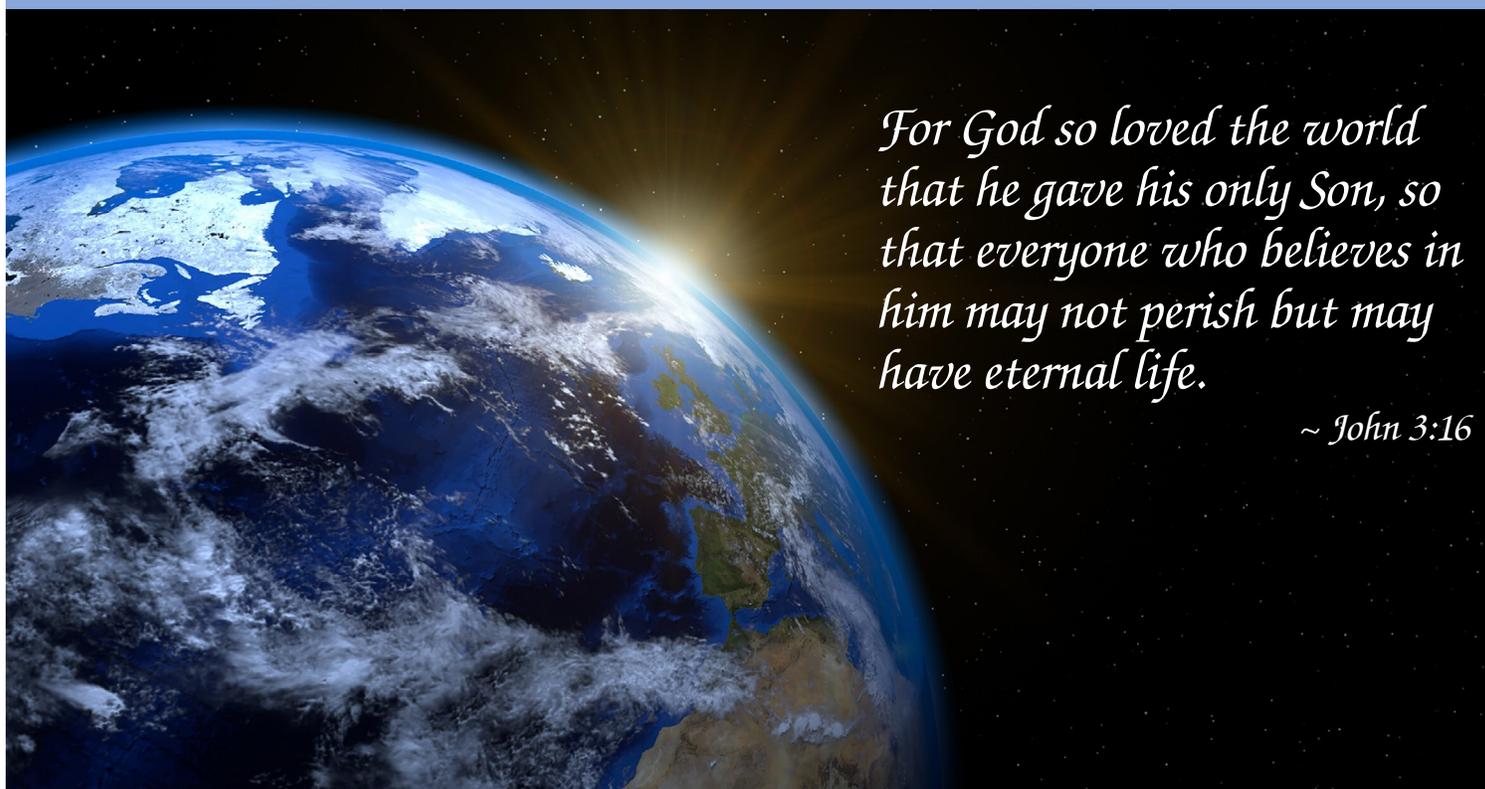


# GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL

A SERVANT CHURCH IN THE HEART OF THE CITY

The Second Sunday in Lent  
March 8, 2020 • 10:15 a.m.



*For God so loved the world  
that he gave his only Son, so  
that everyone who believes in  
him may not perish but may  
have eternal life.*

*~ John 3:16*

Newcomers and visitors, welcome! We are a servant church in the heart of the city. May you find here, by God's grace, that which feeds your soul, and leave here with a heart prepared to serve.

