



*Dean of Chapel*  
The Revd Dr Michael Banner

*Director of Music*  
Dr Stephen Layton

*Chaplains*  
The Revd John Summers  
The Revd Anne Strauss

*Organ Scholars*  
Jonathan Lee  
Harrison Cole

# CHORAL EVENSONG

Sunday 26 February 2023

*The First Sunday of Lent*

# ORGAN MUSIC

## BEFORE EVENSONG

Paul Greally (King's College, Cambridge)

i: "Mässig schnell", Sonata 1 (Hindemith)

Meine Seele erhebt den Herren, BWV 648 (Bach)

Meine Seele erhebt den Herren (Bingham)

Attende Domine (Greally)

Attende Domine (Demessieux)

Fantasia and Fugue in C minor, BWV 562 (Bach)

*Welcome to this service of Choral Evensong  
sung by The Choir of Trinity College Cambridge.*

*Please ensure that all electronic devices,  
including cameras, are switched off.*

*Services from Trinity College Chapel are video  
webcast live and available to watch again. You  
may be identifiable as in attendance at the service.*

*The congregation stands when the choir and clergy  
enter the Chapel. The opening hymn will follow  
unannounced.*

## HYMN

NEH 76

BRESLAU

**Take up thy cross, the Saviour said,  
if thou wouldst my disciple be;  
deny thyself, the world forsake,  
and humbly follow after me.**

**Take up thy cross; let not its weight  
fill thy weak spirit with alarm;  
his strength shall bear thy spirit up,  
and brace thy heart, and nerve thine arm.**

**Take up thy cross then in his strength,  
and calmly every danger brave;  
'twill guide thee to a better home,  
and lead to victory o'er the grave.**

**Take up thy cross, and follow Christ,  
nor think till death to lay it down;  
for only he who bears the cross  
may hope to wear the glorious crown.**

**To thee, great Lord, the One in Three,  
all praise for evermore ascend;  
O grant us in our home to see  
the heavenly life that knows no end.**

Words: Charles Everest (1814–77)

Music: Melody from 'As Hymnodus Sacer' (Leipzig 1625)

arr. Felix Mendelssohn (1809–47)

*The minister reads*

Dearly beloved brethren, the Scripture moveth us in sundry places, to acknowledge and confess our manifold sins and wickedness; and that we should not dissemble nor cloak them before the face of Almighty God our heavenly Father; but confess them with an humble, lowly, penitent, and obedient heart; to the end that we may obtain forgiveness of the same, by his infinite goodness and mercy.

And although we ought, at all times, humbly to acknowledge our sins before God; yet ought we most chiefly so to do, when we assemble and meet together to render thanks for the great benefits that we have received at his hands, to set forth his most worthy praise, to hear his most holy Word, and to ask those things which are requisite and necessary, as well for the body as the soul.

Wherefore I pray and beseech you, as many as are here present, to accompany me with a pure heart, and humble voice, unto the throne of the heavenly grace, saying after me;

*All say, kneeling*

**Almighty and most merciful Father;  
We have erred, and strayed from thy ways  
like lost sheep.**

**We have followed too much the devices  
and desires of our own hearts.**

**We have offended against thy holy laws.**

**We have left undone those things  
which we ought to have done;**

**and we have done those things  
which we ought not to have done;**

**and there is no health in us.**

**But thou, O Lord, have mercy upon us,  
miserable offenders.**

**Spare thou them, O God,  
which confess their faults.**

**Restore thou them that are penitent;  
according to thy promises declared  
unto mankind in Christ Jesu our Lord.**

**And grant, O most merciful Father,  
for his sake;  
that we may hereafter live a godly, righteous,  
and sober life,  
to the glory of thy holy name.  
Amen.**

*The minister then says the ABSOLUTION*

Almighty God, the Father of our Lord Jesus Christ, who desireth not the death of a sinner, but rather that he may turn from his wickedness and live; and hath given power, and commandment to his Ministers, to declare and pronounce to his people, being penitent, the Absolution and Remission of their sins: He pardoneth and absolveth all them that truly repent, and unfeignedly believe his holy Gospel.

Wherefore let us beseech him to grant us true repentance, and his Holy Spirit, that those things may please him, which we do at this present; and that the rest of our life hereafter may be pure and holy; so that at the last we may come to his eternal joy; through Jesus Christ our Lord.

**Amen.**

**RESPONSES**

Leighton

O Lord, open thou our lips.  
And our mouth shall shew forth thy praise.

O God, make speed to save us.  
O Lord, make haste to help us.

Glory be to the Father, and to the Son:  
and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be:  
world without end. Amen.

Praise ye the Lord.  
The Lord's name be praised.

*The congregation sits for PSALM 119: 145-160*

I call with my whole heart : hear me, O Lord, I will  
keep thy statutes.

Yea, even unto thee do I call : help me, and I shall  
keep thy testimonies.

Early in the morning do I cry unto thee : for in thy  
word is my trust.

