

GRACE AND HOLY TRINITY CATHEDRAL



March 17, 2019 • 10:15 a.m.
The Second Sunday in Lent

A SERVANT CHURCH IN THE HEART OF THE CITY

Digital Liturgy

Please feel free to use your phone, tablet or other electronic device to view this bulletin electronically. You may use the QR Code to access the digital bulletin, which includes live links. Please remember to set the device to silent.



The Holy Eucharist: Rite Two

SERVICE NOTES

Please rise, as able, for portions of the service marked with an asterisk (*).

Thank you for observing silence.

VOLUNTARY: Preludio 'Sine Nomine'

Herbert Howells

The Word of God

* ENTRANCE HYMN #401: "The God of Abraham praise"



1 The God of A - braham praise, who reigns en - throned a - bove;
2 He by him - self hath sworn: we on his oath de - pend;
3 There dwells the Lord, our King, the Lord, our Right - eous - ness,
4 The God who reigns on high the great arch - an - gels sing,
5 The whole tri - um - phant host give thanks to God on high;



1 An - cient of ev - er - last - ing days, and God of love;
2 we shall, on ea - gle - wings up - borne, to heaven a - scend:
3 tri - um - phant o'er the world and sin, the Prince of Peace;
4 and "Ho - ly, ho - ly, ho - ly," cry, "Al - might - y King!
5 "Hail, Fa - ther, Son, and Ho - ly Ghost!" they ev - er cry;



1 the Lord, the great I AM, by earth and heaven con - fessed:
2 we shall be - hold his face, we shall his power a - dore,
3 on Zi - on's sa - cred height his king - dom he main - tains,
4 Who was, and is, the same, and ev - er - more shall be:
5 hail, A - braham's Lord di - vine! With heaven our songs we raise;



we bow and bless the sa - cred Name for ev - er blest.
 and sing the won - ders of his grace for ev - er - more.
 and, glo - rious with his saints in light, for ev - er reigns.
 e - ter - nal Fa - ther, great I AM, we wor - ship thee."
 all might and ma - jes - ty are thine, and end - less praise.

Words: Thomas Olivers (1725-1799), alt. Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1875, alt. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* PENITENTIAL ORDER

Presider Bless the Lord who forgives all our sins;
 People Whose mercy endures for ever.

* SENTENCE OF SCRIPTURE

CONFESSION OF SIN *Please kneel, as able*

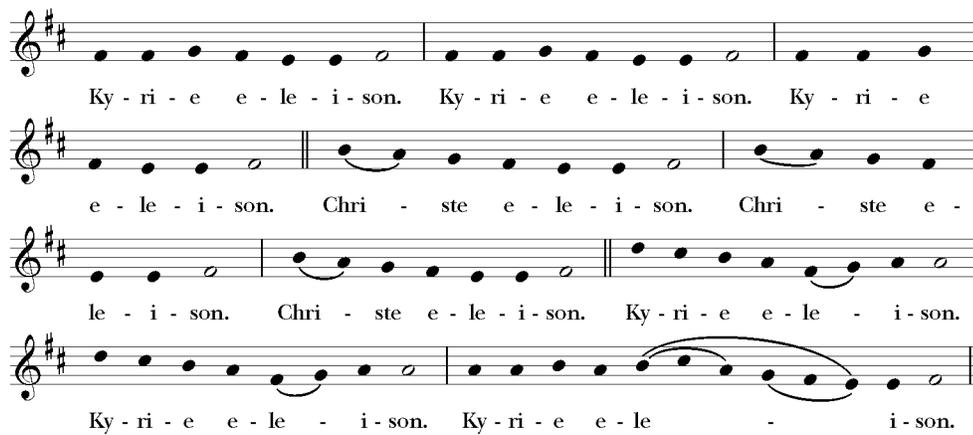
Deacon Let us confess our sins against God and our neighbor.

All God of all mercy,
 we confess that we have sinned against you,
 opposing your will in our lives.
 We have denied your goodness in each other,
 in ourselves, and in the world you have created.
 We repent of the evil that enslaves us,
 the evil we have done,
 and the evil done on our behalf.
 Forgive, restore, and strengthen us
 through our Savior Jesus Christ,
 that we may abide in your love
 and serve only your will. Amen.