If you are new to us or a guest, we invite you to fill out a WELCOME card, found in your pew, and either place it in the offering plate or drop it by the Connection Corner table during coffee hour in Founders' Hall after the service.

If you need a hearing assistance device, please ask an usher.

# Holy Eucharist

## SERVICE NOTES

Please rise, as able, for portions of the service marked with an asterisk (\*). Page numbers for the Book of Common Prayer are listed for your convenience.

Our worship together begins with a musical prelude. Thank you for listening quietly and respecting the needs of those around you for a time of prayer and meditation.

VOLUNTARY: "Choralvorspiel und Fuge über 'O Traurigkeit, o Herzeleid'"

Johannes Brahms

## The Word of God

### \* OPENING HYMN #448: "O love, how deep, how broad, how high"



1 O love, how deep, how broad, how high, how pass - ing  
2 For us bap - tized, for us he bore his ho - ly  
3 For us he prayed; for us he taught; for us his  
4 For us to wick - ed hands be - trayed, scourged, mocked, in  
5 For us he rose from death a - gain; for us he  
6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of  
2 fast and hun - gered sore; for us temp - ta - tions  
3 dai - ly works he wrought; by words and signs and  
4 pur - ple robe ar - rayed, he bore the shame - ful  
5 went on high to reign; for us he sent his  
6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.  
2 sharp he knew; for us the tempt - er ov - er - threw.  
3 ac - tions, thus still seek - ing not him - self, but us.  
4 cross and death; for us gave up his dy - ing breath.  
5 Spi - rit here to guide, to strength - en, and to cheer.  
6 we a - dore for ev - er and for ev - er - more.

Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deus tuorum militum*, from *Antiphoner*, 1753; adapt. *The English Hymnal*, 1906, alt.; harm. after Basil Harwood (1859-1949). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

### \* PENITENTIAL ORDER

Book of Common Prayer, p. 351

Presider Bless the Lord who forgives all our sins;

People His mercy endures for ever.

### \* AN EXHORTATION

Book of Common Prayer, p. 316

All           **Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. 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.

People         Amen.

KYRIE ELEISON

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.

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 *All are seated. Meditative silence follows the readings.*

First Reading: Genesis 12:1-4a

Lector The Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the Lord had told him; and Lot went with him.

The Word of the Lord.

People **Thanks be to God.**

Psalm 121 *sung by the choir*

Chant by H. Walford Davies; Book of Common Prayer, p. 779

I lift up my eyes to the hills; \*  
from where is my help to come?

My help comes from the Lord, \*  
the maker of heaven and earth.

He will not let your foot be moved \*  
and he who watches over you will not fall asleep.

Behold, he who keeps watch over Israel \*  
shall neither slumber nor sleep;

The Lord himself watches over you; \*  
the Lord is your shade at your right hand,

So that the sun shall not strike you by day, \*  
nor the moon by night.

The Lord shall preserve you from all evil; \*  
it is he who shall keep you safe.

The Lord shall watch over your going out and your coming in, \*  
from this time forth for evermore.

## Second Reading: Romans 4:1-5, 13-17

**Lector**           What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say: "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

The Word of the Lord.

**People**           **Thanks be to God.**

\* GOSPEL HYMN #141: "Wilt thou forgive the sin, where I begun"

1 Wilt thou for-give that sin, where I be - gun,  
 2 Wilt thou for-give that sin, by which I won  
 3 I have a sin of fear that when I've spun

which is my sin, though it were done be - fore?  
 o - thers to sin, and made my sin their door?  
 my last thread, I shall per - ish on the shore;

Wilt thou for-give those sins through which I run,  
 Wilt thou for-give that sin which I did shun  
 swear by thy-self, that at my death thy Son

and do run still, though still I do de - plore?  
 a year or two, but wal - lowed in a score?  
 shall shine as he shines now, and here - to - fore.

When thou hast done, thou hast not done, for I have more.  
 When thou hast done, thou hast not done, for I have more.  
 And hav - ing done that, thou hast done, I fear no more.

Words: John Donne (1573–1631). Music: *So giebst du nun*, melody from *Geist und Lehr-reiches Kirchen und Haus Buch*, 1694; harm. Johann Sebastian Bach (1685–1750). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

\* THE HOLY GOSPEL: John 3:1-17

Gospeller      The Holy Gospel of our Lord Jesus Christ according to John.

