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.

“Anointing at Bethany” by Jorge Cocco Santángelo

The Fifth Sunday in Lent
April 3, 2022 • 10:30 a.m.

Grace and Holy Trinity Episcopal Cathedral
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.

HOLY EUCHARIST

Voluntary: Passacaglia, BWV 582/1

* Opening Hymn: 448 “O love, how deep, how broad, how high”


The Penitential Order

* Opening Acclamation

Presider  Bless the Lord who forgives all our sins;

People  His mercy endures for ever.

The Celebrant will add one of the sentences from page 351-352.
Confession of Sin

please kneel, as able

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.

S86 “Kyrie eleison” (Lord, have mercy. Christ, 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.

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.
The Lessons

First Lesson: Isaiah 43:16–21

Lector

Thus says the Lord,
who makes a way in the sea,
a path in the mighty waters,
who brings out chariot and horse,
army and warrior;
they lie down, they cannot rise,
they are extinguished, quenched like a wick:
Do not remember the former things,
or consider the things of old.

I am about to do a new thing;
now it springs forth, do you not perceive it?
I will make a way in the wilderness
and rivers in the desert.

The wild animals will honor me,
the jackals and the ostriches;
for I give water in the wilderness,
rivers in the desert,
to give drink to my chosen people,
the people whom I formed for myself
so that they might declare my praise.

The Word of the Lord.

People

Thanks be to God.

Psalm 126 sung by the choir; chant by Charles Villiers Stanford

When the Lord restored the fortunes of Zion, *
then were we like those who dream.
Then was our mouth filled with laughter, *
and our tongue with shouts of joy.
Then they said among the nations, *
“The Lord has done great things for them.”
The Lord has done great things for us, *
and we are glad indeed.
Restore our fortunes, O Lord, *
like the watercourses of the Negev.
Those who sowed with tears *
will reap with songs of joy.
Those who go out weeping, carrying the seed, *
will come again with joy, shouldering their sheaves.
Lector

If anyone else has reason to be confident in the flesh, I have more: circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

Yet whatever gains I had, these I have come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead.

Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

The Word of the Lord.

People

Thanks be to God.

* GOSPEL HYMN: 471 “We sing the praise of him who died”

The Holy Gospel: John 12:1–8

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

People
Glory to you, Lord Christ.

Gospeller
Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus’ feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, “Why was this perfume not sold for three hundred denarii and the money given to the poor?” (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, “Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me.”

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.
Intercessor With all our heart and with all our mind, let us pray to the Lord, saying, “Lord, have mercy.”
For the peace from above, for the loving kindness of God, and for the salvation of our souls, let us pray to the Lord.

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.*

*Parents with children in Cathedral Kids are invited to meet their child at the Tower door.*

**Announcements**

**Celebration Prayer**

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**

Walk in love, as Christ loved us and gave himself for us, a fragrant offering and sacrifice to God. 

_Ephesians 5:2_

**Offertory Anthem: “When I survey the wondrous cross”**

When I survey the wondrous cross
On which the Prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride.

Forbid it, Lord, that I should boast,
Save in the death of Christ my God!
All the vain things that charm me most,
I sacrifice them to His blood.

See from His head, His hands, His feet,
Sorrow and love flow mingled down!
Did e’er such love and sorrow meet,
Or thorns compose so rich a crown?

Were the whole realm of nature mine,
That were a present far too small;
Love so amazing, so divine,
Demands my soul, my life, my all. — text: Isaac Watts

arr. Gilbert M. Martin
**Offertory Hymn: 455 “O Love of God, how strong and true”**

1 O Love of God, how strong and true, eternal
2 O wondrous Love, we read thee
3 We read thee best in him who came to bear for
4 We read thy power to bless and save e’en in the

and yet ever new; uncomprehended and un
in the sky above; we read thee in the earth be
us the cross of shame, sent by the Father from on
darkness of the grave; still more in resurrection

bought, beyond all knowledge and all thought.
low, in seas that swell and streams that flow.
high, our life to live, our death to die.
light we read the fullness of thy might.


---

**The Great Thanksgiving, Eucharistic Prayer A**

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

**Celebrant**

The Lord be with you. And also with you.

**People**

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

**Celebrant**

Let us give thanks to the Lord our God.

**People**

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:

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

**Celebrate**

Holy, holy, holy Lord, God of power and might, heaven and

earth are full of your glory. Hosanna in the highest.

**People**

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

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

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.