Presider Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

All Amen.

KYRIE ELEISON



Musical score for Kyrie Eleison, featuring four staves of music in G major (one sharp). The lyrics are: Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Chri - ste e - le - i - son. Chri - ste e - le - i - son. Chri - ste e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright: Copyright © 1981, G.I.A. Publications, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* THE COLLECT OF THE DAY

Presider The Lord be with you.

People **And also with you.**

Presider Let us pray. O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

* SENDING OF THE CHILDREN

The children and leaders gather at the chancel steps to be sent to Haden Hall for chapel.

THE LESSONS *Meditative silence follows the readings.*

First Reading: Genesis 15:1-12,17-18

Lector The word of the Lord came to Abram in a vision, "Do not be afraid, Abram, I am your shield; your reward shall be very great." But Abram said, "O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?" And Abram said, "You have given me no offspring, and so a slave born in my house is to be my heir." But the word of the Lord came to him, "This man shall not be your heir; no one but your very own issue shall be your heir." He brought him outside and said, "Look toward heaven and count the stars, if you are able to count them." Then he said to him, "So shall your descendants be." And he believed the Lord; and the Lord reckoned it to him as righteousness.

Then he said to him, "I am the Lord who brought you from Ur of the Chaldeans, to give you this land to possess." But he said, "O Lord God, how am I to know that I shall possess it?" He said to him, "Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a young pigeon." He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away.

As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him.

When the sun had gone down and it was dark, a smoking fire pot and a flaming torch passed between these pieces. On that day the Lord made a covenant with Abram, saying, "To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates."

The Word of the Lord.

People

Thanks be to God.

Psalm 27, *sung by the choir*

Chant by Ivor Algernon Atkins

The Lord is my light and my salvation;
whom then shall I fear? *

the Lord is the strength of my life;
of whom then shall I be afraid?

When evildoers came upon me to eat up my flesh, *
it was they, my foes and my adversaries, who
stumbled and fell.

Though an army should encamp against me, *
yet my heart shall not be afraid;

And though war should rise up against me, *
yet will I put my trust in him.

One thing have I asked of the Lord;
one thing I seek; *
that I may dwell in the house of the Lord all the days of my life;

To behold the fair beauty of the Lord *
and to seek him in his temple.

For in the day of trouble he shall keep me safe
in his shelter; *
he shall hide me in the secrecy of his dwelling
and set me high upon a rock.

Even now he lifts up my head *
above my enemies round about me.

Therefore I will offer in his dwelling an oblation
with sounds of great gladness; *
I will sing and make music to the Lord.

Hearken to my voice, O Lord, when I call; *
have mercy on me and answer me.

You speak in my heart and say, "Seek my face." *
Your face, Lord, will I seek.

Hide not your face from me, *
nor turn away your servant in displeasure.

You have been my helper;
cast me not away; *
do not forsake me, O God of my salvation.

Though my father and my mother forsake me, *
the Lord will sustain me.

Show me your way, O Lord; *
lead me on a level path, because of my enemies.

Deliver me not into the hand of my adversaries, *
 for false witnesses have risen up against me,
 and also those who speak malice.

What if I had not believed
 that I should see the goodness of the Lord *
 in the land of the living!

O tarry and await the Lord's pleasure;
 be strong, and he shall comfort your heart; *
 wait patiently for the Lord.

Second Reading: Philippians 3:17-4:1

Lector Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself. Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

The Word of the Lord.

People Thanks be to God.

* GOSPEL HYMN #590: "O Jesus Christ, may grateful hymns be rising"



1 O Je - sus Christ, may grate - ful hymns be ris - ing, _____
 2 Grant us new cour - age, sac - ri - fi - cial, hum - ble, _____
 3 Show us your Spi - rit, brood - ing o'er each ci - ty, _____



in ev - ery ci - ty for your love and care; _____
 strong in your strength to ven - ture and to dare; _____
 as you once wept a - bove Je - ru - sa - lem, _____



in - spire our wor - ship, grant the glad sur - pris - ing _____
 to lift the fall - en, guide the feet that stum - ble, _____
 seek - ing to gath - er all in love and pi - ty, _____



that your blest Spi - rit rous - es ev - ery - where.
 seek out the lone - ly and God's mer - cy share.
 and heal - ing those who touch your gar - ment's hem.