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

Gospeller      There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

The Gospel of the Lord.

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

SERMON

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.

\* PRAYERS OF THE PEOPLE

Intercessor Lord, in your mercy,  
People Hear our prayer.

\* THE PEACE

Book of Common Prayer, p. 360

Presider The peace of the Lord be always with you.  
People And also with you.

ANNOUNCEMENTS

CELEBRATION PRAYER

Book of Common Prayer, p. 830

*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: "Sicut Moses serpentem in deserto exaltabit"

Heinrich Schütz

Sicut Moses exaltavit serpentem in deserto, ita exaltari oportet filium hominis.  
Ut omnis qui credit in eum, non pereat sed habeat vitam aeternam.

As Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up.  
So that whosoever believeth in him should not perish, but have eternal life.

—Text: John 3:14-15

### \* PRESENTATION HYMN #143: "The glory of these forty days"



1 The glo - ry of these for - ty days we  
2 A - lone and fast - ing Mo - ses saw the  
3 So Dan - iel trained his mys - tic sight, de -  
4 Then grant us, Lord, like them to be full  
\* 5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all  
2 lov - ing God who gave the law; and to E - li - jah,  
3 liv - ered from the li - ons' might; and John, the Bride - groom's  
4 oft in fast and prayer with thee; our spi - rits strength - en  
5 thee be ev - ery prayer ad - dressed, who art in three - fold

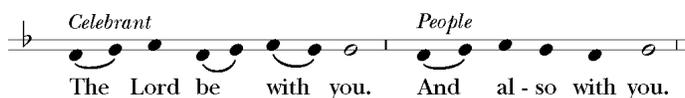


1 things were made, him - self has fast - ed and has prayed.  
2 fast - ing, came the steeds and char - i - ots of flame.  
3 friend, be - came the her - ald of Mes - si - ah's name.  
4 with thy grace, and give us joy to see thy face.  
5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. Music: *Erhalt uns, Herr*, melody from *Geistliche Lieder*, 1543; harm. Johann Sebastian Bach (1685-1750). Copyright: Words: By permission of Oxford University Press. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

### \* THE GREAT THANKSGIVING

Eucharistic Prayer A; Book of Common Prayer, p. 361



The Lord be with you. And al - so with you.



Lift up your hearts. We lift them to the Lord.



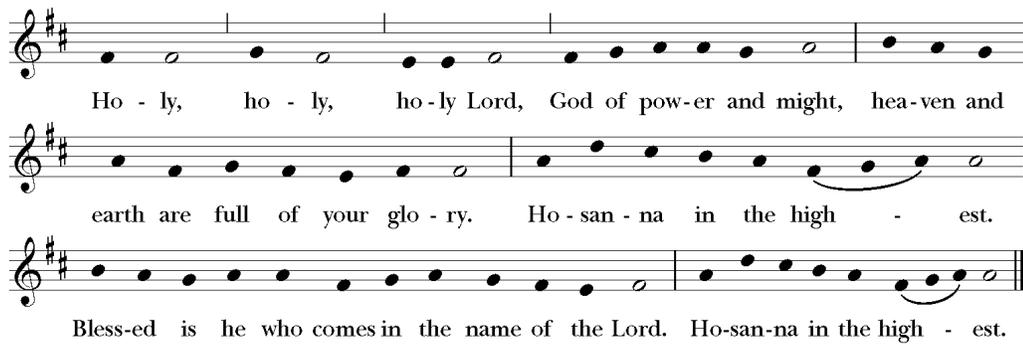
Let us give thanks to the Lord our God.



It is right to give our thanks and praise.

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. (Here a Proper Preface is sung or said on all Sundays, and on other occasions as appointed.) Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

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

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; and when he had given thanks, he gave it to them, 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."

Therefore we proclaim the mystery of faith:

All

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **Amen.**

Presider

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

Book of Common Prayer, p. 364

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.**

Presider Christ our Passover is sacrificed for us;

People Therefore let us keep the feast.

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.

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.

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.*
- *Prayer for healing is offered at the prayer desk until the close of worship.*

COMMUNION ANTHEM: "God so loved the world"

Bob Chilcott

God so loved the world that he gave his only begotten son, that whoso believeth in him should not perish but have everlasting life.

