Welcome! We are glad you are here.

- If you are a visitor or new attendee, we invite you to fill out a welcome card, found in your pew, and place it in the offering plate or complete the form online. Use this QR code to access the form. 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 wear your mask, covering your mouth and nose, at all times (except when actively consuming Communion).

May you find here, by God’s grace, that which feeds your soul, and leave here with a heart prepared to serve.
Choral Evensong

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: O Gott, du frommer Gott, op. 122 no. 7

* Preces

Officiant O Lord, open thou our lips.
Choir And our mouth shall show forth thy praise.
Officiant O God, make speed to save us.
Choir O Lord, make haste to help us.
Officiant Glory be to the Father, and to the Son, and to the Holy Ghost.
Choir As it was in the beginning, is now, and ever shall be, world without end. Amen.
Officiant Praise ye the Lord.
Choir The Lord’s Name be praised.

* Hymn: 39 “Jesus, Redeemer of the world”

Psalm 34 sung by the choir; chant by Henry Gauntlet

I will alway give thanks unto the LORD; *
   his praise shall ever be in my mouth.
My soul shall make her boast in the LORD; *
   the humble shall hear thereof, and be glad.
O praise the LORD with me, *
   and let us magnify his Name together.
I sought the LORD, and he heard me; *
   yea, he delivered me out of all my fear.
They had an eye unto him, and were lightened; *
   and their faces were not ashamed.
Lo, the poor crieth, and the LORD heareth him; *
   yea, and saveth him out of all his troubles.
The angel of the LORD tarrieth round about them that fear him, *
   and delivereth them.
O taste, and see, how gracious the LORD is: *
   blessed is the man that trusteth in him.
O fear the LORD, ye that are his saints; *
   for they that fear him lack nothing.
The lions do lack, and suffer hunger; *
   but they who seek the LORD shall want no manner of thing that is good.
Come, ye children, and hearken unto me; *
   I will teach you the fear of the LORD.
What man is he that lusteth to live, *
   and would fain see good days?
Keep thy tongue from evil, *
   and thy lips, that they speak no guile.
Eschew evil, and do good; *
   seek peace, and ensue it.
The eyes of the LORD are over the righteous, *
   and his ears are open unto their prayers.
The countenance of the LORD is against them that do evil, *
   to root out the remembrance of them from the earth.
The righteous cry, and the LORD heareth them, *
   and delivereth them out of all their troubles.
The LORD is nigh unto them that are of a contrite heart, *
   and will save such as be of an humble spirit.
Great are the troubles of the righteous; *
   but the LORD delivereth him out of all.
He keepeth all his bones, *
   so that not one of them is broken.
But misfortune shall slay the ungodly; *
   and they that hate the righteous shall be desolate.
The LORD delivereth the souls of his servants; *
   and all they that put their trust in him shall not be destitute.
**Lesson: Romans 8:1–10**

Lector There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God’s law—indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness.

The Word of the Lord.

People Thanks be to God.

* **Magnificat**  
  
  My soul doth magnify the Lord,  
  and my spirit hath rejoiced in God my Savior.
  For he hath regarded  
  the lowliness of his handmaiden.
  For behold from henceforth  
  all generations shall call me blessed.
  For he that is mighty hath magnified me,  
  and holy is his Name.
  And his mercy is on them that fear him  
  throughout all generations.
  He hath showed strength with his arm;  
  he hath scattered the proud in the imagination of their hearts.
  He hath put down the mighty from their seat,  
  and hath exalted the humble and meek.
  He hath filled the hungry with good things,  
  and the rich he hath sent empty away.
  He remembering his mercy hath holpen his servant Israel,  
  as he promised to our forefathers, Abraham and his seed for ever.
  Glory be to the Father and to the Son and to the Holy Ghost; *  
  as it was in the beginning, is now, and ever shall be, world without end. Amen.

**Lesson: John 5:25–29**

Lector “Very truly, I tell you, the hour is coming, and is now here, when the dead will hear the voice of the Son of God, and those who hear will live. For just as the Father has life in himself, so he has granted the Son also to have life in himself; and he has given him authority to execute judgment, because he is the Son of Man. Do not be astonished at this; for the hour is coming when all who are in their graves will hear his voice and will come out—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of condemnation.”

The Word of the Lord.

People Thanks be to God.
* Nunc Dimittis

Lord, now lettest thou thy servant depart in peace,
according to thy word;
For mine eyes have seen thy salvation,
which thou hast prepared before the face of all people,
To be a light to lighten the Gentiles,
and to be the glory of thy people Israel.
Glory be to the Father and to the Son and to the Holy Ghost; *
as it was in the beginning, is now, and ever shall be, world without end. Amen.