Words: Bradford Gray Webster (1898-1991), alt. Music: *Charterhouse*, David Evans (1874-1948). Copyright: Words: Copyright © 1954. Renewal 1982 by The Hymn Society of America, Texas Christian University, Fort Worth, TX 76129. Used by permission. Music: By permission of Oxford University Press. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* THE HOLY GOSPEL: Luke 13:31-35

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

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

Deacon Some Pharisees came and said to Jesus, "Get away from here, for Herod wants to kill you." He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.' Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.'"

The Gospel of the Lord.

People **Praise to you, Lord Christ.**

SERMON

* THE NICENE CREED

All We believe in one God,
 the Father, the Almighty,
 maker of heaven and earth,
 of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,
 the only Son of God, eternally begotten of the Father,
 God from God, Light from Light,
 true God from true God, begotten, not made,
 of one Being with the Father.
 Through him all things were made.
 For us and for our salvation
 he came down from heaven:
 by the power of the Holy Spirit
 he became incarnate from the Virgin Mary,
 and was made man.

For our sake he was crucified under Pontius Pilate;
 he suffered death and was buried.
 On the third day he rose again in accordance with the Scriptures;
 he ascended into heaven and is seated at the right hand of the Father.
 He will come again in glory to judge the living and the dead,
 and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
 who proceeds from the Father and the Son.
 With the Father and the Son he is worshiped and glorified.
 He has spoken through the Prophets.
 We believe in one holy catholic and apostolic Church.
 We acknowledge one baptism for the forgiveness of sins.
 We look for the resurrection of the dead, and the life of the world to come. Amen.

* THE PRAYERS OF THE PEOPLE

Deacon Let us pray for the church and for the world.

Silence

Intercessor Father, we pray for your holy catholic Church;

People That we all may be one.

Intercessor Grant that every member of the Church may truly and humbly serve you;

People That your Name may be glorified by all people.

Intercessor We pray for all bishops, priests, and deacons;

People That they may be faithful ministers of your Word and Sacraments.

Intercessor We pray for all who govern and hold authority in the nations of the world;

People That there may be justice and peace on the earth.

Intercessor Give us grace to do your will in all that we undertake;

People That our works may find favor in your sight.

Intercessor Have compassion on those who suffer from any grief or trouble;

People That they may be delivered from their distress.

Intercessor Give to the departed eternal rest;

People Let light perpetual shine upon them.

Intercessor We praise you for your saints who have entered into joy;

People May we also come to share in your heavenly kingdom.

Intercessor Let us pray for our own needs and those of others.

Silence

Presider God of mercy, make us new. Change our hearts, mend our lives, and lead us to any who need us, for the sake of Jesus who came that all might have life, and have it abundantly. **Amen.**

* THE PEACE

Presider The peace of the Lord be always with you.

People And also with you.

ANNOUNCEMENTS

CELEBRATION PRAYER

Those celebrating anniversaries of birth, marriage, and other joyous occasions are invited to come forward for prayer.

All O God, our times are in your hand: Look with favor, we pray, on your servant(s) as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.