—Text: John 3:16

COMMUNION HYMN #337: "And now, O Father, mindful of the love"

1 And now, O Fa - ther, mind - ful of the love that  
 2 Look Fa - ther, look on his a - noint - ed face, and  
 \*3 And then for those, our dear - est and our best, by  
 \*4 And so we come; O draw us to thy feet, most

bought us, once for all, on Cal - vary's tree, and hav - ing with us  
 on - ly look on us as found in him; look not on our mis -  
 this pre - vail - ing pres - ence we ap - peal; O fold them clos - er  
 pa - tient Sa - vior, who canst love us still! And by this food, so

him that pleads a - bove, we here pre - sent, we here spread  
 us - ings of thy grace, our prayer so lan - guid, and our  
 to thy mer - cy's breast! O do thine ut - most for their  
 awe - some and so sweet, de - liv - er us from ev - ery

forth to thee, that on - ly of - fering per - fect in thine  
 faith so dim: for lo! be - tween our sins and their re -  
 soul's true weal! From taint - ing mis - chief keep them pure and  
 touch of ill: in thine own ser - vice make us glad and

eyes, the one true, pure, im - mor - tal sac - ri - fice.  
 ward, we set the pas - sion of thy Son our Lord.  
 clear, and crown thy gifts with strength to per - se - vere.  
 free, and grant us nev - er - more to part from thee.

## 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

Book of Common Prayer, p. 365

All             Eternal God, heavenly Father,  
                  you have graciously accepted us as living members  
                  of your Son our Savior Jesus Christ,  
                  and you have fed us with spiritual food  
                  in the Sacrament of his Body and Blood.  
                  Send us now into the world in peace,  
                  and grant us strength and courage  
                  to love and serve you  
                  with gladness and singleness of heart;  
                  through Christ our Lord. Amen.

## \* PRAYER OVER THE PEOPLE

Presider        Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your  
                  heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

## \* DISMISSAL

Book of Common Prayer, p. 366

Deacon         Go in peace to love and serve the Lord.  
People         Thanks be to God.

\* SENDING HYMN #473: "Lift high the cross"

*Descant*

Lift high the cross, the love of Christ pro - claim

*Refrain*

Lift high the cross, the love of Christ pro - claim

till all the world a - dore his sa - cred Name.

till all the world a - dore his sa - cred Name.

Led on their way by this tri - um - phant sign,  
 Each new - born ser - vant of the Cru - ci - fied  
 O Lord, once lift - ed on the glo - rious tree,  
 So shall our song of tri - umph ev - er be:

*Repeat Refrain*

the hosts of God in con - quering ranks com - bine.  
 bears on the brow the seal of him who died.  
 as thou hast prom - ised, draw the world to thee.  
 praise to the Cru - ci - fied for vic - to - ry.

Words: George William Kitchin (1827-1912) and Michael Robert Newbolt (1874-1956). Music: *Crucifer*, Sydney Hugo Nicholson (1875-1947); desc. Richard Proulx (b. 1937). Copyright: Words, Music: By permission of Hymns Ancient & Modern Ltd. Descant copyright © 1985, G.I.A. Publications, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: "Ciacona," BuxWV 160

Dietrich Buxtehude

You are welcome to take your bulletin home to reference the announcements.

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

The Rt. Rev. Martin S. Field, *Bishop of the Diocese of West Missouri*; The Very Rev. Dr. Andrew C. Keyse, *Dean*; The Rev. Canon Christy Dorn, *Associate*; The Rev. Jerry Grabher, *Deacon*; Dr. Paul Meier, *Director of Music*; Dr. Mark Stotler, *Assistant Organist*; 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*.

The Vestry: Paula Henderson Connors, *Senior Warden*, paula.hendersonconnors@outlook.com; Richard Morse, *Junior Warden*, rk2morse@hotmail.com; David Telep, *Treasurer*; Jonathan Sternberg, *Clerk*; Steve Moore, *Chancellor*; Sharon Cheers; Bill Colvin; Amy Cornwell; Kristen Ellis Johnson; Jeff Johnson; Ron Michka; Nick Smith; Ken Stewart; Ryan Thomas.

