Music before the service: Herzlich tut mich verlangen, Op. I22/x, Johannes Brahms (I833-97)
Opening hymn: ICH 599*

'Take up thy cross', the Saviour said, 'if thou wouldst my disciple be;
deny thyself, the world forsake, and humbly follow after me'.

Take up thy cross; let not its weight fill thy weak spirit with alarm:
his strength shall bear thy spirit up, and brace thy heart, and nerve thine arm.

Take up thy cross then in his strength, and calmly every danger brave;
'twill guide thee to a better home, and lead to victory o'er the grave.

Take up thy cross, and follow Christ, nor think till death to lay it down;
for only they who bear the cross may hope to wear the glorious crown.

Words: Charles Everest (I8/4-I877) based on Luke 9:23 Tune: BRESLAU Melody as in As Hymnodus Sacer (Leipzig, I625) arr. by F. Mendelssohn-Bartholdy (I809-47)

The online congregation is welcomed

## The Greeting

The Lord be with you
and also with you.
The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise. Psalm 5I:17

## 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.

Wash me thoroughly from my wickedness and cleanse me from my sin:
Lord, have mercy. Lord, have mercy.
Make me a clean heart, O God, and renew a right spirit within me:
Christ, have mercy. Christ, have mercy.
Cast me not away from your presence and take not your holy spirit from me:
cf Psalm 5 I
Lord, have mercy. Lord, have mercy.
Almighty God, who forgives all who truly repent, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. Amen.

## Proclaiming and Receiving the Word

O Lord, open our lips
and our mouth will proclaim your praise.
O God, make speed to save us.
O Lord, make haste to help us.
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.
Praise the Lord.
The Lord's name be praised.
PSALM: 22:23-3I
Praise the Lord, you that fear him;
O seed of Jacob, glorify him; stand in awe of him, $\mathbf{O}$ seed of Israel.
For he has not despised nor abhorred the suffering of the poor; neither has he hidden his face from
them;
but when they cried to him he heard them.
From you comes my praise in the great congregation; $\downarrow$
I will perform my vows in the presence of those that fear you.
The poor shall eat and be satisfied;
those who seek the Lord shall praise him; their hearts shall live for ever.
All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall bow before him.
For the kingdom is the Lord's and he rules over the nations.
How can those who sleep in the earth bow down in worship, or those who go down to the dust kneel before him?
He has saved my life for himself; my descendants shall serve him; this shall be told of the Lord for generations to come.
They shall come and make known his salvation, to a people yet unborn, declaring that he, the Lord, has done it.

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.

First Reading: Genesis 17:1-7, 15-16
When Abram was ninety-nine years old, the LORD appeared to Abram, and said to him, 'I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous.' Then Abram fell on his face; and God said to him, 'As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.

God said to Abraham, 'As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.'

This is the word of the Lord.
Thanks be to God.
CANTICLE: Benedictus (The Song of Zechariah Luke I:68-79)
Blessed be the Lord the God of Israel, who has come to his people and set them free.
The Lord has raised up for us a mighty saviour, born of the house of his servant David.
Through the holy prophets God promised of old to save us from our enemies, from the hands of those who hate us,
to show mercy to our forebears, and to remember his holy covenant.
This was the oath God swore to our father Abraham: to set us free from the hand of our enemies.
Free to worship him without fear, holy and righteous before him all the days of our life.
And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way,
To give his people knowledge of salvation by the forgiveness of all their sins.
In the tender compassion of our God the dawn from on high shall break upon us.
To shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

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.
Second Reading: Mark 8:31-38
Jesus began to teach the disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life?

Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

This is the word of the Lord.
Thanks be to God.