The Holy Communion

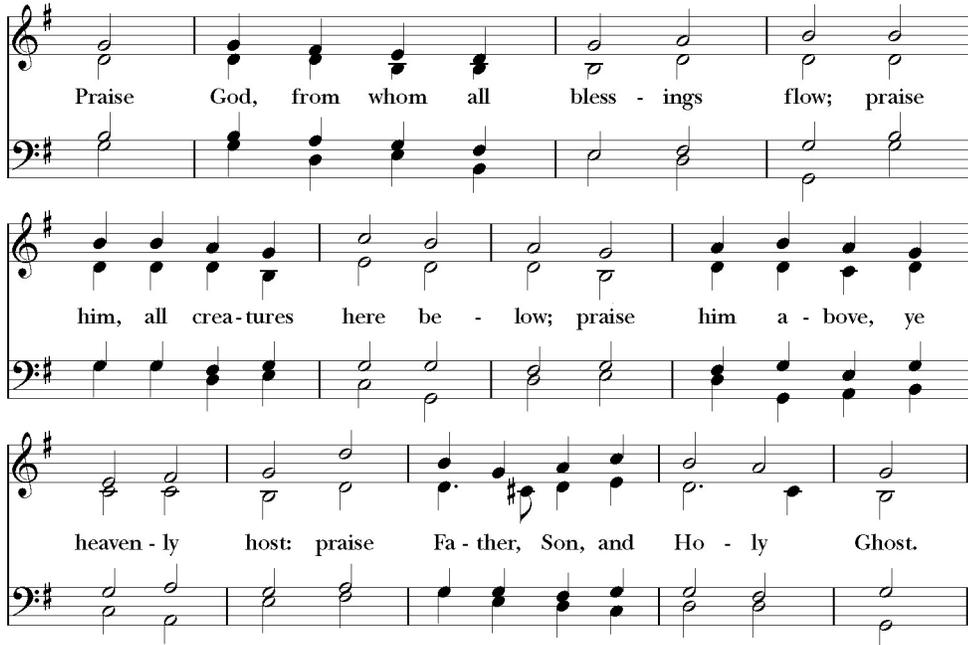
OFFERTORY ANTHEM: "O pray for the peace of Jerusalem"

Herbert Howells

O pray for the peace of Jerusalem.
They shall prosper that love thee.
Peace be within thy walls
And plenteousness within thy palaces.

—Psalm 122:6–7

* PRESENTATION HYMN #380



Praise God, from whom all blessings flow; praise
him, all creatures here below; praise him above, ye
heavenly host: praise Father, Son, and Holy Ghost.

Words: Isaac Watts (1674–1748), para. of Psalm 117. St. 3, Thomas Ken (1637–1711). Music: *Old 100th*, melody from *Psaumes octante trois de David*, 1551, alt.; harm. after Louis Bourgeois (1510?–1561?). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* THE GREAT THANKSGIVING

Eucharistic Prayer C

Presider The Lord be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

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

Presider God of all power, Ruler of the Universe, you are worthy of glory and praise.

People **Glory to you for ever and ever.**

Presider At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

People **By your will they were created and have their being.**

Presider From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

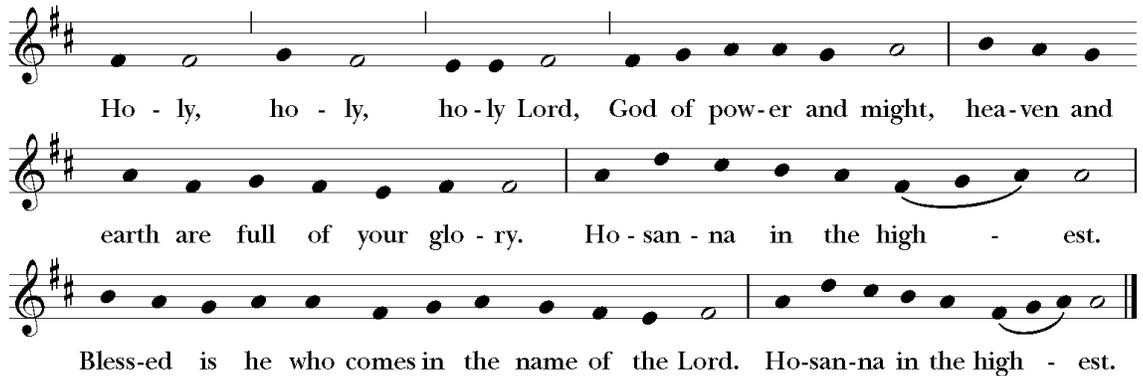
People **Have mercy, Lord, for we are sinners in your sight.**

Presider Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

People **By his blood, he reconciled us.
By his wounds, we are healed.**

Presider And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

All



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
earth are full of your glo - ry. Ho - san - na in the high - est.
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

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Presider And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, he took the cup of wine, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

People **We celebrate his death and resurrection, as we await the day of his coming.**

Lord God of our Fathers; God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

People **Risen Lord, be known to us in the breaking of the Bread.**

Presider Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **Amen.**

Presider And now, as our Savior Christ has taught us, we are bold to say,

The Lord's Prayer

All Our Father, who 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 those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, and the power,
and the glory, for ever and ever. Amen.