## Serving Today

Presider & Preacher	The Very Rev. Dr. Andrew C. Keyse	Ushers	Patrick Bennett, Bob Bennett,
Deacon	The Reverend Jerry Grabher		Denny Brisley, Jordan Kenning,
Director of Music	Dr. Paul Meier		David Telep
Assistant Organist	Dr. Mark Stotler	Acolytes	Brenda Colburn, George Colburn,
Musicians	The Trinity Choir		Emily Morrison
Lectors	Ryan Bennett, Donna Knoell	Children's Ministry	Julie Brogno, Aaron Dutton,
Intercessor	Mark Galus		Caroline Bennett, Melissa Atwell,
Eucharistic Ministers	Curtis Hamilton, Jackye Finnie, Christine Morrison, Jim Royer	Greeters	Bethany Zaiger Donna Knoell, Jim Royer
Healing Minister	Janel Mosley	Holy Hands	Pat Decker, Fred Decker,
Altar Guild	Sara Copeland, Peg Brown, Sharon Hudson		Lenette Johnson, Cheryl McDonald, Mike McDonald, Leticia Porter
		Bookstore	Sam Satterfield

## Announcements for the Week of March 8, 2020

### Up Next

#### Urban Necessities Drive Through April 12

Urban Necessities Project is in its second year as a ministry of the city center parishes (GHTC, St. Mary's and St. Augustine's), which provides an assortment of basic necessities primarily of personal hygiene which are not included in SNAP government programs. The basics provided are toothpaste (6-8 oz tubes), bath soap (4 oz individually wrapped bars for men and women), shampoos (12-14 oz sizes for men and women) and stick deodorant (3-4 oz sizes for men and women). Please bring the aforementioned basic necessities to the outreach baskets or make a donation to the project (checks made to GHTC with a notation for Urban Necessities) and we will select the items on your behalf. Thank you for supporting this outreach project.

#### Stations of the Cross

**Fridays during Lent • 5:15 p.m.**

**March 13, 27: Service held at CIC**

**March 20, April 3: Service held at GHTC**

In partnership with the Cathedral of the Immaculate Conception, we will offer the Stations of the Cross every Friday evening during Lent.

#### Lent Food Drive for the Downtown Outreach Food Pantry

**March 1–April 12**

Place non-perishable food for the Downtown Outreach Food Pantry in the big basket in the Tower. Thank you for your support!

Week of 3/15: Canned Meat (Chicken or Tuna)

#### Wednesdays during Lent

**March 4–April 1 • 6 p.m.**

Join us for a meal, formation and compline each Wednesday during Lent. The gathering will start with a meal at 6 p.m., followed by a class led by Dean Andy at 6:30 p.m. and we will conclude the evening with compline at 7:45 p.m. Children's activities and nursery care will be available. More details available at [kccathedral.org/adultformation](http://kccathedral.org/adultformation).

*Dean Keyse will be gone March 18, so in place of the Lenten Bible Study there will be a special presentation by the Dialogue Institute on Women's Rights Violations in Turkey. Visit [kccathedral.org/adultformation](http://kccathedral.org/adultformation) for more details.*

#### Choral Evensong and Organ Recital

**March 15 • 5 p.m.**

Evensong is a service of hymns, choral anthems, Bible readings and prayers—it is a time to listen, pray, meditate and sing. Holy Eucharist from the reserve sacrament will be offered in the Chapel immediately following Evensong. The March recital is by Tyler Boehmer. Tyler is Director of Music at First United Methodist Church in Leavenworth and is a doctoral student at the University of Kansas. He was recently awarded First Prize in the 2019 Miami International Organ Competition and Third Prize in the 2019 Shanghai International Organ Competition.

# Up Next (cont.)

## Movie Night at the Cathedral

**March 20 • 6 p.m.**

Join us for Movie Night at the Cathedral! We'll meet in the Common Room for a potluck dinner (please bring a dish to share) and movie, followed by discussion. The movie for March is *The Upside*, starring Kevin Hart, Nicole Kidman and Bryan Cranston. A recently paroled ex-con strikes up an unusual and unlikely friendship with a quadriplegic billionaire. This funny and warm-hearted comedy is based on a true story. 2019, PG-13.

## Readers Book Club

**March 22 • 11:45 a.m.**

Our next Readers Book Club Meeting is Sunday, March 22 in the Common Room. We will discuss *The Tea Girl of Hummingbird Lane* by Lisa See. For any additional information or questions contact Jackye Finnie, [jpfinnie@aol.com](mailto:jpfinnie@aol.com), or Joyce Morrow, [jemorrow@kc.rr.com](mailto:jemorrow@kc.rr.com).