* Apostles’ Creed chanted on a monotone

All

I believe in God, the Father almighty, maker of heaven and earth;
And in Jesus Christ his only Son our Lord;
who was conceived by the Holy Ghost, born of the Virgin Mary,
suffered under Pontius Pilate, was crucified, dead, and buried.
He descended into hell.
The third day he rose again from the dead.
He ascended into heaven, and sitteth on the right hand of God the Father almighty.
From thence he shall come to judge the quick and the dead.
I believe in the Holy Ghost,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

* Prayers

Officiant The Lord be with you;
Choir And with thy spirit.
Officiant Let us pray. Lord, have mercy upon us.
Choir Christ, have mercy upon us. Lord, have mercy upon us.

* Lord’s Prayer chanted on a monotone

Our Father, which art in heaven,
Hallowed be thy Name,
thy kingdom come, thy will be done,
in earth as it is in heaven.
Give us this day our daily bread, and
forgive us our trespasses,
as we forgive them that trespass against us.
And lead us not into temptation,
but deliver us from evil.
Amen.
* Responses

**Officiant**
O Lord, show thy mercy upon us.

**Choir**
And grant us thy salvation.

**Officiant**
O Lord, save the state.

**Choir**
And mercifully hear us when we call upon thee.

**Officiant**
Endue thy ministers with righteousness.

**Choir**
And make thy chosen people joyful.

**Officiant**
O Lord, save thy people.

**Choir**
And bless thine inheritance.

**Officiant**
Give peace in our time, O Lord.

**Choir**
Because there is none other that fighteth for us, but only thou, O God.

**Officiant**
O God, make clean our hearts within us.

**Choir**
And take not thy Holy Spirit from us.

* Collect of the Day  

Almighty God, who seest that we have no power of ourselves to help ourselves:  
Keep us both outwardly in our bodies and inwardly in our souls,  
that we may be defended from all adversities which may happen to the body,  
and from all evil thoughts which may assault and hurt the soul;  
through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit,  
one God, for ever and ever. Amen.

* Collect for Sundays  

Lord God, whose Son our Savior Jesus Christ triumphed over the powers of death  
and prepared for us our place in the new Jerusalem:  
Grant that we, who have this day given thanks for his resurrection,  
may praise thee in that City of which he is the light;  
and where he liveth and reigneth for ever and ever. Amen.

* Collect for Mission  

O God and Father of all, whom the whole heavens adore:  
Let the whole earth also worship thee, all nations obey thee,  
all tongues confess and bless thee,  
and men and women everywhere love thee and serve thee in peace;  
through Jesus Christ our Lord. Amen.

Anthem: “God so loved the world”  

God so loved the world,  
that he gave his only begotten Son,  
that whoso believeth in him should not perish,  
but have everlasting life.  
For God sent not his Son into the world  
to condemn the world;  
but that the world through him might be saved.  

– text: John 3:16–17
* The Prayers

* Prayer of St. Chrysostom

All Almighty God, who hast given us grace at this time with one accord to make our common supplication unto thee, and hast promised through thy well-beloved Son that when two or three are gathered together in his Name thou wilt be in the midst of them: Fulfill now, O Lord, the desires and petitions of thy servants as may be best for us; granting us in this world knowledge of thy truth, and in the world to come life everlasting. Amen.

* Hymn: 706 “In your mercy, Lord, you called me”

Voluntary: Psalm-Prelude, op. 32 no. 1 
Herbert Howells

“Lo, the poor crieth, and the Lord heareth him, yea, and saveth him out of all his troubles.” (Psalm 34:6)

Serving Today

<table>
<thead>
<tr>
<th>Officiant</th>
<th>The Very Rev. Dr. Andrew C. Keyse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acolyte</td>
<td>Stan Dibble</td>
</tr>
<tr>
<td>Musicians</td>
<td>Members of the Trinity Choir, Steve Burk, Dr. Paul Meier</td>
</tr>
</tbody>
</table>
Episcopal Relief & Development is working closely with Anglican agencies and ecumenical partners to meet the urgent humanitarian needs of Ukrainians fleeing violence in Europe.

People quickly packed up and fled Ukraine to safety and are now in need of basic supplies and will need long-term support.

Your contribution to the Episcopal Relief & Development Ukraine Crisis Response Fund will help provide cash, blankets and other items.

To make a donation, please fill out the coupon below and mail it in with your check or credit card information. You can also contribute online to the Ukraine Crisis Response Fund at episcopalrelief.org/ukraine-crisis.

Thank you for your compassion and prayers. With your partnership, we are working together for lasting change.

Enclosed is my gift to the International Disaster Response Fund to assist those who are in need.