Breaking of the Bread

Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

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Presider The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

COMMUNION

- All are welcome to receive communion or a blessing.
- For gluten-free bread, cross your hands palms down.
- For a blessing, cross your hands over your chest.
- Healing prayers are offered at the Prayer Desk during communion.

COMMUNION ANTHEM: "Hide not Thou Thy face"

Richard Farrant

Hide not thou thy face from us, O Lord,
and cast not off thy servant in thy displeasure;
for we confess our sins unto thee
and hide not our unrighteousness.
For thy mercy's sake,
deliver us from all our sins.

—Words from Psalm 27:10

COMMUNION HYMN #328: "Draw nigh and take the Body of the Lord"

1 Draw nigh and take the Bo - dy of the Lord,
 2 Saved by that Bo - dy and that ho - ly Blood,
 3 Sal - va - tion's giv - er, Christ, the on - ly Son,
 4 Of - fered was he for great - est and for least,
 5 Ap - proach ye then with faith - ful hearts sin - cere,

1 and drink the ho - ly Blood for you out - poured.
 2 with souls re - freshed, we ren - der thanks to God.
 3 by his dear cross and blood the vic - tory won.
 4 him - self the Vic - tim, and him - self the Priest.
 5 and take the pledg - es of sal - va - tion here.

6 He that his saints in this world rules and shields
 to all believers life eternal yields;

7 with heayenly bread he makes the hungry whole,
 gives living waters to the thirsting soul.

8 Alpha-Omega, unto whom shall bow
 all nations at the doom, is with us now.

Words: *Bangor Antiphoner*, ca. 690; tr. John Mason Neale (1818-1866), alt. Music: *Song 46*, melody and bass Orlando Gibbons (1583-1625); harm. *The English Hymnal*, 1906 All Rights Reserved. Reprinted under OneLicense.net #A-710278.

SENDING OF EUCHARISTIC VISITOR

The Eucharistic Visitor is sent out with these words:

Presider We who are many are one body,

People For we all share one bread, one cup.

* POSTCOMMUNION PRAYER

All Almighty and everliving God,
 we thank you for feeding us with the spiritual food
 of the most precious Body and Blood
 of your Son our Savior Jesus Christ;
 and for assuring us in these holy mysteries
 that we are living members of the Body of your Son,
 and heirs of your eternal kingdom.
 And now, Father, send us out
 to do the work you have given us to do,
 to love and serve you
 as faithful witnesses of Christ our Lord.
 To him, to you, and to the Holy Spirit,
 be honor and glory, now and for ever. Amen.

* SOLEMN PRAYER OVER THE PEOPLE

Presider Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord. Amen.

* SENDING HYMN #147: "Now let us all with one accord"



1 Now let us all with one ac - cord, in
2 The cov - e - nant, so long re - vealed to
3 Your love, O Lord, our sin - ful race has
4 Re - mem - ber, Lord, though frail we be, in
5 There - fore, we pray you, Lord, for - give; so



1 com - pa - ny with a - ges past, keep vi - gil with our
2 those of faith in for - mer time, Christ by his own ex -
3 not re - turned, but fal - si - fied; au - thor of mer - cy,
4 your own i - mage were we made; help us, lest in anx -
5 when our wan - derings here shall cease, we may with you for



1 heaven - ly Lord in his temp - ta - tion and his fast.
2 am - ple sealed, the Lord of love, in love sub - lime.
3 turn your face and grant re - pent - ance for our pride.
4 i - e - ty, we cause your Name to be be - trayed.
5 ev - er live, in love and u - ni - ty and peace.