## Palm Cross Workshop

**March 29 • 9 & 11:30 a.m.**

Help make crosses out of palm leaves for Palm Sunday. Please bring your scissors. Someone will help you, if needed. Extra palms are available to make crosses at home and return by Palm Sunday. Crosses are also given to St. Luke's Hospital and Hospice, and Bishop Spencer Place. Contact Janet Sweeting, [jsweeting@kccathedral.org](mailto:jsweeting@kccathedral.org), with questions.

## Volunteer at HappyBottoms

**(303 W. 79th St., KCMO)**

**April 4 • 9–11 a.m.**

Stop by the HappyBottoms warehouse in Waldo to pack diapers for distribution to nonprofit agencies. Help keep Kansas City baby bottoms happy!

## Assemble Easter Baskets

**April 5 • 9 a.m.**

Join us between services to assemble Easter baskets for children at Crittenton, KAW Valley Children's Center and Sheffield Place.

## Noisy Offering

**April 5 • 10:15 a.m.**

We will make a joyful noise to the Lord with our offering on this day! Bring an offering of coins for the New Americans program, which serves refugee children in Kansas City public schools. The Cathedral's children will collect the coins in metal buckets, so we can hear the funds add up. As always, quiet checks and cash are welcome, too.

## Other Activities

**Coffee and Conversations—Tuesdays • 7:30 a.m.**

**Qigong and Tai Chi—Thursdays • 12:45 p.m.**

**Young Adults—Ongoing**

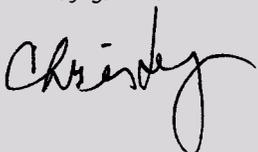
Interested in representing the Cathedral as a delegate to the next Diocesan Convention in Springfield this fall? Contact Dean Andy, [akeyse@kccathedral.org](mailto:akeyse@kccathedral.org), by tomorrow, March 9 for more information and how to apply.

## Thank You from Canon Christy

*Dear Friends,*

*Thank you for a wonderful farewell party, for your monetary gift, and for your kind and heartfelt notes of appreciation. Saying goodbye is always hard, and I treasured having the opportunity to speak with so many of you one last time. I shall remember my time at Grace and Holy Trinity Cathedral with fondness and gratitude. You will always have a special place in my heart. If you would like to contact me, feel free to email [christy.dorn@gmail.com](mailto:christy.dorn@gmail.com). Many blessings on your ministries at the Cathedral.*

*Peace, joy, love,*



# Formation during Lent

## ***Mystical Tradition: Judaism, Christianity and Islam*—Sundays through March 22 • 9:15 a.m. • Haden Hall Purple Door Room**

Mystical experiences and practices—including dramatic visions, direct communication with the divine, intense spiritual quests, and hermetic lifestyles—are commonly associated with Eastern cultures. They are thought to be far removed from the monotheistic traditions of Judaism, Christianity, and Islam. In *Mystical Tradition: Judaism, Christianity and Islam*, explore this spiritual, literary and intellectual heritage in these great faiths as it unfolds over three millennia. Contact class facilitator Deacon Jerry Grabher with questions, [j.grabher3@gmail.com](mailto:j.grabher3@gmail.com).

## **Sunday Youth Socials**—Sundays • 9:15 a.m. • Haden Hall Youth Room

The youth room is open to all youth on Sunday mornings for coffee, gathering and lectionary-based Bible study prompts.

## **Youth Confirmation Class**—Sundays • 9:15 a.m. • Haden Hall Orange Door Room

Please keep our candidates for Confirmation in your prayers as they engage in prayer and study this spring. Confirmands will participate in the Area Confirmation this spring with candidates from other local parishes.

## **Children's Chapel & Godly Play**—Sundays • 10:20 a.m. • Haden Hall

During Lent, children in Godly Play (preK–2nd grade) will hear stories leading up to Jesus death and resurrection. In children's chapel (3rd–5th graders), kids will work on a Lego project to create scenes from Holy Week. Children will be encouraged to save coins during Lent to bring on Palm Sunday (April 5) for the Noisy Offering.

## **Women's Bible Study**—Tuesdays • 12:30 p.m. • Common Room

During Lent 2020, Women's Bible Study is using Amy Jill Levine's *Entering the Passion of Jesus: A Beginners Guide to Holy Week*. Levine, a graduate of Smith College and Duke University is an Orthodox Jew and Professor of New Testament Studies at Vanderbilt University. For more information about the book, visit [rebrand.ly/EnteringthePassion](http://rebrand.ly/EnteringthePassion). The book is for sale in the Cathedral Bookstore for \$10.05.

