

# GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL



"Well Woman" by Tilly Willis

## The Third Sunday in Lent

March 12, 2023 • 10:30 a.m.

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.
- Restrooms are available in Founders' Hall. A changing station is available in the restroom at west end (rear) of the Cathedral.
- If you need a hearing assistance device, please ask an usher.



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

## Service Notes

- Please rise, as able, for portions of the service marked with an asterisk (\*).
- Page numbers listed are from The Book of Common Prayer.
- Donations may be placed in the offering, made through the Cathedral website: [kccathedral.org](http://kccathedral.org), by scanning the QR code to the right or by texting "GIVEtoGHTC" to 73256. *Thank you for your generosity.*



# HOLY EUCHARIST

VOLUNTARY: "O Welt, ich muß dich lassen, op. 122 no. 11"

Johannes Brahms

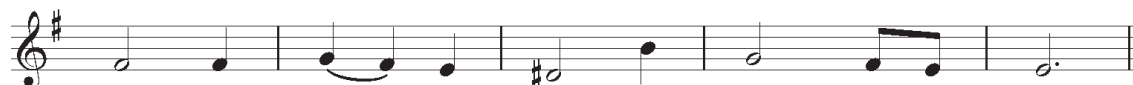
## \* OPENING HYMN: 148 "Creator of the earth and skies"



1 Cre - a - tor of the earth and skies, to whom the  
2 We have not known you: to the skies our mon - u -  
3 We have not loved you: far and wide the wreck - age  
4 For this, our fool - ish con - fi - dence, our pride of  
5 Teach us to know and love you, Lord, and hum - bly



1 words of life be - long, grant us your truth to make us  
2 ments of fol - ly soar, and all our self - wrought mis - er -  
3 of our ha - tred spreads, and e - vils wrought by hu - man  
4 know-ledge and our sin, we come to you in pen - i -  
5 fol - low in your way. Speak to our souls the quick - ening



1 wise; grant us your power to make us strong.  
2 ies have made us trust our - selves the more.  
3 pride re - coil on un - re - pent - ant heads.  
4 tence; in us the work of grace be - gin.  
5 word, and turn our dark - ness in - to day.

Words: David W. Hughes (1911-1967), alt. Music: *Uffingham*, melody and bass Jeremiah Clarke (1670-1707), alt.; harm. *Songs for Liturgy and More Hymns and Spiritual Songs*, 1971. Copyright: Words: By permission of J. Donald P. Hughes. All Rights Reserved. Reprinted under OneLicense.net#A-710278.

## \* PENITENTIAL ORDER

page 351

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.*

Deacon Let us confess our sins against God and our neighbor.

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”

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e  
 e - le - i - son. Chri - ste e - le - i - son. Chri - ste e -  
 le - i - son. Chri - ste e - le - i - son. Ky - ri - e e - le - i - son.  
 Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

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

## 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 know that we have no power in 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 lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## THE LESSONS

### First Lesson: Exodus 17:1-7

**Lector** From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

The Word of the Lord.

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

**Psalm 95** *sung by the choir; chant by William Crotch*

page 724

Come, let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.  
Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.  
For the Lord is a great God, \*  
and a great King above all gods.  
In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.  
The sea is his, for he made it, \*  
and his hands have molded the dry land.  
Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.  
For he is our God, and we are the people of his pasture and the sheep of his hand. \*  
Oh, that today you would hearken to his voice!  
Harden not your hearts, as your forebears did in the wilderness, \*  
at Meribah, and on that day at Massah, when they tempted me.  
They put me to the test, \*  
though they had seen my works.  
Forty years long I detested that generation and said, \*  
"This people are wayward in their hearts; they do not know my ways."  
So I swore in my wrath, \*  
"They shall not enter into my rest."

### Second Lesson: Romans 5:1-11

**Lector** Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

The Word of the Lord.

People

Thanks be to God.

\* GOSPEL HYMN: 692 "I heard the voice of Jesus say"

1 I heard the voice of Je - sus say, "Come un - to me and rest;  
 2 I heard the voice of Je - sus say, "Be - hold, I free - ly give  
 3 I heard the voice of Je - sus say, "I am this dark world's light;

and in your wea - ri - ness lay down your head up - on my breast."  
 the liv - ing wa - ter; thirst - y one, stoop down and drink, and live."  
 look un - to me, your morn shall rise, and all your day be bright."

I came to Je - sus as I was, so wea - ry, worn, and sad;  
 I came to Je - sus, and I drank of that life - giv - ing stream;  
 I looked to Je - sus, and I found in him my Star, my Sun;

I found in him a rest - ing place, and he has made me glad.  
 my thirst was quenched, my soul re - vived, and now I live in him.  
 and in that light of life I'll walk till pil - grim days are done.

