

St Edmundsbury
Cathedral



Sung Eucharist

to celebrate

Mothering Sunday



Sunday 19 March 2023
10.30 am

Welcome to St Edmundsbury Cathedral

Today is mid-Lent Sunday, known as Mothering Sunday because of the ancient custom on that day for everyone to return to their mother church, the minster or cathedral church of the area. For some, this would be the only time that the whole family could gather together. Nowadays a number of themes run through our Mothering Sunday service, which include: thanksgiving for all who undertake a mothering role and all who care for the young; recognising the pain that some carry through childlessness or bereavement at the loss of a child or parent; thanksgiving for the part that the Virgin Mary played in our redemption; and prayers for the Mothers' Union and worldwide church, who is 'mother to us all'. The gospel set for today, recognises also that we are in the season of Lent, with its journey encouraging us to enter into the passion, death and resurrection of Jesus.

The music at today's service is sung by the **Cathedral Choir** with members of the **St Edmundsbury Singers** and the **Cathedral Youth Choir**.

*For reasons of Safeguarding and Data Protection, members of the public are **not permitted to take photographs or video recordings** during services and events.*

*We wish to inform you that photographs, video or livestream footage in which you may appear **could be used by the Cathedral at any time and appear in the public domain including social media.***

Please note that this service will be livestreamed on Facebook. If you do not want to appear in this please inform a warden or verger.

***Instructions about posture in the service are for guidance only** and those who prefer not to stand, or who cannot, should do as is most comfortable for them.*

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Collections are taken during our services. You are welcome to make a donation at this stage, or by using the contactless giving point or by placing your donation into the giving box as you leave after the service. If you are a UK taxpayer, consider using a Gift Aid envelope (remembering to fill in your details and sign it) or making a written declaration allowing the Chancellor to add 25% to your gift. In this way a gift of £5.00 becomes £6.25 at no extra cost to you. Our Parish Giving scheme allows you to give regularly by Direct Debit - do speak with one of the wardens or stewards or contact Liz Steele at liz@lokersteele.co.uk for further information. **Thank you.**

Service order extracts from *Common Worship Services*,
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¶ Order of Service

The Gathering

After everyone has been welcomed and notices given, the following words are used:

In the name of God,
Life-Giver, Pain-Bearer, Love-Maker.

All **Amen.**

If you are able, please stand to sing

The Processional Hymn

**O God beyond all praising,
we worship you today
and sing the love amazing
that songs cannot repay;
for we can only wonder
at every gift you send,
at blessings without number
and mercies without end:
we lift our hearts before you
and wait upon your word,
we honour and adore you,
our great and mighty Lord.**

**Then hear, O gracious Saviour,
accept the love we bring,
that we who know your favour
may serve you as our king;
and whether our tomorrows
be filled with good or ill,
we'll triumph through our sorrows
and rise to bless you still:
to marvel at your beauty
and glory in your ways,
and make a joyful duty
our sacrifice of praise.**

*Words Michael Perry, 1942-1996
Music: Thaxted, from The Planets,
Gustav Holst, 1874-1934*

Everyone is invited to remain standing as the President gives

The Greeting

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you

All and also with you.

Everyone is invited to sit for

The Enrolment of new Mothers' Union Members

Mothers' Union members are enrolled with the following words:

Membership of the world wide Mothers' Union is open to all who have been baptised in the name of the Holy Trinity and who declare support for the Aim and Objects of the Mothers' Union. I ask both new and present members to join in affirming their commitment to the Mothers' Union.

Do you reaffirm your baptism promises?

I do, with God's help.

Will you try to uphold and support the Aim and Objects of the Mothers' Union?

I will, with God's help.

Will you continue to plan your life to include prayer and Bible reading and worship in Church?

I will, by the grace of God.

NI (re-)admit you to membership of the Mothers' Union, in the name of the Father and of the Son and of the Holy Spirit.

