



The Chapel of The Transfiguration

Sung Eucharist

First Sunday in Lent

Sunday 9th March 2025

7.30 am



The devil thinks he knows the ways of God: ‘If you are the Son of God’, then use your power to fill your belly and your bank account. Jesus resists these temptations, not because he is not the Son of God, but because God’s ways are not so crass. The divine plan is not accumulation, but self-emptying. Jesus loves to the end, lays down his life for his friends – and for his enemies. And even when the devil returns ‘at an opportune time’ to tempt Jesus to walk away from the cross, Jesus will remain faithful to this unfathomable plan.

Music before the Service

Erbarm dich mein, O Herre Gott, BWV 721 J. S. Bach (1685-1750)
(O God be merciful to me)



Order of Service

*The congregation is asked to join in all text printed in **bold**.*

If you are unable to stand at any point during the service, please feel free to remain seated.

The service is sung by the Chapel Choir

Please remain silent before the service

The Gathering

Please remain seated as the choir enters and takes their place

Please stand as the altar party enters

Processional Hymn

during which the the altar is censed



**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.**

**Shall not we thy watchings share,
and from earthly joys abstain,
fasting with unceasing prayer,
glad 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: G. H. Smyttan, 1822-1870

Tune: Heinlein
M. Herbst, 1654-1681

Please remain standing. The celebrant continues

The Greeting

In the name of the Father,
and of the Son,
and of the Holy Spirit.

Amen.

Bless the Lord who forgives all our sins.

God's mercy endures for ever.

'The time is fulfilled, and the kingdom of God has come near;
repent, and believe in the good news.'

St. Mark 1. 15

Blessed be God.

Blessed be God's reign for ever. Amen.

The lay assistant continues

Prayer of Preparation

Almighty God,
**to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name;
through Christ our Lord.
Amen.**

The lay assistant invites all to confess their sins

Prayers of Penitence

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Let us confess our sins remembering before God the times when we have fallen from temptation into sin.

All kneel and silence is kept

**Lord God, we have sinned against you;
we have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.
Wash away our wrongdoing and cleanse us from sin.
Renew a right spirit within us
and restore us to the joy of your salvation,
through Jesus Christ our Lord.
Amen.**

The choir sings

Holy God,
Holy and Strong,
Holy and Immortal,
Have mercy on us.

Music: David Ogden (b.1966)

The celebrant pronounces the Absolution

May the God of love bring you back to himself,
forgive you your sins, and assure you of
his eternal love in Jesus Christ our Lord.

Amen.

The lay assistant continues

The Collect for the Day

The Lord be with you
And with thy spirit

Let us pray

Silence is kept

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves
in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
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.

All sit

The Liturgy of the Word

The Old Testament Reading

A reading from the Book of Deuteronomy chapter 26

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, 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. 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.' When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, 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.

When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. 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; and he brought us into this place and gave us this land, a land flowing with milk and honey. 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. 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.

Deuteronomy 26. 1–11

This is the Word of the Lord.

Thanks be to God

Remain seated

Responsorial Psalm

† Keep me as the apple of your eye.

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the Lord,

'My refuge and my fortress; my God, in whom I trust.' †

Because you have made the Lord your refuge,
the Most High your dwelling-place, no evil shall befall you,
no scourge come near your tent. †

For he will command his angels concerning you to guard you in
all your ways.

On their hands they will bear you up, so that you will not 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.

Those who love me, I will deliver;

I will protect those who know my name. †

When they call to me, I will answer them;

I will be with them in trouble,

I will rescue them and honour them.

With long life I will satisfy them,

and show them my salvation. †

**Glory to the Father, and to the Son
and to the Holy Spirit.**

**As it was in the beginning is now and
shall be for ever. Amen.**

Psalm 91. 1–2, 9–16

Remain seated

The New Testament Reading

A reading from Paul's Letter to the Romans Chapter 10

'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

Romans 10. 8b-13

This is the Word of the Lord.

