



Tenebrae

Wednesday, March 27, 2024

Seven o'clock in the evening

Sung by The Gentlemen of the Choir

Officiant: The Very Rev. Penny Bridges, Dean

St. Paul's Cathedral

The Episcopal Diocese of San Diego
in the Worldwide Anglican Communion

Notes on the service

TENEBRAE (Latin for “darkness” or “shadows”) is the term that has for centuries been applied to the ancient monastic night and early morning services (Matins and Lauds) of the last three days of Holy Week. In Medieval times these services came to be celebrated on the preceding evenings. Our service will draw from each of these three offices of Tenebrae. In this form the service provides an extended meditation upon—as well as a prelude to—the events in the life of our Lord Jesus Christ between the Last Supper and the Resurrection.

Apart from the singing and reading of the Lamentations of the Prophet Jeremiah, the most conspicuous feature of this service is the gradual extinguishing of candles and other lights in the church until just a single candle—a symbol of our Lord—remains. Near the end of the service, this candle is hidden from view of the congregation, typifying the apparent victory over the forces of evil. To conclude the service, a very loud noise is made, symbolizing the great earthquake at the time of the resurrection (Matthew 28:2); the hidden candle is restored to its place, and by its light all depart in silence.

The musical base of this service is *The Lamentations of Jeremiah*, scored for unaccompanied male voices (altos, tenors, and basses) by Thomas Tallis. This work, which comprises the first two of three lessons at Tenebrae, is thought to date from 1585 and includes not only the biblical text but also the Hebrew letters separating the verses (Aleph, Beth, etc.). The text is from Lamentations 1; it is sung in the Vulgate’s Latin and shown here alongside The King James Version.

Regarded as probably Tallis’ final composition—and also highly respected—this fine dramatic piece contains wonderful melodies, finely wrought counterpoint, and surprising dissonances and cross

relations. For its wealth of invention and expressive intensity, it is unique not only in Tallis' output but in English Renaissance music as a whole.

Welcome to St. Paul's Cathedral
The Episcopal Diocese of San Diego
The Worldwide Anglican Communion

LOVE CHRIST
SERVE OTHERS
WELCOME ALL

*As a courtesy to others, please silence electronic devices.
For the link to the webpage with the announcements and
bulletins, use this QR code:*

Services are regularly streamed and recorded and you can find them:

<http://www.stpaulcathedral.org/watch>

*If you're interested in more information about the cathedral's ministries,
we would like to hear from you:*

<http://stpaulcathedral.org/im-new/>

*This service is being streamed live and if you don't wish to be seen on camera, please ask an usher
for appropriate seating.*



***§ Please see an usher for a candle and turn it on before
walking to your chair.***

The ministers and choir enter the church in silence.

The Office then begins with the Antiphon on the first Psalm as soon as they have taken their places.

§ *It is customary to be seated for the Psalmody.*

Antiphon I

Officiant Zeal for your house has eaten me up; the scorn of those who scorn you has fallen upon me.

Choir Psalm 69:1-23 *Salvum me fac* Tone II

SAVE me, O God : for the waters are come in, even unto my soul.

2 I stick fast in the deep mire, where no ground is : I am come into deep waters, so that the floods run over me.

3 I am weary of crying; my throat is dry : my sight faileth me for waiting so long upon my God.

4 They that hate me without a cause are more than the hairs of my head : they that are mine enemies, and would destroy me guiltless, are mighty.

5 I paid them the things that I never took : God, thou knowest my simpleness, and my faults are not hid from thee.

6 Let not them that trust in thee, O Lord God of hosts, be ashamed for my cause : let not those

that seek thee be confounded through me, O Lord God of Israel.

