The Fourth Sunday in Lent
March 27, 2022 • 8 a.m.
HO\NY EUCH\RIST

**SERVICE NOTES:**
- 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).
- 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.

Voluntary: Choralvorspiel und Fuge über O Traurigkeit, o Herzeleid, WoO 8  
Johannes Brahms

The Penitential Order

**OPENING ACMALATION**

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

**CONFESSION OF SIN**  *please kneel, as able*

<table>
<thead>
<tr>
<th>All</th>
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<tbody>
<tr>
<td>Most merciful God,</td>
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<tr>
<td>we confess that we have sinned against you</td>
</tr>
<tr>
<td>in thought, word, and deed,</td>
</tr>
<tr>
<td>by what we have done,</td>
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<tr>
<td>and by what we have left undone.</td>
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<tr>
<td>We have not loved you with our whole heart;</td>
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<tr>
<td>we have not loved our neighbors as ourselves.</td>
</tr>
<tr>
<td>We are truly sorry and we humbly repent.</td>
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<tr>
<td>For the sake of your Son Jesus Christ,</td>
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<tr>
<td>have mercy on us and forgive us;</td>
</tr>
<tr>
<td>that we may delight in your will,</td>
</tr>
<tr>
<td>and walk in your ways,</td>
</tr>
<tr>
<td>to the glory of your Name. Amen.</td>
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| 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. |
| Presider | Kyrie eleison. (Lord, have mercy.) |
| People  | Christe eleison. (Christ, have mercy.) |
| Presider | Kyrie eleison. (Lord, have mercy.) |
The Word of God

* Collect of the Day

Presider The Lord be with you.
People And also with you.
Presider Let us pray.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

The Lessons

First Lesson: Joshua 5:9–12

Lector The Lord said to Joshua, “Today I have rolled away from you the disgrace of Egypt.” And so that place is called Gilgal to this day.

While the Israelites were camped in Gilgal they kept the passover in the evening on the fourteenth day of the month in the plains of Jericho. On the day after the passover, on that very day, they ate the produce of the land, unleavened cakes and parched grain. The manna ceased on the day they ate the produce of the land, and the Israelites no longer had manna; they ate the crops of the land of Canaan that year.

The Word of the Lord.

People Thanks be to God.

Psalm 32 read alternating by whole verse

Happy are they whose transgressions are forgiven, *
and whose sin is put away!
Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!
While I held my tongue, my bones withered away, *
because of my groaning all day long.
For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.
Then I acknowledged my sin to you, *
and did not conceal my guilt.
I said,” I will confess my transgressions to the Lord.” *
Then you forgave me the guilt of my sin.
Therefore all the faithful will make their prayers to you in time of trouble; *
when the great waters overflow, they shall not reach them.
You are my hiding-place; you preserve me from trouble; *
you surround me with shouts of deliverance.
“I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.
Do not be like horse or mule, which have no understanding; *
who must be fitted with bit and bridle, or else they will not stay near you.”
Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.
Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.
Second Lesson: 2 Corinthians 5:16–21

Lector From now on, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; 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.

The Word of the Lord.

People Thanks be to God.


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

People Glory to you, Lord Christ.

Gospeller All the tax collectors and sinners were coming near to listen to Jesus. And the Pharisees and the scribes were grumbling and saying, “This fellow welcomes sinners and eats with them.”

So Jesus told them this parable:

“There was a man who had two sons. The younger of them said to his father, ‘Father, give me the share of the property that will belong to me.’ So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, ‘How many of my father’s hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, “Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands.”’ So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.’ But the father said to his slaves, ‘Quickly, bring out a robe--the best one--and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!’ And they began to celebrate.

“Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, ‘Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.’ Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, ‘Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!’ Then the father said to him, ‘Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.’”

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.

*Prayers of the People, Form I*

Intercessor  With all our heart and with all our mind, let us pray to the Lord, saying, “Lord, have mercy.”

People  Lord, have mercy.

Intercessor  For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord.

People  Lord, have mercy.

Intercessor  For Diane, our Bishop, and for all the clergy and people, let us pray to the Lord.

People  Lord, have mercy.

Intercessor  For Joe, our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.

People  Lord, have mercy.

Intercessor  For this city for every city and community, and for those who live in them, let us pray to the Lord.

People  Lord, have mercy.
Intercessor For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.
People Lord, have mercy.

Intercessor For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.
People Lord, have mercy.

Intercessor For those on our Cathedral prayer list, and for any others, let us pray to the Lord.
People Lord, have mercy.

Intercessor For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.
People Lord, have mercy.

Intercessor For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.
People Lord, have mercy.

Intercessor For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.
People Lord, have mercy.

Intercessor That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.
People Lord, have mercy.

Intercessor In the communion of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.
People To thee, O Lord our God.

Silence The Celebrant adds a concluding Collect.