Mine eyes prevent the night-watches : that I might  
be occupied in thy words.

Hear my voice, O Lord, according unto thy loving-kindness : quicken me, according as thou art wont.

They draw nigh that of malice persecute me : and are far from thy law.

Be thou nigh at hand, O Lord : for all thy commandments are true.

As concerning thy testimonies, I have known long since : that thou hast grounded them for ever.

O consider mine adversity, and deliver me : for I do not forget thy law.

Avenge thou my cause, and deliver me : quicken me, according to thy word.

Health is far from the ungodly : for they regard not thy statutes.

Great is thy mercy, O Lord : quicken me, as thou art wont.

Many there are that trouble me, and persecute me : yet do I not swerve from thy testimonies.

It grieveth me when I see the transgressors : because they keep not thy law.

Consider, O Lord, how I love thy commandments : O quicken me, according to thy loving-kindness.

Thy word is true from everlasting : all the judgements of thy righteousness endure for evermore.

Glory be to the Father, and to the Son : and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be : world without end. Amen

*The FIRST LESSON is read*

A reading from the Book of Psalms.

Unto thee, O LORD, do I lift up my soul. O my God, I trust in thee: let me not be ashamed, let not mine enemies triumph over me. Yea, let none that wait on thee be ashamed: let them be ashamed which transgress without cause. Shew me thy ways, O LORD; teach me thy paths. Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day. Remember, O LORD, thy tender mercies and thy loving kindnesses; for they have been ever of old. Remember not the sins of my youth, nor my transgressions: according to thy mercy remember thou me for thy goodness' sake, O LORD. Good and upright is the LORD: therefore will he teach sinners in the way. The meek will he guide in judgment: and the meek will he teach his way.

All the paths of the LORD are mercy and truth unto such as keep his covenant and his testimonies. For thy name's sake, O LORD, pardon mine iniquity; for it is great. What man is he that feareth the LORD? him shall he teach in the way that he shall choose. His soul shall dwell at ease; and his seed shall inherit the earth. The secret of the LORD is with them that fear him; and he will shew them his covenant. Mine eyes are ever toward the LORD; for he shall pluck my feet out of the net. Turn thee unto me, and have mercy upon me; for I am desolate and afflicted. The troubles of my heart are enlarged: O bring thou me out of my distresses. Look upon mine affliction and my pain; and forgive all my sins. Consider mine enemies; for they are many; and they hate me with cruel hatred. O keep my soul, and deliver me: let me not be ashamed; for I put my trust in thee. Let integrity and uprightness preserve me; for I wait on thee. Redeem Israel, O God, out of all his troubles.

Psalm 25, p. 591 KJV

*All stand for the MAGNIFICAT*

Octavi Toni

Vivanco

My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour. For he hath regarded the lowliness of his handmaiden. For behold, from henceforth all generations shall call me blessed. For he that is mighty hath magnified me: and holy is his Name. And his mercy is on them that fear him throughout all generations. He hath shewed strength with his arm; he hath scattered the proud in the imagination of their hearts. He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the hungry with good things; and the rich he hath sent empty away. He remembering his mercy hath holpen his servant Israel, as he promised to our forefathers, Abraham and his seed, for ever. Glory be to the Father, and to the Son: and to the Holy Ghost; As it was in the beginning, is now, and ever shall be: world without end. Amen.

*All sit for the* **SECOND LESSON**

A reading from the Gospel according to St Luke.

Now it came to pass on a certain day, that he went into a ship with his disciples: and he said unto them, Let us go over unto the other side of the lake. And they launched forth. But as they sailed he fell asleep: and there came down a storm of wind on the lake; and they were filled with water, and were in jeopardy. And they came to him, and awoke him, saying, Master, master, we perish. Then he arose, and rebuked the wind and the raging of the water: and they ceased, and there was a calm. And he said unto them, Where is your faith? And they being afraid wondered, saying one to another, What manner of man is this! for he commandeth even the winds and water, and they obey him.

Luke 8: 22-25, p. 1021 KJV

*All stand for the* **NUNC DIMITTIS**

Tone I

Plainsong

Lord, now lettest thou thy servant depart in peace, according to thy word. For mine eyes have seen thy salvation, Which thou hast prepared before the face of all people; To be a light to lighten the Gentiles, and to be the glory of thy people Israel. Glory be to the Father, and to the Son: and to the Holy Ghost; As it was in the beginning, is now, and ever shall be: world without end. Amen.

*All turn East and say* **THE APOSTLES' CREED**

**I believe in God**

**the Father Almighty,  
maker of heaven and earth:**

**And in Jesus Christ his only Son our Lord,**

**who was conceived by the Holy Ghost,**

**born of the Virgin Mary,**

**suffered under Pontius Pilate,**

**was crucified, dead, and buried:**

**he descended into hell;**

**the third day he rose again from the dead;**

**he ascended into heaven,**

**and sitteth on the right hand of God**

**the Father Almighty;**

**from thence he shall come to judge**

**the quick and the dead.**

**I believe in the Holy Ghost;  
the Holy Catholick Church;  
the Communion of Saints;  
the forgiveness of sins;  
the Resurrection of the body,  
and the life everlasting.  
Amen.**

The Lord be with you.  
**And with thy spirit.**  
Let us pray.