\*The bracketed notes are to be treated as triplet groups.



\* THE HOLY GOSPEL: John 4:5-42

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

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

Gospeller Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

The Gospel of the Lord.

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

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 People	For Joe, our President, for the leaders of the nations, and for all in authority, let us pray to the Lord. <b>Lord, have mercy.</b>
Intercessor People	For this city for every city and community, and for those who live in them, let us pray to the Lord. <b>Lord, have mercy.</b>
Intercessor People	For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord. <b>Lord, have mercy.</b>
Intercessor People	For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord. <b>Lord, have mercy.</b>
Intercessor People	For those on our Cathedral prayer list, and for any others, let us pray to the Lord. <b>Lord, have mercy.</b>
Intercessor People	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. <b>Lord, have mercy.</b>
Intercessor People	For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord. <b>Lord, have mercy.</b>
Intercessor People	For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord. <b>Lord, have mercy.</b>
Intercessor People	That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord. <b>Lord, have mercy.</b>
Intercessor People	In the communion of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God. <b>To thee, O Lord our God.</b>

*Silence.*

*The Presider adds a concluding Collect.*

**\* THE PEACE**

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Presider	The peace of the Lord be always with you.
People	<b>And also with you.</b>

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

**ANNOUNCEMENTS**

**CELEBRATION PRAYER**

*Those celebrating anniversaries of birth, marriage, and other joyous occasions are invited to stand or raise a hand as able.*

**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

page 376

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

## OFFERTORY ANTHEM: "Sicut cervus"

G.P. da Palestrina

*Sicut cervus desiderat ad fontes aquarum,  
ita desiderat anima mea ad te, Deus.*

As a hart longs for the flowing streams,  
so longs my soul for thee, O God.

text: Psalm 42:1

## \* PRESENTATION HYMN: 142 "Lord, who throughout these forty days"

1 Lord, who through-out these for - ty days for us didst fast and pray,  
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,  
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,  
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,  
5 A - bide with us, that so, this life of suf - fer-ing o - ver - past,

1 teach us with thee to mourn our sins, and close by thee to stay.  
2 O give us strength in thee to fight, in thee to con-quer sin.  
3 to die to self, and chief - ly live by thy most ho - ly word.  
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.  
5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898). Music: St. Flavian, melody from Day's Psalter, 1562; adapt, and harm. Richard Redhead (1820-1901). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

## \* THE GREAT THANKSGIVING, Eucharistic Prayer A

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

*Celebrant* The Lord be with you. *People* And al - so with you.  
*Celebrant* Lift up your hearts. *People* 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*

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and might, hea-ven and  
 earth are full of your glo - ry. Ho - san - na in the high - est.  
 Bless-ed is he who comes in the name of the Lord. Ho-san-na in the high - est.

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Presider

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

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

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

All

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

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.

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

Lamb of God, you take a - way the sins of the world:  
 have mer - cy on us. Lamb of God, you take a - way the  
 sins of the world: have mer - cy on us. Lamb of God,  
 you take a - way the sins of the world: grant us peace.

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Presider The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

## COMMUNION

*All are welcome to receive communion or a blessing.  
 Intinction of wafers is offered, if desired. For gluten-free bread, cross your hands palms down.  
 For a blessing, cross your hands over your chest.*

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

## 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.

\* COMMUNION HYMN: 309 "O Food to pilgrims given"

1 O Food to pilgrims given, O Bread of life from  
 2 O stream of love past telling, O purest fountain,  
 3 O Jesus, by thee bidding, we here adore thee,  
 hea - ven, O Man - na from on high! We  
 well - ing from out the Sa - vior's side! We  
 hid - den in forms of bread and wine. Grant  
 hun - ger; Lord, sup - ply us, nor thy de - lights de -  
 faint with thirst; re - vive us, of thine a - bun - dance  
 when the veil is riv - en, we may be - hold, in  
 ny us, whose hearts to thee draw nigh.  
 give us, and all we need pro - vide.  
 hea - ven, thy coun - te - nance di - vine.

Words: Latin, 1661; tr. John Athelstan Laurie Riley (1858-1945), alt. Music: *O Welt, ich muss dich lassen*, present form of melody att. Heinrich Isaac (1450?-1517), alt.; harm. Johann Sebastian Bach (1685-1750). Copyright: Words: By permission of Oxford University Press. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

\* POSTCOMMUNION PRAYER

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Presider Let us pray.

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 mercifully on this your family, Almighty God, that by your great goodness they may be governed  
 and preserved evermore; through Christ our Lord. Amen.

\* DISMISSAL *Following the dismissal,*  
 People Thanks be to God.

