



# **Maundy Thursday**

***March 28, 2024***

***Institution of the Lord's Supper • Foot Washing  
Stripping of the Altar • Watch at the Altar of Repose at 7:00pm***

***The Cathedral Church of St. James  
Diocese of Toronto • Anglican Church of Canada***

## Welcome to St. James Cathedral

*This sacred land is the territory of several Indigenous Nations - the Wendat, the Haudenosaunee, and the Anishnaabe, and the Métis peoples, with special recognition to the Mississaugas of New Credit. We also acknowledge that we are on the shores of Niigaani-gichigami / Lake Ontario. This territory is governed by the Dish With One Spoon Wampum Belt Treaty, an agreement between the Haudenosaunee Confederacy and the Anishnaabe Confederacy to peaceably share and sustain the life of the Great Lakes. In the spirit of that Treaty we seek to place at the centre of our gatherings the values of respectful reciprocity, diversity, peace, responsibility, and mutual aid.*

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### Accessibility

**A Wheelchair Accessible Washroom** is located at the front of the Cathedral through the doors by the pulpit.  
**Assisted hearing devices** are available from the sidespersons.

### Parking

There are a variety of inexpensive parking lots available around the Cathedral. Please visit our website at [stjamescathedral.ca/contact](http://stjamescathedral.ca/contact) for more information.

### Connect with the Cathedral

Visit our website at [stjamescathedral.ca](http://stjamescathedral.ca)  
Follow us on Facebook at [facebook.com/stjamesto](https://facebook.com/stjamesto)

### Liturgical Note

*In the context of Christian Liturgy, Israel does not refer to the current political state, but either to the historic Hebrews of the ancient Near East or, in Christian theology, to all people who put their faith and trust in Jesus Christ.*

*As this is a very public and open space please be aware of your personal belongings.  
Do not leave them unattended in the Cathedral or in the Cathedral Centre.*

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## Today at St. James

*Celebrant & Homilist: The Right Reverend Andrew Asbil*

*Deacon: The Reverend Canon Dr. Stephen Fields*

*Sub-Deacon: Paul D. Seddon, ODT*

*First Reader: Matthew Waterman • Second Reader: Mary Asbil*

*Intercessor: Bob Hart, ODT*

*Gospel Reader: The Reverend Canon Beth Benson*

*Honorary Verger: Paul D. Seddon, ODT*

*Director of Music & Organist: Thomas Bell*

*Associate Organist: Nathan Jeffery*

*Wayne Vance Organ Scholar: Jacob Wiens • Sung by The Choir of St. James Cathedral*

*The flowers are given to the glory of God in loving memory of*

*Ronald and Marilyn Janes.*

*Welcome. Please observe silence before the service begins  
and ensure that cell phones are turned off.*

# THE GATHERING OF THE COMMUNITY

*Mass Setting: Communion Service in the Phrygian Mode by Charles Wood*

*Please stand, as you are able.*

## **Introit Love Bade Me Welcome**

Text: George Herbert; Music: Judith Weir

*Choir*

Love bade me welcome: yet my soul drew back,  
guilty of dust and sin.

But quickey'd Love observing me grow slack  
from my first entrance in, drew nearer to me,  
sweetly questioning, if I lacked anything.

A guest, I answer'd, worthy to be here:

Love said, You shall be he.

I, the unkind, ungrateful? Ah, my dear,  
I cannot look on thee.

Love took my hand and smiling did reply,  
Who made the eyes but I?

Truth, Lord but I have marr'd them: let my shame  
go where it doth deserve.

And know you not, says Love, who bore the blame?

My dear, then I will serve.

You must sit down, says Love, and taste my meat:  
so I did sit and eat.

*Bishop*

The grace of our Lord Jesus Christ, and the love of God, and the  
fellowship of the Holy Spirit, be with you all.

*People*

**And also with you.**

**Hymn**

Tune: Song 1

*All*

Thou, who at thy first eucharist didst pray  
that all thy church might be forever one,  
grant us at every eucharist to say  
with longing heart and soul, "Thy will be done."  
O may we all one bread, one body be,  
through this blest sacrament of unity.

For all thy church, O Lord, we intercede:  
make thou our sad divisions soon to cease;  
draw us the nearer each to each, we plead,  
by drawing all to thee, O Prince of Peace.  
Thus may we all one bread, one body be,  
through this blest sacrament of unity.