7 And why? for thy sake have I suffered reproof : shame hath covered my face.

8 I am become a stranger unto my brethren : even an alien unto my mother's children.

9 For the zeal of thine house hath even eaten me: and the rebukes of them that rebuked thee are fallen upon me.

- 10 I wept, and chastened myself with fasting : and that was turned
to my reproof.
- 11 I put on sackcloth also : and they jested upon me.
- 12 They that sit in the gate speak against me : and the drunkards
make songs upon me.
- 13 But, Lord, I make my prayer unto thee : in an acceptable time.
- 14 Hear me, O God, in the multitude of thy mercy : even in the
truth of thy salvation.
- 15 Take me out of the mire, that I sink not : O let me be delivered
from them that hate me, and out of the deep waters.
- 16 Let not the water-flood drown me, neither let the deep swallow
me up : and let not the pit shut her mouth upon me.
- 17 Hear me, O Lord, for thy loving-kindness is comfortable : turn
thee unto me according to the multitude of thy mercies.
- 18 And hide not thy face from thy servant, for I am in trouble : O
haste thee, and hear me.
- 19 Draw nigh unto my soul, and save it : O deliver me, because of
mine enemies.
- 20 Thou hast known my reproof, my shame, and my dishonour :
mine adversaries are all in thy sight.
- 21 Thy rebuke hath broken my heart; I am full of heaviness : I
looked for some to have pity on me, but there was no
man, neither found I any to comfort me.
- 22 They gave me gall to eat : and when I was thirsty they gave me
vinegar to drink.

Antiphon II

Officiant Let them draw back and be disgraced who take pleasure
in my misfortune.

Choir Psalm 70 *Deus, in adjutorium* Tone IV

HASTE thee, O God, to deliver me : make haste to help me, O
Lord.

2 Let them be ashamed and confounded that seek after my soul :
let them be turned backward and put to confusion that wish me
evil.

3 Let them for their reward be soon brought to shame : that cry
over me, There, there.

4 But let all those that seek thee be joyful and glad in thee : and
let all such as delight in thy salvation say alway, The Lord be
praised.

5 As for me, I am poor and in misery : haste thee unto me, O God.

6 Thou art my helper and my redeemer : O Lord, make no long
tarrying.

Antiphon III

Officiant Arise, O God, maintain my cause.

Choir Psalm 74 *Ut quid, Deus?* based upon Tone II

O GOD, wherefore art thou absent from us so long : why is thy
wrath so hot against the sheep of thy pasture?

2 O think upon thy congregation : whom thou hast purchased and
redeemed of old.

3 Think upon the tribe of thine inheritance : and mount Sion,
wherein thou hast dwelt.

4 Lift up thy feet, that thou mayest utterly destroy every enemy : which hath done evil in thy sanctuary.

5 Thine adversaries roar in the midst of thy congregations : and set up their banners for tokens.

6 He that hewed timber afore out of the thick trees : was known to bring it to an excellent work.

7 But now they break down all the carved work thereof : with axes and hammers.

8 They have set fire upon thy holy places : and have defiled the dwelling-place of thy Name, even unto the ground.

9 Yea, they said in their hearts, Let us make havock of them altogether : thus have they burnt up all the houses of God in the land.

10 We see not our tokens, there is not one prophet more : no, not one is there among us, that understandeth any more.

11 O God, how long shall the adversary do this dishonour : how long shall the enemy blaspheme thy Name, for ever?

12 Why withdrawest thou thy hand : why pluckest thou not thy right hand out of thy bosom to consume the enemy?

13 For God is my King of old : the help that is done upon earth he doeth it himself.

14 Thou didst divide the sea through thy power : thou brakest the heads of the dragons in the waters.

15 Thou smotest the heads of Leviathan in pieces: and gavest him to be meat for the people in the wilderness.

16 Thou broughtest out fountains and waters out of the hard rocks : thou driedst up mighty waters.

17 The day is thine, and the night is thine : thou hast prepared the light and the sun.

18 Thou hast set all the borders of the earth : thou hast made summer and winter.

19 Remember this, O Lord, how the enemy hath rebuked : and how the foolish people hath blasphemed thy Name.

20 O deliver not the soul of thy turtle-dove unto the multitude of the enemies : and forget not the congregation of the poor for ever.

21 Look upon the covenant : for all the earth is full of darkness and cruel habitations.

22 O let not the simple go away ashamed : but let the poor and needy give praise unto thy Name.

23 Arise, O God, maintain thine own cause : remember how the foolish man blasphemeth thee daily.

24 Forget not the voice of thine enemies : the presumption of them that hate thee increaseth ever more and more.

§ *Please stand as able.*

Officiant Deliver me, my God, from the hand of the wicked:
Congregation **From the clutches of the evildoer and the oppressor.**

§ *All remain standing as able for silent prayer.*

After a time, all are seated for the first lesson.

