Welcome! We are glad you are here.

- If you are new to us or a guest, we invite you to fill out a welcome card, found in your pew, and place it in the offering plate.
- If you need a hearing assistance device, please ask an usher.
- We ask you to observe proper physical distancing throughout the service (staying at least six feet apart).
- Please remember to wear your mask, covering your mouth and nose, at all times (except when actively consuming Communion).

Service Notes

- Restrooms are available in Founders’ Hall. A changing station is available in the restroom at west end (rear) of the Cathedral.
- Page numbers listed are from The Book of Common Prayer.
- Please rise, as able, for portions of the service marked with an asterisk (*)
- The offering plate is located on a stand in the cross aisle. Offerings may also be made through the Cathedral website: kccathedral.org, by scanning the QR code to the right or by texting “GIVEtoGHTC” to 73256.

Thank you for your generosity.

May you find here, by God’s grace, that which feeds your soul, and leave here with a heart prepared to serve.
Collect of the Day
Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Joel 2:1-2,12-17
Blow the trumpet in Zion; sound the alarm on my holy mountain! Let all the inhabitants of the land tremble, for the day of the Lord is coming, it is near—a day of darkness and gloom, a day of clouds and thick darkness! Like blackness spread upon the mountains a great and powerful army comes; their like has never been from of old, nor will be again after them in ages to come. Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the Lord, your God? Blow the trumpet in Zion; sanctify a fast; call a solemn assembly; gather the aged; gather the children, even infants at the breast. Let the bridegroom leave his room, and the bride her canopy. Between the vestibule and the altar let the priests, the ministers of the Lord, weep. Let them say, “Spare your people, O Lord, and do not make your heritage a mockery, a byword among the nations. Why should it be said among the peoples, Where is their God?”

Psalm 103:8-14
The Lord is full of compassion and mercy,* slow to anger and of great kindness.
He will not always accuse us,* nor will he keep his anger for ever.
He has not dealt with us according to our sins,* nor rewarded us according to our wickedness.
For as the heavens are high above the earth,* so is his mercy great upon those who fear him.
As far as the east is from the west,* so far has he removed our sins from us.
As a father cares for his children,* so does the Lord care for those who fear him.
For he himself knows whereof we are made;* he remembers that we are but dust.

2 Corinthians 5:20b-6:10
We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. As we work together with him, we urge you also not to accept the grace of God in vain. For he says, “At an acceptable time I have listened to you, and on a day of salvation I have helped you.” See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone’s way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Matthew 6:1-6, 16-21
Jesus said, “Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your fasting may be done in secret; and your Father who sees in secret will reward you. And whenever you fast, do not look dismal, like the hypocrites; for they love to stand and pray in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you. And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be praised by others. Truly I tell you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”
ASH WEDNESDAY LITURGY
7 a.m. & 12:05 p.m.

The Word of God

(12:05 p.m.) VOLUNTARY: “O Mensch, bewein dein Sünde groß,” BWV 622
Johann Sebastian Bach

* OPENING SALUTATION

Presider        Bless the Lord who forgives all our sins.
People          His mercy endures forever.

COLLECT OF THE DAY

LESSONS Meditative silence follows the readings.

Joel 2:1-2,12-17
Psalm 103:8-14 spoken in unison
2 Corinthians 5:20b-6:10

* (12:05 p.m.) GOSPEL HYMN: 141 “Wilt thou forgive the sin, where I begun”

* THE HOLY GOSPEL: Matthew 6:1-6, 16-21
p. 2 of this bulletin

HOMILY

* INVITATION TO THE OBSERVANCE OF A HOLY LENT

IMPOSITION OF ASHES All are invited to the front to receive the imposition of ashes.

PSALM 51 All kneel, as able. Read responsively, by the half verse.

LITANY OF PENITENCE

* THE PEACE

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

The Holy Communion

* (12:05 p.m.) OFFERTORY HYMN: 701 “Jesus, all my gladness”

THE GREAT THANKSGIVING, Eucharistic Prayer A

The Lord’s Prayer

Breaking of the Bread

* THE COMMUNION

We administer communion from the top of both side aisles, beginning with the people seated on the outer sections, then the middle sections.

Please come up one person/family unit at a time to receive the bread. The ushers will guide you.

Intinction of wafers is offered, if desired.

* POSTCOMMUNION PRAYER

PRAYER OVER THE PEOPLE

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

DISMISSAL

* (12:05 p.m.) CLOSING HYMN: 149 “Eternal Lord of love, behold your church”

(12:05 p.m.) VOLUNTARY: Ciacona, BuxWV 160
Dietrich Buxtehude
ASH WEDNESDAY LITURGY
7 p.m.