O $50  O $100  O $250  O $500
O $1,000  O $2,500  O $5,000  O Other $_____

FOR CREDIT CARD DONATIONS
Please charge my gift to my:

O VISA  O MasterCard
O AMEX  O Discover

Name of your church  City

Account number  Expiration date

Name on card

Signature

All gifts are tax-deductible.
For your convenience, we offer online giving, kccathedral.org. You may make or pay on a pledge or make a donation. Or you may use the QR code to the right. Thank you for your generosity.

**Upcoming Events**

**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.

**Easter Egg Hunt Candy Donations Needed**
Bring your donations of candy (individually wrapped, in small packages) to Haden Hall during Lent.

**Choral Evensong**
**Sunday, March 20 • 5 p.m.**
A service of Choral Evensong will be offered by members of the Trinity Choir. This contemplative service lasts about 45 minutes and includes hymns, scripture readings, prayers, chanted Psalms, canticles and a choir anthem. With its origins in Archbishop Thomas Cranmer’s Book of Common Prayer (1549), Evensong is one of the most uniquely Anglican liturgies and is sung in cathedrals and parishes throughout the world.

**Vestry Meeting**
**Thursday, March 24 • 5:30 p.m.**
You are welcome to attend and observe the virtual meeting. Non-Vestry members may be allowed to address the meeting if prior arrangements to be included on the agenda have been made. To be placed on the agenda for the March meeting, please contact Dean Keyse, akeyse@kccathedral.org, no later than noon, Monday, March 21. Visit our Upcoming Events page for Zoom information.

**Easter Flowers**
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 10, for your name to be included in the Easter bulletins.

**Funeral Hospitality**
The Funeral Hospitality Committee provides support to the family of the deceased to help make sure the reception runs smoothly. The committee is seeking a few new members. If you’re interested, please contact Don Chase, donchasene1@gmail.com.
Adults

**EPISCOPAL 101**
**Common Room**

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 a Confirmation/Inquirer’s class, called *Episcopal 101*, 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.

**JERRY’S CLASS** • **Mondays** • **7:15 p.m.**
*Nurturing the Inner Self: Cosmology, Consciousness & Christogensis.*
Deacon Emeritus Jerry Grabher will facilitate this class, led 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*. Please register with Jerry, j.grabher3@gmail.com, if interested.

**GHTC’s DIGITAL CAFE** • **Tuesdays** • **7:30 a.m.**
Please join us for our weekly conversation in GHTC’s Digital Cafe! Tuesday mornings from 7:30–9 a.m. For details, visit kccathedral.org/other-activities.

**Wednesday Lenten Classes**

**Sundays • 9:15 a.m.**

**JOURNEY THROUGH THE NEW TESTAMENT**
**Founders’ Hall Multipurpose Room**
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.”

**WOMEN’S BIBLE STUDY** • **Tuesdays** • **12:30 p.m.**
WBS is currently studying *Seven Words: Listening to Christ from the Cross* by Susan Robb. In *Seven Words*, Susan Robb looks at the seven last words of Christ on the cross through a lens that finds life and hope in his final sayings, while exploring each from a biblical and historical perspective. The book brings a hopeful and contemplative take on the cross during the weeks of Lent. Visit the WBS page, kccathedral.org/adultformation/wbs for more information.

**LECTIONARY BIBLE STUDY** • **Tues., March 15 • 6:45 p.m.**
**Readings: Third Sunday in Lent, Year C**
Join the Lectionary Bible Study group in Realm or visit the LBS page, kccathedral.org/adultformation/lbs for more details.

**Lectionary Bible Study**

**Readings: Third Sunday in Lent, Year C**
Join the Lectionary Bible Study group in Realm or visit the LBS page, kccathedral.org/adultformation/lbs for more details.

**Sabbath Keeping (Common Room)** — Dean Andy is leading this book study about taking time from our busy schedules to keep sabbath. The author 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, or you may order one from Amazon.

**Wednesday Lenten Classes**

**Sundays, through April 6**

**6:30 p.m.—Formation (Multipurpose & Common Room); 7:45 p.m.—Compline (Nave & livestreamed)**
Formation for adults will be offered from 6:30–7:40 p.m. each Wednesday. The evening will end with everyone coming together for Compline. Our format will be hybrid, available both in person and online. (For Zoom info: kccathedral.org/lent)

- **Atomic Habits** (Multipurpose Room)—Canon Ryan leads 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 spend 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 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.