*All kneel*

Lord, have mercy upon us.  
**Christ, have mercy upon us.**  
Lord, have mercy upon us.

Our Father  
**which art in heaven,  
hallowed be thy Name,  
thy kingdom come, thy will be done,  
in earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive them that trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.**

#### RESPONSES

O Lord, shew thy mercy upon us.  
And grant us thy salvation.

O Lord, save the King.  
And mercifully hear us when we call upon thee.

Endue thy ministers with righteousness.  
And make thy chosen people joyful.

O Lord, save thy people.  
And bless thine inheritance.

Give peace in our time, O Lord.  
Because there is none other that fighteth for us,  
but only thou, O God.

O God, make clean our hearts within us.  
And take not thy Holy Spirit from us.



## THE COLLECT OF THE DAY

O Lord, who for our sake didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness, and true holiness, to thy honour and glory, who livest and reignest with the Father and the Holy Ghost, one God, world without end. Amen.

## THE COLLECT FOR LENT

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 we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**Amen.**

## THE COLLECT FOR PEACE

O God, from whom all holy desires, all good counsels, and all just works do proceed: Give unto thy servants that peace which the world cannot give; that both our hearts may be set to obey thy commandments, and also that by thee we being defended from the fear of our enemies may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen.

## THE COLLECT FOR AID AGAINST ALL PERILS

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. Amen.

*All sit for the ANTHEM, Quomodo cantabimus*

Quomodo cantabimus canticum Domini in terra aliena?

Si oblitus fuero tui, Jerusalem oblivioni detur dextera mea.

Adhæreat lingua mea faucibus meis, si non meminero tui.

Si non proposuero Jerusalem in principio lætitiæ meæ.

Memor esto, Domine, filiorum Edom, in die Jerusalem.

*How shall we sing the Lord's song in a strange land?  
If I forget thee, O Jerusalem, let my right hand forget  
her cunning. If I do not remember thee, let my tongue  
cleave to the roof of my mouth; if I prefer not  
Jerusalem above my chief joy. Remember, O Lord,  
the children of Edom in the day of Jerusalem.*

Words: Psalm 137, vv. 4–7,  
Music: William Byrd (c. 1540–1623)

## THE ADDRESS

Reflections for my student aged self

The Revd Dr Matt Russell, Social activist in  
Houston, Texas

*All stand for the HYMN*

NEH 67

AUS DER TIEFE

**Forty days and forty nights  
thou wast fasting in the wild,  
forty days and forty nights  
tempted and yet undefiled.**

**Sunbeams scorching all the day,  
chilly dewdrops nightly shed,  
prowling beasts about thy way,  
stones thy pillow, earth thy bed.**

**Let us thine endurance share,  
and awhile from joys abstain,  
with thee watching unto prayer,  
strong with thee to suffer pain.**

**And if Satan, vexing sore,  
flesh or spirit should assail,  
thou, his vanquisher before,  
grant we may not faint nor fail.**

**So shall we have peace divine,  
holier gladness ours shall be,  
round us too shall angels shine,  
such as ministered to thee.**

**Keep, O keep us, Saviour dear,  
ever constant by thy side,  
that with thee we may appear  
at the eternal Eastertide.**

Words: George Hunt Smyttan (1822–70)  
and Francis Pott (1832–1909)  
Music: *Nürnbergisches Gesangbuch* (1676)

## THE BLESSING

*All remain standing as the choir and clergy recess  
Please remain quiet until the end of the  
organ voluntary*

## VOLUNTARY

Prière, Op. 20

Franck

## THIS TERM'S CHARITIES

### Rowan Humberstone

is a local charity, working to support adults with learning disabilities since 1984. Rowan provides an art centre and forest school. In a safe, creative and enriching environment, the arts bring people together and help to tackle social exclusion. Rowan also provides much needed respite for families and carers.

### IntoUniversity

provides local learning centres in areas across the country where young people from disadvantaged neighbourhoods can be inspired to achieve. Trinity is partnering with UEA and IntoUniversity to establish one of these hubs in Great Yarmouth.

## NEXT SUNDAY'S PREACHER

Professor Simon Conway Morris FRS will continue our series, Reflections for my student aged self

## EVENTS THIS WEEK

*All members of the College community are welcome at the following events*

**Cambridge Impronauts – Once Upon a Whim  
Thursday 9 March • 9.30 pm**

See this comedy show at Corpus Playroom as traditional fairy-tales are twisted to accommodate the audience's suggestions. Contact Anne.

*[www.trinitycollegechapel.com](http://www.trinitycollegechapel.com)*