Members of the Mothers' Union, will you welcome, support and pray for each other?

We will, in the power of the Spirit.

We commit ourselves to the work of Jesus Christ through our membership, saying together the Mothers' Union Prayer:

All **Loving Lord,**
we thank you for your love so freely given to us all.

We pray for families around the world.

Bless the work of the Mothers' Union which seeks to share your love through the encouragement, strengthening and support of marriage and family life.

Empowered by your Spirit,
may we be united in prayer and worship,
and in love and service reach out
as your hands across the world.

In Jesus' name. Amen.

If you are able, you are invited to stand for

The Opening Reflection

All We remember the mothering presence of God with us.

Deacon We light a candle for all mothers throughout the centuries who have loved and laughed and laboured.

We light may candle for all mothers alive today, who still love and laugh and labour for their children.

We light a candle because Jesus was nurtured by his mother and longed to care for his people like a mother hen gathering chicks under her wings.

All We remember the mothering presence of God with us.

Sub Deacon But we must put out this candle, because mothers throughout the world weep for the needs of their children.

We put out this candle, because around the world mothers mourn children and children mourn mothers who have died.

We put out this candle, because mothers throughout the world lack the resources to care for their children adequately.

All We remember the mothering presence of God with us.

President And yet: faith, hope and love abide.
So we relight this candle in the faith that God is present in every mother's suffering and in every mother's joy.

We relight this candle in the hope of a world where all mothers may bring up their children in peace and dignity and delight.

We relight this candle because neither life nor death can separate us from God's motherly love.

All We remember the mothering presence of God with us.

Everyone sits for

A Reading

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

Colossians 3.12–15, NRSV

Everyone kneels or remains seated for our confession.

Deacon Let us call to mind all that separates us from God,
our failure to value the love of others
and our failure to love as Christ loves us.

We sing the Ukrainian Kyrie as the response.

All Kyrie eleison,
kyrie eleison,
kyrie eleison.

President May the God of love and power
forgive you ✠ and free you from your sins,
heal and strengthen you by his Spirit,
and raise you to new life
in Christ our Lord.

All Amen.

The Collect

President Let us pray.

God of love,
passionate and strong,
tender and careful:
watch over us and hold us
all the days of our life;
through Jesus Christ our Lord.

All Amen.

If you are able, please stand for

The Gospel

All Hear the gospel of our Lord Jesus Christ according to John.
Praise to you, O Christ.

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

John 19.25b-27, NRSV

All This is the gospel of the Lord.
Praise to you, O Christ.

Everyone sits for

The Talk

given by
The Reverend Sarah Geileskey
Assistant Priest

If you are able we stand for

The Profession of Faith

President Let us declare our faith in God.

All **We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit. Amen.**

Everyone sits or kneels for

The Prayers of Intercession

During the prayers we join in a sung response after each prayer.

Deacon Let us pray to God the source of all compassion and mercy.

Choirs All



We ask you, Lord, lis - ten to our prayer.

Choirs All



We ask you, Lord, lis - ten to our prayer.

Young person For the mothering Church:
birthing us through baptism;
nourishing and sustaining us through life.
May your Church be a safe place to call home.

Choirs We ask you, Lord...

Young person For parents, grandparents and families
who are separated from their children.
For children who are separated from their parents,
grandparents and families.
May your healing and wholeness be known.

Choirs We ask you, Lord...

Young person For individuals and organisations who mother others,
offering, care, encouragement, and practical support.
May you sustain them in their task.

Choirs We ask you, Lord...

Young person For all who suffer today, in mind, body or spirit:
for those who have lost a motherly presence,
or who have never known a mother's love.
May your consolation and peace be ever present.

Choirs We ask you, Lord...

We hold a moment of silence as we offer our own prayers

Young person As we give thanks for all who have mothered us:
for all that we have been,
for all that we are and for all that we shall be.
May we forever trust in your mothering love.

Choirs We ask you, Lord...