Lesson I (choir) from *The Lamentations of the Prophet Jeremiah*
for men's voices by Thomas Tallis (1505–1585);
Lamentations 1

*Incipit lamentatio Ieremiae
prophetae.*

ALEPH. *Quomodo sedet sola
civitas plena populo: facta est
quasi vidua domina gentium,
princeps provinciarum, facta est
sub tributo.*

BETH. *Plorans ploravit in nocte,
et lacrimae eius in maxillis eius:
non est qui consoletur eam ex
omnibus caris eius: omnes amici
eius spreverunt eam, et facti
sunt ei inimici.*

*Jerusalem, convertere ad
Dominum tuum.*

A reading from the Lamentations
of the Prophet Jeremiah.

ALEPH. How doth the city sit
solitary, that was full of people!
How is she become as a widow!
she that was great among the
nations, and princess among the
provinces, how is she become
tributary!

BETH. She weepeth sore in the
night, and her tears are on her
cheeks: among all her lovers she
hath none to comfort her: all her
friends have dealt treacherously
with her, they are become her
enemies.

Jerusalem, return unto the Lord
thy God.

§ *Please stand as able.*

Responsory I

In monte Oliveti

Officiant On the Mount of Olives Jesus prayed to the Father:

Choir Father, if it be possible, let this cup pass from me.

Officiant The spirit is indeed willing,

Choir but the flesh is weak.

Officiant Watch and pray, that you may not enter into temptation.

Choir The spirit is indeed willing, but the flesh is weak.

§ *Remain standing as able for silent prayer.*

After a time, all are seated for the lesson.

Lesson II *(read by a lay reader)*

Lamentations 1:10-14

YODH. The adversary hath spread out his hand upon all her pleasant things: for she hath seen that the heathen entered into her sanctuary, whom thou didst command that they should not enter into thy congregation.

KAPH. All her people sigh, they seek bread; they have given their pleasant things for meat to relieve the soul: see, O LORD, and consider; for I am become vile.

LAMEDH. Is it nothing to you, all ye that pass by? Behold, and see if there be any sorrow like unto my sorrow, which is done unto me, wherewith the LORD hath afflicted me in the day of his fierce anger.

MEM. From above hath he sent fire into my bones, and it prevaieth against them: he hath spread a net for my feet, he hath turned me back: he hath made me desolate and faint all the day.

NUN. The yoke of my transgressions is bound by his hand: they are wreathed, and come up upon my neck: he hath made my strength to fall, the Lord hath delivered me into their hands, from whom I am not able to rise up.

Jerusalem, Jerusalem, return unto the Lord thy God!

§ *Please stand as able.*

Responsory II

Ecce vidimus eum

Officiant Lo, we have seen him without beauty or majesty;

Choir With no looks to attract our eyes.

Officiant He bore our sins and grieved for us,

Choir he was wounded for our transgressions,
and by his scourging are we healed.

Officiant Surely he has borne our griefs and carried our sorrows:

Choir And by his scourging are we healed.

§ *Remain standing as able for silent prayer.
After a time, all are seated for the Lauds.*

Lesson III *(choir)*

*De lamentatione Ieremiae
prophetae.*

GIMEL. *Migravit Iuda propter
afflictionem ac multitudinem
servitutis: habitavit inter gentes,
nec invenit requiem.*

DALETH. *Omnes persecutores
eius apprehenderunt eam inter
angustias: Lugent eo quod non
sunt qui veniant ad solemnitatem.
Omnes portae eius destructae,
sacerdotes eius gementes,
virgines eius squalidae, et ipsa
oppressa amaritudine.*

HETH. *Facti sunt hostes eius in
capite, inimici illius locupletati
sunt; Quia Dominus locutus est
super eam propter multitudinem
iniquitatum eius: parvuli eius ducti
sunt captivi ante faciem
tribulantis.*

*Jerusalem, convertere ad
Dominum tuum.*

§ *Please stand as able.*

The Lamentations of the Prophet
Jeremiah.

GIMEL. Judah is gone into
captivity because of affliction, and
because of great servitude: she
dwelleth among the heathen, she
findeth no rest:

DALETH. All her persecutors
overtook her between the straits:
The ways of Zion do mourn,
because none come to the
solemn feasts: all her gates are
desolate: her priests sigh, her
virgins are afflicted, and she is in
bitterness.