Thanks be to God

All stand to sing

Gradual Hymn



**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 cent.
Tr. E. Caswall

Tune: St. Bernard
Tochter Sion, Cologne, 1741

Remain standing and face the Gospel

The Gospel Reading

Choir: Praise to you O Christ, King of eternal glory.

All repeat:



Choir: The Lord is a great God, O that today you would listen to his voice. Harden not your hearts.

Praise to you O Christ, King of eternal glory.

The Lord be with you

And with thy spirit

Hear the Gospel of our Lord Jesus Christ according to St. Luke, 4th Chapter, beginning at the 1 verse

Glory be to thee, O Lord

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished.

The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."' "

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please.

If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."' ' Then the devil took him to 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, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' ' Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' ' When the devil had finished every test, he departed from him until an opportune time.

St. Luke 4. 1-13

At the end,

This is the Gospel of our Lord Jesus Christ

Praise be to thee, O Christ

Remain standing until invited to be seated

Sermon

given by

Mr. Asanka Perera

Acting Warden

All stand to sing

Affirmation of Faith

**We believe in one God,
the Father Almighty, Maker of heaven and earth,
And of all things visible and invisible;**

**And in one Lord Jesus Christ,
the only-begotten Son of God, Begotten
of his Father before all worlds,
God of God, Light of Light, very God of very God,
begotten, not made,
being of one substance with the Father,
Through whom all things were made:
Who for us men, and for our salvation
came down from heaven,
and was incarnate by the Holy Spirit of the
Virgin Mary, and was made man,
and was crucified also for us under Pontius Pilate,
He suffered and was buried,
and the third day he rose again
according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father.
And he shall come again with glory to judge
both the quick and the dead:
Whose Kingdom shall have no end.**

**And we believe in the Holy Spirit, the
Lord, the giver of life,
Who proceedeth from the Father,
who with the Father and the Son together is
worshiped and glorified, who spake by the Prophets.
And we believe One Holy Catholic
and Apostolic Church.
We acknowledge one Baptism
for the remission of sins.
And we look for the Resurrection of the dead,
And the life of the world to come.
Amen.**

All kneel or sit

Prayers of Intercession

during which the following response is used

Lord of compassion
in your mercy hear us.

at the end,

**God of power and loving kindness,
you hate nothing that you have made
and forgive the sins of all who are penitent:
create and make in us new and contrite hearts,
so that when we turn to you and confess our sins,
we may receive from you, the God of all mercy,
perfect forgiveness and peace;
through Jesus Christ our Lord.
Amen.**

The Liturgy of the Sacrament

All stand

Greeting of Peace

Since we are justified by faith,
we have peace with God through our Lord Jesus Christ,
who has given us access to his grace.

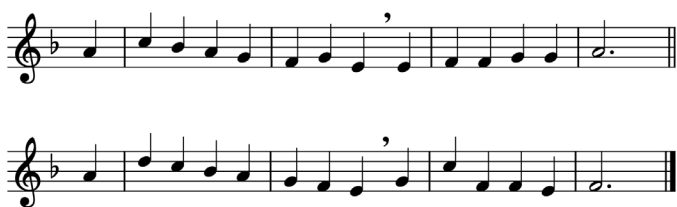
The peace of the Lord be with you all.

And with thy spirit.

Preparation of the Table

Offertory Hymn

*during which the bread and wine are placed on the altar,
and a collection is taken for the work of the chapel*



**Once, only once, and once for all,
His precious life he gave;
Before the Cross in faith we fall,
And own it strong to save.**

**‘One offering, single and complete,’
With lips and hearts we say;
But what he never can repeat
He shows forth day by day.**

**For as the priest of Aaron’s line
Within the holiest stood,
And sprinkled all the mercy-shrine
With sacrificial blood;**

**So he, who once atonement wrought,
Our Priest of endless power,
Presents himself for those he bought
In that dark noontide hour.**

**His Manhood pleads where now it lives
On heaven’s eternal throne,
And where in mystic rite he gives
Its presence to his own.**

**And so we show thy death, O Lord,
Till thou again appear,
And feel, when we approach thy board,
We have an altar here.**

Words: William Bright (1824–1901)

Tune: Albano
Vincent Novello (1781–1861)

Remain standing. The celebrant invites all to say,

**All things come from you
and for your own do we give you,
Creator and Lord of the universe,
ever adored by the holy Angels.
Accept these gifts of bread and wine
and these offerings which we present at your
holy table and with them the dedication of our lives
for your service, through Jesus Christ our Lord.
Amen.**

Remain standing. The celebrant continues

The Eucharistic Prayer

The Lord be with you
And with thy spirit

Lift up your hearts
We lift them up unto the Lord

Let us give thanks unto the Lord our God
It is meet and right so to do

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God.

