

Choral Eucharist

The First Sunday in Lent

10:30am 10 March 2019

Celebrant:

The Rev'd Wendy Morecroft

Preacher:

The Very Rev'd Frank Nelson

Deacon:

Tony Iluno

Subdeacon:

Larissa Bailey

Master of Ceremonies:

Reuben Jacob

Setting:

Missa - *Orbis factor*

Choir:

The Gregorians

Director of Music:

Leonie Hempton OAM

Organist:

Mark Joyner

Hymns: 95, 526, 702

Welcome: This morning I offer the first of four sermons on the theme "Living/Journey into God". While this is a specifically Greek Orthodox concept ('theosis') the idea of journey or pilgrimage is deeply embedded in the Christian story. This morning's readings pick up the journey theme with an invitation to go with Jesus into the desert or wilderness where he faces temptation, and to remember, as the ancient Hebrew people did, that their understanding of God came while they were 'wandering Arameans.' (cf Deut 26: 5).

The question for us is to explore how the Bible readings and our worship of God week by week enable us to live into God more authentically, more deeply, more relevantly. I find the words of one of our hymns both helpful and challenging, and totally appropriate for Lent and our current focus on the plague of plastic. "Earth's fragile beauties we possess as pilgrim gifts from God, and walk the slow and dangerous way his wounded feet have trod." (A&M 526)

Welcome to all fellow pilgrims and travellers with Jesus who gather this morning to worship God.

The Very Rev'd Frank Nelson, Dean



FESTIVAL 150 PRAYER

God of all time: Alpha and Omega, beginning and end.

We praise and thank you for what has been, what is and what is to be.

In this year of celebration we give you thanks

for those who have gone before us in faith, courage and generosity.

Give us imagination, purpose and grace to step into the future with you, our Creator, Redeemer and Life-giver. Amen.

CELEBRATING THE PAST † IMAGINING THE FUTURE

Please stand when the handbell rings for the start of the service

From the High Altar:

Bless the Lord who forgives all our sins. **Whose mercy endures for ever.**

The Lord be with you. **And also with you.**

Worship the Lord your God, and serve only him.

Luke 4.8

The Great Litany

(Sung in procession. Please join in the responses in bold type)

Let us pray.

God the Father,

have mercy on us.

God the Son,

have mercy on us.

God the Holy Spirit,

have mercy on us.

Holy Trinity, one God,

have mercy on us.

From all evil and mischief; from pride, vanity and hypocrisy;

from envy, hatred and malice;

and from all evil intent,

good Lord, deliver us.

From sloth, worldliness and love of money;

from hardness of heart and contempt of your word and your laws,

good Lord, deliver us.

From sins of body and mind; from deceits of the world, the flesh and from evil,

good Lord, deliver us.

From famine and disaster; from violence, murder and dying unprepared,

good Lord, deliver us.

In all times of sorrow; in all times of joy;

in the hour of our death and at the day of judgement,

good Lord, deliver us.

By the mystery of your holy incarnation;

by your birth, childhood and obedience;

by your baptism, fasting and temptation,

good Lord, deliver us.

By your ministry in word and work;

by your mighty acts of power;

and by your preaching of the kingdom,

good Lord, deliver us.

By your agony and trial; by your cross and passion;

and by your precious death and burial,

good Lord, deliver us.



By your mighty resurrection;
by your glorious ascension;
and by your sending of the Holy Spirit,
good Lord, deliver us.

Hear our prayers, O Lord our God.

Hear us, good Lord.

Govern and direct your holy Church;
fill it with love and truth; and grant it that
unity which is your will.

Hear us, good Lord.

Give us boldness to preach the gospel in all the world,
and to make disciples of all the nations.

Hear us, good Lord.

Enlighten your ministers with knowledge and understanding,
that by their teaching and their lives they may proclaim your word.

Hear us, good Lord.

Give your people grace to hear and receive your word,
and to bring forth the fruit of the Spirit.

Hear us, good Lord.

Bring into the way of truth all who have erred and are deceived.

Hear us, good Lord

Strengthen those who stand; comfort and help the fainthearted;
raise up the fallen; and finally beat down Satan under our feet.

Hear us, good Lord.

Guide the leaders of the nations into the ways of peace and justice.

Hear us, good Lord.

Guard and strengthen your servant, Elizabeth the Queen,
that she may put her trust in you and seek your honour and glory.

Hear us, good Lord.

Endue the members of our parliaments and all who govern us
with wisdom and understanding.

Hear us, good Lord.

Bless those who administer the law, that they may uphold justice, honesty and truth.

Hear us, good Lord.

Give us the will to use the resources of the earth to your glory, and for the good of all.

Hear us, good Lord.

Remember the ancient peoples of this land
and forgive the sins of ignorance and neglect done against them.