- **Sabbath Keeping** (Common Room)—Dean Andy is leading this book study about taking time from our busy schedules to keep sabbath. The author 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, or you may order one from Amazon.
**Children**

**Children’s Formation & Choir**

**Sundays • 9 a.m.**

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. Following Formation, the kids will transition into Cathedral Kids. Cathedral Kids is during the first half of the 10:30 a.m. worship service. Children attending Cathedral Kids will meet their parents or guardians inside the Tower doors during the passing of the peace. Questions? Contact Brittany, childrensformation@kccathedral.org.

**Youth**

**Youth Formation**

**Sundays, 9:15 a.m.**—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.

**Tuesdays, 6 p.m., College Ministry: Just Mercy Lenten Book Club**—From March 8–April 5 we will learn more about how we can be in solidarity with those that are oppressed, but also be inspired by how the Holy Spirt can evoke reflection, consideration, and transformation in heart, mind and body. Sign up on our linktree, linktr.ee/ghtcyouthandcollegeministry.

We also have a Youth and College Ministry Facebook Group! You can find us at Grace and Holy Trinity Cathedral Youth and College Ministry and request to join! This group is open to youth and parents. You can also find us on Instagram—@GHTCyouthandcollegeministry. Information and sign ups are often found on our linktree, linktr.ee/ghtcyouthandcollegeministry.

Questions? Contact Clare at cstern@kccathedral.org.

**Update Your Child’s Information**

Help us update our records! Visit our website for links or scan the QR codes.

![QR Codes](image)

**Wednesday Lenten Classes**

**Wednesdays, through April 6**

6:30 p.m.—Formation (Haden Hall); 7:45 p.m.—Compline (Nave & livestreamed)

Formation for children and youth will be offered from 6:30–7:40 p.m. each Wednesday. The evening will end with everyone coming together for Compline. Our format will be hybrid, available both in person and online. (For Zoom info: kccathedral.org/lent)

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.

If you would like more information, please reach out to Brittany at childrensformation@kccathedral.org or Clare at cstern@kccathedral.org.
**Cathedral Prayer List**

**Pray for:** Bud Wyatt; Kay Bowman-Harvey; Dennis & Kathy Meehan; Jean Rau; Andrea Schooling; Bill DeBauche; James Hyatt; Christopher Way & family; Donald; Joyce Denton and the Moreno-Denton family; Roger & Joyce Sweeting; Chet & Gudrun Neumann; Andy Burbano; Brad Kilpatrick; Nancy Warren; Junior Garcia; Miriam Marrs; Dean White; Liz Tally; Lyle Oliver; Thaddeus S. Withers; Jim & Phyllis Shaffer; Sally Livengood; Jeff Mosley; Rachel, Adriel & Aluana; Craig Heslop; Stan Dibble; Fr. Gary & Judith Delmasso; Mary Lou Crum; Delilah, Avi and the Fry family; Sanford & Diane Beckett; Alice Beamer; Leonardo Zamora; Alan Ryder; Pat & Larry Martin; Richard Morse; Joe Finnie; Peggy Morgan; Eddie Carter; Susie Frogge; Jan Frizzle; Jim Nash; Charlotte Colburn; Sheri Pckett; Steve Smith; Ian Mattson and his family; Heather; Cooper Polakowski; Betsy Chase; Gaelle Marchand; Jim Royer; Doris Biellier; All those with loved ones suffering from COVID-19; Brett Chapin's family; Sydney Estell; Brend & Liliana; Bethanie Polakowski; Patrick George; Andrew Rowland

**Youth & Children’s Prayers:** for all who are being bullied; for the people of Ukraine; for our families; for Henry’s arm; for my sister and dad—healing; for the bishop to be the best bishop

**Comfort and Peace:** the Cohoon & Thompson families; the McGee & Lyon families; the Saladino family; the Schneider & Lehmann families; the Wilson family; the Lambert family; the Badura family; the Roberts family; the Gordon family; the Barrett family; the Robinson family; the Byrne & Schroepfer families; the Beamer & Livengood families; the Tutu family; the Bucker family; the Willsey family

For the complete prayer list: [kccathedral.org/prayers](http://kccathedral.org/prayers).

To place a person on this prayer list, please contact Janet Sweeting, jsweeting@kccathedral.org.

Requests are held in prayer for 90 days.

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**Birthdays & Anniversaries**

**March 20**
Ho Ahn

**March 21**
Diane & Steve McClure

**March 22**
Paul Hemingway
Debbie Marrs
Sergio Moreno-Denton

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**Today’s Flowers**

**March 24**
Arica Clay
Frank Swyden
Jack & Marie Whitacre

**March 25**
Jean Rau
Ho & Susan Ahn

**March 26**
Day Kerr
Helen Windsor

To help provide flowers for upcoming services, contact Janet Sweeting, jsweeting@kccathedral.org.

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