So, Lord, at length when sacraments shall cease,  
may we be one with all thy church above,  
one with thy saints in one unbroken peace,  
one with thy saints in one unbounded love;  
more blessed still, in peace and love to be  
one with the Trinity in Unity.

Text: William Henry Turton; Music: Orlando Gibbons.  
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## Collect of the Day

*Bishop* Let us pray.

O God, on the night he was betrayed Jesus washed the feet of his disciples and gave himself in a meal of bread and wine. May we who celebrate these signs of his love, serve and give ourselves to others in his name and to your glory; through the same Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

*People* Amen.

## THE PROCLAMATION OF THE WORD

*Please be seated.*

*Exodus 12: 1-4, 11-14*

### The First Reading

*Reader* The Lord said to Moses and Aaron in the land of Egypt: This month shall mark for you the beginning of months; it shall be the first month of the year for you. Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbour in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it. Your lamb shall be without blemish, a year-old male; you may take it from the sheep or from the goats. You shall keep it until the fourteenth day of this month; then the whole assembled congregation of Israel shall slaughter it at twilight. They shall take some

of the blood and put it on the two doorposts and the lintel of the houses in which they eat it. They shall eat the lamb that same night; they shall eat it roasted over the fire with unleavened bread and bitter herbs. Do not eat any of it raw or boiled in water, but roasted over the fire, with its head, legs, and inner organs. You shall let none of it remain until the morning; anything that remains until the morning you shall burn. This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly. It is the passover of the Lord. For I will pass through the land of Egypt that night, and I will strike down every firstborn in the land of Egypt, both human beings and animals; on all the gods of Egypt I will execute judgements: I am the Lord. The blood shall be a sign for you on the houses where you live: when I see the blood, I will pass over you, and no plague shall destroy you when I strike the land of Egypt.

This day shall be a day of remembrance for you. You shall celebrate it as a festival to the Lord; throughout your generations you shall observe it as a perpetual ordinance.

*Reader* The word of the Lord.

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

**Psalm**

*Psalm 116: 1, 10-18*



*Choir* I love the Lord, for he has heard the voice of my suppli-ca-tion;  
because he inclined his ear to me on the day I called<sup>^</sup>to him.

*All* **How shall I repay the Lord  
for all the benefits he has gi-ven to me?**

*Choir* I will lift up the cup of sal-va-tion  
and call upon the name of the Lord.

*All* **I will fulfil my vows to the Lord  
in the presence of all his peo-ple.**

*Choir* Precious in the sight of the Lord  
is the death of his faith-ful ser-vants.

*All* **O Lord, I am your ser-vant,  
your servant, the child of your handmaid;  
you have freed me from<sup>^</sup>my bonds.**

*Choir* I will offer to you a sacrifice of thanks-giv-ing  
and call upon the näme of the Lord.

*All* **I will fulfil my vows to the Lord  
in the presence of all his peo-ple,**

*Choir* In the courts of the house of the Lord,  
in the midst of you, O Jerusalem.  
Al-le-lu-ia.

*All* **Glory to the Father and to the Son  
and to the Ho-ly Spi-rit;**

*Choir* as it was in the beginning is now

*All* **and shall be for ev-er. A-men.**

## The Second Reading

*1 Corinthians 11: 23-26*

*Reader* For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, ‘This is my body that is for you. Do this in remembrance of me.’ In the same way he took the cup also, after supper, saying, ‘This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’ For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.

*Reader* The word of the Lord.

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

## Gospel Acclamation

T. Bell

*People* **Alleluia! Alleluia! Alleluia!**

*Cantor* A new commandment I give to you, that you love one another as I have loved you.

*People* **Alleluia! Alleluia! Alleluia!**

## The Holy Gospel

*John 13: 1-17, 31b-35*

*Deacon* The Lord be with you.

*People* **And also with you.**

*Deacon* The Holy Gospel of our Lord Jesus Christ according to John.

*People* **Glory to you, Lord Jesus Christ.**

*Deacon* Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who

were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you? You call me Teacher and Lord – and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.

Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come." I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.'

*Deacon*      The Gospel of Christ.  
*People*      **Praise to you, Lord Jesus Christ.**

## **Homily**

*Silence is kept for a time.*

## Affirmation of Faith

*Please stand, as you are able.*

*Bishop* Let us declare our faith in God.

*People* **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.**

## Invitation

*Bishop* Fellow servants of our Lord Jesus Christ, on the night before his death, Jesus set an example for his disciples by washing their feet, an act of humble service. He taught that strength and growth in the life of the kingdom of God come not by power, authority, or even miracle, but by such lowly service.