— From The Prayer Book for the Armed Services
Communion Hymn: 300 “Glory, love, and praise, and honor”


* 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 with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord. Amen.
Following the dismissal,
People Thanks be to God.

* SENDING HYMN: 610 “Lord, whose love through humble service”

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<td><strong>Holy Hands</strong></td>
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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 $____

FOR CREDIT CARD DONATIONS
Please charge my gift to my:

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City

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Expiration date

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All gifts are tax-deductible.
April 3, 2022 – Lent 5 (C)

Week 5: 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](https://iam.ec/lifetransformed) or by scanning the QR code to the right.

**Week 5**

**Sunday, April 3**
*Today's Practice:* Watch the Rev. Dr. Hillary Raining’s video at [iam.ec/lifetransformed](https://iam.ec/lifetransformed) for Week 5. The topic is based on the practice “Rest” and is titled, “The Valley of Dry Bones”.
*Read:* Ezekiel 37:1-14

**Monday, April 4**
*Today’s Prompt:* What are you thankful for?
*Read:* “For we are aliens and transients before you, as were all our ancestors; our days on the earth are like a shadow, and there is no hope.” - 1 Chronicles 29:15

**Tuesday, April 5**
*Today’s Prompt:* Where might God be asking you to take your great love into the world?
*Read:* “You have heard; now see all this; and will you not declare it? From this time forward I make you hear new things, hidden things that you have not known.” - Isaiah 48:6b

**Wednesday, April 6**
*Today’s Prompt:* Slowly read this passage aloud. How does this speak to the world today?
*Read:* “As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, ‘Follow me, and I will make you fish for people.’ Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him.” - Matthew 4:18-22

**Thursday, April 7**
*Today’s Prompt:* What seminal moments have informed a need to return to Christ?
*Read:* “Create in me a clean heart, O God, and put a new and right spirit within me.” - Psalm 51:10

**Friday, April 8**
*Today’s Prompt:* What relationships do you need to mend?
*Read:* “For my thoughts are not your thoughts, nor are your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.” - Isaiah 55:8-9

**Saturday, April 9**
*Today’s Prompt:* How has this Way with God impacted your experience of God?
*Read:* “Let the one who believes in me drink. As the scripture has said, ‘Out of the believer’s heart shall flow rivers of living water.’” - John 7:38

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Reflections from “Living the Way of Love” by Mary Bea Sullivan (Church Publishing, 2019). Used with permission. Quotations from the New Revised Standard Version Bible, copyright © 1989 the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.
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.

Coffee Takeover
After today’s 10:30 a.m. service we are offering a special treat at Coffee Hour. In addition to the usual sandwiches, fruit, veggies and cookies, we will be offering gourmet coffee from our neighbor Vested Coffee, a locally-owned, family-operated company located at 8th Street and Central. Be sure to stop in at Founders’ Hall to enjoy their amazing specialty brews.

Holy Week Volunteers Needed!
Whether you’re a current volunteer or a first-timer, we could use your help for Holy Week! No experience is necessary to be part of this vital ministry. Contact Janet Sweeting, jsweeting@kccathedral.org, to sign up.

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.—9 a.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!
**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.

**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., April 5 • 6:45 p.m.**

*Readings: Palm Sunday, Year C*

Join the Lectionary Bible Study group in Realm or visit the LBS page, kccathedral.org/adultformation/lbs for more details.

**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.”

**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.

**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., April 5 • 6:45 p.m.**

*Readings: Palm Sunday, Year C*

Join the Lectionary Bible Study group in Realm or visit the LBS page, kccathedral.org/adultformation/lbs for more details.

**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'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 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—@GHTCyouthandcollegeministry. Information and sign ups are often found on our linktree, linktr.ee/ghtcyouthandcollegeministry.

Questions? Contact Clare at cstern@kccathedral.org.

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: kccathedra.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@kccathedra.org or Clare at cstern@kccathedra.org.

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.
Cathedral Prayer List

PRAY FOR: Chris Kemper; Jennifer; 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 Delmesso; 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; All those with loved ones suffering from COVID-19; Sonya; Brett Chapin’s family; Sydney Estell; Brend & Liliana; Andrew Rowland

YOUTH & CHILDREN’S PRAYERS: for all who are being bullied; for the people of the 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 & Schroepfer families; the Beamer & Livengood families; the Tutu family; the Bucker family

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.

Birthdays & Anniversaries

April 3
Curtis Hamilton

April 4
Sandy Bressman

April 6
Aubrey Nichols

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

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

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