Jesus said, ‘When two or three are gathered in my name, I will be in the midst of them’.

We are able to have a small in-person congregation for all Chapel services this term. Attendance in person will always be subject to the Chapel’s risk-assessed capacity, but we hope to be able to accommodate everyone who would like to attend without having to use a booking system. Please keep to the seating plan to ensure that we maintain social distance – members of the same household are welcome to sit together. Please also wear a mask while you are in Chapel and make use of the hand sanitizer.

This service will be livestreamed for the benefit of those who cannot be here in person. If you would rather not appear on camera, please feel welcome to choose a seat nearer the back of the Chapel.

Details of services and music, and youtube links to livestreamed and pre-recorded services are found on the Chapel website: www.caths.cam.ac.uk/chapelservices

All suggestions about posture (sit, stand, kneel) are optional; you are invited to join in with the words in bold if you wish to do so.
Please remain seated as the Chaplain and Choir enter and take their places.

The Chaplain welcomes the congregation, both online and in person.

THE OFFICE HYMN

Glory to thee, my God, this night (NEH 244)
Sung by the Choir

INTRODUCTION

Chaplain: Beloved, we are come together in the presence of almighty God and of the whole company of heaven to offer unto him through our Lord Jesus Christ our worship and praise and thanksgiving; to pray, as well for others as for ourselves, that we may know more truly the greatness of God's love and shew forth in our lives the fruits of his grace; and to ask on behalf of all people such things as their well-being doth require. Wherefore let us remember God's presence with us now.

Please remain seated

THE PRECES

Chaplain: O Lord, open thou our lips.
Choir: And our mouth shall shew forth thy praise.
Chaplain: O God, make speed to save us,
Choir: O Lord make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end.

Praise ye the Lord.
The Lord’s name be praised.

Remain seated for the psalmody
The Psalmody

Psalm 23, sung by the Choir to a plainchant setting

The Lord is my shepherd
therefore can I lack nothing.
He shall feed me in a green pasture
and lead me forth beside the waters of comfort.
He shall convert my soul
and bring me forth in the paths of righteousness, for his Name’s sake.
Yea, though I walk through the valley of the shadow of death, I will fear no evil
for thou art with me; thy rod and thy staff comfort me.
Thou shalt prepare a table before me against them that trouble me
thou hast anointed my head with oil, and my cup shall be full.
But thy loving-kindness and mercy shall follow me all the days of my life
and I will dwell in the house of the Lord for ever.

Please remain seated for the first Lesson.

The First Lesson

The First Book of Kings, Chapter 19, beginning at the 4th verse

But Elijah himself went a day’s journey into the wilderness, and came and sat
down under a solitary broom tree. He asked that he might die: ‘It is enough; now,
O Lord, take away my life, for I am no better than my ancestors.’ Then he lay
down under the broom tree and fell asleep. Suddenly an angel touched him and
said to him, ‘Get up and eat.’ He looked, and there at his head was a cake baked
on hot stones, and a jar of water. He ate and drank, and lay down again. The angel
of the Lord came a second time, touched him, and said, ‘Get up and eat,
otherwise the journey will be too much for you.’ He got up, and ate and drank;
then he went in the strength of that food for forty days and forty nights to Horeb
the mount of God. At that place he came to a cave, and spent the night there.

Here endeth the first lesson.

Please stand while the Choir sing the Magnificat
THE MAGNIFICAT

Noble in B minor

MY soul doth magnify the Lord:
   and my spirit hath rejoiced in God my Saviour.
For he hath regarded: the lowliness of his hand-maiden.
For behold, from henceforth: all generations shall call me blessed.
For he that is mighty hath magnified me: and holy is his Name.
And his mercy is on them that fear him: throughout all generations.
He hath shewed strength with his arm:
   he hath scattered the proud in the imagination of their hearts.
He hath put down the mighty from their seat:
   and hath exalted the humble and meek.
He hath filled the hungry with good things: and the rich he hath sent empty away.
He remembering his mercy hath holpen his servant Israel:
   as he promised to our forefathers, Abraham and his seed, for ever.
Glory be to the Father, and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

Please sit for the Second Lesson.

THE SECOND LESSON

The Gospel according to St Matthew, chapter four, beginning at verse 35.

On that day, when evening had come, he said to them, ‘Let us go across to the other side.’ And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, ‘Teacher, do you not care that we are perishing?’ He woke up and rebuked the wind, and said to the sea, ‘Peace! Be still!’ Then the wind ceased, and there was a dead calm. He said to them, ‘Why are you afraid? Have you still no faith?’ And they were filled with great awe and said to one another, ‘Who then is this, that even the wind and the sea obey him?’

