



# ST BARNABAS

APOSTLE & MARTYR



*The Seven Sacraments II: Penance, Nicolas Poussin (1594-1665)*

*2<sup>nd</sup> March 2022*

## Ash Wednesday

# Missa cantata

**Organ Prelude** Chorale Prelude on "Ich ruf zu dir, Herr Jesu Christ" (BWV 639) *J.S. Bach* (1865-1750)

*Please note that during the yellow phase of re-opening, mask wearing continues to be required, and congregational singing is permitted if masked.*

*Please stand for the entrance of the sacred ministers.*

## Antiphon

Hear me, O Lord, for thy loving kindness is comfortable : turn thee unto me according to the multitude of thy mercies. *Ps.* Save me, O God, for the waters are come in : even unto my soul. Glory be... Hear me O Lord...

## Opening Hymn 537

*St. Bernard*

1 ALL ye who seek for sure relief  
In trouble and distress,  
Whatever sorrow vex the mind,  
Or guilt the soul oppress,

2 JESUS, who gave himself for you  
Upon the Cross to die,  
Opens to you his sacred heart;  
O to that heart draw nigh.

3 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.'

**Kyrie** *Missa Brevis XIII (Holy Cross)*

*Healey Willan (1880-1968)*

*Choir* Kyrie eleison *Lord, have mercy upon us*  
Christe eleison *Christ, have mercy upon us*  
Kyrie eleison *Lord, have mercy upon us*

## The Collect of the Day

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

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 LITURGY OF THE WORD

### Joel 2:1-2,12-17

Blow ye the trumpet in Zion, and sound an alarm in my holy mountain: let all the inhabitants of the land tremble: for the day of the Lord cometh, for it is nigh at hand; A day of darkness and of gloominess, a day of clouds and of thick darkness, as the morning spread upon the mountains: a great people and a strong; there hath not been ever the like, neither shall be any more after it, even to the years of many generations.

Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the Lord your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth

him of the evil. Who knoweth if he will return and repent, and leave a blessing behind him; even a meat offering and a drink offering unto the Lord your God?

Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet. Let the priests, the ministers of the Lord, weep between the porch and the altar, and let them say, Spare thy people, O Lord, and give not thine heritage to reproach, that the heathen should rule over them: wherefore should they say among the people, Where is their God?

*Reader  
People*

The Word of the Lord  
**Thanks be to God.**

**Psalm 103**

*Benedic, anima mea.*

The LORD is full of compassion and gracious, / long-suffering, and of great goodness.

He will not alway be chiding: / neither keepeth he his anger for ever.

He hath not dealt with us after our sins, / nor rewarded us according to our wickednesses.

For look how high the heaven is in comparison of the earth, / so great is his mercy also toward them that fear him.

Look how wide also the east is from the west, / so far hath he set our sins from us.

Yea, like as a father pitieth his own children, / even so is the LORD merciful unto them that fear him.

For he knoweth whereof we are made: / he remembereth that we are but dust.

THE days of man are but as grass; / for he flourisheth as a flower of the field.

For as soon as the wind goeth over it, it is gone; / and the place thereof shall know it no more.

But the merciful goodness of the LORD endureth for ever and ever upon them that fear him, / and his righteousness unto children's children;

Even unto such as keep his covenant, / and think upon his commandments to do them.

**2 Corinthians 5:20-6:10**

We pray you in Christ's stead, be ye reconciled to God. For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him. We then, as workers together with him, beseech you also that ye receive not the grace of God in vain. (For he saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now is the accepted time; behold, now is the day of salvation.) Giving no offence in any thing, that the ministry be not blamed: But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings; By pureness, by knowledge, by long suffering, by kindness, by the Holy Ghost, by love unfeigned, By the word of truth, by the power of God, by the armour of righteousness on the right hand and on the left, By honour and dishonour, by evil report and good report: as deceivers, and yet true; As unknown, and yet well known; as dying, and, behold, we live; as chastened, and not killed; As sorrowful, yet alway rejoicing; as poor, yet making many rich; as having nothing, and yet possessing all things.