Therefore I invite you, who share in his royal priesthood, to come and accept this sign of his loving service. But come remembering his admonition that what will be done for us is also to be done by us to others, for “servants are not greater than the master, nor are those who are sent greater than the one who sent them. If you know these things, blessed are you if you do them.”

## The Washing of Feet

*Please remain seated.*

*All those who wish to have their feet washed are invited to come forward. Members of the congregation are invited to assist the clergy after they have had their feet washed.*

## Anthem Ubi Caritas

Ola Gjeilo

*Choir* *Ubi caritas et amor, Deus ibi est.  
Congregavit nos in unum Christi amor.  
Exultemus, et in ipso iucundemur.  
Timeamus, et amemus Deum vivum.  
Et ex corde diligamus nos sincero.*

Where charity and love are, God is there.  
Christ's love has gathered us into one.  
Let us rejoice and be pleased in Him.  
Let us fear, and let us love the living God.  
And may we love each other with a sincere heart.

## Prayers of the People

*Bishop* In the power of the Spirit let us pray to the Father through Christ the Saviour of the world.

*The people kneel.*

*Intercessor* Almighty God, on this, the night he was betrayed, your Son Jesus Christ washed his disciples' feet. We commit ourselves to follow his example of love and service. Lord, hear us

**All and humble us.**

*Intercessor* On this night, he prayed for his disciples to be one. We pray for the unity of your Church. Lord, hear us

**All and unite us.**

*Intercessor* On this night, he prayed for those who were to believe through his disciples' message. We pray for the mission of your Church. Lord, hear us

**All and renew our zeal.**

*Intercessor* On this night, he commanded his disciples to love, but suffered rejection himself. We pray for the rejected and unloved. Lord, hear us

**All and fill us with your love.**

*Intercessor* On this night, he reminded his disciples that if the world hated them it hated him first. We pray for those who are persecuted for their faith. Lord, hear us

**All and give us your peace.**

*Intercessor* On this night, he accepted the cup of death and looked forward to the new wine of the kingdom. We remember those who have died in the peace of Christ. Lord, hear us

**All and welcome all your children into paradise.**

## The Peace

*Please stand, as you are able.*

*Bishop* On this night before his death, Jesus gathered his own and gave them this holy meal as a sign that would draw them back into his peace, even after they had betrayed and forsaken him. We ourselves, who have often betrayed him and betrayed or offended one another, are now reconciled by the blood of his cross. Therefore, in Christ's name I implore you, be reconciled to one another.

*We offer each other a sign of peace, as you feel comfortable.*

*Bishop* The peace of the Lord be always with you.  
*People* **And also with you.**

## **THE CELEBRATION OF THE EUCHARIST**

*An offering will now be taken for the life and ministry of the Cathedral.*

### **Offertory Hymn**

Tune: Franconia

*All* 'Prepare a room for me, your Saviour, Host and Priest,  
where I may gather you, my friends, to celebrate the feast.'  
  
'This room we have prepared; the Table now is set.  
We wait your promised presence, Lord, where we once more are met.'  
  
'Where even two or three have come the Meal to share,  
unseen, but living, loving still, I surely will be there!'  
  
'Lord Christ, we seek the food your grace alone can give.  
We come with empty, hungry hearts that we may eat and live.'  
  
'My promise I will keep; your hunger will be fed,  
for in this meal I offer you myself, the living Bread!'  
  
'All thanks and praise to you, our Saviour, Lord and Friend,  
that through this Loaf and Cup you share your love that has no end!'

Text: Herman G. Stuempfle, Jr.; Music: Melody Johann Balthasar König; adapt. William Henry Havergal.  
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### **Prayer over the Gifts**

*Bishop* Father, we spread this table to remember the loving sacrifice of Jesus Christ, your Son. Accept all we offer you this day. Bind us together in his love and in the love he has commanded us to bring one another; through Jesus Christ our Lord.  
*People* **Amen.**

### **The Great Thanksgiving**

*Bishop* The Lord be with you.  
*People* **And also with you.**  
*Bishop* Lift up your hearts.  
*People* **We lift them to the Lord.**

*Bishop* Let us give thanks to the Lord our God.

*People* **It is right to give our thanks and praise.**

*Bishop* It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image: male and female you created us. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name

### **Sanctus & Benedictus**

*Choir* Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest. Hosanna in the highest.