## Sermon by Gillian McGaughey, Diocesan Reader

ANTHEM: What wondrous love is this?
What wondrous love is this, O my soul, O my soul,
What wondrous love is this O my soul?
What wondrous love is this that caused the King of bliss
To bear the dreadful curse for my soul, for my soul,
To bear the dreadful curse for my soul?
When I was sinking down, sinking down, sinking down,
When I was sinking down, sinking down.
When I was sinking down beneath God's righteous frown
Christ laid aside His crown for my soul, for my soul,
Christ laid aside His crown for my soul, my soul.
To God and to the Lamb I will sing, I will sing,
To God and to the Lamb I will sing.
To God and to the Lamb who is the great I Am,
And when from death I'm free I will sing, I will sing,
And through eternity I will sing.
And when from death I'm free I'll sing on, I'll sing on,
And when from death I'm free I'll sing on.
And when from death I'm free l'll sing and joyful be,
And through eternity l'll sing on, l'll sing on,
And through eternity I will sing on, sing on.
Words: American folk hymn
Tune: American folk hymn arr. Geoff Weaver (b. 1943)

## Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

## The Prayers of the People

The Lord be with you
and also with you.
Let us pray.
Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

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.

Show us your mercy, O Lord,
and grant us your salvation.
O Lord, save the Queen
and grant her government wisdom.
Let your ministers be clothed with righteousness and let your servants shout for joy.

O Lord, save your people
and bless those whom you have chosen.
Give peace in our time, O Lord, and let your glory be over all the earth.

O God, make clean our hearts within us and renew us by your Holy Spirit.

## Collect of the day

Almighty God, you show to those who are in error the light of your truth that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ. Amen.

## Lenten Collect

Almighty and everlasting God you hate nothing that you have made and forgive the sins of all those who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

## Collects at Morning Prayer

Go before us, Lord, in all our doings, with your most gracious favour, and further us with your continual help; that in all our works begun, continued and ended in you, we may glorify your holy name, and finally by your mercy attain everlasting life; through Jesus Christ our Lord. Amen.
Heavenly Father, in whom we live and move and have our being: We humbly pray that your Holy Spirit may so guide and govern us that in all the cares and occupations of our daily life, we may never forget your presence but may remember that we are always walking in your sight, through Jesus Christ our Lord. Amen.

## Intercessions

Let us pray to God for right judgement and constancy in faith.
Strengthen the Church to follow the way of the Cross and not to judge in the haste of the moment. Grant grace and wisdom to those who hold position of leadership, influence and pastoral responsibility within the body of the Church to show the compassion of Christ in all their exchanges, decisions and teaching. We pray especially for George, Bishop of Connor, and David, Bishop of Down and Dromore, for the Dean and Chapter, remembering our ecumenical canons. Help all your faithful people to understand that to save is to lose and to lose is to find, that to give all is to gain all in the power of the risen Christ.
Lord, in your mercy, hear our prayer.

May those who hold power so set their minds on the things that are divine that they may rule with mercy in the things that are human. Bless those who hold powerful positions in their deliberations about easing out of lockdown, and by whose word many depend upon for protection, reassurance and security. May those who value only the pleasure and satisfaction of the moment learn where true blessedness lies.

Lord, in your mercy, hear our prayer.
Give to us, to our families, friends and neighbours, grace to follow as we are led, and wisdom to discern what is right in our way of life and what is a hindrance to our faith. Help us to appraise our actions and motives with honesty, and according to the measure of the love of Christ. Strengthen us to let go of the old when you are calling to the new, knowing that in your will there is life and not loss.

Lord, in your mercy, hear our prayer.
Have mercy on those whose burdens in this world are heavy. We pray for all who are sick, and those who care for them or are worried for their sake. Be near to those who suffer for the sake of the gospel, who have offered their lives for its sake. We pray your blessing to rest upon all who risk personal safety and risk of infection to provide care, encouragement and essential supplies to others. Shield them from harm and bring them to eternal life.

Lord, in your mercy, hear our prayer.
We give thanks for the departed, especially those who took up their crosses and faithfully carried them to the end of the way, and who have now laid them down in the repose of heaven. We especially remember with gratitude all whose anniversaries we mark at this time, and all who have died during the past $I 2$ months, in which normal funeral arrangements have been impossible. We pray for all who grieve in the wake of the Covid crisis. May we in our time be faithful until we come to share in the joy of our Master.