Words: Att. Gregory the Great (540-604); tr. *Praise the Lord*, 1972, alt. Music: *Bourbon*, melody att. Freeman Lewis (1780-1859); harm. Thomas Foster (b. 1938). Copyright: Words: Copyright © by James Quinn, SJ. Printed by permission of Geoffrey Chapman, a division of Cassell Ltd. Music: harmonization © 1984, Thomas Foster. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* DISMISSAL

Deacon Let us bless the Lord.
People Thanks be to God.

VOLUNTARY: Passacaglia, BuxWV 161

Dietrich Buxtehude

Please join us in Founders' Hall for coffee and refreshments.

Serving Today

Presider	The Reverend Canon Christy Dorn	Altar Guild	Peg Brown, Jackye Finnie,
Preacher	The Reverend Marco Serrano		Debbie Marrs, Leticia Porter,
Assisting	The Very Reverend Evelyn Hornaday		Candy McDowell
Deacon	The Reverend Jerry Grabher	Ushers	John Braum, Bud McDowell,
Director of Music	Dr. Paul Meier		Bill Colvin, David Telep
Lectors	Brenda Richardson, Mike Bennett	Acolytes	Alex Cornwell, Jeff Johnson
Intercessor	Yvonne Telep	Children's Ministry	Brenda Colburn, Bethany Zaiger,
Eucharistic Ministers	Ric Sweeting, Cheryl McDonald, Mike McDonald	Greeters	Julie Brogno, Lisa Thomas
Healing Minister	Janet Sweeting	Musicians	Connie Boyd, Jeri Gore The Trinity Choir

The Vestry: Paula Henderson Connors, *Senior Warden*, paula.hendersonconnors@outlook.com; Terri Curran, *Junior Warden*, tcurra2@yahoo.com; David Telep, *Treasurer*; Jonathan Sternberg, *Clerk*; Steve Moore, *Chancellor*; Phyllis Biddle; Sharon Cheers; Jeff Johnson; Kristen Ellis Johnson; Donna Knoell; Candy McDowell; Ron Michka; Richard Morse; Ryan Thomas.

The Rt. Rev. Martin S. Field, *Bishop of the Diocese of West Missouri*; The Very Rev. Evelyn Hornaday, *Interim Dean*; The Rev. Canon Christy Dorn, *Associate*; The Rev. Jerry Grabher, *Deacon*; The Rev. Marco Serrano, *Young Adult Coordinator*; Dr. Paul Meier, *Director of Music*; Julie Brogno, *Coordinator for Children's and Family Ministry*; Alexandra Connors, *Youth Minister*; Linda Martin, *Children's Music Director*; Julie Toma, *Cathedral Administrator*; Janet Sweeting, *Office Assistant*; Melissa Scheffler, *Communications Coordinator*; Richard Wolf, *Finance Manager*; Angie Graham, *Property Manager*; Mike Guidry, *Assistant Property Manager*; Kristy Moore, *Sacristan*; Ken Stewart, *Cathedral Bookstore Manager*.

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THE *Episcopal* CHURCH



March 17, 2019 – Lent 2 (C)

Life Transformed: The Way of Love in Lent - PRAY

Drawing on the ancient practice of setting aside Lent as a period of study and preparation for living as a Christian disciple, we are pleased to present weekly teachings from *Life Transformed: The Way of Love in Lent*. Learn more at episcopalchurch.org/life-transformed.

READ Exodus 14:10-15:1

The story of the Exodus is one of the most important baptismal stories in the whole Bible. In the blessing over the water, which we PRAY at every baptism, we remember that the Hebrews were liberated from bondage in Egypt through water. Exodus is also the only reading that is specifically required in the Easter Vigil because of the way God delivered Israel through the Red Sea and the pillar of fire that lit the way for God's people. That pillar is echoed in the Easter fire, which shines in our darkness at the vigil. The Exodus event holds a seminal place in the recitation of God's liberating action – the common thread woven throughout the vigil and the Bible itself.

One of the most intriguing aspects of this powerful story is the way prayer has been woven through every step the Israelites took in their path to liberation. When they were afraid and even doubted, their prayer was heard by God who told them that he would not abandon them. When they were about to be overtaken by the Egyptians, their prayer for deliverance was answered. Moses was given the power to part the sea, and they crossed on dry land. Finally, when they were safe, the prophet Miriam led a prayer of rejoicing and thanksgiving with song and dancing. Each of these prayers is important to the story and to the relationship built between God and God's people.