And now we give thee thanks, because thou hast given us the spirit of discipline, that we may triumph over evil and grow in grace, as we prepare to celebrate the paschal mystery with mind and heart renewed.

Therefore with Angels, and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name, evermore praising thee, and saying:

All sing

**Holy, Holy, Holy, Lord God of hosts,
heaven and earth are full of thy glory.
Glory be to thee,
O Lord most high.**

The people may prayerfully sit, kneel or remain standing

Holy indeed are you Almighty Father eternal Sovereign, who in all your gifts and works manifests your holiness to all humanity. Holy is your Only Begotten Son Jesus Christ, through whom you did order the universe. And Holy is your ever blessed Spirit who reveals all things, even the deep things of you O God. Just as you yourself are holy, so also you created us in your own image that we might live in holy fellowship.

And when we disobeyed your commandments, you did not abandon us but you guided us as a merciful Father; you revealed yourself to us through the Sages, the Law and the Prophets, and through your redeeming acts in history, and when the time was ripe, you came among us through your Son Jesus, whom you sent into the world to share our human nature in order that the Lord Jesus might revive your own image in us.

**Generous God, Jesus loves us
and sacrificed himself for us
and heralded the new life
in breaking bread with companions.**

On the very night that he was betrayed to suffer death upon the cross for us, the Lord Jesus took bread and when he had given thanks to you Almighty Father, he broke it and gave it to his disciples saying:

Take, eat, this is my body which is given for you.
Do this in remembrance of me.

In the same manner after supper, he took the cup also, and after giving thanks, he gave it to them saying:

Drink, all of you from this,
for this is my blood of the new covenant
which is poured out for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.

Christ is the Bread of Life

**When we eat this bread and drink this cup
we proclaim your death, Lord Jesus,
until you come in glory**

And so Father, we present this bread and cup in communion with your whole church, in fellowship with (Blessed Mary, and) and all the saints, and in union with all creation we celebrate your Son's death and victory; giving thanks for all that Christ has done for us; for preparing us for all that lies ahead, we receive the benefits of Christ's life, death, resurrection and session in glory, and we eagerly await the heavenly banquet after Christ's coming again.

And we entreat you most merciful God to hear us and send your All Holy Spirit on us and on these your gifts, that they being blessed and hallowed by that life giving power, may be for us the Body and Blood of your most dearly loved Son, to the end that we receiving the same may be sanctified and filled with your grace and heavenly blessing.

**Accept this our sacrifice of praise and thanksgiving;
make us one body in Jesus Christ our Lord,
by whom and with whom and in whom in the unity of
the Holy Spirit all honour and glory be to you
Almighty Father, world without end.
Amen.**

Breaking of the Bread

We break this bread to share in the body of Christ.

**Though we are many, we are one body,
because we all share in one bread.**

Every time we drink this cup,

we proclaim the Lord's death until he comes.

The Lord's Prayer

As our Saviour Christ has taught us, we now pray

All sing

Our Father, who art in heaven,

hallowed be thy name;

thy kingdom come;

thy will be done;

on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation;

but deliver us from evil.

For thine is the kingdom,

the power and the glory,

for ever and ever.

Amen.

The celebrant continues

The peace of the Lord be always with you

And also with you.

The gifts of God for the people of God

All sing

Benedictus

Blessed is he that cometh in the name of the Lord.

Hosanna in the highest.

Deep Silence

The choir sings

Agnus Dei

O Lamb of God, that takest away the sins of the world
Have mercy upon us.

O Lamb of God, that takest away the sins of the world
Have mercy upon us.

