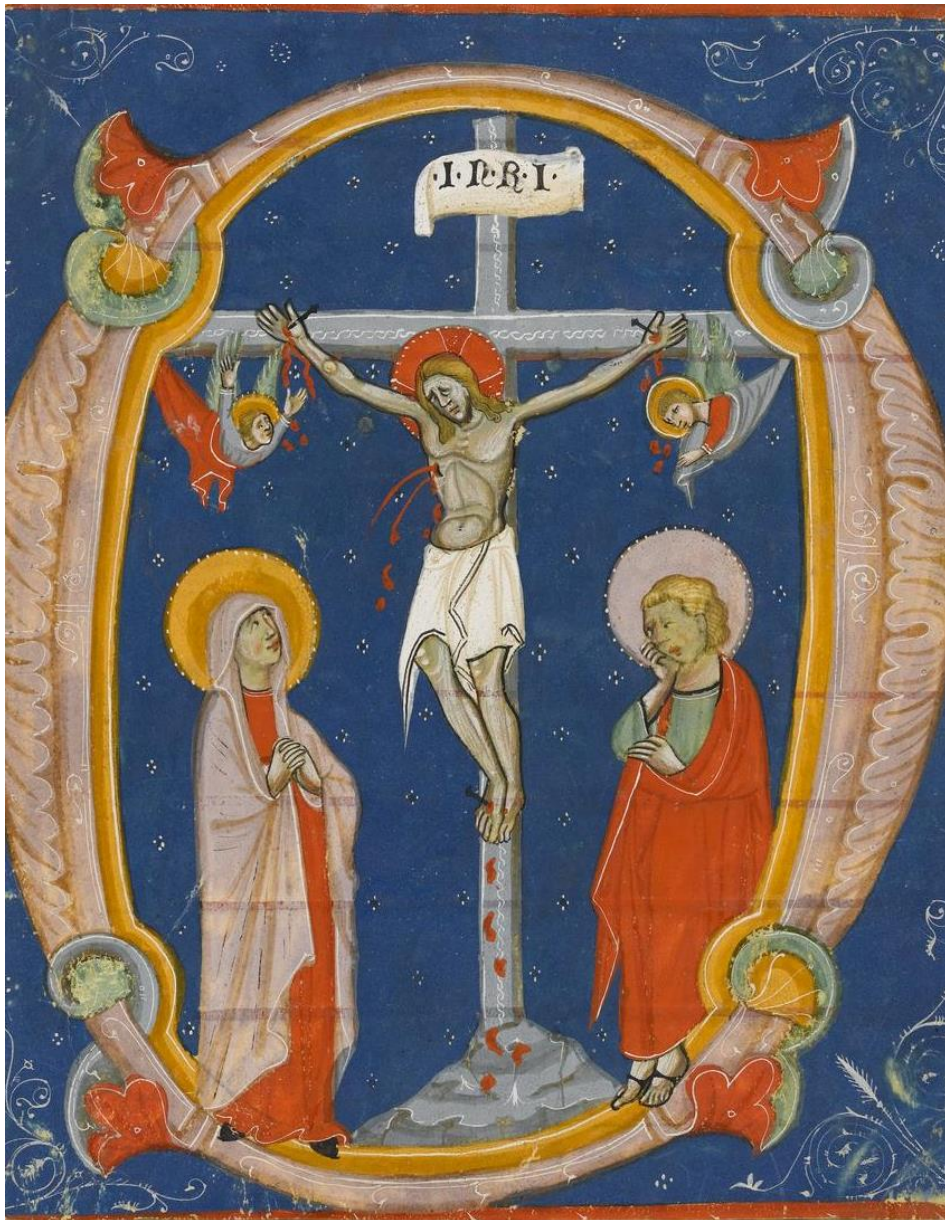


The Chapel of Selwyn College, Cambridge



A SERVICE OF MUSIC AND  
READINGS FOR LENT



SUNDAY 17 MARCH 2023 at 6pm

This service is being livestreamed at:  
<https://www.youtube.com/watch?v=Fm3JxjuhboU>

Cover image: Early fourteenth-century historiated initial from a set of choir books, possibly introducing the hymn for the Veneration of the Cross on Good Friday, *Crux fidelis inter omnes*. Fitzwilliam Museum, Marlay Cutting Z.9b.