HETH. Her adversaries are the
chief, her enemies prosper; for the
LORD hath afflicted her for the
multitude of her transgressions:
her children are gone into
captivity before the enemy.

Jerusalem, return unto the Lord
thy God.

Responsory III

Tristis est anima mea

Officiant My soul is very sorrowful,

Choir even to the point of death;

Officiant Remain here, and watch with me.

Choir Now you shall see the crowd who will surround me;

Officiant you will flee,

Choir and I will go to be offered up for you.

Officiant Behold, the hour is at hand,

Choir and the Son of Man is betrayed into the hands of sinners.

Officiant You will flee,

Choir and I will go to be offered up for you.

§ *Remain standing as able for silent prayer.
After a time, all are seated for the Psalm.*

Antiphon

Officiant God did not spare his own Son,
but delivered him up for us all.

Choir Psalm 63

Deus, Deus meus

Tone I

O GOD, thou art my God : early will I seek thee.

2 My soul thirsteth for thee, my flesh also longeth after thee : in a barren and dry land where no water is.

3 Thus have I looked for thee in holiness : that I might behold thy power and glory.

4 For thy loving-kindness is better than the life itself : my lips shall praise thee.

5 As long as I live will I magnify thee on this manner : and lift up my hands in thy Name.

6 My soul shall be satisfied, even as it were with marrow and fatness : when my mouth praiseth thee with joyful lips.

7 Have I not remembered thee in my bed : and thought upon thee when I was waking?

8 Because thou hast been my helper : therefore under the shadow of thy wings will I rejoice.

9 My soul hangeth upon thee : thy right hand hath upholden me.

10 These also that seek the hurt of my soul : they shall go under the earth.

11 Let them fall upon the edge of the sword : that they may be a portion for foxes.

12 But the King shall rejoice in God; all they also that swear by him shall be commended : for the mouth of them that speak lies shall be stopped.

Antiphon

Officiant O Death, I will be your death;

O grave, I will be your destruction.

Choir Psalm 150 *Laudate Dominum* Tonus Peregrinus



Cantor O praise God in his | sanctuáry: *

Choir praise him in the firma | ment óf his power.

People **Praise him | in his nóble acts: ***

praise him according to his ex | cellént greatness.

Choir Praise him in the sound | of the trúmpet: *

praise him upon | the lúte and harp.

People **Praise him in the tim | brels and dánces: ***

praise him upon | the stríngs and pipe.

Choir Praise him upon the | well-tuned cýmbals; *

praise him upon | the lóud cymbals.

People **Let everything | that hath bréath: ***

Pra | ise thé Lord!

§ *Please stand as able.*

*During the singing of the following Canticle,
the People turn off their candles,
all the candles at the Altar and elsewhere in the
church
(except for the one remaining at the top of the
triangular candlestick) are extinguished.*

Canticle 16

Benedictus Dominus Deus Israel

Tone I

1. Bless - ed be the Lord, the God of Is - ra - el; he has come
to his peo - ple and set them free. 2. He has raised up for us a
might - y sa - vior, born of the house of his ser - vant Da - vid.
3. Through his holy prophets he promised of old, that he would save us
from our en - e - mies, from the hands of all who hate us.
4. He prom - ised to show mercy to our fa - thers and to remember his
ho - ly cov - e - nant. 5. This was the oath he swore to our fa - ther
A - bra - ham, to free us from the hands of our en - e - mies,
6. Free to wor - ship him with - out fear, holy and righteous in his sight
all the days of our life. 7. You, my child, shall be called the prophet

of the Most High, for you will go before the Lord to pre-prepare his way,

8. To give his people knowledge of sal-va-tion, by the forgive-ness of

their sins. 9. In the tender com-pas-sion of our God the dawn from on high shall

break up-on us, 10. To shine on those who dwell in darkness and the

shad-ow of death, and to guide our feet in-to the way of peace.

Glo-ry to the Fa-ther, and to the Son, and to the Ho-ly Spi-rit:

As it was in the be-gin-ning, is now, and will be for ev-er. A-men.

Setting: Plainsong, Tone 1; adapt. The Standing Commission on Church Music, 1979.
© 1979, The Church Pension Fund.

§ *During the singing of the following anthem, the remaining candle is taken from sight of the congregation.*

Anthem *Christus factus est (à 4)* Giannateo Asola (1524-1609)

Christus factus est pro nobis obediens usque ad mortem, mortem autem crucis. Propter quod et Deus exaltavit illum et dedit illi nomen, quod est super omne nomen.

