

Propers and Music for
The First Sunday in Lent
February 22, 2026

Mass Settings: Missa Marialis (12th-century Plainsong)

Organ Prelude

“Oh Lamb of God Unspotted” BWV 618

J.S. Bach

The Asperges

Pew Booklet, p.3

Processional Hymn

No. 59: “Lord, Who Throughout These Forty Days”

St. Flavian

Introit

BE thou my God and defender, and a place of refuge, that thou mayest save me: for thou art my upholder, my refuge, and my Saviour; and for thy holy Name’s sake be thou my leader, and my sustainer. *Ps. 31.* In thee, O Lord, have I put my trust, let me never be put to confusion: but rid me and deliver me in thy righteousness. *V.* Glory be ... Be thou ...

Kyrie eleison

Hymn 719

Missa Marialis

Collects

O LORD, who for our sake didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit we may ever obey thy godly motions in righteousness, and true holiness, to thy honour and glory, who livest and reignest with the Father and the Holy Ghost, one God, world without end. *Amen.*

ALMIGHTY and everlasting God, who hatest nothing that thou hast made, and dost 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 obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. *Amen.*

ALMIGHTY and everlasting God, Lord alike of the quick and the dead, who showest mercy upon all whom thou foreknowest to be thine in faith and works: we humbly beseech thee, that all for whom we would now pour forth our prayer, both those whom this present world yet holdeth in the flesh, an those whom the world to come hath already received set free from the body,

may obtain, at the intercession of thy Saints, the pardon of all their sins, through the pitifulness of thy great mercy. Through ... *Amen.*

Prophetic Lesson

Isaiah 58

Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins. Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God. Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the Lord? Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy rereward. Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; and if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: and the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.

Gradual

He shall give his Angels charge over thee: to keep thee in all thy ways. V̄. They shall bear thee in their hands: that thou hurt not thy foot against a stone.

Epistle

2 Corinthians vi. 1

BCP, p. 126

Tract

Whoso dwelleth under the defence of the Most High: shall abide under the shadow of the Almighty. V̄. I will say unto the Lord, Thou art my hope and my stronghold: my God, in him will I trust. V̄. For he shall deliver thee from the snare of the hunter: and from the noisome pestilence. V̄. He shall defend thee under his wings: and thou shalt be safe under his feathers. V̄. His faithfulness and truth shall be thy shield and buckler: thou shalt not be afraid for any terror by night. V̄. Nor for the arrow that flieth by day; for the pestilence that walketh in darkness: nor the sickness that destroyeth in the noonday. V̄. A thousand shall fall beside thee, and ten thousand at thy right hand: but it shall not come nigh thee. V̄. For he shall give his Angels charge over thee: to keep thee in all thy ways. V̄. They shall bear thee in their hands: that thou hurt not thy foot against the stone. V̄. Thou shalt go upon the lion and the adder: the young lion and the dragon shalt thou tread under thy feet. V̄. Because he hath set his love upon me, therefore will I deliver him: I will set him up, because he hath known my Name. V̄. He shall call upon me, and I will hear him: yea, I am with him in trouble. V̄. I will deliver him and bring him to honour: with long life will I satisfy him, and show him my salvation.

Holy Gospel

St. Matthew iv. 1

BCP, p. 126

Nicene Creed

Hymn 720

Plainsong, 9th cent.

Sermon

The Very Rev. Michael Erickson

The Offertory

He shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

Offertory Anthem

Ave verum corpus

William Byrd

Proper Preface

Because that by our bodily fasting thou dost curb our sinfulness, dost raise our minds from things of earth, dost renew our strength and reward us with manifold blessings, through Jesus Christ our Lord.

Sanctus and Benedictus Hymn 721 Missa Marialis

Agnus Dei Hymn 723 Missa Marialis

Communion Hymn

No. 60: "With Broken Heart and Contrite Sigh" *Babylon's Streams*

Communion Verse

The Lord shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

Post-Communion Collect

MAY the holy offering of thy Sacrament refresh us O Lord: that we, being cleansed from our former nature, may enter into the fellowship of this saving mystery. Through ...

ASSIST us, O Lord, by the Sacrament which we have received: that this our fast may be acceptable unto thee, and profitable unto us for the healing of our souls.

MAKE us, Almighty and merciful God, to be purified by this Sacrament: and at the intercession of all thy Saints, grant that it may not be to us a cause of punishment, but an efficacious appeal for pardon; may it be the washing away of guilt, the strength of the weak, a sure defense against all the perils of this world, and to all the faithful, living and departed, remission of all their sins. Through...

Recessional Hymn

No. 61: "The Glory of These Forty Days" *Spires*

Prayers after Mass Pew Booklet, p.16

Ave Regina Coelorum Pew Booklet, p.17

Organ Postlude

"If Thou But Suffer God To Guide Thee" BWV 642 J.S. Bach