**VOLUNTARY Aus tiefer Noth schrei ich zu dir (BWV 687)**

*'Out of the deep I cry to you'; paraphrase of Ps. 130 by Martin Luther  
J. S. Bach (1685-1750)*

*Please stand as the Choir and Clergy enter the chapel.*

**INTROIT Usquequo, Domine**

words: Psalm 13: 1-3

music: Francisco Guerrero (1528-1599)

Usquequo Domine oblivisceris me in finem?  
Usquequo avertis faciem tuam a me?  
Quamdiu ponam consilia in anima mea,  
dolorem in corde meo per diem?  
Usquequo exaltabitur inimicus meus super me?  
Respice, et exaudi me, Domine Deus meus.

*How long wilt thou forget me, O Lord, for ever?  
How long wilt thou hide thy face from me?  
How long shall I seek counsel in my soul,  
and be so vexed in my heart?  
How long shall mine enemies triumph over me?  
Consider, and hear me, O Lord my God.*

## **INTRODUCTION AND BIDDING PRAYER**

*The Dean of Chapel introduces the service and then says:*

Brothers and sisters, during Lent we prepare for the celebration of our Lord's passion and resurrection. We remember how Christ entered his own city to complete his work as our Saviour: to suffer, to die, and to rise again. We recall the betrayal by Judas, Peter's denial, Thomas' doubts, Pilate's complicity, and the hope of Mary.


Let us go with them all, in faith and love, so that united with Jesus in his sufferings we may share his risen life. O God our Saviour, whose Son Jesus Christ entered Jerusalem as Messiah to suffer and to die; grant that we may hail him as our king and walk with him in the way that leads to eternal life.  
**Amen.**

## HYMN

### The Lent Prose (NEH 507)

words: 10thC Latin hymn originating in Iberia

music: Attende Domine, Lent Prose (mode V)



The musical notation is on a single staff with a treble clef and a key signature of one sharp (F#). It begins with a C-clef (soprano clef) and a common time signature. The melody consists of quarter and eighth notes, with some notes beamed together. The lyrics are written below the staff.

*Cantor*                      *Full*

Hear us, O Lord; have mer - cy up - on us; for we have sinn'd a - gainst thee.

To thee, Redeemer, on thy throne of glory: lift we our weeping eyes  
in holy pleadings: listen, O Jesu, to our supplications.     *Refrain sung by all*

O thou chief cornerstone, right hand of the Father: way of salvation,  
gate of life celestial: cleanse thou our sinful souls from all defilement. *Refrain*

God, we implore thee, in thy glory seated: bow down and hearken to  
thy weeping children: pity and pardon all our grievous trespasses.     *Refrain*

Sins oft committed, now we lay before thee: with true contrition,  
now no more we veil them: grant us, Redeemer, loving absolution.     *Refrain*

Innocent captive, taken unresisting: falsely accused, and for us sinners  
sentenced, save us, we pray thee Jesu, our Redeemer.                      *Refrain*

*Please sit.*

## SELF-EXAMINATION AND REPENTANCE

**READING**     **Let us test and examine our ways**

Lamentations 3: 22-41

The steadfast love of the Lord never ceases,  
his mercies never come to an end;  
they are new every morning;  
great is your faithfulness.

“The Lord is my portion,” says my soul,  
“therefore I will hope in him.”