*Please kneel, as you are able.*

*Bishop* Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

On this very night, when he freely gave himself to death, our Lord Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me." We remember those who have died in the peace of Christ. Lord, hear us All and welcome all your children into paradise.

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, " Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore. Therefore we proclaim the mystery of faith.

*All* **Christ has died. Christ is risen. Christ will come again.**

*Bishop* Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy people, a living sacrifice in Jesus Christ, our Lord. Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever.

*People* **Amen.**

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

*McNeil Robinson*

*Bishop* As our Saviour taught us, let us pray,

*All* **Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.**

### **The Breaking of the Bread**

*Bishop* We break this bread,

*All* **Communion in Christ's body once broken.**

*Bishop* Let your Church be the wheat which bears its fruit in dying.

*All* **If we have died with him, we shall live with him; if we hold firm, we shall reign with him.**

### **The Communion**

*Bishop* The gifts of God for the People of God.

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

### **Agnus Dei**

*Choir* Lamb of God, you take away the sin of the world: have mercy on us.

Lamb of God, you take away the sin of the world: have mercy on us.

Lamb of God, you take away the sin of the world: grant us peace.

*All are welcome to receive Holy Communion or a blessing.  
If you choose not to receive communion,  
simply cross your hands over your chest to indicate this to the priest.  
For those requiring gluten-free hosts or not wanting to walk up the chancel steps,  
please go to the Lady Chapel.  
It is not permitted to dip the bread in the wine for health reasons.*

## **Communion Hymn**

Tune: Song 67

According to thy gracious word  
in meek humility,  
this will I do, my dying Lord,  
I will remember thee.

Thy body, broken for my sake,  
my bread from heaven shall be;  
thy cup of blessing I will take,  
and thus remember thee.

And when these failing lips grow dumb,  
and mind and memory flee,  
when thou shalt in thy kingdom come,  
then, Lord, remember me.

Text: James Montgomery. Music: Melody and bass by Orlando Gibbons from E. Prys's Llyfr y Psalamu

## **Motet      Draw us in the Spirit's Tether**

Words: Percy Dearmer  
Music: Harold Friedell

*Choir*      Draw us in the Spirit's tether;  
For when humbly, in thy name,  
Two or three are met together,  
Thou art in the midst of them:  
Alleluya! Alleluya!  
Touch we now thy garment's hem.

As the brethren used to gather  
In the name of Christ to sup,  
Then with thanks to God the Father  
Break the bread and bless the cup:  
Alleluya! Alleluya!  
So knit thou our friendship up.

All our meals and all our living  
Make as sacraments of thee,  
That by caring, helping, giving,  
We may true disciples be:  
Alleluya! Alleluya!  
We will serve thee faithfully.

### **Prayer after Communion**

*Bishop* Let us pray. *Please stand, as you are able.*  
Holy God, source of all love, on the night of his betrayal Jesus gave his disciples a new commandment, to love one another as he loved them. Write this commandment in our hearts; give us the will to serve others as he was the servant of all, who gave his life and died for us, yet is alive and reigns with you and the Holy Spirit, one God, now and for ever.

*People* **Amen.**

### **Mark 14:32-42**

*Reader* They went to a place called Gethsemane; and he said to his disciples, 'Sit here while I pray.' He took with him Peter and James and John, and began to be distressed and agitated. And he said to them, 'I am deeply grieved, even to death; remain here, and keep awake.' And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, 'Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.' He came and found them sleeping; and he said to Peter, 'Simon, are you asleep? Could you not keep awake one hour? Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.' And again he went away and prayed, saying the same words. And once more he came and found them sleeping, for their eyes were very heavy; and they did not know what to say to him. He came a third time and said to them, 'Are you still sleeping and taking your rest? Enough! The hour has come; the Son of Man is betrayed into the hands of sinners. Get up, let us be going. See, my betrayer is at hand.'

### **Procession to the Altar of Repose**

*During the following hymn, the blessed sacrament is taken in procession to the Altar of Repose in St. George's Chapel, which represents Gethsemane on this night.*

**Hymn***Please kneel, as you are able.*

Tune: Grafton

**All**

Now, my tongue, the mystery telling, of the glorious body sing,  
and the blood, all price excelling, which the nations' Lord and King,  
once on earth among us dwelling, shed for this world's ransoming.

That last night, at supper lying with the twelve, his chosen band,  
Jesus, with the law complying, keeps the feast its rites demand;  
then, more precious food supplying, gives himself with his own hand.