Please stand while the Choir sings the Nunc Dimittis
THE NUNC DIMITTIS
Noble in B minor

LORD, now lettest thou thy servant depart in peace: according to thy word. For mine eyes have seen: thy salvation; Which thou hast prepared: before the face of all people; To be a light to lighten the Gentiles: and to be the glory of thy people Israel. Glory be to the Father, and to the Son: and to the Holy Ghost; As it was in the beginning, is now, and ever shall be: world without end. Amen.

THE APOSTLES’ CREED

You are invited to remain standing, turn east (towards the altar) and say the words of the creed together, if you wish to do so.

Chaplain: I believe in God
All: The Father Almighty, maker of heaven and earth:
And in Jesus Christ his only Son our Lord,
Who was conceived by the Holy Ghost,
Born of the Virgin Mary,
Suffered under Pontius Pilate,
Was crucified, dead, and buried:
He descended into hell;
The third day he rose again from the dead;
He ascended into heaven,
And sitteth on the right hand of God the Father Almighty;
From thence he shall come to judge the quick and the dead.
I believe in the Holy Ghost;
The holy Catholick Church;
The Communion of Saints;
The Forgiveness of sins;
The Resurrection of the body,
And the Life everlasting. Amen.

Please kneel or sit

THE PRAYERS

Chaplain: The Lord be with you.
Choir: And with thy spirit.
Chaplain: Let us pray.
Choir: Lord, have mercy upon us.
Christ have mercy upon us.
Lord, have mercy upon us.
THE LORD’S PRAYER

Chaplain: Our Father,
Choir: Which art in heaven,
       Hallowed be thy Name, Thy kingdom come,
       Thy will be done, in earth as it is in heaven.
       Give us this day our daily bread;
       And forgive us our trespasses,
       As we forgive them that trespass against us;
       And lead us not into temptation,
       But deliver us from evil. Amen.

THE SUFFRAGES

Chaplain: O Lord, shew thy mercy upon us.
Choir: And grant us thy salvation.
Chaplain: O Lord, save the Queen,
Choir: And mercifully hear us when we call upon thee.
Chaplain: Endue thy ministers with righteousness
Choir: And make thy chosen people joyful.
Chaplain: O Lord, save thy people
Choir: And bless thine inheritance.
Chaplain: Give peace in our time, O Lord,
Choir: Because there is none other that fighteth for us, but only thou, O God.
Chaplain: O God, make clean our hearts within us.
Choir: And take not thy Holy Spirit from us.

THE COLLECTS

Chaplain: O Lord, who never failest to help and govern them whom thou dost bring up in thy stedfast fear and love; Keep us, we beseech thee, under the protection of thy good providence, and make us to have a perpetual fear and love of thy holy Name; through Jesus Christ our Lord.
Choir: Amen.

Chaplain: O God, from whom all holy desires, all good counsels, and all just works do proceed; give unto thy servants that peace which the world cannot give; that both, our hearts may be set to obey thy commandments, and also that, by thee, we being defended from the fear of our enemies may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour.
Choir: Amen.
Chaplain:  
Lighten our darkness, we beseech thee, O Lord 
and by thy great mercy defend us 
from all perils and dangers of this night; 
for the love of thy only Son, our Saviour, Jesus Christ. 

Choir:  
Amen.

Please sit while the choir sings the Anthem

**ANTHEM**
John Rutter, *The Lord bless you and Keep you*

The Lord bless you and keep you: 
The Lord make His face to shine upon you, 
To shine upon you and be gracious, and be gracious unto you. 
The Lord lift up the light of His countenance upon you, 
And give you peace. Amen.

Please remain seated for the Address

**THE ADDRESS**
The Chaplain

Continuing our sermon series on words for our times, today’s word is ‘rest’

**THE INTERCESSIONS**

**THE COLLEGE COLLECT**

All  
O Everlasting God,  
with whom a thousand years are but as one day,  
and in whose name are treasured here  
the memorials of many generations:  
grant to us whom thou hast made members of this College,  
such measures of grace and wisdom,  
that we may neglect no portion of our manifold inheritance,  
but may guard and use it to thy glory;  
through Jesus Christ our Lord. Amen.
THE GRACE

All: The Grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. Amen.

Please stand

THE CHORAL DISMISSAL

God be in my head, and in my understanding;
God be in mine eyes and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at mine end, and at my departing.

THE BLESSING

Chaplain: 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 among you and remain with you always. Amen.

THE ORGAN VOLUNTARY

The livestream will continue until the voluntary is finished; you are encouraged to stay and listen.

Thank you for coming to this service, in person or online. We hope you will join us again:

Sundays 10am  Holy Communion (20th)
a simple, said service followed by brunch (in-person only)
Sundays 6.30pm  Choral Evensong (20th)
with music from the Chapel Choir (in-person and streamed)
Tuesdays 6.30pm  Luminaria (15th, 22nd)
with music from the Girls’ Choir (in-person and livestreamed)
Thursdays 9.30pm  Night Songs (17th)
with music from the Chapel Choir, (in-person and streamed)