¶ The Liturgy of the Sacrament

Everyone stands as the President leads

The Peace

President Praise God who loves us.
All Praise God who cares.

Through the prophet Isaiah, God says,
'As a mother comforts her child, so I will comfort you.'
The peace of the Lord be always with you
and also with you.

Deacon Let us offer one another a sign of peace.

Everyone may share the Peace.

The Offertory Hymn

During which the altar is prepared and bread and wine are placed upon it.

**Take my life, and let it be
consecrated, Lord, to thee;
take my moments and my days,
let them flow in ceaseless praise.**

**Take my hands, and let them move
at the impulse of thy love;
take my feet, and let them be
swift and beautiful for thee.**

**Take my voice, and let me sing
always, only, for my king;
take my lips, and let them be
filled with messages from thee.**

**Take my silver and my gold;
not a mite would I withhold;
take my intellect, and use
every power as thou shalt choose.**

**Take my will, and make it thine:
it shall be no longer mine;
take my heart: it is thine own;
it shall be thy royal throne.**

**Take my love; my Lord, I pour
at thy feet its treasure-store;
take myself, and I will be
ever, only, all for thee.**

*Words Frances Ridley Havergal, 1836-1879
Music: Nottingham, Wenzel Muller, 1747-1835*

Everyone remains standing for

The Preparation of the Table

The Taking of the Bread and Wine

President With this bread that we bring
All **we remember Jesus.**

All With this wine that we bring
we remember Jesus.

All Bread for his body, wine for his blood,
 gifts from God to his table we bring.
We remember Jesus.

The Eucharistic Prayer

The President and people sing the Sursum Corda.



Child Why is it right to give thanks and praise?

Deacon Listen, and we will hear.

All praise and honour be yours, holy God,
for you created the universe,
where all living things reflect your glory.
You give us this great and beautiful earth,
to discover and to cherish.

Today we thank you
because, like a mother,
your Son Jesus Christ, born of Mary,
gathers your people to you,
and you are gentle with us
as a mother with her children.

Jesus comforts us in sorrow and binds up our wounds,
through his gentleness we find comfort in fear.
In sickness he nurses us, with pure milk feeds us,
and his touch makes sinners whole again.

By his dying we are born to new life;
the warmth of his risen life gives life to the dead.
So now we join with the angels and all in heaven
as we sing your praise:

[cf Anselm of Canterbury]

Choir	Sanctus, sanctus, sanctus, Dominus Deus sabaoth. Pleni sunt coeli et terra gloria tua. Hosanna in excelsis.	<i>Holy, holy, holy, Lord God of hosts, Heaven and earth are full of thy glory. Glory be to thee, O Lord.</i>
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Music: Spatzenmesse ("Sparrow Mass"), W. A. Mozart, 1756-1791

We thank you, loving God,
because your Son, Jesus Christ,
gave his life for us on the cross
and shows us the way to live.

Send your Holy Spirit
that these gifts of bread and wine
may be for us Christ's body and his blood.

Child Why do we share this bread and wine?

Deacon Listen, and we will hear.

On the night before he died,
when darkness had fallen,
Jesus took bread.
He gave thanks, broke it,
and shared it with his disciples, saying:
'This is my body, given for you.
Do this to remember me.'

After they had eaten, he took the cup of wine,
gave thanks, and shared it with his disciples, saying:
'This is my blood, poured out for you and for many,
for the forgiveness of sins.
Do this to remember me.'

So, gracious God, with this bread and this cup
we celebrate his love, his death, his risen life.
As you feed us with these gifts,
send your Holy Spirit,
and change us more and more
to be like Jesus our Saviour.

Child How do we follow Jesus Christ?

Deacon Listen, and we will hear.

Help us, Father, to love one another,
as we look forward to that day
when suffering is ended,
and all creation is gathered in your loving arms.

