

SELWYN COLLEGE CHAPEL

SUNDAY 5 FEBRUARY 2023

THIS MORNING – 3rd SUNDAY BEFORE LENT

Holy Communion, 10.30am

Hymns	SP 216 and SP 254
First reading	Isaiah 58: 1-9a
Psalm	112
Second reading	1 Corinthians 2: 1-12
Gospel	Matthew 5: 13-20
Motet	Tantum Ergo – Durufle, Ave Verum - Mozart
Preacher	Dean and Chaplain

Choral Evensong, 6.00pm

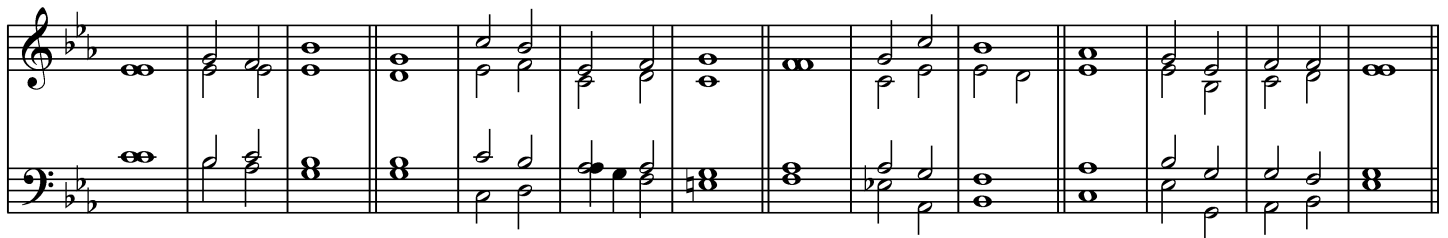
Introit	Hear my cry, O God – Nicholas Gawley (SE2021)
Responses	Leighton
Psalm	4 – Tone I.5
OT Lesson	Amos 2: 4-end
Canticles	Runnymede Service – Andrew Downes (d.2023)
NT Lesson	Ephesians 4: 17-end
Anthem	Let all mortal flesh keep silence – Paul Ayres
Sermon	Sister Gemma Simmonds, SJ The Margaret Beaufort Institute of Theology, Cambridge
Hymns	NEH 243 and 383
Voluntary	Prélude pour orgue (Op.28) - Chaminade

The evening service is being livestreamed at

<https://www.youtube.com/watch?v=JeATJZUjDPk>

MORNING PSALM 112

David Creese



- 1 Blessed is the man that | feareth • the | Lord:
he hath great de | light • in | his • com | mandments.
- 2 His seed shall be | mighty up • on | earth:
the generation of the | faith • ful | shall • be | bless'd.
- 3 Riches and plenteousness shall be | in • his | house:
and his | righteousnes • en | dureth • for | ever.
- 4 Unto the godly there ariseth up | light • in the | darkness:
he is | merci • ful | loving • and | righteous.
- 5 A good man is | merciful • and | lendeth:
and will | guide • his | words • with dis | cretion.
- 6 For he shall | never • be | moved:
and the righteous shall be had in | e • ver | lasting • re | membrance.
- 7 He will not be afraid of any | e • vil | tidings:
for his heart standeth fast and be | liev • eth | in • the | Lord.
- 8 His heart is established and | will • not | shrink:
until he see his de | sire • up | on • his | enemies.
- 9 He hath dispersed abroad and | given • to the | poor:
and his righteousness remaineth for ever; * his | horn shall • be ex | alted • with | honour.
- 10 The ungodly shall see it and | it • shall | grieve him:
he shall gnash with his teeth and consume away; *
the de | sire of • the un | godly • shall perish.

Glory be to the Father and | to • the | Son:
and | to • the | Ho • ly | Ghost.
As it was in the beginning is now and | e • ver | shall be:
world without | end * A | --- | men.

