



Friday 11 February 2022
Recorded Thursday 10 February 2022

Morning Song

Officiant
Revd Harry Ching

Choral Scholars of St Martin-in-the-Fields
Directed by Andrew Earis

Introit Today *Lucy Walker*

Today I rise, Today I rise,
Today I soar in splendour.
As the day keeps unveiling all her grandeur.
Let the chains of yesterday break away.
Today is here, I will not cling to yesterday.

Ozioma Ogbaji

Welcome

Preces Plainsong *sung by the Choral Scholars*

O Lord, o-pen our lips and our mouth shall pro-claim your praise.

Give us the joy of your sa-ving help

and sus-tain us with your life-giv-ing Spi-rit.

Bless-ed is the Lord, for he has heard the voice of our prayer;

therefore shall our hearts dance for joy

and in our song will we praise our God.

The musical notation is a single-line plainsong melody in G major (one sharp) and 4/4 time. It consists of six staves, each with a line of text underneath. The melody is simple and hymn-like, with a mix of quarter and half notes. The text is in a mix of bold and regular fonts, with some words hyphenated across lines.

The night has passed, and the day lies open before us; let us pray
with one heart and mind.

Silence is kept.

As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now and for ever.

All **Amen.**

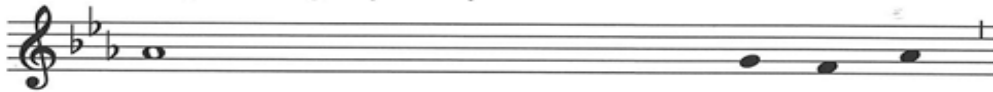
Prayer of Thanksgiving Plainsong *sung by the Choral Scholars*



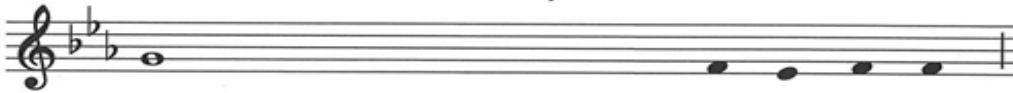
Blessèd are you, Lord our God, creator and redeem-er of all;



to you be glory and praise for ev - er.



From the waters of chaos you drew forth the world



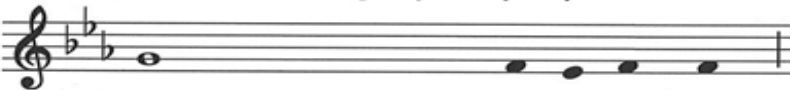
and in your great love fashioned us in your im-age.



Now, through the deep wa - ters of death,



you have brought your people to new birth



by raising your Son to life in tri-umph.



May Christ your light ever dawn in our hearts



as we offer you our sacrifice of thanks and praise.



Blessèd be God, Fa-ther, Son and Ho-ly Spi-rit:



Bless-ed be God for ev - er.

Psalmody Psalm 31: 1-8

- 1 In you, O Lord, have I taken refuge;
let me never be put to shame;
deliver me in your righteousness.
- 2 Incline your ear to me;
make haste to deliver me.
- 3 Be my strong rock, a fortress to save me,
for you are my rock and my stronghold;
guide me, and lead me for your name's sake.
- 4 Take me out of the net
that they have laid secretly for me,
for you are my strength.
- 5 Into your hands I commend my spirit,
for you have redeemed me, O Lord God of truth.
- 6 I hate those who cling to worthless idols;
I put my trust in the Lord.
- 7 I will be glad and rejoice in your mercy,
for you have seen my affliction
and known my soul in adversity.
- 8 You have not shut me up in the hand of the enemy;
you have set my feet in an open place.

Old Testament Reading Leviticus 25: 1-24

The Lord spoke to Moses on Mount Sinai, saying: Speak to the people of Israel and say to them: When you enter the land that I am giving you, the land shall observe a sabbath for the Lord. For six years you shall sow your field, and for six years you shall prune your vineyard, and gather in their yield; but in the seventh year there shall be a sabbath of complete rest for the land, a sabbath for the Lord: you shall not sow your field or prune your vineyard. You shall not reap the aftergrowth of your harvest or gather the grapes of your unpruned vine: it shall be a year of complete rest for the land. You may eat what the land yields during its sabbath—you, your male and female slaves, your hired and your bound labourers who live with you; for your livestock also, and for the wild animals in your land all its yield shall be for food.

You shall count off seven weeks of years, seven times seven years, so that the period of seven weeks of years gives forty-nine years. Then you shall have the trumpet sounded loud; on the tenth day of the seventh month—on the day of atonement—you shall have the trumpet sounded throughout all your land. And you shall hallow the fiftieth year and you shall proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee for you: you shall return, every one of you, to your property and every one of you to your family. That fiftieth year shall be a jubilee for you: you shall not sow, or reap the aftergrowth, or harvest the unpruned vines. For it is a jubilee; it shall be holy to you: you shall eat only what the field itself produces.