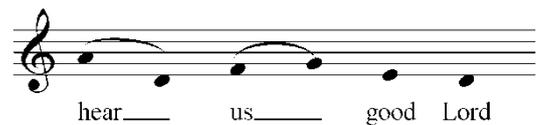
Hear us, good Lord.

Bless and keep all your people.

Hear us, good Lord.

Help and comfort the lonely, the bereaved,
and the oppressed.

Lord, have mercy.



Keep in safety those who travel,
and all who are in danger.

Lord, have mercy.

Heal the sick in body and mind,
and provide for the homeless, the hungry and the destitute.

Lord, have mercy.

Show your pity on prisoners and refugees, and all who are in trouble.

Lord, have mercy.

Forgive our enemies, persecutors and slanderers, and turn their hearts.

Lord, have mercy.

Hear us as we remember with thanksgiving those who have died
in the peace of Christ, and grant us with them a share in your eternal kingdom.

Lord, have mercy.

Give us true repentance;
forgive us our sins of negligence and ignorance and our deliberate sins;
and grant us the grace of your Holy Spirit
to amend our lives according to your holy word.

The Choir sings the Trisagion

Holy God, holy and mighty, holy and immortal, have mercy on us.

Agios o Theos, Agios ischyros, Agios athanatos, eleison imas.

The Collect

O saving God, who led your people through the wilderness and brought them to the promised land: so guide us that, following our Saviour, we may walk through the wilderness of this world and be brought to the glory of the world which is to come; through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Collect for Lent

Almighty and everlasting God, you hate nothing that you have made, and you forgive the sins of all who are penitent: create and make in us new and contrite hearts, that we, worthily lamenting our sins, and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. **Amen.**

Please sit for the Old Testament Reading: Deuteronomy 26.1-11 (read by Kathy Teague)

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, ² you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. ³ You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.' ⁴ When the priest takes the basket from your hand and sets it down before the

altar of the Lord your God, ⁵ you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. ⁶ When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, ⁷ we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. ⁸ The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; ⁹ and he brought us into this place and gave us this land, a land flowing with milk and honey. ¹⁰ So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. ¹¹ Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Hear the word of the Lord, **thanks be to God.**

The Choir sings Psalm 91.1-2, 9-16 (Chant: Coby Mellor)

Those who dwell in the shelter of the Most High:
 who abide under the shadow of the Almighty,
They will say to the Lord
 'You are my refuge and my stronghold:
 my God in whom I trust.'
The Lord himself is your refuge:
 you have made the Most High your stronghold.
Therefore no harm will befall you:
 nor will any scourge come near your tent.
For he will command his angels:
 to keep you in all your ways.
They will bear you up in their hands:
 lest you dash your foot against a stone.
You will tread on the lion and the adder:
 the young lion and the serpent
 you will trample under foot.
'You have set your love upon me,' says the Lord,
 'and therefore I will deliver you:
 I will lift you out of danger,
 because you have known my name.
'When you call upon me I will answer you:
 I will be with you in trouble,
 I will rescue you and bring you to honour.
'With long life I will satisfy you:
 and fill you with my salvation.'

Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, ¹⁰ for it is written, "He will command his angels concerning you, to protect you", ¹¹ and "On their hands they will bear you up, so that you will not dash your foot against a stone."' ¹² Jesus answered him, 'It is said, "Do not put the Lord your God to the test.'" ¹³ When the devil had finished every test, he departed from him until an opportune time. ¹⁴ Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. ¹⁵ He began to teach in their synagogues and was praised by everyone.

This is the Gospel of the Lord

All sing:



Children are invited to follow the Gospel procession down the aisle to the altar where their cross will be collected, then go to the Cynthia Poulton Hall for Cathedral Kids. They will return in time for Communion.

Please sit for the Sermon: The Very Rev'd Frank Nelson

Living into God (1 of 4)

Silence may follow

Please stand for the Creed

Let us together affirm the faith of the Church.

We believe in one God, the Father, the almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the virgin Mary and became truly human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son, is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

By his grace we are able to triumph over every evil, and to walk in the way of his love. Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and singing:

The Choir sings the Sanctus & Benedictus

Sanctus, Sanctus, Sanctus Dominus Deus Sabaoth.

Pleni sunt caeli et terra Gloria tua.

Hosanna in excelsis.

Benedictus qui venit in nomine Domini.

Hosanna in excelsis.

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory.

Hosanna in the Highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the Highest.

Merciful God, we thank you for these gifts of your creation, this bread and wine, and we pray that by your Word and Holy Spirit, we who eat and drink them may be partakers of Christ's body and blood.

On the night he was betrayed Jesus took bread; and when he had given you thanks he broke it, and gave it to his disciples, saying, 'Take, eat. This is my body given for you. Do this in remembrance of me.'