VoLUNTARY: “O Mensch, bewein dein Sünde groß,” BWV 622
Johann Sebastian Bach

Salutation
Presider       Bless the Lord who forgives all our sins.
People         His mercy endures forever.

The Word of God

* Collect of the Day

Lessons Meditative silence follows the readings.
   Joel 2:1-2,12-17
   Psalm 103 sung by the choir; chant by Kellow J. Pye
   2 Corinthians 5:20b-6:10

* Gospel Hymn: 141 “Wilt thou forgive the sin, where I begun”

The Holy Gospel: Matthew 6:1-6, 16-21

Homily

* Invitation to the Observance of a Holy Lent

Imposition of Ashes All are invited to the front to receive the imposition of ashes.

Psalm 51 All kneel, as able. Read responsively, by the half verse.

Litany of Penitence

* The Peace

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

The Holy Communion

* Offertory Anthem: “Remember Not, Lord, Our Offences”
   Henry Purcell

Remember not, Lord our offences,
   nor the offences of our forefathers
   neither take thou vengeance of our sins, good Lord
   But spare us, good Lord.

Spare thy people, whom thou hast redeemed
   with thy precious blood;
and be not angry with us forever.
Spare us, good Lord.
   —Text: the Book of Common Prayer (1662)

* Offertory Hymn: 144 “Lord Jesus, Sun of Righteousness”

page 4
S120: The Holy Eucharist II, Lift up your hearts: *Sursum corda*

The Lord be with you. And also 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.

S124: The Holy Eucharist II, Holy, holy, holy Lord: *Sanctus*

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest.

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Presider Therefore we proclaim the mystery of faith:
All Christ has died.
Christ is risen.
Christ will come again.

The Lord’s Prayer

Breaking of the Bread

Presider Christ our Passover is sacrificed for us;
People Therefore let us keep the feast.

S161: The Holy Eucharist, Fraction Anthem: Jesus, Lamb of God: *Agnus Dei*

Lamb of God, you take away the sins of the world:

have mercy on us. Lamb of God, you take away the

sins of the world: have mercy on us. Lamb of God,

you take away the sins of the world: grant us peace.
Communion

We administer communion from the top of both side aisles, beginning with the people seated on the outer sections, then the middle sections.

Please come up one person/family unit at a time to receive the bread. The ushers will guide you.

Intinction of wafers is offered, if desired.

Communion Hymn: 701 “Jesus, all my gladness”

* Postcommunion Prayer

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.

Dismissal

* Closing Hymn: 149 “Eternal Lord of love, behold your church”

Voluntary: Ciacona, BuxWV 160

Dietrich Buxtehude

Prayer for Spiritual Communion

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

Serving Today

7 a.m.
Presider The Very Rev. Dr. Andrew C. Keyse
Homilist The Rev. Canon Ryan Wiksell

12:05 p.m.
Presider The Rev. Canon Ryan Wiksell
Homilist The Very Rev. Dr. Andrew C. Keyse
Organist Dr. Paul Meier
Lector Jonathan Sternberg
Altar Guild Sharon Hudson
Ushers Jim Crum, Ric Sweeting

7 p.m.
Presider The Very Rev. Dr. Andrew C. Keyse
Homilist The Rev. Canon Ryan Wiksell
Musicians Members of the Trinity Choir, Dr. Paul Meier
Lector Mark Galus
Eucharistic Minister Robin Rusconi
Altar Guild Sara Copeland, Carol Whitehead, Sharon Cheers
Acolyte Curtis Hamilton
Usher Mike Bennett
Livestreaming Team Christine Morrison, Chris Morrison, Julie Toma
**Sunday Morning Formation**

Sundays • 9 & 9:15 a.m.

**Children**—Children’s Formation starts at 9 a.m. in Haden Hall. Children are invited into a time of dynamic storytelling and music that communicates the story of the people of God and the liturgy of the church. Questions? Contact Brittany, childrensformation@kccathedral.org.

**Youth**—We will journey through The Gospel According to Harry Potter. This series will help young people explore the stories and lessons in Harry Potter and examine how those stories resonate with the many narratives in the Bible that are central to the message of Christianity.

**Adults: Episcopal 101**—Would you like to formally join the Cathedral and the Episcopal Church? Interested in exploring confirmation, reaffirmation or reception? If so, please join us for this class, taught by Dean Andy. Even if you’re not seeking confirmation, reaffirmation, or reception, it’s a great way to gain a better understanding of our history and worship.