INTROIT

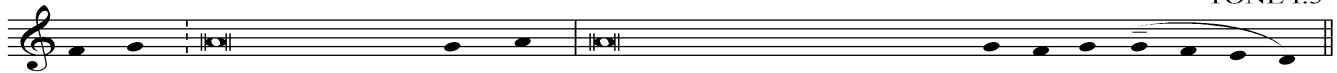
Music: Nicholas Gawley (SE2021)

Words: Psalm 61: 1.

Hear my cry, O God;
Listen to my prayer

EVENING PSALM 4

TONE I.5



- 1 Hear me when I call O God of my righ-teous-ness:
thou hast set me at liberty when I was in trouble; *
have mercy upon me and hearken un-to my[^]prayer.
- 2 O ye sons of men how long will ye blaspheme mine ho-nour:
and have such pleasure in vanity and seek af-ter lea[^]sing?
- 3 Know this also, * that the Lord hath chosen to himself the man that is god-ly:
when I call upon the Lord he will hear[^]mē.
- 4 Stand in awe and sin not:
commune with your own heart and in your cham-ber and be[^]still.
- 5 Offer the sacrifice of righ-teous-ness:
and put your trust in the[^]Lörd.
- 6 There be many that say:
Who will shew us a[^]ny[^]göod?
- 7 Lord lift thou up:
the light of thy counte-nance up-on[^]üs.
- 8 Thou hast put gladness in my heart:
since the time that their corn and wine and oil in-creas[^]äd.
- 9 I will lay me down in peace and take my rest:
for it is thou Lord only that makest me dwell in safe[^]tÿ.

Glory be to the Father and to the Son:
and to the Ho[^]ly[^]Ghöst.

As it was in the beginning is now and ever shall be:
world with-out end A[^]mën.

ANTHEM Let all mortal flesh keep silence

Music: Paul Ayres (b.1970)

Words: Gerard Moultrie (1829-1885)

Let all mortal flesh keep silence,
And with fear and trembling stand;
Ponder nothing earthly-minded,
For with blessing in His hand,
Christ our God to earth descendeth,
Our full homage to demand.

King of kings, yet born of Mary,
As of old on earth He stood,
Lord of lords, in human vesture,
In the body and the blood;
He will give to all the faithful
His own self for heav'nly food.

Rank on rank the host of heaven
Spreads its vanguard on the way,
As the Light of light descendeth
From the realms of endless day,
That the pow'rs of hell may vanish
As the darkness clears away.

At His feet the six-winged seraph,
Cherubim with sleepless eye,
Veil their faces to the presence,
As with ceaseless voice they cry:
"Alleluia, Alleluia
Alleluia, Lord Most High!"

SERVICES THIS WEEK

Sunday 5 Feb	10.30 am	College Communion
	6pm	Choral Evensong Rev'd Anna Matthews Rector of St Bene't's, Cambridge
Monday 6 Feb	8.45am	Morning Prayer
Tuesday 7 Feb	8.45am	Morning Prayer
	6.30pm	Choral Evensong
Wednesday 8 Feb	8.45am	Morning Prayer
Thursday 9 Feb	8.45am	Morning Prayer
	13.10pm	Organ Recital Series Lorenzo Bennett Homerton College
	6.30pm	Choral Evensong
Friday 10 Feb	8.45am	Morning Prayer
Sunday 12 Feb	10.30am	College Communion
	6.00pm	Choral Evensong Preacher: The Rev'd Christopher Rogers Associate Vicar at St Mary Abbots Church, Kensington

NOTICES

Join us in the Dining Hall for brunch after the morning service. After the Choral Eucharist, drinks will be served in the Old SCR, followed by Chapel Supper in the Harrison Room for those who have booked in.

Please look at the new chapel card (printed copies now available) for the term's services, special events, and weekly activities.

Join us for Theology Thursdays – a weekly discussion group over a sandwich lunch in D7, 1-2pm. This term we will be reading Rowan Williams' *Being Christian*.

For regularly updated information about chapel services this term, including the most recent version of the term card and music list, and for all YouTube links for watching live or afterwards, join our mailing list by emailing chapel-administrator@sel.cam.ac.uk and visit <https://www.sel.cam.ac.uk/about/chapel-and-choir>