* The Peace

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

Please remain in your pew while sharing the Peace with others.

Announcements

Celebration 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 Sentence**

Presider  
Walk in love, as Christ loved us and gave himself for us, a fragrant offering and sacrifice to God.  
*Ephesians 5:2*

*Offertory Hymn: 411 “O bless the Lord, my soul”*

![Hymn谱](谱图)

1. O bless the Lord, my soul! His grace to thee proclaim!  
2. O bless the Lord, my soul! His mercies bear in mind!  
3. He will not always chide; he will with patience wait;  
4. He pardons all thy sins, pro longs thy fee ble breath;  
5. He clothes thee with his love, up holds thee with his truth;  
6. And all that is within me join to bless his holy Name!  

Words: James Montgomery (1771–1854); para. of Psalm 103. Music: St. Thomas (Williams), melody Aaron Williams (1731–1776); harm. Lowell Mason (1792–1872). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

*The Great Thanksgiving, Eucharistic Prayer A*

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  
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:
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
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.

Presider
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.

All

AMEN.

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

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**

Presider Christ our Passover is sacrificed for us;

People Therefore let us keep the feast.

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**

*Please come up one person/family unit at a time to receive the elements.*

*Intinction of wafers is offered, if desired.*

**Postcommunion Prayer**

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 Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. Amen.

**Dismissal**

The Presider dismisses the people.

People Thanks be to God.
* SENDING HYMN: 559 “Lead us, heavenly Father, lead us”

1. Lead us, heavenly Father, lead us o’er the world’s tempestuous sea; guard us, guide us, keep us, feed us, heavenly joy; love with every passion blending,

2. Savior, breathe for-giveness o’er us; all our weakness thou dost know; thou didst tread this earth before us; for we have no help but thee, yet possessing pleasure that can never close; thus provided,

3. Spirit of our God, descending, fill our hearts with every blessing, if our God our Father be, persevering, to thy passion thou didst go, pardoned, guided, nothing can our peace destroy.


Voluntary: Prelude and Fugue in A minor, BWV 543

Johann Sebastian Bach

Serving Today

Presider: The Very Rev. Dr. Andrew C. Keyse
Preacher: The Rev. Canon Ryan Wiksell
Lector: Lenette Johnson
Eucharistic Minister: Terri Curran
Altar Guild: Donna Knoell, Candy McDowell
Usher: Jim Crum
Organist: Dr. Paul Meier
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.

$50  $100  $250  $500
$1,000  $2,500  $5,000  Other $____

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O AMEX  O Discover

Name of your church  City

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Name on card  Signature

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Mail to P.O. Box 7058
Merrifield VA 22116-7058.
March 27, 2022 – Lent 4 (C)
Week 4: Life Transformed – The Way of Love in Lent

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, self-giving, and death; then, we rise in hope to life transformed. This Lent, communities are invited to walk with Jesus in his Way of Love and into the experience of transformed life. Together, we will reflect anew on the loving actions of God as recounted in the Easter Vigil readings. Together, we will walk through the depths of salvation history into the fullness of redemption. Throughout Lent, come along with us as we explore Life Transformed: The Way of Love in Lent, produced by Hillary Raining and Jenifer Gamber. You can find resources mentioned below at iam.ec/lifetransformed or by scanning the QR code to the right.

**Week 4**

**Sunday, March 27**
*Today's Practice:* Watch the Rev. Dr. Hillary Raining’s video at iam.ec/lifetransformed for Week 4. The topic is based on the practice “Bless” and is titled, “A New Heart and a New Spirit.”
*Read:* Ezekiel 36:24-28

**Monday, March 28**
*Today's Prompt:* Practice *lectio divina* with this scripture.

**Tuesday, March 29**
*Today's Prompt:* How do others experience the love of Christ through you?
*Read:* “By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.” - Gal. 5:22-23

**Wednesday, March 30**
*Today's Prompt:* What can you say “no” to so you can say “yes” to prayer, rest and joy?
*Read:* “Six days shall work be done; but the seventh day is a sabbath of complete rest, a holy convocation; you shall do no work: it is a sabbath to the Lord throughout your settlements.” - Lev. 23:3

**Thursday, March 31**
*Today's Prompt:* What challenges are you facing today?
*Read:* “And you will have confidence, because there is hope; you will be protected and take your rest in safety.” - Job 11:18

**Friday, April 1**
*Today's Prompt:* Create a prayer representing how you seek to serve God and follow Jesus.
*Read:* “No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.” - Matt. 5:15

**Saturday, April 2**
*Today's Prompt:* Where do you find joy and passion?
*Read:* “They said to each other, ‘Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?’” - Luke 24:32

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Announcements for the Week of March 27, 2022

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 the basket in the Tower by April 10.

April Paper Drive
During the month of April outreach will sponsor a paper drive for Sheffield Place, a homeless shelter for women and children. Requested items include toilet paper, paper towels and tissues.