The Lord is good to those who wait for him,  
to the soul that seeks him.  
It is good that one should wait quietly for the salvation of the Lord.  
It is good for one to bear the yoke in youth,  
to sit alone in silence when the Lord has imposed it,  
to put one's mouth to the dust (there may yet be hope),  
to give one's cheek to the smiter, and be filled with insults.  
For the Lord will not reject forever.  
Although he causes grief, he will have compassion  
according to the abundance of his steadfast love;  
for he does not willingly afflict or grieve anyone.  
When all the prisoners of the land are crushed under foot,  
when human rights are perverted in the presence of the Most High,  
when one's case is subverted — does the Lord not see it?  
Who can command and have it done, if the Lord has not ordained it?  
Is it not from the mouth of the Most High that good and bad come?  
Why should any who draw breath  
complain about the punishment of their sins?  
Let us test and examine our ways, and return to the Lord.  
Let us lift up our hearts as well as our hands to God in heaven.

**ANTHEM**      **Ne reminiscaris, Domine**  
words: from the Litany (Book of Common Prayer)  
music: Peter Philips (1561-1628)

Ne reminiscaris Domine delicta nostra,  
vel parentum nostrorum:  
neque vindictam sumas de peccatis nostris.  
Parce, Domine, populo tuo quem redemisti  
praetiosissimo sanguine tuo, ne irascaris nobis in aeternum.

*Remember not, Lord, our offences,  
nor the offences of our forefathers;  
neither take thou vengeance of our sins:  
Spare, Lord, thy people, whom thou hast redeemed  
with thy most precious blood, and be not angry with us for ever.*

**READING      Lent**

Christina Rossetti (1830-1894)

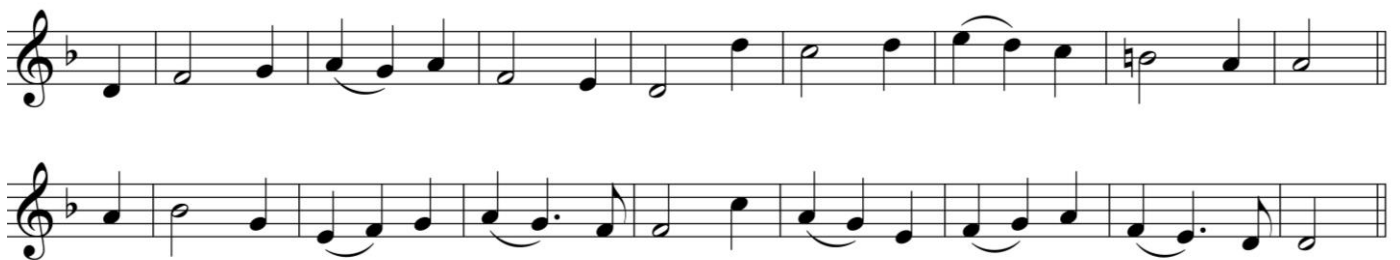
It is good to be last not first,  
Pending the present distress;  
It is good to hunger and thirst,  
So it be for righteousness.  
It is good to spend and be spent,  
It is good to watch and to pray;  
Life and Death make a goodly Lent,  
So it leads us to Easter Day.

*Please stand.*

**HYMN              NEH 60**

words: Latin, attr. to St Gregory (540-604); tr. T. A. Lacey

music: JESU CORONA; Rouen 1728; harm. Vaughan Williams



- |  |   |
|--|---|
| 1 O Kind Creator, bow thine ear<br>to mark the cry, to know the tear<br>before thy throne of mercy spent<br>in this thy holy fast of Lent.     | 3 Our sins are many, this we know;<br>spare us good Lord, thy mercy show;<br>and for the honor of thy name<br>our fainting souls to life reclaim.     |
| 2 Our hearts are open, Lord, to thee:<br>thou knowest our infirmity;<br>pour out on all who seek thy face<br>abundance of thy pardoning grace. | 4 Give us the self-control that springs<br>from discipline of outward things,<br>that fasting inward secretly<br>the soul may purely dwell with thee. |
| 5 We pray thee, Holy Trinity,<br>one God, unchanging Unity,<br>that we from this our abstinence<br>may reap the fruits of penitence.           |   |



*Please sit.*

## **BETRAYAL AND PASSION**

### **READING      The plot to betray Jesus**

Matthew 25: 1-5, 14-25

When Jesus had finished saying all these things, he said to his disciples, "You know that after two days the Passover is coming, and the Son of Man will be handed over to be crucified." Then the chief priests and the elders of the people gathered in the palace of the high priest, who was called Caiaphas, and they conspired to arrest Jesus by stealth and kill him. But they said, "Not during the festival, or there may be a riot among the people."

