



## The Chapel of The Transfiguration

# Sung Eucharist

## The Second Sunday of Lent

Sunday 1<sup>st</sup> March 2026  
7.30 am



The story of Nicodemus visiting Jesus by night is an example of John's use of characters as teaching agents in this 'gospel of relationship'. The time of the encounter suggests the learned man is coy about approaching Jesus for answers to his questions, but his motive is apparently sincere, and opens the way for some of the most memorable and beloved of Jesus' sayings. In other respects, Jesus is provocatively enigmatic as he appears to tease Nicodemus out of his comfort zone and challenges him to embrace the life-enhancing risk of being born of the Spirit.



### Music before the Service

Chorale Prelude: Martyrdom    *C. Hubert H. Parry (1849–1924)*

## 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 of S. Thomas' College, Mount Lavinia.*

*Please remain silent before the service.*

# The Gathering

*Remain seated as the Choir enters*

*All stand as the procession of Clergy and Servers enter and move to the Sanctuary and the Altar is censed.*

## Processional Hymn



**New ev'ry morning is the love  
Our wakening and uprising prove;  
Through sleep and darkness safely brought,  
Restor'd to life, and pow'r, and tho't**

**New mercies, each returning day,  
Hover around us while we pray;  
New perils past, new sins forgiven,  
New thoughts of God, new hopes of heaven.**

**If on our daily course our mind  
Be set to hallow all we find,  
New treasures still, of countless price,  
God will provide for sacrifice.**

**Old friends, old scenes, will lovelier be,  
As more of heaven in each we see;  
Some softening gleam of love and prayer  
Shall dawn on every cross and care.**

**We need not bid, for cloistered cell,  
Our neighbour and our work farewell,  
Nor strive to wind ourselves too high  
For sinful man beneath the sky:**

**The trivial round, the common task,  
Will furnish all we need to ask;  
Room to deny ourselves, a road  
To bring us daily nearer God.**

**Only, O Lord, in Thy dear love,  
Fit us for perfect rest above;  
And help us, this and every day,  
To live more nearly as we pray.**

Words: John Keble (1792–1866)

Tune: Melcombe  
S. Webbe the Elder (1740–1816)

*All remain standing.*

## The Greeting

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

**Amen.**

“The sacrifice of God is a broken spirit;  
a broken and contrite heart, O God, you will not despise.”

Psalm 51.18

Bless the Lord who forgives all our sins  
**God’s mercy endures forever.**

*The Celebrant 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 Celebrant invites all to confess their sins*

## Prayers of Penitence

Compassion and forgiveness belong to the Lord our God,  
though we have rebelled against him. Let us then renounce our  
wilfulness and ask his mercy by confessing our sins in penitence  
and faith.

*All kneel and silence is kept.*

Most merciful God,  
**Father of our Lord Jesus Christ,  
we confess that we have sinned in thought,  
word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly, love mercy,  
and walk humbly with you, our God.  
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*

The almighty and merciful Lord  
grant you pardon and forgiveness of all your sins,  
time for amendment of life,  
and the grace and strength of the Holy Spirit.

**Amen.**

*The Celebrant continues*

## The Collect for the Day

The Lord be with you  
**And with thy spirit.**

Let us pray

*Silence is kept*

Almighty God,  
who shewest to them that are in error the light of thy truth,  
to the intent that they may return into the way of righteousness:  
Grant unto all them that are admitted into the fellowship of  
Christ's religion, that they may eschew those things that are  
contrary to their profession, and follow all such things as are  
agreeable to the same; through our Lord Jesus Christ,  
who liveth and reigneth with thee,  
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

Genesis 12.1–4a

Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.' So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran.

This is the Word of the Lord.

**Thanks be to God.**

*Remain seated.*

## Psalm 121

I lift up my eyes to the hills; •  
from where is my help to come?

**My help comes from the Lord, •  
the maker of heaven and earth.**

He will not suffer your foot to stumble; •  
he who watches over you will not sleep.

**Behold, he who keeps watch over Israel •  
shall neither slumber nor sleep.**

The Lord himself watches over you; •  
the Lord is your shade at your right hand,

**So that the sun shall not strike you by day, •  
neither the moon by night.**

The Lord shall keep you from all evil; •  
it is he who shall keep your soul.

**The Lord shall keep watch over your going out  
and your coming in, •  
from this time forth for evermore.**

**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.**

*Remain seated.*

## New Testament Reading

Romans 4.1–5, 13–17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations')-in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

This is the Word of the Lord.

**Thanks be to God.**

*All stand to sing*

## Gradual Hymn



**As pants the hart for cooling streams  
When heated in the chase,  
So longs my soul, O God, for thee,  
And thy refreshing grace.**

**For thee, my God, the living God,  
My thirsty soul doth pine:  
O when shall I behold thy face,  
Thou Majesty Divine!**

**Why restless, why cast down, my soul?  
Hope still, and thou shalt sing  
The praise of him who is thy God,  
Thy health's eternal spring.**

**To Father, Son, and Holy Ghost,  
The God whom we adore,  
Be glory, as it was, is now,  
And shall be evermore. Amen.**

Words: Tate and Brady New Version, 1696

Tune: Martyrdom  
Hugh Wilson (1766–1824)

*Remain standing and face the Gospel*

## The Gospel Reading

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

**All repeat:**



**Choir:** Blessed are those who have endured temptation;  
they have stood the test  
and will receive the crown of life.

