Tuesday 21 February – CHORAL EVENSONG, 6:30pm

Responses  Plainsong
Psalm  6 – Tone II.1
First Lesson  Judges 14: 5-17
Canticles  Fauxbourdons on Tones VIII and III – Tallis
          Arr. SEAM
Second Lesson  Revelation 10: 4-11
Anthem  O bone Jesu - Assandra
Microsermon  Ram Gidoomal
Voluntary  Ecce tempus ideonem – Tallis

Thursday 23 February – CHORAL EVENSONG, 6:30pm

Responses  Plainsong
Psalm  13 – Tone III.4
First Lesson  Genesis 2: 7-end
Canticles  Plainsong
Second Lesson  Hebrews 2: 5-end
Anthem  My spirit longs for thee – Bryan Kelly
Hymn  NEH 74 O for a heart to praise my God
Voluntary  Attende, Domine – Demessieux

Welcome to all attending in person and all watching online at
https://youtu.be/Klnmv1LyZ2g (Tuesday)
https://youtu.be/II8jtZbtZK8 (Thursday)
TUESDAY PSALM 6

1. O Lord, rebuke me not in thine indignation: neither chasten me in thy displeasure.
2. Have mercy upon me, O Lord, for I am weak: O Lord, heal me, for my bones are vexed.
3. My soul also is sore troubled: but, Lord, how long wilt thou punish me?
4. Turn thee, O Lord, and deliver my soul: O save me for thy mercy's sake.
5. For in death no man remembereth thee: and who will give thee thanks in the pit?
6. I am weary of my groaning; every night wash I my bed: and water my couch with my tears.
7. My beauty is gone for very trouble: and worn away because of all mine enemies.
8. Away from me, all ye that work vanity: for the Lord hath heard the voice of my weeping.
9. The Lord hath heard my petition: the Lord will receive my prayer.
10. All mine enemies shall be confounded, and sore vexed: they shall be turned back, and put to shame suddenly.

TUESDAY ANTHEM O bone Jesu
music: Assandra (c.1590-after 1618)
words: Assandra

O bone Jesu, o dulcissime Jesu, o suavissime Jesu; adoro te in cruce vulneratum fele et aceptum potatum, deprecor te ut tua vulnera sint remedium animae maeae.

Lord Jesus Christ, O sweetest Jesu, I worship you, who was wounded on the cross and given gall and vinegar to drink: I pray that your wounds
THURSDAY PSALM 13

1. How long wilt thou forget me, O Lord, for ever: how long wilt thou hide thy face from me?
2. How long shall I seek counsel in my soul, and be so vexed in my heart: how long shall mine enemies triumph over me?
3. Consider, and hear me, O Lord my God: lighten mine eyes, that I sleep not in death.
4. Lest mine enemy say, I have prevailed against him: for if I be cast down, they that trouble me will rejoice at it.
5. But my trust is in thy mercy: and my heart is joyful in thy salvation.
6. I will sing of the Lord, because he hath dealt so lovingly with me: yea, I will praise the Name of the Lord most Highest.

THURSDAY ANTHEM My spirit longs for thee

music: Bryan Kelly
words: John Byrom (1692-1763)

1 My spirit longs for thee
within my troubled breast
though I unworthy be
of so divine a guest.

2. Of so divine a guest
unworthy though I be,
yet has my heart no rest
unless it comes from thee.

3. Unless it comes from thee,
in vain I look around;
in all that I can seen
no rest is to be found.

4. No rest is to be found
but in thy blessed love:
O let my wish be crowned,
and send it from above!
## SERVICES THIS WEEK

<table>
<thead>
<tr>
<th>Date</th>
<th>Service</th>
<th>Time</th>
<th>Details</th>
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<tbody>
<tr>
<td>Weds 22 Feb</td>
<td>Morning Prayer</td>
<td>8:45am</td>
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<td></td>
<td>Choral Eucharist</td>
<td>8:00pm</td>
<td>With Imposition of Ashes</td>
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<tr>
<td>Thurs 23 Feb</td>
<td>Morning Prayer</td>
<td>8:45am</td>
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<td></td>
<td>Organ Recital Series</td>
<td>1:10pm</td>
<td>Orly Watson, Dorame Cathedral</td>
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<td></td>
<td>Choral Evensong</td>
<td>6:30pm</td>
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<tr>
<td>Friday 24 Feb</td>
<td>Morning Prayer</td>
<td>8:45am</td>
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<td>Sunday 26 Feb</td>
<td>Holy Communion</td>
<td>10:30am</td>
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<td></td>
<td>Choral Evensong</td>
<td>6:00pm</td>
<td>Preacher: Dean and Chaplain</td>
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## NOTICES

All present in the chapel on a Tuesday are invited to stay for sherry in the antechapel after the service.

Please consider joining Arabella on her Wednesday Walks: half an hour of fresh air, wholesome chat, and the possibility of feeding some ducks. Meet at the Lodge at 2pm.

Theology Thursdays in D7 are at 1pm! Sandwich lunch provided, in addition to discussion centred on Rowan Williams’ book ‘Being Christian’.

On Sunday, Evensong is followed by drinks in the old SCR, and Chapel Supper, to which all the congregation are welcome. Please book your place for Chapel Supper by emailing Rebecca at chapel-administrator@sel.cam.ac.uk by 9am on Thursday morning.

The chaplains of Trinity College have convened two seminars on *The Struggle for Racial Justice in the United States and its Moral Demands for Today* on the 24th and 27 February, led by leading US theologians/social activists. For further information please email: chaplains@trin.cam.ac.uk, or see the poster at the back of chapel.

Each year the Chapel hosts a three day quiet retreat, and this has been provisionally booked for Friday 21-24th April. Please consider whether you would like to attend, and put the date in your diary.

For regularly updated information about chapel services this term, and for all YouTube links for watching live or afterwards, see https://www.sel.cam.ac.uk/about/chapel-and-choir