One of the twelve, who was called Judas Iscariot, went to the chief priests and said, "What will you give me if I betray him to you?" They paid him thirty pieces of silver. And from that moment he began to look for an opportunity to betray him.

On the first day of Unleavened Bread the disciples came to Jesus, saying, "Where do you want us to make the preparations for you to eat the Passover?" He said, "Go into the city to a certain man, and say to him, 'The Teacher says, My time is near; I will keep the Passover at your house with my disciples.'" So the disciples did as Jesus had directed them, and they prepared the Passover meal. When it was evening, he took his place with the twelve; and while they were eating, he said, "Truly I tell you, one of you will betray me." And they became greatly distressed and began to say to him one after another, "Surely not I, Lord?" He answered, "The one who has dipped his hand into the bowl with me will betray me. The Son of Man goes as it is written of him, but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born." Judas, who betrayed him, said, "Surely not I, Rabbi?" He replied, "You have said so."

**ANTHEM      The Reproaches**

words: 14thC Latin liturgical text

music: John Sanders (1933-2003)

*O my people, what have I done to you? How have I offended you? Answer me!*  
I led you out of Egypt, from slavery to freedom,  
but you led your Saviour to the cross. *O my people...*  
*Holy is God! Holy and strong! Holy immortal One, have mercy on us.*  
For forty years I led you safely through the desert.  
I fed you with manna from heaven, and brought you to a land of plenty;  
but you led your Saviour to the cross. *Holy God...*  
What more could I have done for you?  
I planted you as my fairest vine, but you yielded only bitterness:  
when I was thirsty you gave me vinegar to drink,  
and you pierced your Saviour's side with a lance. *O my people...*  
I bore you up with manna in the desert, but you struck me down  
and scourged me. I gave you saving water from the rock,  
but you gave me gall and vinegar to drink. *O my people...*  
I gave you a royal sceptre, but you gave me a crown of thorns.  
I raised you to the height of majesty,  
but you have raised me high on a cross. *O my people...*

**READING      I am the great sun**

Charles Causley (1917-2003)

I am the great sun, but you do not see me,  
I am your husband, but you turn away.  
I am the captive, but you do not free me,  
I am the captain but you will not obey.  
I am the truth, but you will not believe me,  
I am the city where you will not stay.  
I am your wife, your child, but you will leave me,  
I am that God to whom you will not pray.  
I am your counsel, but you will not hear me,  
I am your lover whom you will betray.  
I am the victor, but you do not cheer me,  
I am the holy dove whom you will slay.  
I am your life, but if you will not name me,  
Seal up your soul with tears, and never blame me.



## ANTHEM *Crux fidelis*

words: Emilia Lanier (1569-1645) & Emily Dickinson (1830-1886)

music: Sarah MacDonald (b. 1968)

*Crux fidelis (Faithful Cross)*

Eclipse – at midnight –  
it was dark – before –  
Sunset – at Easter –  
Blind-ness – on the dawn –  
Faint star of Bethlehem  
Gone down!

His harmlesse hands vnto the Crosse they nailed  
Betweene two theiues, vnptied, vnbewailde,  
With sharpest pangs and terrors thus appailde,

To know just how he suffered –  
would be dear –  
To know if any Human eyes were near  
To whom He could entrust his wavering gaze,–  
Until it settle broad –  
On Paradise

“Remember me, remember me,”  
implored the thief!

Before –  
Sunset – at Easter –  
A Guest in Paradise.

