

CHORAL EVENSONG

4 March 2026 7:00pm



St George's Cathedral, Kingston

Versicles & Responses: Smith
Setting: The Short Service, Weelkes

Please stand, as you are able, as the choir and clergy enter the Cathedral

Minister. O LORD, open thou our lips;

Choir. And our mouth shall show forth thy praise.

Minister. 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. Amen.

Praise ye the Lord;

Please sit.

Psalm 20 *Exaudiat te Dominus*

The Lord hear thee in the day of trouble : the Name of the God of Jacob defend thee;

2 Send thee help from the sanctuary : and strengthen thee out of Sion;

3 Remember all thy offerings : and accept thy burnt-sacrifice;

4 Grant thee thy heart's desire : and fulfil all thy mind.

5 We will rejoice in thy salvation, and triumph in the Name of the Lord our God : the Lord perform all thy petitions.

6 Now know I that the Lord helpeth his Anointed, and will hear him from his holy heaven : even with the wholesome strength of his right hand.

7 Some put their trust in chariots, and some in horses : but we will remember the Name of the Lord our God.

8 They are brought down, and fallen : but we are risen, and stand upright.

9 Save, Lord, and hear us, O King of heaven : when we call upon thee.

The First Lesson is written in the book of Exodus, in the 8th chapter, beginning at the first verse.

Then the LORD said to Moses, ‘Go to Pharaoh and say to him, “Thus says the LORD: Let my people go, so that they may worship me. If you refuse to let them go, I will plague your whole country with frogs. The river shall swarm with frogs; they shall come up into your palace, into your bedchamber and your bed, and into the houses of your officials and of your people, and into your ovens and your kneading bowls. The frogs shall come up on you and on your people and on all your officials.”’ And the LORD said to Moses, ‘Say to Aaron, “Stretch out your hand with your staff over the rivers, the canals, and the pools, and make frogs come up on the land of Egypt.”’ So Aaron stretched out his hand over the waters of Egypt; and the frogs came up and covered the land of Egypt. But the magicians did the same by their secret arts, and brought frogs up on the land of Egypt.

Then Pharaoh called Moses and Aaron, and said, ‘Pray to the LORD to take away the frogs from me and my people, and I will let the people go to sacrifice to the LORD.’ Moses said to Pharaoh, ‘Kindly tell me when I am to pray for you and for your officials and for your people, that the frogs may be removed from you and your houses and be left only in the Nile.’ And he said, ‘Tomorrow.’ Moses said, ‘As you say! So that you

may know that there is no one like the LORD our God, the frogs shall leave you and your houses and your officials and your people; they shall be left only in the Nile.’ Then Moses and Aaron went out from Pharaoh; and Moses cried out to the LORD concerning the frogs that he had brought upon Pharaoh. And the LORD did as Moses requested: the frogs died in the houses, the courtyards, and the fields. And they gathered them together in heaps, and the land stank. But when Pharaoh saw that there was a respite, he hardened his heart, and would not listen to them, just as the LORD had said.

Then the LORD said to Moses, ‘Say to Aaron, “Stretch out your staff and strike the dust of the earth, so that it may become gnats throughout the whole land of Egypt.”’ And they did so; Aaron stretched out his hand with his staff and struck the dust of the earth, and gnats came on humans and animals alike; all the dust of the earth turned into gnats throughout the whole land of Egypt. The magicians tried to produce gnats by their secret arts, but they could not. There were gnats on both humans and animals. And the magicians said to Pharaoh, ‘This is the finger of God!’ But Pharaoh’s heart was hardened, and he would not listen to them, just as the LORD had said.

Here endeth the first lesson.

The Office Hymn *(please stand)*



O kind Creator, bend thine ear
To mark the cry, to know the tear
Before thy throne of mercy spent
In this thy holy fast of Lent.

2 Our hearts are open, Lord, to thee:
Thou knowest our infirmity;
Pour out on all who seek thy face
Abundance of thy pardoning grace.

3 Our sins are many, this we know;
Spare us, good Lord, thy mercy show;
And for the honour of thy name
Our fainting souls to life reclaim.

Jesu Corona

Rouen Church Melody 1728

A - - - - - men.
4 Give us the self-control that springs
From discipline of outward things,
That fasting inward secretly
The soul may purely dwell with thee.

5 We pray thee, holy Trinity,
One God, unchanging Unity,
That we from this our abstinence
May reap the fruits of penitence. Amen.

Latin, ascribed to St Gregory 540-604

Tr: T. A. Lacey 1853-1931

Please remain standing

Magnificat. St Luke 1. 46

MY soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour. For he hath regarded the lowliness of his handmaiden. 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 showed 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

The Second Lesson is written in the Letter to the Colossians, in the 4th chapter, beginning at the second verse.

Devote yourselves to prayer, keeping alert in it with thanksgiving. At the same time pray for us as well that God will open to us a door for the word, that we may declare the mystery of Christ, for which I am in prison, so that I may reveal it clearly, as I should.

Conduct yourselves wisely towards outsiders, making the most of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer everyone.