After supper, he took the cup, and again giving you thanks he gave it to his disciples, saying, 'Drink from this, all of you. This is my blood of the new covenant shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.'

Therefore we do as our Saviour has commanded: proclaiming his offering of himself made once for all upon the cross, his mighty resurrection and glorious ascension, and looking for his coming again, we celebrate, with this bread and this cup, his one perfect and sufficient sacrifice for the sins of the whole world.

Let us proclaim the mystery of faith:

All sing:



Christ has died: Christ is ris - en: Christ will come a - gain.

The image shows a musical staff with a treble clef, a key signature of two flats (B-flat and E-flat), and a 3/4 time signature. The melody consists of the following notes: C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter). The lyrics are placed below the notes, with hyphens under 'ris - en' and 'a - gain'.

Renew us by your Holy Spirit, unite us in the body of your Son, and bring us with all your people into the joy of your eternal kingdom; through Jesus Christ our Lord, with whom, and in whom, in the fellowship of the Holy Spirit, we worship you, Father, in songs of never-ending praise:

Please kneel/sit as the Choir sings the Agnus Dei

Agnus Dei, qui tollis peccata mundi, miserere nobis.

Agnus Dei, qui tollis peccata mundi, dona nobis pacem.

Lamb of God, you take away the sins of the world, have mercy upon us

Lamb of God, you take away the sins of the world, grant us peace.

Baptised and communicant Christians of all denominations are welcome to receive Holy Communion. Communion will be administered at the nave platform. Please follow the guidance of stewards and servers. If you do not wish to receive Holy Communion, you may like to come forward and receive a blessing (simply bow your head as a signal).

Gluten free bread is available; please ask for this from the priest giving communion.

During the administration of Holy Communion the Choir sings the motet:

Marco Ingengneri (c.1547-1592) – O Domine Jesu

*O Domine Jesu Christe,
adoro te in cruce vulneratum
felle et aceto potatum:
deprecor te ut tua vulnera
sint remedium animae meae.
morsque tua sit vita mea.*

*Lord Jesus Christ,
I worship you, who was wounded on the cross
and given gall and vinegar to drink:
I pray that your wounds
may be a remedy for my soul.
and your death may give me life.*

Please kneel/sit for the prayers after Communion

Compassionate and loving God, through your Son Jesus Christ you have fed us and have reconciled your people to yourself. Following his example of fasting and prayer may we obey you with willing hearts and serve one another in holy love.

Most loving God, you send us into the world you love. Give us grace to go thankfully and with courage in the power of your Spirit.

Please stand to sing the Post-Communion Hymn

Hymn: #702 [Mannheim]

Lead us heavenly father, lead us

Please remain standing for the Blessing

*Christ our Saviour draw you to himself, that you may find in him crucified a sure ground for faith, a firm support for hope, and the assurance of sin forgiven and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.***

Go in peace to love and serve the Lord. In the name of Christ. Amen.

You are invited to listen reflectively to the postlude:

JS Bach (1685-1750) – Prelude and Fugue in E minor BWV 533

*Please refrain from conversation until the music is completed;
applause is not normally appropriate during an act of worship*

*Please join us for refreshments
in the Cynthia Poulton Hall (across the carpark)*

FOR YOUR PRAYERS

- International:** L'Eglise Anglicane Du Congo
Primate Abp Zacharie Masimango Katanda
- National:** Bishop to the Armed Forces: Ian Lambert (Jill)
- South Australia**
- Diocese of Adelaide:* Archdeacon for Discernment and Ministry Formation:
Bob George (Rigmor)
- Diocese of Willochra:* Ministry District of Eyre (Colton, Cummins, Elliston, Minnipa,
Sheringa, Tumby Bay, Wudinna): Brian Bascombe,
Sonja Nugent (Scotty)
- Diocese of The Murray:* Upper Limestone Coast (Kingston - Robe): David Patterson
- Short Term Sick:** Meredith Chesterman, David McCall, Janny Spilsbury-Schakel,
Rev'd Gayle McClimont, Mary Evans, Jennifer Bailey
- Long Term Sick List:** Cynthia Thomas, Dawn Rutter, Nicholas Tipping,
Shirley Geneave, Bridie Maxwell, Allan Perryman
- Recently Died:** Derek Robertson
- Year's Mind:** 10th Amy Berry, Frank Hulme-Moir;
12th Douglas Farnham Shield, Stephen Andersson;
13th Richard Elliot Saunders;
14th Keith Hutton;
15th Edgar Castle, Thomas Frewin, Sarah Elizabeth Woollatt,
Olive May McDonald, Paul Colin Bridgman, Joe Marshall

COMMUNITY NOTICES

Newcomers: To join the Cathedral community, fill in a CONNECT card and hand it to a steward, place it in the offertory bags or return it to the Cathedral Office. You will receive the weekly eNews.