**READING**      **Friday**

Elizabeth Jennings (1926-2001)

We nailed the hands long ago,  
Wove the thorns, took up the scourge and shouted  
For excitement's sake, we stood at the dusty edge  
Of the pebbled path and watched the extreme of pain.

But one or two prayed, one or two  
Were silent, shocked, stood back  
And remembered remnants of words, a new vision,  
The cross is up with its crying victim, the clouds  
Cover the sun, we learn a new way to lose  
What we did not know we had  
Until this bleak and sacrificial day,  
Until we turned from our bad  
Past and knelt and cried out our dismay,  
The dice still clicking, the voices dying away.

*Please stand.*

**HYMN**      **NEH 95**

words: Isaac Watts (1674-1748)

music: ROCKINGHAM; adapted Edward Miller (1731-1807)



- 1 When I survey the wondrous Cross  
on which the Prince of glory died,  
my richest gain I count but loss,  
and pour contempt on all my pride.
- 2 Forbid it, Lord, that I should boast  
save in the death of Christ, my God;  
All the vain things that charm me most,  
I sacrifice them to his blood.

- 3 See, from his head, his hands, his feet,  
sorrow and love flow mingled down.  
Did e'er such love and sorrow meet,  
or thorns compose so rich a crown?
- 4 His dying crimson like a robe,  
Spreads o'er his body on the Tree;  
Then am I dead to all the globe,  
And all the globe is dead to me.
- 5 Were the whole realm of nature mine,  
that were a present far too small.  
Love so amazing, so divine,  
demands my soul, my life, my all.

*Please sit.*

## REDEMPTION AND SALVATION

**READING**     **Spiritual blessings in Christ**  
Ephesians 1: 3-10; 2: 4-8

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love.

He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us.

With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth.

God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness towards us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God.

**ANTHEM      Solus ad victimam**

words: Peter Abelard (1079-1142); tr. Helen Waddell (1889-1965)  
music: Kenneth Leighton (1929-1988)

Alone to sacrifice thou goest, Lord,  
Giving thyself to Death whom thou hast slain.  
For us thy wretched folk is any word?  
Who know that for our sins this is thy pain?

For they are ours, O Lord, our deeds, our deeds.  
Why must thou suffer torture for our sin?  
Let our hearts suffer in thy Passion, Lord,  
That very suffering may thy mercy win.

This is the night of tears, the three days' space,  
Sorrow abiding of the eventide,  
Until the day break with the risen Christ,  
And hearts that sorrowed shall be satisfied.

So may our hearts share in thine anguish, Lord,  
That they may sharers of thy glory be;  
Heavy with weeping may the three days pass,  
To win the laughter of thine Easter Day.

## READING

### Easter Wings

George Herbert (1593-1633)

Lord, who createdst man in wealth and store,  
Though foolishly he lost the same,  
Decaying more and more,  
Till he became  
Most poore:  
With thee  
O let me rise  
As larks, harmoniously,  
And sing this day thy victories:  
Then shall the fall further the flight in me.

My tender age in sorrow did beginne  
And still with sicknesses and shame.  
Thou didst so punish sinne,  
That I became  
Most thinne.  
With thee  
Let me combine,  
And feel thy victorie:  
For, if I imp my wing on thine,  
Affliction shall advance the flight in me.

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## PRAYERS

*Please sit or kneel.*

Let us pray to the Father, who loved the world so much  
that he sent his only Son to give us life.

O God, walking in the way of your compassion,  
we pray for your help to lead a holy Lent,  
May these forty days of prayer, fasting, and self-denial  
help us to grow in faith and devotion to you,  
Lord, hear us. **Lord, graciously hear us.**

Simon of Cyrene was asked to carry the cross for your Son.  
Give us grace to lift heavy loads from those we meet  
and to stand with the judged and condemned of our world.  
Lord, hear us. **Lord, graciously hear us.**

Your Son watched soldiers gamble to share his clothes.  
Transform the hearts of those who profit from others' suffering,  
and keep us from losing our own compassion.  
Lord, hear us. **Lord, graciously hear us.**

