



Dean of Chapel
The Revd Prof Michael Banner

Director of Music
Steven Grahl

Chaplains
The Revd Anne Strauss
The Revd Sophie Young

Organ Scholars
Augustine Cox
Thomas Simpson

CHORAL EVENSONG

Sunday 8 March 2026

The Third Sunday of Lent

ORGAN MUSIC BEFORE EVENSONG

Carolyn Craig (Wells Cathedral)

Fantasie und Fuge über 'Wie schön leuchtet der
Morgenstern' (Senfter)

Trois Improvisations (Boulanger)

Andantino from Sonata for Organ (Price)

Final from Sonata for Organ (Price)

*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 as the choir and clergy enter the Chapel.

HYMN

NEH 63

ST BERNARD

**All ye who seek a comfort sure
in trouble and distress,
whatever sorrow vex the mind,
or guilt the soul oppress,**

**Jesus, who gave himself for you
upon the Cross to die,
opens to you his sacred heart;
O to that heart draw nigh.**

**Ye hear how kindly he invites;
ye hear his words so blest—
'All ye that labour come to me,
and I will give you rest.'**

**O Jesus, joy of saints on high,
thou hope of sinners here,
attracted by those loving words
to thee I lift my prayer.**

**Wash thou my wounds in that dear blood
which forth from thee doth flow;
new grace, new hope inspire, a new
and better heart bestow.**

Words: 18th C. Latin trans. Edward Caswall (1814–78)
Music: adapted from a melody in 'Tochter Sion' (Cologne
1741)

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 43

Wesley

Give sentence with me, O God, and defend my
cause against the ungodly people : O deliver me
from the deceitful and wicked man.

For thou art the God of my strength, why hast thou
put me from thee : and why go I so heavily, while
the enemy oppresseth me?

O send out thy light and thy truth, that they may
lead me : and bring me unto thy holy hill, and to
thy dwelling.

And that I may go unto the altar of God, even unto
the God of my joy and gladness : and upon the
harp will I give thanks unto thee, O God, my
God.

Why art thou so heavy, O my soul : and why art
thou so disquieted within me?

O put thy trust in God : for I will yet give him
thanks, which is the help of my countenance, and
my God.

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 Psalm 69.

Save me, O God : for the waters are come in, even unto my soul. I stick fast in the deep mire, where no ground is : I am come into deep waters, so that the floods run over me. I am weary of crying; my throat is dry : my sight faileth me for waiting so long upon my God. They that hate me without a cause are more than the hairs of my head : they that are mine enemies, and would destroy me guiltless, are mighty. I paid them the things that I never took : God, thou knowest my simpleness, and my faults are not hid from thee. Let not them that trust in thee, O Lord God of hosts, be ashamed for my cause : let not those that seek thee be confounded through me, O Lord God of Israel. And why? for thy sake have I suffered reproof : shame hath covered my face. I am become a stranger unto my brethren : even an alien unto my mother's children. For the zeal of thine house hath even eaten me : and the rebukes of them that rebuked thee are fallen upon me. I wept, and chastened myself with fasting : and that was turned to my reproof. I put on sackcloth also : and they jested upon me. They that sit in the gate speak against me : and the drunkards make songs upon me. But, Lord, I make my prayer unto thee : in an acceptable time. Hear me, O God, in the multitude of thy mercy : even in the truth of thy salvation. Take me out of the mire, that I sink not : O let me be delivered from them that hate me, and out of the deep waters. Let not the water-flood drown me, neither let the deep swallow me up : and let not the pit shut her mouth upon me. Hear me, O Lord, for thy loving-kindness is comfortable : turn thee unto me according to the multitude of thy mercies. And hide not thy face from thy servant, for I am in trouble : O haste thee, and hear me. Draw nigh unto my soul, and save it : O deliver me, because of mine enemies. Thou hast known my reproof, my shame, and my dishonour : mine adversaries are all in thy sight. Thy rebuke hath broken my heart; I am full of heaviness : I looked for some to have pity on me, but there was no man, neither found I any to comfort me.

Psalm 69: 1-21

All stand for the **MAGNIFICAT**

Service in C

Stanford

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 Saint John.

Now there stood by the cross of Jesus his mother, and his mother's sister, Mary the wife of Cleophas, and Mary Magdalene. When Jesus therefore saw his mother, and the disciple standing by, whom he loved, he saith unto his mother, Woman, behold thy son! Then saith he to the disciple, Behold thy mother! And from that hour that disciple took her unto his own home. After this, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, saith, I thirst. Now there was set a vessel full of vinegar: and they filled a sponge with vinegar, and put it upon hyssop, and put it to his mouth. When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost.

John 19: 25–30

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

We beseech thee, Almighty God, look upon the hearty desires of thy humble servants, and stretch forth the right hand of thy Majesty, to be our defence against all our enemies; through Jesus Christ our Lord. Amen.

THE COLLECT FOR LENT

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. 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

I love the Lord (1976)

I love the Lord, because he hath heard my voice
and my supplications.
Because he hath inclined his ear unto me,
therefore will I call upon him as long as I live.
The sorrows of death compassed me,
and the pains of hell gat hold upon me:
I found trouble and sorrow.
Then called I upon the name of the Lord;
O Lord, I beseech thee, deliver my soul.
Return unto thy rest, O my soul;
the Lord hath dealt bountifully with thee.
For thou hast delivered my soul from death,
mine eyes from tears, and my feet from falling.
I will walk before the Lord in the land of the living.
I love the Lord.

Words: Psalm 116 vv. 1–4, 7–9
Music: Jonathan Harvey (b. 1939)

THE ADDRESS

'I thirst' (John 19:28)

Mr James Penney (1984)

Chairman, Darwin Alternatives

All stand for the HYMN

NEH 459

CRIMOND

**The Lord's my shepherd, I'll not want;
he makes me down to lie
in pastures green; he leadeth me
the quiet waters by.**

**My soul he doth restore again,
and me to walk doth make
within the paths of righteousness,
e'en for his own name's sake.**

**Yea, though I walk in death's dark vale,
yet will I fear no ill:
for thou art with me, and thy rod
and staff me comfort still.**

**My table thou hast furnishèd
in presence of my foes;
my head thou dost with oil anoint
and my cup overflows.**

**Goodness and mercy all my life
shall surely follow me;
and in God's house for evermore
my dwelling-place shall be.**

Words: Scottish Psalter (1650)

Music: melody Jessie Irvine (1836–87) harm. Thomas
Pritchard (1885–1960)

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THE BLESSING

All remain standing as the choir and clergy recess

*Please remain quiet until the end of the
organ voluntary*

VOLUNTARY

Litanies, JA 119

Alain

NEXT SUNDAY'S PREACHER

The Revd Prof Oliver O'Donovan, Professor Emeritus of the University of Edinburgh, will speak on John 19:42 ('They laid Jesus there') as part of our series of Meditations on the Passion in John.

www.trinitycollegechapel.com

CHAPLAINS' EVENTS

For details of all events and activities, please see the Chaplains' weekly email, and follow us on Facebook (Trinity College Chapel, Cambridge) and Instagram (@trincollchapel).

THIS TERM'S CHARITIES

*A retiring collection is taken
and a card reader is available to your right
as you leave for those without cash to hand.*

Tom ap Rhys Pryce Memorial Trust

Set up in memory of Tom ap Rhys Pryce, a young lawyer and Trinity alumnus who was robbed and killed as he walked home from a London underground station in 2006, the charity provides educational and vocational training opportunities to those who might otherwise not have access to them, and works to tackle the root causes of violent gang culture and violent street crime.

www.tomstrust.co.uk

International Alert

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