Lord, in your mercy, hear our prayer.
Merciful Father, accept these our prayers for the sake of your Son, our Saviour Jesus Christ. Amen.

## A prayer during this time of Coronavirus

O Heavenly Father, who by your Son Jesus Christ has taught us the glory of self-sacrifice and service: bless all who care for the sick, and those suffering from or recovering from Coronavirus. Stand with those who grieve. Give your strength to all who work in hospitals and nursing homes, and all who give care in the community. Guide all who seek to understand new variants of the infection we pray, and those who can influence others for the good of all. Give wisdom to those who have responsibility in church, politics and society for leading a way out of the current Lockdown. This we ask in the name of the one who spent himself in service of others with no thought for himself, even our Lord, Jesus Christ. Amen.

Offertory hymn: NEH 64 (Please do not forget to support the life of Belfast Cathedral through your continued financial giving during these challenging times)


> Be thou my guardian and my guide, and hear me when I call; let not my slippery footsteps slide, and hold me lest I fall.

> The world, the flesh, and Satan dwell around the path I tread;
> $O$, save me from the snares of hell, thou quickener of the dead.

> And if I tempted am to sin, and outward things are strong,
> do thou, O Lord, keep watch within, and save my soul from wrong.

> Still let me ever watch and pray, and feel that I am frail;
> that if the tempter cross my way, yet he may not prevail.

Words: Isaac Williams (I802-65) based on Psalm I7
Tune: ABRIDGE Isaac Smith (I734-I805)

## The Blessing

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

## The Dismissal

The Lord be with you and also with you.

Let us bless the Lord.
Thanks be to God.
Organ Voluntary: Herzlich tut mich verlangen, Op. I22/ix, Johannes Brahms (I833-97)
Organist: Matthew Owens
Soloist: Rosalie Curlett

Sunday $7^{\text {th }}$ March 202I: The Third Sunday in Lent<br>II.00am Livestreamed Morning Prayer: A Service of the Word.<br>Preacher: Rev Janice Elsdon

Under current restrictions most of the cathedral staff will also be "home working" and so the Cathedral Offices will not be routinely open.
In case of pastoral emergency, please contact Rev. Janice Elsdon, the Dean's Vicar or the Dean.

## Lent Reflections

Rev. Dr Ron Elsdon is leading a series of daily Lent Reflections,
which will be posted posted daily Monday to Saturday on the cathedral website and Facebook pages.
Across the six weeks of Lent, and leading to Holy Week, Ron will consider the themes of Lament, Fear, Repentance, Thanksgiving, Perseverance and Hope as with the disciples of Jesus we journey towards the Resurrection of Easter Day.

With a few short minutes each day, we can each stop, pause, reflect and pray to make this different season of Lent into a Lent that makes a difference.

Additionally, the Dean has suggested using the following prayer on a daily basis over coming weeks:
"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 my end, and at my departing."

## There are three ways you can make your FWO contribution to the Cathedral.

I. Make an On-line card donation today via the Cathedral Website at https://belfastcathedral.enthuse.com/profile

## 2. Set up an On-line Bank Transfer:

Bank Details for the Cathedral Account which you will need to make an On-line Banking Transfer are as follows:
Cathedral Bank Branch:
Bank of Ireland, City Centre Branch, I Donegall Square South, Belfast. BTI 5LR.
Name of Account: Parochial No I Current Account
Sort Code: $\quad 90-21-27$
Account Number: 1000605 I
Please give your own name as the Payment Reference.
3. Alternatively a Crossed Cheque may be made out to
"Belfast Cathedral Parochial No I Account"
and posted to The Deanery, 5 Deramore Drive, Belfast. BT9 5JQ.
Cheques will then be delivered to our Finance Officer for cashing at a local branch.
Requests for Standing Order Forms can be e-mailed to: admin@belfastcathedral.org

Thank you for your continuing financial support for Belfast Cathedral through these difficult times.