O Lamb of God, that takest away the sins of the world
Grant us thy peace.

Giving of Communion

The celebrant invites the people to receive the Holy Communion, saying

Jesus is the Lamb of God who takes away the sin of the world.
Happy are those who are called to the supper of the Lord.

**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

*Please sit. If you receive communion in your own church,
you are welcome to do so here.*

During communion the choir sings

The Lent Prose

Hear us, O Lord, have mercy upon us: for we have sinned against thee.

To thee, Redeemer, on thy throne of glory:
lift we our weeping eyes in holy pleadings:
listen, O Jesu, to our supplications. *Hear us, &c.*

O thou chief Cornerstone, Right Hand of the Father:
Way of Salvation, Gate of Life Celestial:
cleans thou our sinful souls from all defilement. *Hear us, &c.*

God, we implore thee, in thy glory seated:
bow down and hearken to thy weeping children:
pity and pardon all our grievous trespasses. *Hear us, &c.*

Sins oft committed now we lay before thee:
with true contrition, now no more we veil them:
grant us, Redeemer, loving absolution. *Hear us, &c.*

Innocent, captive, taken unresisting:
falsely accused, and for us sinners sentenced,
save us, we pray thee, Jesu our Redeemer. *Hear us, &c.*

Music: Mode V
arranged by John Scott (1952–2015)

All kneel or remain seated

Prayers after Communion

The celebrant says,

Give thanks to the Lord for God is gracious.

God's mercy endures forever.

“After they had appointed elders for them in each church, with prayer and fasting they entrusted them to the Lord in whom they had come to believe.”

Acts 14.23

**Lord God,
you have renewed us with the
living bread from heaven;
by it you nourish our faith, increase our hope,
and strengthen our love: teach us always to
hunger for him who is the true and living bread,
and enable us to live by every word that proceeds
from out of your mouth;
through Jesus Christ our Lord.
Amen.**

Remain kneeling or seated

The Dismissal

The Blessing

Go forth into the world in peace;
be of good courage;
hold fast that which is good;
render to no one evil for evil;
strengthen the faint-hearted;
support the weak; help the afflicted;
honour everyone; love and serve the Lord,
rejoicing in the power of the Holy Spirit;
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.

Recessional Hymn
during which the servers and clergy depart



**Jesu, Lover of my soul,
Let me to thy bosom fly,
While the nearer waters roll,
While the tempest still is high:
Hide me, O my Saviour, hide
Till the storm of life is past;
Safe into the haven guide,
O receive my soul at last.**

**Other refuge have I none,
Hangs my helpless soul on thee;
Leave, ah, leave me not alone,
Still support and comfort me.
All my trust on thee is stayed,
All my help from thee I bring;
Cover my defenceless head
With the shadow of thy wing.**

**Thou, O Christ, art all I want,
More than all in thee I find:
Raise the fallen, cheer the faint,
Heal the sick, and lead the blind.
Just and holy is thy name,
I am all unrighteousness;
False and full of sin I am,
Thou art full of truth and grace.**

**Plenteous grace with thee is found,
Grace to cover all my sin;
Let the healing streams abound,
Make and keep me pure within.
Thou of life the fountain art,
Freely let me take of thee,
Spring thou up within my heart,
Rise to all eternity.**

Words: Charles Wesley (1707–88)

Tune: Aberystwyth
Joseph Parry (1841–1903)

Remain standing as the choir moves out, then sit.

You are invited to be seated for the playing of the organ voluntary or you may leave quietly at this point.

Music after the Service

Aus der Tiefe rufe ich

C. P. E. Bach (1714–88)



Notices

Sunday Fellowship

You are all invited to a time of fellowship on the chapel steps.



Material from Common Worship is included in this service and is copyright © The Archbishops' Council. The text for the day is written by Dr. Michael O'Connor, Associate Professor, Teaching Stream at St Michael's College, University of Toronto. The Mass Setting is by John Merbecke (1510–85). Hymns are taken from the College Hymnal. The Bible passages are read from the New Revised Standard Version of the Bible (Anglicised edition).