Therefore we, before him bending, this great sacrament revere;  
types and shadows have their ending, for the newer rite is here;  
faith, our outward sense befriending, makes our inward vision clear.

Glory let us give, and blessing, to the Father and the Son;  
honour, thanks, and praise addressing while eternal ages run,  
and the Spirit's power confessing, who from both with both is one.

Text: Attrib. Thomas Aquinas; tr. Edward Caswall, alt.; Music: Melody *Le Recueil noté*, Lyon, 1871.**At the Altar of Repose****Bishop**

You gave them Bread from heaven, containing in itself all sweetness.  
Praise the Lord, all you nations; laud him, all you peoples. For his loving-kindness toward us is great, and the faithfulness of the Lord endures for ever. Hallelujah!

Let us pray.

O God, who in a wonderful sacrament hast left unto us a memorial of thy passion: Grant us so to reverence the holy mysteries of thy Body and Blood, that we may ever know within ourselves the fruit of thy redemption; who livest and reignest with the Father in the unity of the Holy Ghost, one God, world without end.

**People****Amen.****The Stripping of the Altar***Please remain kneeling.**The adornments of the church are removed and the altar is washed.***Motet****The Lord is Good***Cecilia Macdowall***Choir**

The Lord is good unto them that wait for him, to the soul that seeketh him. It is good that a man should both hope and quietly wait for the salvation of the Lord. It is good for a man that he bear the yoke in his youth. For the Lord will not cast off for ever: But though he cause grief,

yet will he have compassion according to the multitude of his mercies.  
For he doth not afflict willingly nor grieve the children of men.

## Hymn

Tune: Nicht So Traurig

### All

Go to dark Gethsemane, ye that feel the tempter's power.  
Your Redeemer's conflict see; watch with him one bitter hour;  
turn not from his griefs away; learn of Jesus Christ to pray.

Follow to the judgment hall; view the Lord of life arraigned;  
O the worm-wood and the gall! O the grief his soul sustained!  
Shun not suffering, shame, or loss; learn of him to bear the cross.

Calvary's mournful mountain climb; there, adoring at his feet,  
mark that miracle of time—God's own sacrifice complete.  
"It is finished," hear him cry; learn of Jesus Christ to die.

Text: James Montgomery, alt.; Music: Johann Sebastian Bach.

## Psalm 22

### Choir

My God, my God, why have you forsaken me,  
and are so far from my salvation, from the words of my distress?  
O my God, I cry in the daytime, but you do not answer;  
and by night also, but I find no rest.  
Yet you are the Holy One,  
enthroned upon the praises of Israel.  
Our forebears trusted in you;  
they trusted, and you delivered them.  
They cried out to you and were delivered;  
they put their trust in you and were not confounded.  
But as for me, I am a worm and no man,  
scorned by all and despised by the people.  
All who see me laugh me to scorn;  
they curl their lips and wag their heads, saying,  
'He trusted in the Lord; let him deliver him;  
let him deliver him, if he delights in him.'  
But it is you that took me out of the womb  
and laid me safe upon my mother's breast.  
On you was I cast ever since I was born;  
you are my God even from my mother's womb.

Be not far from me, for trouble is near at hand  
and there is none to help.  
Mighty oxen come around me;  
fat bulls of Bashan close me in on every side.  
They gape upon me with their mouths,  
as it were a ramping and a roaring lion.  
I am poured out like water; all my bones are out of joint;  
my heart has become like wax melting in the depths of my body.  
My mouth is dried up like a potsherd; my tongue cleaves to my gums;  
you have laid me in the dust of death.  
For the hounds are all about me, the pack of evildoers close in on me;  
they pierce my hands and my feet.  
I can count all my bones;  
they stand staring and looking upon me.  
They divide my garments among them;  
they cast lots for my clothing.  
Be not far from me, O Lord;  
you are my strength; hasten to help me.  
Deliver my soul from the sword,  
my poor life from the power of the dog.  
Save me from the lion's mouth, from the horns of wild oxen.  
You have answered me!  
I will tell of your name to my people;  
in the midst of the congregation will I praise you.  
Praise the Lord, you that fear him;  
O seed of Jacob, glorify him; stand in awe of him, 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;  
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.

*Following the stripping and washing of the altar, silence is kept.*

*The congregation is invited to spend time in prayer  
before the blessed sacrament in St. George's Chapel.  
In this watch, we take our place by our Lord in the Garden of Gethsemane.*

**PLEASE LEAVE THE CATHEDRAL IN SILENCE.**