Toilets are in the Cathedral Close, across the car park from the Cathedral.

Name Badges: Order a Cathedral name badge from Pam Saint on 0419 031 871 or Cathedral Office 8267 4551. \$20 each.

Hills Home Group: The next Hills Home Group meeting will be held on Saturday 16 March at 9am at the home of Wendy and Andrew Morecroft. Please contact Sally Morgan on 0466 596 073 for details.

Eastern Home Group: next meeting on Sunday March 17 (St Patrick's Day) at 1 pm for a shared lunch at the home of Robert and Glenys Birks. Please phone 8261 0115 for further details.

Simmel Cake Bakers: A tradition associated with Mothering Sunday, celebrated on 31 March (4th Sunday in Lent), is to enjoy Simmel cake. We are looking for people to bake a cake or two. You will find a sign-up sheet and recipe at the back of the Cathedral.

Sunday Night with Lynn Arnold: 7pm on 1079Life on Sunday evening, Lynn's guest will be Pastor Mark Worthy, of Immanuel Lutheran Church, North Adelaide, and author, chatting about his latest book "Iscaiot".

Safe Ministry - JP: On Sundays 17th and 31st March a JP will be in the Cathedral Office following the 10.30am service to sign documents for safe ministry. Please speak with Canon Jenny if there are any questions.

Safe Ministry Training course: If you are needing to complete the *Ensuring Safe Church Communities* training, there will be a session in the CP Hall on Thursday 11th April from 9am-12pm. Other times and venues are also available. Register online at adelaideanglicans.com/training-events

Vestry meeting: Nominations for People's Warden; Vestry members (x2) and Synod's People (x3) may be made using the appropriate form (at the back of the Cathedral).

Sunday 7 April, 12.30pm in the CP Hall.

Festival of Living Faith – Lent 2019

Sundays in Lent: 10, 17, 24 & 31 March

- Morning preaching series with the Dean: *Living into God*
- Evening preaching series with the Canon Precentor: *Love bade me welcome – A Spirituality of a Cathedral* (followed by refreshments)
- Sunday evenings at 7:15pm: *Bible 360* – join the Dean for an introduction to the Bible for beginners, in the CP Hall

Monday Lent Course: *A Spirituality for Real Life* by James Martin SJ

10:00am leader: Canon Jenny; 7:00pm leader: Lynn Arnold

Sign up at the entrance to the Cathedral; get the book from the Office/Shop – \$20/\$15 conc.

Bishop's Court Garden Party: Saturday 6 April, 4:00pm – 6:00pm

All Cathedral members are welcome. Free event, registration essential – please add your name to the sign-up list at the front of the Cathedral. Choose a decade from the past 150, or one still to come, and wear suitable clothing. Sorry – not open to general public.

THIS WEEK

SUNDAY 10TH MARCH 2019

LENT 1

8:00am Holy Communion (BCP)

Preacher: The Very Rev'd Frank Nelson

10:30am Choral Eucharist

Preacher: The Very Rev'd Frank Nelson

Living into God (1 of 4)

6:00pm Choral Evensong (BCP)

Preacher: The Rev'd Canon Jenny Wilson

Love bade me welcome

- A Spirituality of a Cathedral: The Nave (1 of 4)

WEEKDAYS

7:30am Holy Communion (*Lady Chapel*)

8:45am Morning Prayer (*Dean's Chapel*)

WEDNESDAY

10:00am Holy Communion (BCP)

(Lady Chapel)

5:30pm Choral Evensong (*Choir Stalls*)

6:00pm Christian Meditation (*JD Room*)

SUNDAY 17TH MARCH 2019

LENT 2

8:00am Holy Communion (BCP)

Preacher: The Very Rev'd Frank Nelson

10:30am Choral Eucharist

Preacher: The Very Rev'd Frank Nelson

Living into God (2 of 4)

6:00pm Choral Evensong (BCP)

Preacher: The Rev'd Canon Jenny Wilson

Love bade me welcome

- A Spirituality of a Cathedral: The Choir (2 of 4)



Cathedral Office

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Monday to Friday

Clergy

The Very Rev'd Frank Nelson

Dean

The Rev'd Canon Jenny Wilson

Canon Precentor

The Rev'd Wendy Morecroft

Assistant Curate

The Rev'd Dr Lynn Arnold AO

Honorary Assistant Priest

Cathedral Office

Kate Palmrose

Cathedral Administrator

Rachel Bruerville

Administration Assistant

Music Department

Leonie Hempton OAM

Director of Music

David Heah

Cathedral Organist

Cathedral Wardens

Kevin Stracey

Dean's Warden

Angela Evans

People's Warden

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