, his suffering and forgiveness
spanned the gulf our sins had made.
Through that dark struggle death was swallowed up in victory,
that life and light might reign.

Before he was given up to suffering and death,
recalling the night of Israel's release,
the night in which the sons of Egypt died,
your Chosen One, himself the First-Born, freely offered his life.
At supper with his disciples
he took bread and offered you thanks.
He broke the bread, and gave it to them, saying:
'Take, eat. This is my Body: it is broken for you.'
After supper, he took the cup, he offered you thanks,
and gave it to them saying:
'Drink this, all of you. This is my Blood of the new covenant;
it is poured out for you, and for all, that sins may be forgiven.
Do this in remembrance of me.'

**We now obey your Son's command.
We recall his blessed passion and death,
his glorious resurrection and ascension;
and we look for the coming of his Kingdom.
Made one with him, we offer you these gifts
and with them ourselves, a single, holy, living sacrifice.**

Hear us, most merciful Father,
and send your Holy Spirit upon us
and upon this bread and this wine,
that, overshadowed by your Spirit's life-giving power,
they may be the Body and Blood of your Son,
and we may be kindled with the fire of your love
and renewed for the service of your Kingdom.

**Help us, who are baptised
into the fellowship of Christ's Body
to live and work to your praise and glory;
may we grow together in unity and love
until at last, in your new creation,
we enter into our heritage
in the company of the Virgin Mary,
the apostles and prophets,
and of all our brothers and sisters,
living and departed.**

Through Jesus Christ our Lord,
with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be to you, Lord of all ages,
world without end. **Amen.**

Breaking of the Bread

The living bread is broken for the life of the world.
Lord, unite us in this sign.

The Lord's Prayer

You are invited to say the prayer in the language or version with which you are most familiar

As our Saviour Christ has commanded and taught us,
we are bold to say:

**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.**

Agnus Dei *(sung by the choir)*

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

Sharing of Communion

Communion is shared at the Nave Altar. All who wish to receive are warmly invited to do so. Alternatively, you are welcome to receive a blessing. If you need a gluten-free wafer please go to the Lectern side (right hand side) and indicate that you require gluten-free.

Motet *Palestrina Super flumina Babylonis*

By the waters of Babylon we sat down and wept: when we remembered thee, O Sion. As for our harps, we hanged them up: upon the trees that are therein.

Psalm 137.1-2

We give thanks and are sent out

Sentence

**Give thanks to our gracious God,
whose mercy endures for ever.**

Post Communion Prayer

Father of all, we give you thanks and praise that when we were still far off you met us in your Son and brought us home. Dying and living, he declared your love, gave us grace, and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights, give light to the world. Keep us firm in the hope you have set before us, so we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. Amen.

Notices

Closing Hymn NEH 368

**Guide me, O thou great Redeemer,
Pilgrim through this barren land;
I am weak, but thou art mighty,
Hold me with thy powerful hand:
Bread of heaven,
Feed me till I want no more.**

**Open now the crystal fountain
Whence the healing stream doth flow;
Let the fire and cloudy pillar
Lead me all my journey through:
Strong Deliverer,
Be thou still my strength and shield.**

Please turn to face the West End during the final verse

**When I tread the verge of Jordan,
Bid my anxious fears subside;
Death of death, and hell's Destruction
Land me safe on Canaan's side:
Songs of praises
I will ever give to thee.**

*Welsh, William Williams (1717-91)
Tr. Peter Williams (1727-96) and others*

Blessing

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; and the blessing of God almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always.
Amen.

Dismissal

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Voluntary J. S. Bach *Fantasia & Fugue in G minor* (BWV 542)

You are warmly invited to join us for tea and coffee in the Resurrection Chapel (to the right of the choir) after the service. Please be respectful to those who wish to listen to the organ voluntary by minimising noise while the organist is still playing.

Notices

Details of Services this week can be found on our website:
www.cathedral.net/music-list/

Fairtrade Fortnight 2023 runs from **27 February – 12 March**. The focus this year is on one simple individual action: making the small switch to Fairtrade supports producers in protecting the future of some of our most-loved food and the planet. Want to find out more in person? Fair Trade is also the theme at the Cathedral's Talking Point information table in the Resurrection Chapel at coffee time on Sunday 12 March. **Order Fair Trade Easter Eggs only on 12 March at the One World Stall**. Come and have a chat! Buy fairly traded coffee, tea, chocolate, biscuits and other tasty items. Find out more online: www.fairtrade.org.uk/get-involved/current-campaigns/fairtrade-fortnight/

26th March - Planting for a Regenerative Cathedral - story sharing and gardening event: Join us after coffee for a short story sharing session followed by some planting on the South Lawn. We'll be hearing from Annie Lord, artist and storyteller, as she shares her first iteration of the Regenerative Cathedral story. From its gifting by the Walker sisters to the recent installation of swift boxes, the Cathedral has always been a site of transformation and renewal. *What part will you play in this story?* After Annie has shared her story we'll also have the opportunity to plant some flowers in the South Lawn and we'll hear more about the Cathedral's plans to rewild this particular section of lawn over the coming years. Bring sandwiches for an informal lunch and dress for a spot of gardening. All ages welcome and encouraged!

Lent 2023, Life Changing Stories from the Book of Acts: At 7:30-9:00pm on Tuesdays 7, 14, 21 and 28 March, Palmerston Place Church and St Mary's will once again be holding our popular Bible Study evenings in Annan House (10 Palmerston Place, ground floor, accessible via ramp between number 10 and the Church). Using material from Church Action on Poverty's 'Scripture from the Margins' series, and based on stories from Acts, we'll be looking at:

- *Peter and John before the Council: ordinary people speaking out for change*
- *Ananias and Sapphira: wealth and poverty*
- *Simon the magician: gifts and power*
- *The Ethiopian eunuch: 'identity politics' and liberation*
- *Paul and the Roman tribune: citizenship and the broken body of Christ*

Cathedral Palm Sunday Collection: This Lent the Cathedral's Social Responsibility Group is seeking **donations of food** for the St Salvador's Community Food Initiative, Stenhouse. The numbers using this service have

increased in recent months and St Salvador's are regularly giving out 100 bags of food per week. They are in need of the following items: rice and pasta; tea/coffee and sugar/biscuits tinned meat and fish; cooking oil. Please bring donations of any of these items to the Cathedral on **Palm Sunday (2 April 2023)** – they will be much appreciated. If you are not able to be at the Cathedral that day, financial donations can be made online at: cafdonate.cafonline.org/15850#!/DonationDetails. You can also find out more about the Community Food Initiative at: stsalvadors.co.uk/community/community-food-initiative

Please use this tear-off slip to express interest in any of the aspects listed (please tick as appropriate). Please leave the slip on your chair.

- I would like to become a member of St Mary's Cathedral
- Please send me the weekly Cathedral notices by email
- I would like to speak to a member of the Clergy team
- Please send me details of how I can regularly financially contribute

Name: _____

Address: _____

Tel: _____

Email: _____

The Cathedral will only use your details for internal record keeping, and will never divulge them to outside parties.

St Mary's Cathedral
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