**Adults: Journey Through the New Testament**—Join Canon Ryan on a journey through the Scriptures of the Early Church, from Matthew to Revelation. Using videos (from bibleproject.com), brief lessons and interactive discussion, we will tackle one section of the New Testament for each of the six Sundays of Lent. With a special focus on the Jewishness of the early Christian Scriptures, we will endeavor to gain a clearer picture of who Jesus was and is, and by extension, what it means to “be the Church.”

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**Weekday Formation**

Mondays • 7:15-8:30 p.m. • In Person

**Adults: Nurturing the Inner Self**
Deacon Emeritus Jerry Grabher will facilitate this class based on Nurturing the Inner Self: Cosmology, Consciousness & Christogenesis, by author Ilia Delio. The class will also focus on Speaking Christian: Why Christian Words Have Lost Their Meaning and Power—And How They Can Be Restored by Marcus Borg. Register with Jerry, j.grabher3@gmail.com, if interested.

**Tuesdays • 12:30 p.m. • via Zoom**
Women’s Bible Study: Seven Words: Listening to Christ from the Cross

**Tuesdays • 6-7 p.m. • via Zoom**
College Ministry: Just Mercy Lenten Book Club
We will learn more about how we can be in solidarity with those that are oppressed, but also be inspired by how the Holy Spirit can evoke reflection, consideration, and transformation in heart, mind and body. Sign up for a book at kccathedral.org/youthformation.

**Outreach**

**Lent Food Drive**
During Lent we will be collecting shelf-stable food for St. Mary’s Pantry. You may leave items in the box in the Tower.

**BackSnack Family Bag Packing**
Sunday, March 6 • 9 a.m.
On Sunday, March 6 volunteers are needed to help pack family bags between services for BackSnack children.

**Easter Basket Packing**
Sunday, April 10 • 9 a.m.
Come help us pack Easter baskets for the kids at Crittenton, Sheffield Place and Kaw Valley.

**Resources**

**Stations of the Cross**
Make Stations of the Cross part of your Lenten practices. You may walk the Stations of the Cross on your own with the Stations of the Cross booklet, found in the Welcome Center in the Tower, or you may follow along with our parishioner-led Stations of the Cross video available on our YouTube channel, youtube.com/kccathedral.

**Lent Madness**
In a takeoff of basketball’s March Madness, Lent Madness is a fun, engaging way for people to learn about the Church’s Calendar of Saints. Visit lentmadness.org to fill out your bracket for a chance to win the “Golden Halo!” You can also check out this fan site at playlentmadness.com.
Children & Youth: Exploring the Last Words of Jesus
Haden Hall: Youth Room
The Children’s and Youth Departments will be doing a combined Lenten practice on Wednesdays at 6:30 p.m. starting March 9 and ending April 6. During our time together we will explore the last words of Jesus through Taizé music, scripture reading and meditative art. This Lenten series will introduce our young people to contemplative practices that will orient us toward the cross and prepare us for the celebration of Easter. Questions? Contact Brittany at childrensformation@kccathedral.org or Clare at cstern@kccathedral.org.

Adults: Atomic Habits
Founders’ Hall: Multipurpose Room
Canon Ryan will lead a discussion based on James Clear’s book *Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones*. Lent is a perfect time to think about our habits, both individually and corporately. How do we express our faith together as a community? How do we foster relationships of trust and care? How do we team up to reach the world around us? We have lots of ambitions, and even some specific goals when it comes to these things. But to quote author James Clear, “We don’t rise to the level of our goals, we sink to the level of our systems.” So perhaps we should be spending less time defining goals, and more time building and refining the systems that help us reach them. The objective is to take a closer look in the mirror, at our individual and corporate habits. In the power of the Spirit, we can come out the other side of Lent with better systems and stronger habits, to be the kind of disciples Jesus always wanted.

Adults: Sabbath Keeping
Common Room
Dean Andy will be leading this book study about taking time from our busy schedules to keep sabbath. *Sabbath Keeping* author Donna Schaper writes, “Sabbath is a way of living, not a thing to have or a list to complete. By observing it we become people who both work and rest, and who know why, when, and how we do either. We also recognize the occasions on which we do both at the same time. We know how to pray, how to be still, how to do nothing. Sabbath people know that ‘our’ time is really God’s time, and we are invited to live in it.” Chapters in this book include “Sabbath in the Wilderness,” “The Music of Sabbath,” and “Sabbath Prayer.” Donna Schaper is an area minister for the United Church of Christ and a popular retreat leader. A writer for Weavings, The Other Side, and Homiletic, she has also published several books. Books are available at the Cathedral at class, or you may order one online.