Christ was made obedient for us unto death, even death upon a cross, wherefore God hath exalted him, and hath given a name unto him which is above all names.

§ *A period of silence is held after the anthem.*

Psalm 51

Miserere mei, Deus

Tone IV

HAVE mercy upon me, O God, after thy great goodness : according to the multitude of thy mercies do away mine offences.

2 Wash me thoroughly from my wickedness : and cleanse me from my sin.

3 For I acknowledge my faults : and my sin is ever before me.

4 Against thee only have I sinned, and done this evil in thy sight : that thou mightest be justified in thy saying, and clear when thou art judged.

5 Behold, I was shapen in wickedness : and in sin hath my mother conceived me.

6 But lo, thou requirest truth in the inward parts: and shalt make me to understand wisdom secretly.

7 Thou shalt purge me with hyssop, and I shall be clean : thou shalt wash me, and I shall be whiter than snow.

8 Thou shalt make me hear of joy and gladness : that the bones which thou hast broken may rejoice.

9 Turn thy face from my sins : and put out all my misdeeds.

10 Make me a clean heart, O God : and renew a right spirit within me.

11 Cast me not away from thy presence : and take not thy holy Spirit from me.

12 O give me the comfort of thy help again : and stablish me with thy free Spirit.

13 Then shall I teach thy ways unto the wicked : and sinners shall be converted unto thee.

14 Deliver me from blood-guiltiness, O God, thou that art the God of my health : and my tongue shall sing of thy righteousness.

15 Thou shalt open my lips, O Lord : and my mouth shall shew thy praise.

16 For thou desirest no sacrifice, else would I give it thee : but thou delightest not in burnt-offerings.

17 The sacrifice of God is a troubled spirit : a broken and contrite heart, O God, shalt thou not despise.

18 O be favourable and gracious unto Sion : build thou the walls of Jerusalem.

19 Then shalt thou be pleased with the sacrifice of righteousness, with the burnt-offerings and oblations : then shall they offer young bullocks upon thine altar.

§ *The Psalm having ended, any remaining lights in the Cathedral are extinguished.*

The Officiant then says the following collect.

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross.

§ *Nothing further is said; but a loud noise is made,
and the hidden candle is brought forth and placed on the stand.
By its light the ministers and people depart in silence.*

St. Paul's Cathedral acknowledges that we gather on unceded Kumeyaay land. We value the knowledge, culture, and worldview of Indigenous people. We commit to the vital work of educating ourselves, increasing community awareness, and promoting reconciliation with our Indigenous neighbors. As we examine actions and practices that perpetuate harm against Indigenous communities, we pledge to work toward a meaningful and respectful relationship as we follow their example in honoring this sacred land.

- *Approved by the Cathedral Chapter, May 2023*

In the unlikely event of an emergency requiring us to evacuate the cathedral please follow the directions of the ushers and vergers, and remain as quiet and calm as possible.

Please locate an exit nearest you.

The exit doors are:

- South porch doors at Nutmeg Street and Fifth Avenue*
- North porch doors to Fifth Avenue Courtyard*
- South transept east and west doors to Nutmeg Street*
- Northeast hallway door to Fifth Avenue breezeway*
- West chapel (to the left of chapel altar) stairs leading down to landing.*

HOLY WEEK and EASTER services at St Paul's

Maundy Thursday, March 28

7 pm – Liturgy of the Day and Eucharist in the Cathedral.

8:30 pm – Vigil in the Chapel of the Holy Family.

Good Friday, March 29

12 pm – Choral Music and Meditations on the Passion in the Cathedral.

7 pm – Good Friday liturgy.

Holy Saturday, March 30

9 am – Holy Saturday liturgy in the Chapel of the Holy Family.

7:15 pm – Great Vigil of Easter, Bishop Susan will preside and preach in the Cathedral.

SUNDAY OF THE RESURRECTION, EASTER DAY

Sunday March 31

8 am – Holy Eucharist in the Cathedral with the Dean preaching.

10:30 am – Festival Choral Eucharist with the Dean preaching and Bishop Susan presiding in the Cathedral.

The cathedral offices will be closed Monday and Tuesday, April 1st & 2nd.