## **Lenten Bible Study: *The Book of Revelation (or The Revelation of John)***—Wednesdays, March 4–April 1 • Founders' Hall 6 p.m.: dinner; 6:30–7:45 p.m.: class; 7:45 p.m.: compline

Have you ever wondered about the last book of the New Testament, why it's there and what it means? Where did we get the word Apocalypse and who are the Four Horsemen? Why not come to the Cathedral on Wednesdays during Lent and find out! Join Dean Andy as he leads a Bible study on the Book of Revelation. You'll learn about Apocalyptic literature and what all the crazy creatures mean as we go through the book together. Activities for children and nursery care will be available.

*Dean Keyse will be gone March 18, so in place of the Lenten Bible Study there will be a special presentation by the Dialogue Institute on Women's Rights Violations in Turkey. Visit [kccathedral.org/adultformation](http://kccathedral.org/adultformation) for more details.*

## **GHTC Youth Group**—Wednesdays • 6:45 p.m. • Haden Hall Youth Room

Youth in grades 6–12 are invited to weekly Youth Group on Wednesday evenings. Youth group during Lent will focus on personal spiritual practices, meditating on Scripture and growing in our faith together in community. Youth Group meets from 6:45–8:30 p.m. in the Haden Hall Youth Room and always includes dinner and worship. Youth are also encouraged to participate in Network and Diocesan ministry throughout Lent to strengthen relationships with God and each other. For more information, contact Alexandra, [youthformation@kccathedral.org](mailto:youthformation@kccathedral.org).

# Cathedral Prayer List

**Pray for:**

**Healing**—Matalin Page; Beth Keyse; Sonya Kittrell; Donna Carril; Jeff Oliver; David With; Lida Moffett; Thaddeus Samuel Withers; Eric & Burma Cenovich; Pat Leive; Betsy Chase; Pat McKenna; Yolie Polakowski; Peg Morgan; Linda Perece; Tara Bennett; Joanne Repass Jones; Horst & Gudrun Döding; Gaelle Marchand; Jim Royer; Bill Blakey; Linda Frost; Gordon Hansen; Jim Martin; Brad Dutton; Abbey Mattson; Phil Carr; Jim Moon; Ellie Vitoria Kupec; Pat & Larry Martin; Barbara Liming; Becky Broce; Ken McCandless; Roberta; Baby Emma; Rudolph White; Gregory Colombe; Rebecca Vincent & family

**Peace & Comfort**—Kathy Jennings & family; Bob Clark’s family; Bill Foley’s family; Noella Applegate Fox’s family; Marjorie Pugh; Lisa Tostevin

**Endurance & Overcoming**—Betty Overson

**Safety & Shelter**—Animals in need of homes

*To place a person on this prayer list, please use a prayer request card found in the pews or contact the church office: [communications@kccathedral.org](mailto:communications@kccathedral.org). Requests are held in prayer for 90 days.*

## Birthdays & Anniversaries



**March 8**

Doris Sellards  
Paul Morel

**March 13**

Gary & Sandy  
Bressman

**March 9**

Ron Michka

**March 14**

Doris Biellier  
Austin Graham

Please contact the Cathedral office if we have omitted your birthday or anniversary:  
816.474.8260 or  
[jsweeting@kccathedral.org](mailto:jsweeting@kccathedral.org).

**March 10**

Jane Pfeffer  
Janet Sweeting

**March 11**

Jay Carter  
Richard Moore

**March 12**

Larry McMullen  
Cathy Thomas  
Richard Keithley

## Today’s Flowers

to the Glory of God and ...



- in thanksgiving for Janet Sweeting—Ric Sweeting
- with thanks to God—Merrily Shultz

## Easter Flower Donations



Your generous gifts, in memory of or in thanksgiving for a loved one, help provide flowers. The Easter flower envelopes are available at the back of the Nave. Return the envelope to the office by **Sunday, April 5**, for your name to be included in the Easter bulletins.

*Thank you for your gifts in celebration of the Resurrection of Jesus Christ.*



## Holy Hands Ministry

Do you enjoy food? If so, the Holy Hands Ministry is the perfect opportunity for you! Holy Hands Ministry brings people together each Sunday, following the services, to have conversation and enjoy a snack.

What is expected? Once each month, September through May you bring 3 or 4 snacks to share. These may be homemade or purchased. Team members arrange their snacks

on the tables for everyone to enjoy.