**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. John, 3<sup>rd</sup> Chapter, beginning at the 1<sup>st</sup> verse

**Glory be to thee, O Lord**

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things? 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

*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. Yohesan Casie Chetty | Lay Assistant

*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,  
By 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, in your mercy  
**Hear our prayer**

*Afterwhich the members of the Batch of 2001 will stand for a  
prayer led by the Celebrant*

## The Liturgy of the Sacrament

*All stand*

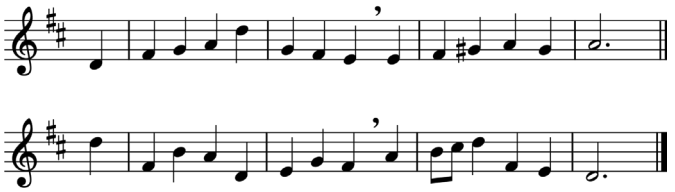
### Greeting of Peace

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 always with you.  
**And also with you.**

## Preparation of the Table

### Offertory Hymn

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



**O for a heart to praise my God,  
A heart from sin set free;  
A heart that always feels thy blood  
So freely spilt for me:**

**A heart resigned, submissive, meek,  
My dear Redeemer's throne;  
Where only Christ is heard to speak,  
Where Jesus reigns alone:**

**A humble, lowly, contrite heart,  
Believing, true, and clean,  
Which neither life nor death can part  
From him that dwells within:**

**A heart in every thought renewed,  
And full of love divine;  
Perfect and right and pure and good,  
A copy, Lord, of thine.**

**My heart, thou know'st, can never rest  
Till thou create my peace;  
Till of mine Eden repossess,  
From self, and sin, I cease.**

**Thy nature, gracious Lord, impart,  
Come quickly from above;  
Write thy new name upon my heart,  
Thy new best name of love.**

Words: Charles Wesley (1707–88)

Tune: Stockton

Thomas Wright (1763-1829)

*Remain standing. The Celebrant invites all to say,*

**All things come from you and of 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.**

*All kneel or sit*

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, St. Thomas 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.**

*All sing:* **Amen.**

## Breaking of the Bread

The bread which we break

is it not a sharing in the body of Christ?

**We being many are one bread,  
one body for we all partake of the one bread.**

## The Lord's Prayer

As our Saviour Christ has taught us, we now pray

*All sing*

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 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*

Draw near with faith and take this Holy Sacrament to your comfort.

**Lord, I am not worthy to receive you,**

**but only say the word and I shall be healed.**

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

*The choir sings*

## Communion Anthem

Lord, for thy tender mercy's sake,  
lay not our sins to our charge,  
but forgive that is past,  
and give us grace to amend our sinful lives.  
To decline from sin and incline to virtue,  
that we may walk in a perfect heart before thee,  
now and evermore.  
Amen

Words: Lidley's Prayers, 1566

Music: Richard Farrant (c1525–1580)

*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.**

“Do you not know that all of us who have been baptised into Christ Jesus were baptised into his death? So we too might walk in newness of life.”

Romans 6: 3, 4b

**Almighty God,  
we thank you for feeding us  
with the Body and blood of your Son Jesus Christ.  
Through Christ we offer you ourselves  
to be a living sacrifice.  
Send us out in the power of your Spirit to live  
and work to your praise and glory.  
Amen.**

## The Dismissal

### Blessing

Christ give you grace to grow in holiness,  
to deny yourselves, take up your cross,  
and follow him;  
and the blessing of God almighty, the Father, the Son  
and the Holy Spirit, be among you and remain with you always.  
**Amen.**

*All stand*

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

## Recessional Hymn

*during which the servers and clergy move to the Font*



**Praise to the Holiest in the height,  
and in the depth be praise:  
in all his words most wonderful,  
most sure in all his ways.**

**O loving wisdom of our God!  
When all was sin and shame,  
a second Adam to the fight  
and to the rescue came.**

**O wisest love! that flesh and blood,  
which did in Adam fail,  
should strive afresh against the foe,  
should strive and should prevail;**

**And that a higher gift than grace  
should flesh and blood refine,  
God's presence and his very self,  
and essence all-divine.**

**O generous love! that he, who smote  
in Man for man the foe,  
the double agony in Man  
for man should undergo;**

**And in the garden secretly,  
and on the cross on high,  
should teach his brethren, and inspire  
to suffer and to die.**

**Praise to the Holiest in the height,  
and in the depth be praise:  
in all his words most wonderful,  
most sure in all his ways.**

Words: John Newman (1801–90)

Tune: Gerontius  
John Bacchus Dykes (1823–76)

*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

Fantasia in b BWV 563

*J. S. Bach (1685–1750)*

## **Sunday Fellowship**

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

**22<sup>nd</sup> March 2026 | 6.00 pm**

## **Choral Evensong**

Fifth Sunday of Lent

*(Passiontide begins)*

The Chapel Choir will sing Evensong at the Cathedral of Christ the Living Saviour, Colombo 7.

All are welcome to attend.

## **Holy Week and Easter**

All our Services during Holy Week and Easter are posted on the Notice board. Should you wish to receive this in a digital format please speak to the Chaplain after this Service.



Material from Common Worship is included in this service and is copyright © The Archbishops' Council. The text for the day is by Rev'd. Anna Jones, Chaplain, Queen's College, Cambridge. The Mass Setting is by Harold Darke. Hymns are taken from the College Hymnal. The Bible passages are read from the New Revised Standard Version of the Bible (Anglicised edition).