Palm Cross Workshop
Sunday, April 3 • 9 & 11:45 a.m. • Founders’ Hall
We will make crosses out of palm leaves for distribution on Palm Sunday. Please bring your scissors. Someone will help if you’ve never done it before! Contact Janet Sweeting, jsweeting@kccathedral.org, with any questions.

Easter Basket Packing
Sunday, April 10 • 9 a.m. • Founders’ Hall
Come help us pack Easter baskets for the kids at Crittenton, Sheffield Place and Kaw Valley! For more information, contact Terri Curran, tcurra2@yahoo.com.

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.

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.

Holy Week & Easter Worship

Palm Sunday, April 10
8 a.m., 10:30 a.m., 5 p.m.—We recall Jesus’ entry into Jerusalem with the blessing of palms and a procession, followed by the story of Christ’s Passion and death. The 10:30 service begins with a procession through the courtyard.

Monday in Holy Week, April 11
12:05 & 7 p.m.—Holy Eucharist

Tuesday in Holy Week, April 12
10 a.m.—We will celebrate Holy Eucharist and the service will feature the renewal of baptismal and ordination vows, and the blessing of Holy Oils.
7 p.m.—Holy Eucharist

Wednesday in Holy Week, April 13
12:05 & 7 p.m.—Holy Eucharist

Maundy Thursday, April 14
7 p.m.—We remember Jesus’ last meal with his disciples by listening to the gospel, participating in hymns and choral music, washing feet as a sign of servant ministry, and sharing the bread and wine of Eucharist. We witness the stripping of the altar.

Good Friday, April 15
9 a.m. & 12:05 p.m.—We remember Jesus’ death with the Good Friday Liturgy and communion from the Reserved Sacrament on the Altar of Repose. 12:05 p.m.: This service includes the chanting of the Passion, choral and instrumental music, customary prayers and veneration of the cross of Christ.

Holy Saturday, April 16
9 a.m.—A brief and simple liturgy recalls the mournful desolation of the lifeless Christ in the tomb.

Easter Vigil, April 16
6 p.m.—We light the new fire, listen to the story of salvation in the Scripture; witness the confirmation, reception and reaffirmation of persons in the Cathedral congregation. We then proclaim with joy “Alleluia. Christ is risen” and celebrate the first Eucharist of Easter. Please bring bells to ring as we celebrate the moment of Jesus’ Resurrection! We will continue the celebration at a reception following the service.

Easter Day, April 17
8 & 10:30 a.m.—We celebrate the Resurrection of Jesus at each of our identical Easter morning celebrations. Both services include hymns, choral music, brass and a Cathedral resplendent with flowers Children will flower the resurrected Savior’s cross.

An Easter egg hunt for children (through fifth grade) takes place on the north lawn following the 10:30 service. Invite your friends and neighbors!
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.

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 29 • 6:45 p.m.
Readings: Fifth 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.

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.

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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 29 • 6:45 p.m.
Readings: Fifth 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.

• 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.

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**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 Spirit 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—atGHTCyouthandcollegeministry. Information and sign ups are often found on our linktree, linktr.ee/ghtcyouthandcollegeministry.

Questions? Contact Clare at cstern@kccathedral.org.

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**Update Your Child’s Information**

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

![QR Code](#)  
**Birth–PreK**  
**Grades K–5**  
**Grades 6–12**

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

The Children’s and Youth Departments are doing a combined Lenten practice on Wednesdays at 6:30 p.m. starting March 9 and ending April 6. During our time together we explore the last words of Jesus through Taizé music, scripture reading and meditative art. This Lenten series introduces our young people to contemplative practices that orients us toward the cross and prepares 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:** Mary Lagergren; Doris Biellier; Gaelle Marchand; Jim Royer; 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 Delmasco; 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 Frizelle; Jim Nash; Charlotte Colburn; All those with loved ones suffering from COVID-19; Brett Chapin’s family; Sydney Estell; Brend & Liliana; Andrew Rowland

**YOUTH & CHILDREN’S PRAYERS:** for all who are being bullied; for the people of Ukraine; for our families; for my sister and dad - healing; for all those traveling; for the Bishop to be the best Bishop; that Wednesday nights will go well

**COMFORT AND PEACE:** the Thompson & Cohoon 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 & Schroeper families; the Beamer & Livengood families; the Tutu family; the Bucker family; the Willsey family

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**For the complete prayer list:** 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 27
George & Jocelyn Verschelden

March 28
Peg Brown

March 29
Brooke Atwell

March 30
Ellen Goheen

March 31
Juliana Johnson
Camille Moore

April 1
Rachel Ensor
Joyce Gillespie
Kent McCall
Bunny Oestreicher

April 2
Michelle Fasel

**Today’s Flowers**

Today’s Flowers are given to the Glory of God and ...

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.