In the early Church, Lent was a time for catechumens (those who were preparing to be baptized) to learn about the Christian life. The outline of the faith that they would follow was called a catechism, and we still have a similar form in our Book of Common Prayer today (pp. 845-862). In particular, our catechism describes the role of prayer in Christian life, including the seven types of prayer:

- **Adoration:** We lift up our hearts and minds to God, asking nothing but to enjoy God's presence.
- **Praise:** We praise God, not to obtain anything, but because God's Being draws praise from us.
- **Thanksgiving:** We offer gratitude to God for all the blessings of this life, for our redemption, and for whatever draws us closer to God.
- **Penitence:** In penitence, we say we are sorry, confess our sins, and make amends and life change wherever possible.
- **Oblation:** We offer ourselves, our lives and labors, in union with Christ, for God's purposes.
- **Intercession:** We bring before God the needs of others.
- **Petition:** We present our own needs, that God's will may be done.

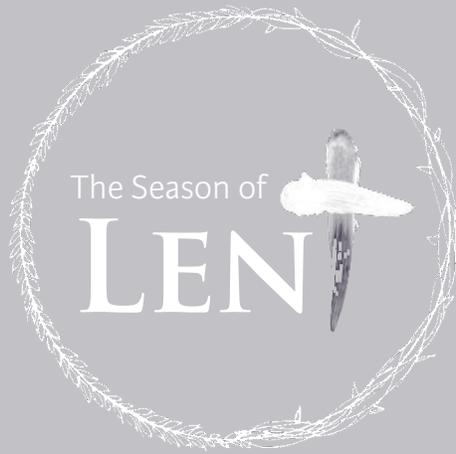
Each of these forms of prayer will help you grow and bring you into a closer relationship with God. In fact, Scripture tells us that even when we don't know how to pray, "the Holy Spirit will intercede for us" and teach our heart how to pray in "sighs too deep for words" (Romans 8:26).

REFLECT: *Prayer* is one of the essential components of walking the Way of Love. Yet, some people can find it intimidating, frustrating, or hard to practice. Which of the prayer styles from the catechism speak to you? Is there one that comes naturally?

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Wednesday Evenings ****NEW INFORMATION****

Through April 10

Contemplative Eucharist • 5:30 p.m. • Nave

Simple Supper • 6 p.m. • Founders' Hall Cafè

Learning Opportunities • 6:30 p.m.

The Way • Founders' Hall Cafè—*Led by Deacon Marco Serrano.*

Counterfeit Gospels • Common Room—*Led by Professor Bill Stancil, coordinated by Deacon Jerry Grabher.*

Stations of the Cross

Fridays, through April 12 • 5:15 p.m.

The Stations of the Cross are a 14-step devotion that commemorates Jesus Christ's last day on Earth as a man. The 14 devotions, or stations, focus on specific events of His last day, beginning with His condemnation. The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's last day. Specific prayers are recited, then the individual moves to the next station until all 14 are complete.

March 22, April 5: Service held at Cathedral of the Immaculate Conception

March 29, April 12: Service held at Grace and Holy Trinity Cathedral

Adult Forum: *The Apostles' Creed: A Guide to the Ancient Catechism*

Sundays, through April 7 • 9:15 a.m. • Common Room

Deacon Marco Serrano leads this class using Ben Myers' book The Apostles' Creed: A Guide to the Ancient Catechism.

God's Family at the Table

Saturday, March 23 • 10 a.m.—Noon

Families are invited to learn about communion together during this workshop.

Palm Cross Workshop

Sunday, April 7 • 9 & 11:30 a.m. • Founders' Hall

Noisy Offering

Sunday, April 7

Easter Egg Hunt Candy Donations Needed

Bring your donations of candy (individually wrapped, in small packages) to the box in the Tower during Lent.

We'll stuff the eggs after the 10:15 a.m. service on Palm Sunday.

For all the details about these events, please visit the Cathedral website, kccathedral.org/lent-2019.