*Reader  
People*

The Word of the Lord  
**Thanks be to God.**

## Gradual Hymn 827

*Plainsong*

- |                                                                                                                                                 |                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 O KIND Creator, bow thine ear<br>To mark the cry, to know the tear<br>Before thy throne of mercy spent<br>In this thy holy fast of Lent.      | 3 Our sins are many, this we know;<br>Spare us, good LORD, thy mercy show;<br>And for the honour of thy Name<br>Our fainting souls to life reclaim.   |
| 2 Our hearts are open, LORD, to thee :<br>Thou knowest our infirmity;<br>Pour out on all who seek thy face<br>Abundance of thy pardoning grace. | 4 Give us the self-control that springs<br>From discipline of outward things,<br>That fasting inward secretly<br>The soul may purely dwell with thee. |

## Gradual

Be merciful unto me, O God, be merciful unto me : for my soul trusteth in thee. *℟*. He shall send from heaven : and save me from the reproof of him that would eat me up.

## Tract

O Lord, deal not with us after our sins : nor reward us according to our wickednesses. *℟*. O Lord, remember not our old sins, but have mercy upon us, and that soon : for we are come to great misery. *℟*. Help us, O God of our salvation, for the glory of thy Name, O Lord : O deliver us and be merciful unto our sins, for thy Name's sake.

## The Gospel *Matthew 6: 1-6, 16-21*

*Celebrant* The Lord be with you.

*People* **And with thy spirit.**

*Celebrant* ✠ The Holy Gospel is written in the sixth chapter of the Gospel according to St Matthew, beginning at the first verse.

*People* **Glory be to thee, O Lord.**

And Jesus spake unto his disciples, saying: Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven. Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.

And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also.

*Celebrant* The Gospel of the Lord.  
*People* **Praise be to thee, O Christ.**

**Sermon**

Fr Stewart Murray

### **THE EXHORTATION**

*Celebrant* Dear friends in Christ, every year at the time of the Christian Passover we celebrate our redemption through the death and resurrection of our Lord Jesus Christ. Lent is a time to prepare for this celebration and to renew our life in the paschal mystery. We begin this holy season by remembering our need for repentance, and for the mercy and forgiveness proclaimed in the Gospel of Jesus Christ. We begin our journey to Easter with the sign of ashes, an ancient sign, speaking of the frailty and uncertainty of human life, and marking the penitence of the community as a whole. I invite you therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting, and almsgiving, and by reading and meditating on the word of God. Let us kneel before our Creator and Redeemer.

### **Litany of Penitence**

*The Priest and people say together:*

**Most holy and merciful Father,  
we confess to thee, to one another,  
and to the whole communion of saints  
in heaven and on earth,  
that we have sinned by our own fault  
in thought, word, and deed;  
by what we have done,  
and by what we have left undone.**

*Celebrant* We have not loved thee with our whole heart, and mind, and strength.  
We have not loved our neighbours as ourselves.  
We have not forgiven others, as we have been forgiven.

*People* **Have mercy upon us, O Lord.**

We have been deaf to thy call to serve as Christ served us.  
We have not been true to the mind of Christ.  
We have grieved thy Holy Spirit.  
**Have mercy upon us, O Lord.**

We confess to thee, O Lord, all our past unfaithfulness:  
the pride, hypocrisy, and impatience of our lives,  
**We confess to thee, O Lord.**

Our self-indulgent appetites and ways, and our exploitation of other people,  
**We confess to thee, O Lord.**

Our anger at our own frustration, and our envy of those more fortunate than ourselves,  
**We confess to thee, O Lord.**

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,  
**We confess to thee, O Lord.**

Our negligence in prayer and worship, and our failure to commend the faith that is in us,  
**We confess to thee, O Lord.**

Accept our repentance, O Lord, for the wrongs we have done:  
for our blindness to human need and suffering, and our indifference to injustice and cruelty,  
**Accept our repentance, O Lord.**

For all false judgments,  
for uncharitable thoughts toward our neighbours,  
and for our prejudice and contempt toward those who differ from us,  
**Accept our repentance, O Lord.**

For our waste and pollution of thy creation, and our lack of concern for those who come after us,  
**Accept our repentance, O Lord.**

Restore us, good Lord, and let thy anger depart from us;  
**Accept our repentance, O Lord.**

## THE BLESSING AND IMPOSITION OF ASHES

*Celebrant* Almighty God, who hast created us out of the dust of the earth: Bless and sanctify these ashes, that they may be for us a sign of our mortality and penitence, and a reminder that only by thy gracious gift are we given eternal life; through Jesus Christ our Saviour. **Amen.**

Remember that thou art dust, and unto dust shalt thou return.

**Psalm 51** *Miserere mei, Deus.*

HAVE mercy upon me, O God, after thy great goodness; / according to the multitude of thy mercies do away mine offences.