Now with Mary, James, Edmund and all your saints
we give you glory,
through Jesus Christ,
in the strength of the Spirit,
for ever and ever.

All Amen.

Everyone sits or kneels as the consecrated bread and wine are raised in the sight of the people and the Sanctus bell is rung.

The Lord's Prayer

Deacon As Jesus teaches us, so we pray

**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 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 Breaking of the Bread

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

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

The Invitation to Communion

President Jesus is the Lamb of God who takes away the sin of the world. Blessed are those who are called to his supper.

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

Spiritual Communion

‘Spiritual Communion’ is a historic practice in the church for anyone who cannot receive the bread and wine physically. It is possible because Communion is always a spiritual practice and not simply physical. Through God’s grace, whilst we cannot receive the bread and wine, we can still receive the sacrament in our hearts, and share in communion with Jesus. In making our communion spiritually, we are joining with Christians everywhere who cannot receive the bread and wine at this time. The following prayer is one form of words to use for Spiritual Communion.

Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day. Amen.

after the Prayer of St Richard of Chichester

Everyone remains seated or kneeling and the Choir sings the

Agnus Dei

Agnus Dei qui tollis peccata
mundi, miserere nobis.

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

Agnus Dei qui tollis peccata
mundi, miserere nobis.

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

Agnus Dei qui tollis peccata
mundi, dona nobis pacem.

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

Music: Spatzenmesse (‘Sparrow Mass’), W. A. Mozart, 1756-1791

The Giving of Communion

Please follow the directions of the Cathedral wardens.

If you are used to receiving Communion in a church of your own, you are warmly invited to receive the sacrament today.

Gluten free bread: please indicate to the administering priest if you require a gluten free Communion bread.

Anyone wishing to receive a blessing is also welcome: please carry this order of service with you as an indication to the ministers.

If after receiving Holy Communion or a blessing you wish also to receive prayer and/or anointing for healing and wholeness, please make your way to the Lady Chapel via either the north or south transepts.

During the distribution of Communion, the Choir sings

The Motet

Ave, Maria, gratia plena, Dominus tecum;
benedicta tu in mulieribus,
et benedictus fructus ventris tui. Amen.

*Hail Mary, full of grace, the Lord is with thee;
blessed art thou among women,
and blessed is the fruit of thy womb. Amen.*

Music: Robert Parsons, 1535-1572

The Prayer after Communion

Everyone sits or kneels as silence is kept.

All **Loving God,**
as a mother feeds her children at the breast
you feed us in this sacrament
with the food and drink of eternal life:
help us who have tasted your goodness
to grow in grace within the household of faith;
through Jesus Christ our Lord.
Amen.

Everyone remains seated or kneeling for

The Prayer for Mothers

The President says

All For the care of mothers;
thanks be to God.

All For their patience when tested;
thanks be to God.

All For their love when tired;
thanks be to God.

All For their hope when despairing;
thanks be to God.

All For their service without limit;
thanks be to God.

All **Thank you God for the love of our mothers;**
thank you God for their care and concern;
thank you God for the joys they have shared with us;
thank you God for the pains they have borne for us;
thank you God for all that they give us;
through Jesus Christ our Lord.
Amen.

Everyone remains seated for

The Distribution of Flowers

As a symbol of our love for our Mothers, Grandmothers, Godmothers, Aunts, Carers, and others who have mothered us, the children help to distribute posies while organ music is played.