When do you need me? You can join any of our teams that serve one Sunday a month (or on 5th Sundays) after the 8 a.m. or 10:15 a.m. service.

Special Events Team—This team will plan special hospitality events throughout the year. We need members who like to plan these events and decorate!

Interested? Have questions? Please Contact Leticia Porter at [leticiaporter@gmail.com](mailto:leticiaporter@gmail.com).

**March 8, 2020 – Lent 2 (A)**

**Life Transformed: The Way of Love in Lent - PRAY**

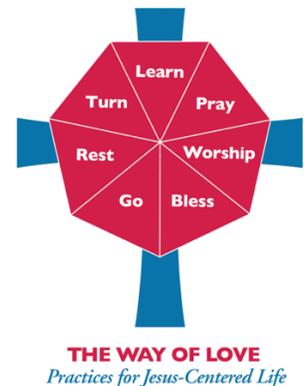
Drawing on the ancient practice of setting aside Lent as a period of study and preparation for living as a Christian disciple, we are pleased to present weekly teachings from *Life Transformed: The Way of Love in Lent*. Learn more at [episcopalchurch.org/life-transformed](http://episcopalchurch.org/life-transformed).

**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?

Published by the Office of Communication of The Episcopal Church, 815 Second Avenue, New York, N.Y. 10017

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# This Week's Calendar

## Sunday • March 8

8 a.m.	Holy Eucharist	Nave
9 a.m.	Coffee Hour	Founders' Hall
9 a.m.	BackSnack Family Bag Packing	Haden Hall
9:15 a.m.	Adult Forum: <i>Gun Violence and Our Youth</i>	Founders' Hall Multipurpose Room
9:15 a.m.	Adult Forum: <i>Mystical Tradition: Judaism, Christianity and Islam</i>	Haden Hall Purple Door Room
9:15 a.m.	Inquirer's Class	Common Room
9:15 a.m.	Rehearsal: Trinity Children's Choir	Haden Hall Blue Door Room
9:15 a.m.	Youth Confirmation Class	Haden Hall Orange Door Room
9:15 a.m.	Sunday Youth Socials	Haden Hall Youth Room
10:15 a.m.	Holy Eucharist	Nave
10:20 a.m.	Children's Chapel & Godly Play	start in Nave, then Haden Hall
11:30 a.m.	Coffee Hour	Founders' Hall
5 p.m.	Order for Evening and Holy Eucharist	Nave

## Tuesday • March 10

6 a.m.	Election Polling	Founders' Hall Café
7:30 a.m.	Coffee & Conversations	Founders' Hall Multipurpose Room
12:30 p.m.	Women's Bible Study	Common Room

## Wednesday • March 11

12:05 p.m.	Holy Eucharist	Chapel
6 p.m.	Rehearsal: Tallis Singers	Haden Hall
6 p.m.	Lenten Bible Study (6 p.m.—Dinner, 6:30 p.m.—Class, 7:45 p.m.—Compline)	Founders' Hall
6:45 p.m.	GHTC Youth Group	Haden Hall Youth Room

## Thursday • March 12

12:45 p.m.	Tai Chi & Qigong	Common Room
6 p.m.	Rehearsal: Trinity Handbell Ensemble	Haden Hall
7 p.m.	Rehearsal: Trinity Choir	Haden Hall

## Friday • March 13

5:15 p.m.	Stations of the Cross	Cathedral of the Immaculate Conception
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## Sunday • March 15

8 a.m.	Holy Eucharist	Nave
9 a.m.	Coffee Hour	Founders' Hall
9:15 a.m.	Adult Forum: <i>Mystical Tradition: Judaism, Christianity and Islam</i>	Haden Hall Purple Door Room
9:15 a.m.	Inquirer's Class	Common Room
9:15 a.m.	Rehearsal: Trinity Children's Choir	Haden Hall Blue Door Room
9:15 a.m.	Youth Confirmation Class	Haden Hall Orange Door Room
9:15 a.m.	Sunday Youth Socials	Haden Hall Youth Room
10:15 a.m.	Holy Eucharist	Nave
10:20 a.m.	Children's Chapel & Godly Play	start in Nave, then Haden Hall
11:30 a.m.	Coffee Hour	Founders' Hall
5 p.m.	Choral Evensong	Nave
6 p.m.	Organ Recital: Tyler Boehmer	

Visit [kccathedral.org](http://kccathedral.org) for more calendar information.