Wash me thoroughly from my wickedness, / and cleanse me from my sin.

For I acknowledge my faults, / and my sin is ever before me.

Against thee only have I sinned, and done that which is evil in thy sight; / that thou mightest be justified when thou speakest, and clear when thou dost judge.

Behold, I was brought forth in wickedness, / and in sin hath my mother conceived me.

But lo, thou requirest truth in the inward parts, / and shalt make me to understand wisdom secretly.

Thou shalt purge me with hyssop, and I shall be clean; / thou shalt wash me, and I shall be whiter than snow.

Thou shalt make me hear of joy and gladness, / that the bones which thou hast broken may rejoice.

Turn thy face from my sins, / and put out all my misdeeds.

Make me a clean heart, O God, / and renew a right spirit within me.

Cast me not away from thy presence, / and take not thy holy spirit from me.

O give me the comfort of thy help again, / and stablish me with a free spirit.

Then shall I teach thy ways unto the wicked, / and sinners shall be converted unto thee.

Deliver me from blood-guiltiness, O God, thou that art the God of my salvation; / and my tongue shall sing of thy righteousness.

O Lord, open thou my lips, / and my mouth shall show forth thy praise.

For thou desirest no sacrifice, else would I give it; / but thou delightest not in burnt offerings.

The sacrifice of God is a troubled spirit: / a broken and contrite heart, O God, shalt thou not despise.

O BE favourable and gracious unto Sion; / build thou the walls of Jerusalem.

Then shalt thou be pleased with the sacrifices of righteousness, with the burnt offerings and oblations; / then shall they offer young bullocks upon thine altar.

*Celebrant* Accomplish in us, O God, the work of thy salvation,  
*People* **That we may show forth thy glory in all the world.**

By the cross and passion of thy Son, our Lord.  
**Bring us with all thy saints to the joy of his resurrection.**

Almighty God, our heavenly Father,  
who of his great mercy hath promised forgiveness of sins  
to all them that with hearty repentance and true faith turn unto him:  
Have mercy upon you; pardon and deliver you from all your sins;  
confirm and strengthen you in all goodness; and bring you to everlasting life;  
through Jesus Christ. **Amen.**

## THE OFFERTORY

### Offertory

I will magnify thee, O Lord, for thou hast set me up, and not made my foes to triumph over me :  
O Lord my God, I cried unto thee, and thou hast healed me.

### Offertory Hymn 124

*Aberystwyth*

1 SAVIOUR, when in dust to thee  
Low we bow the adoring knee;  
When repentant, to the skies  
Scarce we lift our weeping eyes,  
O by all thy pains and woe,  
Suffered once for man below,  
Bending from thy throne on high,  
Hear our solemn Litany.

2 By thy helpless infant years,  
By thy life of want and tears,  
By thy days of sore distress  
In the savage wilderness;  
By the dread mysterious hour  
Of the insulting tempter's power;  
Turn, O turn a favouring eye;  
Hear our solemn Litany.

3 By the sacred griefs that wept  
O'er the grave where Lazarus slept;  
By the boding tears that flowed  
Over Salem's loved abode;  
By the mournful word that told  
Treachery lurked within thy fold;  
From thy seat above the sky  
Hear our solemn Litany.

4 By thine hour of whelming fear;  
By thine agony of prayer;  
By the cross, the nail, the thorn,  
Piercing spear and torturing scorn;  
By the gloom that veiled the skies  
O'er the dreadful sacrifice;  
Listen to our humble cry;  
Hear our solemn Litany.

### Secret (Prayer over the Gifts)

*Celebrant* Merciful God, turn us from sin to faithfulness. Accept our offering, and prepare us to celebrate the death and resurrection of Christ our Saviour, who is alive and reigns with you now and for ever.  
**Amen.**

### Mass Intentions of the Day

*Celebrant* Pray, brethren, that my sacrifice and yours be acceptable unto God the Father almighty.  
*People* **May the Lord receive the sacrifice at thy hands, to the praise and glory of His Name, both to our benefit and to that of all His Holy Church.**

## THE CANON OF THE MASS

*Celebrant* THE Lord be with you;  
*People* **And with thy spirit.**

*Celebrant* Lift up your hearts;  
*People* **We lift them up unto the Lord.**

*Celebrant* Let us give thanks unto our Lord God;  
*People* **It is meet and right so to do.**

*Celebrant* 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, Creator and Preserver of all things.