After posies have been distributed, if you are able, you are invited to stand as the President leads

The Blessing

President The Lord be with you
All **and also with you.**

 May God, who gave birth
 to all creation, bless you:
All **Amen.**

 May God, who became incarnate
 by an earthly mother, bless you:
All **Amen.**

 May God, who broods as a mother
 over her children, bless you.
All **Amen.**

 May almighty God, Creator, ✕ Redeemer and Sustainer
 of the world bless you today and evermore.
All **Amen.**

If you are able, please stand to sing

The Final Hymn

**Now thank we all our God,
with heart and hands and voices,
 who wondrous things hath done,
in whom his world rejoices;
 who from our mother's arms
 hath blessed us on our way
with countless gifts of love,
 and still is ours today.**

**O may this bounteous God
through all our life be near us,
with ever joyful hearts
and blessed peace to cheer us;
and keep us in his grace,
 and guide us when perplexed,
and free us from all ills
 in this world and the next.**

**All praise and thanks to God
the Father now be given,
the Son, and him who reigns,
with them in highest heaven,
the One eternal God,
whom earth and heaven adore;
for thus it was, is now,
and shall be evermore. Amen.**

Words: Martin Rinkart, 1586-1649

translated by Catherine Winkworth, 1827-78

*Music: Nun danket, melody in J Crüger's Praxis Pietatis Melica c 1647
Harmony chiefly from Mendelssohn's Lobgesang 1840*

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

Everyone remains standing as the procession departs and Theo Geileskey plays

The Voluntary

Postlude in D minor, Op. 105, No. 6
Charles Villiers Stanford, 1852-1924

*Everyone is warmly invited to share refreshments in the South Transept
immediately following the service.*

*It is a great help to the wardens if you can replace
your kneelers on the seats - thank you.*



Lent

at

St Edmundsbury
Cathedral



**'Fearfully and wonderfully
made in the image of God'**

Ash Wednesday Service

22 February Two services: 1.00 pm & 7.00 pm

Ash Wednesday marks the start of Lent, and both services will include the offering of ashes, the ancient sign of our humanity and mortality.

Guest Preachers on Sundays in Lent at the 10.30 am Choral Eucharist:

We welcome some special preachers during Lent.

26 February The Rt Rev'd Tim Stevens

5 March The Rev'd Canon Rufin Emmanuel

12 March The Rev'd Alison Miller

26 March Br Charlie Annis

Friday Lunchtime Addresses from 1.00 pm - 1.30 pm

During these special lunchtime addresses, our speakers will discuss what our Lent theme of 'Fearfully and wonderfully made in the image of God' means to them.

3 March Canon Stephen Singleton

10 March The Rev'd Canon Linda Peall

17 March Canon Judi Newman

24 March The Rev'd Mark Osborne

31 March The Rev'd Canon Eleanor Goodison

Wednesday Evening Virtual Talks from 7.00 pm - 8.00 pm

Each week a new speaker will help us reflect on the theme of our Lent series: "Fearfully and wonderfully made in the image of God: Challenging perceptions to empower change." Join us on Zoom for these sessions.

1 March Sexuality: The Rev'd Dr. Charlie Bell

8 March Race: Father Andrew Moughtin Mumby

15 March Social Class: The Rev'd Sophie Cowan

22 March Disability: The Rev'd Canon Tim Goode

29 March Plenary Discussion "How shall we now live?"

For more info and the Zoom link, please email Canon Michael Robinson: michael.robinson@cofesuffolk.org



Become a Chorister

St Edmundsbury
Cathedral 

Do you know a child aged 6–12 who loves singing?

There are spaces available in the Cathedral Choir for boys and girls to benefit from the fantastic opportunity of being a chorister.

- First-rate musical education
- Be part of a high-performing team
- Choristers come from a range of schools
- Manageable, family-friendly commitment levels
- Free singing and music theory tuition
- All welcome – no church background required

The Director of Music, Timothy Parsons, is always delighted to hear from families who are interested.
timothyparsons@stedscathedral.org 01284 748739

St Edmundsbury Cathedral



The Dean: The Very Reverend Joe Hawes
The Canon Pastor & Sub Dean: The Reverend Canon Matthew Vernon
The Canon Precentor: The Reverend Canon Philip Banks
The Canon Theologian: The Reverend Canon Michael Robinson
The Cathedral Curate: The Reverend Anita Rooney
The Assistant Priest: The Reverend Sarah Geileskey
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