The thief, who was crucified with Jesus,  
was promised a place in your kingdom.  
Give pardon and hope, healing and peace to all who might despair.  
Lord, hear us. **Lord, graciously hear us.**

From the cross Jesus entrusted Mary his mother  
and John his disciple to each other's care.  
Help us also to care for one another  
and fill the communities we are a part of with the spirit of your love.  
Lord, hear us. **Lord, graciously hear us.**

The centurion was astonished to see your glory in the crucified Messiah.  
Open our eyes, and the eyes of all who seek to know you,  
to see in your Son the meaning of life and death.  
Lord, hear us. **Lord, graciously hear us.**

Joseph of Arimathaea came to take your Son's body away.  
Give hope and faith to the dying and bereaved,  
and gentleness to those who minister to them.  
Lord, hear us. **Lord, graciously hear us.**

Simon and Joseph, Mary and John  
became part of your Church in Jerusalem.  
We carry forward with them and the saints of every age  
their walk with Christ in the path of redemption.  
Lord of the Church, hear our prayer, and make us one  
in heart and mind to serve you in Christ our Lord. **Amen.**

**Holy God,  
Holy and Strong,  
Holy and immortal,  
Have mercy upon us.**

*Please stand.*

## HYMN

## NEH 86

words: Samuel Crossman (1624-1683)

music: LOVE UNKNOWN; John Ireland (1879-1962)



- 1 My song is love unknown,  
my Saviour's love to me;  
love to the loveless shown,  
That they might lovely be.  
O who am I, that for my sake  
my Lord should take  
frail flesh and die?
- 2 He came from his blest throne  
salvation to bestow;  
but men made strange, and none  
the longed-for Christ would know.  
But O my Friend, my Friend indeed,  
who at my need  
his life did spend!
- 3 Sometimes they strew His way,  
and His sweet praises sing;  
resounding all the day  
hosannas to their King.  
Then 'Crucify!' is all their breath,  
and for his death  
they thirst and cry.
- 4 Why, what hath my Lord done?  
What makes this rage and spite?  
He made the lame to run,  
he gave the blind their sight.  
Sweet injuries! yet they at these  
themselves displease,  
and 'gainst him rise.
- 5 They rise, and needs will have  
my dear Lord made away;  
a murderer they save,  
the Prince of Life they slay.  
Yet cheerful he to suffering goes,  
that he his foes  
from thence might free.
- 6 In life no house, no home  
my Lord on earth might have;  
in death no friendly tomb  
but what a stranger gave.  
What may I say? Heav'n was his home;  
but mine the tomb  
wherein he lay.
- 7 Here might I stay and sing:  
no story so divine;  
never was love, dear King,  
never was grief like Thine!  
This is my Friend, in whose sweet praise  
I all my days  
could gladly spend.

## **pTHE COLLECT FOR ASH WEDNESDAY**

Almighty and everlasting God, you hate nothing that you have made, and forgive the sins of all those who are penitent. Create and make in us new and contrite hearts, that, lamenting our sins and acknowledging our wickedness, we may receive from you, the God of all mercy, perfect forgiveness and peace; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

## **THE COLLECT FOR PALM SUNDAY**

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross: grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; through Jesus Christ our Lord. **Amen.**

## **THE BLESSING**

May God the Father, who does not despise the broken spirit,  
give to you a contrite heart.

**Amen.**

May Christ, who bore our sins in his body on the tree,  
heal you by his wounds.

**Amen.**

May the Holy Spirit, who leads us into all truth,  
speak to you words of pardon and peace.

**Amen.**

And the blessing of God Almighty,  
the Father, the Son, and the Holy Spirit,  
be among you, and remain with you always.

**Amen.**

## **VOLUNTARY Prelude in E minor (BWV 548i)**

J. S. Bach (1685-1750)

*Please remain standing while the choir and clergy depart.  
Those who leave before the end of the voluntary are asked to do so quietly.*

You are welcome to keep this service sheet as an aid to reflection.