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

### **Sanctus and Benedictus**

*Missa Brevis XIII (Holy Cross)*

*Choir* HOLY, Holy, Holy, Lord God of hosts, Heaven and earth are full of thy glory. Glory be to thee, O Lord Most High.

BLESSED ✠ is he that cometh in the Name of the Lord: Hosanna in the highest.

*Celebrant* BLESSING and glory and thanksgiving be unto thee Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the Cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memorial of that his precious death, until his coming again.

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood; who, in the same night that he was betrayed, took Bread; and, when he had given thanks, he brake 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. ✠ Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying, Drink ye all, of this; for this is my Blood of the new Covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me. ✠

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy Bread of eternal life and the Cup of everlasting salvation, the memorial which he hath commanded; And we entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion; And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy Communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord,

by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, world without end.

*People* **Amen.**

### **THE COMMUNION**

#### **The Lord's Prayer**

*Celebrant* Let us pray. As our Saviour Christ hath commanded and taught us, we are bold to say,



*All*            **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 them that 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 Fraction and Pax**

*Celebrant*    The Peace of the Lord be always with you.  
*People*        **And with thy spirit.**

### **The Prayer of Humble Access**

*All*            **We do not presume to come to this thy Table, O merciful Lord, Trusting in our own righteousness, But in thy manifold and great mercies. We are not worthy So much as to gather up the crumbs under thy Table. But thou art the same Lord, Whose property is always to have mercy: Grant us therefore, gracious Lord, So to eat the Flesh of thy dear Son Jesus Christ, And to drink his Blood, That our sinful bodies may be made clean by his Body, And our souls washed through his most precious Blood, And that we may evermore dwell in him, And he in us. Amen.**

### **Agnus Dei**

*Missa Brevis XIII (Holy Cross)*

*Choir*        O LAMB of God, that takest away the sin of the world, have mercy upon us.  
O Lamb of God, that takest away the sin of the world, have mercy upon us.  
O Lamb of God, that takest away the sin of the world, grant us thy peace.

### **Invitation to Communion**

*Celebrant*    Behold the Lamb of God ...

*All*            **Lord, I am not worthy that Thou shouldst come under my roof,  
but speak the word only and my soul shall be healed.**

### **Communion**

He who doth meditate on the law of the Lord day and night : will bring forth his fruit in due season.

*Communion is available in both kinds. Those who are concerned about receiving the sacrament from the common cup are encouraged to receive bread only. Communion will be administered at a rail situated at the foot of the Chancel steps in the Nave. Please observe the distance markers on the carpet as you advance towards the rail. You may kneel or stand as you receive the Sacred Host and, if desired, the cup. Once consumed, replace your mask, and return to your pew by one of the side aisles.*

### **Music at Communion**

Lord, for thy tender mercies' sake

*John Hilton (1565-1609)*

## **THANKSGIVING AND DISMISSAL**

### **Prayer after Communion**

*Celebrant*    The Lord be with you;  
*People*        **And with thy spirit.**

*Celebrant*    Let us pray.

God of compassion, through your Son Jesus Christ you reconciled your people to yourself. Following his example of prayer and fasting, may we obey you with willing hearts and serve one another in holy love; through Jesus Christ our Lord. **Amen.**

## The Blessing

*Celebrant* THE peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord: And the blessing of God Almighty, ✠ the Father, the Son, and the Holy Ghost, be amongst you and remain with you always. **Amen.**

## The Dismissal

*Celebrant* The Lord be with you.

*People* **And with thy spirit.**

*Celebrant* Let us depart in peace.

*People* **Thanks be to God.**

## Post-Communion Hymn 105

*Heinlein*

- 1 FORTY days and forty nights  
Thou wast fasting in the wild;  
Forty days and forty nights  
Tempted, and yet undefiled :
- 2 And if Satan, vexing sore,  
Flesh or spirit should assail,  
Thou, his vanquisher before,  
Grant we may not faint nor fail.

- 3 So shall we have peace divine;  
Holier gladness ours shall be;  
Round us too shall Angels shine,  
Such as ministered to thee.
- 4 Keep, O keep us, SAVIOUR dear,  
Ever constant by thy side;  
That with thee we may appear  
At the eternal Eastertide.

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**Organ Postlude** Prelude and Fugue in G minor

*Healey Willan (1880-1968)*

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# St. Barnabas, Apostle and Martyr

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