In this year of jubilee you shall return, every one of you, to your property. When you make a sale to your neighbour or buy from your neighbour, you shall not cheat one another. When you buy from your neighbour, you shall pay only for the number of years since the jubilee; the seller shall charge you only for the remaining crop-years. If the years are more, you shall increase the price, and if the years are fewer, you shall diminish the price; for it is a certain number of harvests that are being sold to you. You shall not cheat one another, but you shall fear your God; for I am the Lord your God.

You shall observe my statutes and faithfully keep my ordinances, so that you may live on the land securely. The land will yield its fruit, and you will eat your fill and live on it securely. Should you ask, 'What shall we eat in the seventh year, if we may not sow or gather in our crop?' I will order my blessing for you in the sixth year, so that it will yield a crop for three years. When you sow in the eighth year, you will be eating from the old crop; until the ninth year, when its produce comes in, you shall eat the old. The land shall not be sold in perpetuity, for the land is mine; with me you are but aliens and tenants. Throughout the land that you hold, you shall provide for the redemption of the land.

Canticle A Song of Humility

- 1 Come, let us return to the Lord
who has torn us and will heal us.
- 2 God has stricken us
and will bind up our wounds.
- 3 After two days, he will revive us,
and on the third day will raise us up,
that we may live in his presence.

continued...

- 4 Let us strive to know the Lord;
his appearing is as sure as the sunrise.
- 5 He will come to us like the showers,
like the spring rains that water the earth.
- 6 'O Ephraim, how shall I deal with you?
How shall I deal with you, O Judah?
- 7 Your love for me is like the morning mist,
like the dew that goes early away.
- 8 'Therefore, I have hewn them by the prophets,
and my judgement goes forth as the light.
- 9 'For loyalty is my desire and not sacrifice,
and the knowledge of God rather than burnt offerings.'

New Testament Reading 1 Timothy 5: 1-16

Do not speak harshly to an older man, but speak to him as to a father, to younger men as brothers, to older women as mothers, to younger women as sisters—with absolute purity.

Honour widows who are really widows. If a widow has children or grandchildren, they should first learn their religious duty to their own family and make some repayment to their parents; for this is pleasing in God's sight. The real widow, left alone, has set her hope on God and continues in supplications and prayers night and day; but the widow who lives for pleasure is dead even while she lives. Give these commands as well, so that they may be above reproach. And whoever does not provide for relatives, and especially for family members, has denied the faith and is worse than an unbeliever.

Let a widow be put on the list if she is not less than sixty years old and has been married only once; she must be well attested for her good works, as one who has brought up children, shown hospitality, washed the saints' feet, helped the afflicted, and devoted herself to doing good in every way. But refuse to put younger widows on the list; for when their sensual desires alienate them from Christ, they want to marry, and so they incur condemnation for having violated their first pledge. Besides that, they learn to be idle, gadding about from house to house; and they are not merely idle, but also gossips and busybodies, saying what they should not say. So I would have younger widows marry, bear children, and manage their households, so as to give the adversary no occasion to revile us. For some have already turned away to follow Satan. If any believing woman has relatives who are

really widows, let her assist them; let the church not be burdened, so that it can assist those who are real widows.

Gospel Canticle Benedictus *John Harper*

- 1 Blessed be the Lord the God of Israel,
 who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour,
 born of the house of his servant David.
- 3 Through his holy prophets God promised of old
 to save us from our enemies,
 from the hands of all that hate us,
- 4 To show mercy to our ancestors,
 and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham:
 to set us free from the hands of our enemies,
- 6 Free to worship him without fear,
 holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High,
 for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation
 by the forgiveness of all their sins.
- 9 In the tender compassion of our God
 the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death,
 and to guide our feet into the way of peace.

Luke 1.68–79

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.

Prayers

The response to the prayers is:
Lord, in your mercy,

All **hear our prayer.**

Collect of the Day

O God, you know us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright: grant to us such strength and protection as may support us in all dangers and carry us through all temptations; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever.

All **Amen.**

Lord's Prayer *John Bell*

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.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.

Notices

Blessing

Anthem Old time religion *arr. Moses Hogan, adapted Benjamin Harlan*

Give me that old time religion, give me that old time religion.
Give me that old time religion, it's good enough for me.
Give me that old time religion, give me that old time religion.
Give me that old time religion, it's good enough for me.

It was good for the Hebrew children, it was good for the Hebrew children.
It was good for the Hebrew children, it's good enough for me.
It was good for Paul and Silas, it was good for Paul and Silas.
It was good for Paul and Silas, it's good enough for me.
It was good for my grandmother, it was good for my grandmother.
It was good for my grandmother, it's good enough for me.

continued...

Give me that old time religion, give me that old time religion.
Give me that old time religion, it's good enough for me.
Give me that old time religion, give me that old time religion.
Give me that old time religion, it's good enough for me.

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Thank you.

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St Martin-in-the-Fields, Trafalgar Square, London WC2N 4JJ

Telephone: 020 7766 1100 www.smitf.org email: clergy.office@smitf.org