Tychicus will tell you all the news about me; he is a beloved brother, a faithful minister, and a fellow-servant in the Lord. I have sent him to you for this very purpose, so that you may know how we are and that he may encourage your hearts; he is coming with Onesimus, the faithful and beloved brother, who is one of you. They will tell you about everything here.

Aristarchus my fellow-prisoner greets you, as does Mark the cousin of Barnabas, concerning whom you have received instructions—if he comes to you, welcome him. And Jesus who is called Justus greets you. These are the only ones of the circumcision among my co-workers for the kingdom of God, and they have been a comfort to me. Epaphras, who is one of you, a servant of Christ Jesus, greets you. He is always wrestling in his prayers on your behalf, so that you may stand mature and fully assured in everything that God wills. For I testify for him that he has worked hard for you and for those in Laodicea and in Hierapolis. Luke, the beloved physician, and Demas greet you. Give my greetings to the brothers and sisters in Laodicea, and to Nympha and the church in her house. And when this letter has been read among you, have it read also in the church of the Laodiceans; and see that you read also the letter from Laodicea. And say to Archippus, ‘See that you complete the task that you have received in the Lord.’

I, Paul, write this greeting with my own hand. Remember my chains. Grace be with you.

Here endeth the second lesson.

Please stand

Nunc Dimittis. St Luke 2.29.

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.*

Please remain standing

IBELIEVE in God 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 Catholic Church; The Communion of Saints; The Forgiveness of sins; The Resurrection of the body, And the Life everlasting. *Amen.*

Minister: The Lord be with you;

Choir: And with thy spirit.

Minister: Let us pray.

Please sit or kneel

Choir: Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

OUR Father which 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 them that trespass against us; And lead us not into temptation, But deliver us from evil. *Amen.*

Minister: O Lord, show thy mercy upon us;

Choir: And grant us thy salvation.

Minister: O Lord, save the King;

Choir: And mercifully hear us when we call upon thee.

Minister: Endue thy Ministers with righteousness;

Choir: And make thy chosen people joyful.

Minister: O Lord, save thy people;

Choir: And bless thine inheritance.

Minister: Give peace in our time, O Lord;

Choir: Because there is none other that fighteth for us, but only thou, O God.

Minister: O God, make clean our hearts within us;

Choir: And take not thy Holy Spirit from us.

ALMIGHTY God, who seest that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. *Amen.*

The Collect for Lent.

ALMIGHTY and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. *Amen.*

The Collect for Peace.

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 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. *Amen.*

The Collect for Aid against all Perils.

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. *Amen.*

Please sit.

The Anthem

Hear my prayer, O God, incline Thine ear!
Thyself from my petition do not hide.
Take heed to me! Hear how in prayer I mourn to Thee,
Without Thee all is dark, I have no guide.

The enemy shouteth, the godless come fast!
Iniquity, hatred, upon me they cast!
The wicked oppress me, Ah where shall I fly?
Perplexed and bewildered, O God, hear my cry!

My heart is sorely pained within my breast,
my soul with deathly terror is oppressed,
trembling and fearfulness upon me fall,
with horror overwhelmed, Lord, hear me call!

O for the wings, for the wings of a dove!
Far away, far away would I rove!
In the wilderness build me a nest,
and remain there for ever at rest.

The Prayers

Please sit or kneel

ALMIGHTY God our heavenly Father, guide the nations of the world into the way of justice and truth, and establish among them that peace which is the fruit of righteousness, that they may become the kingdom of our Lord and Savior Jesus Christ. *Amen.*

EVERLIVING God, whose will it is that all should come to you through your Son Jesus Christ: Inspire our witness to him, that all may know the power of his forgiveness and the hope of his resurrection; who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

O GOD, you have bound us together in a common life. Help us, in the midst of our struggles for justice and truth, to confront one another without hatred or bitterness, and to work together with mutual forbearance and respect; through Jesus Christ our Lord. *Amen.*

A Prayer of Saint Chrysostom.

ALMIGHTY God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. *Amen.*

2 Corinthians 13:14.

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.*

Hymn



Christian, dost thou see them
On the holy ground,
How the hosts of Midian
Prowl and prowl around?
Christian, up and smite them,
Counting gain but loss;
Smite them by the merit
Of the Holy Cross.

3 Christian, dost thou hear them,
How they speak thee fair?
'Always fast and vigil?
Always watch and prayer?'
Christian, answer boldly,
'While I breathe, I pray:'
Peace shall follow battle,
Night shall end in day.

2 Christian, dost thou feel them.
How they work within,
Striving, tempting, luring,
Goading into sin?
Christian, never tremble;
Never be down-cast;
Smite them by the virtue
Of the Lenten fast.

4 Well I know thy trouble,
O my servant true;
Thou art very weary,--
I was weary too;
But that toil shall make thee
Some day all mine own,--
And the end of sorrow
Shall be near my throne.'

St Andrew of Crete
J. B. Dykes 1823-76

J. M. Neale 1818-66

Please remain standing for the recession.

Officiants:

The Very Rev. Douglas Michael, Dean of Ontario

Brad Barbeau, organist
The Cathedral Choir

The Cathedral Church of St George

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