\* CLOSING HYMN: 699 "Jesus, Lover of my soul"

1 Je - sus, Lov - er of my soul, let me to thy bos - om  
 2 O - ther ref - uge have I none, hangs my help - less soul on  
 3 Plen - teous grace with thee is found, grace to cleanse from ev - ery

fly, while the near - er wa - ters roll, while the tem - pest  
 thee; leave, ah! leave me not a - lone, still sup - port and  
 sin; let the heal - ing streams a - bound, make and keep me

still is high: hide me, O my Sa - vior, hide,  
 com - fort me! All my trust on thee is stayed;  
 pure with - in. Thou of life the foun - tain art,

till the storm of life be past; safe in - to the  
 all my help from thee I bring; cov - er my de -  
 free - ly let me take of thee: spring thou up with -

ha - ven guide, O re - ceive my soul at last.  
 fense - less head with the sha - dow of thy wing.  
 in my heart, rise to all e - ter - ni - ty.

Words: Charles Wesley (1707-1783), alt. Music: *Aberystwyth*, Joseph Parry (1841-1903). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

## Serving Today

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Presider	The Very Rev. Dr. Andrew C. Keyse
Preacher	The Rev. Brittany Sparrow Savage
Musicians	The Trinity Choir, Dr. Paul Meier
Lector	Anne Morse
Intercessor	Donna Knoell
Eucharistic Ministers	Curtis Hamilton, Kay Woolley
Acolytes	Ron Michka, Nora Elisabeth, Margo Galus
Ushers	Pat Woolley, Lindsey Kenning, Richard Morse, Jordan Kenning
Greeters	Gary Bressman, Sandy Bressman
Altar Guild	Paula Livingston-Lewis, Kay Woolley, Sara Copeland, Candy McDowell
Livestreaming Team	Christine Morrison, Chris Morrison
Children's Ministry	Bethany Zaiger, The Rev. Brittany Sparrow Savage



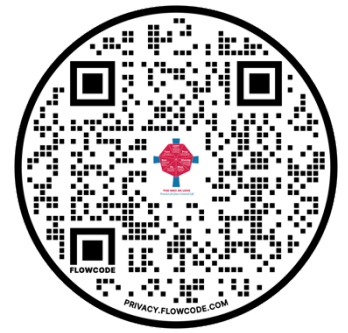


## BULLETIN INSERTS

**March 12, 2023 – Lent 3 (A)**

**Week 3: 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](http://iam.ec/lifetransformed) or by scanning the QR code to the right.



### Week 3

**Sunday, March 12**

*Today's Practice:* Watch the Rev. Dr. Hillary Raining's video at [iam.ec/lifetransformed](http://iam.ec/lifetransformed) for Week 3. The topic is based on the practice "Learn" and is titled, "Learn Wisdom and Live".

*Read:* Proverbs 8:1-8, 19-21; 9:4b-6

**Monday, March 13**

*Today's Prompt:* Where can you seek and serve Christ in someone unlike you?

*Read:* "And you shall be my people, and I will be your God. Again I will build you, and you shall be built, O virgin Israel! Again you shall take your tambourines, and go forth in the dance of the merrymakers. Again you shall plant vineyards on the mountains of Samaria; the planters shall plant, and shall enjoy the fruit." - Jer. 30:22, 31:4-5

**Tuesday, March 14**

*Today's Prompt:* How is the Jesus who walked this earth beckoning you to meet him?

*Read:* Mark 10:46-52

**Wednesday, March 15**

*Today's Prompt:* How can you incorporate rest from technology today?

*Read:* "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." - Matt. 11:28

**Thursday, March 16**

*Today's Prompt:* Try praying with Anglican prayer beads.

*Read:* "Then Jesus told them a parable about their need to pray always and not to lose heart." – Luke 18:1

**Friday, March 17**

*Today's Prompt:* In your prayers today, what new words or thoughts touch you?

*Read:* "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." – Phil. 4:6

**Saturday, March 18**

*Today's Prompt:* How might you share what brings you great joy with others?

*Read:* "We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness." - Rom. 12:6-8

*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.*

# Two Options to Help with the Earthquake in Turkey and Syria



Photo Courtesy of the ACT Alliance

## Episcopal Relief & Development

Episcopal Relief & Development is mobilizing with long-term partners after a 7.8-magnitude earthquake in Turkey and Syria on Monday, February 6, 2023. The earthquake killed over 11,000 people and caused widespread damage across the region.

Working through **Action by Churches Together Alliance (ACT Alliance)**, Episcopal Relief & Development will rapidly respond to the disaster through existing networks by providing supplies including winterization kits, hot meals and other food, medicine and emergency support. The organization is also in contact with other local partners as they assess the needs of their communities.

“The reports from Turkey and Syria are heart-wrenching,” said Abigail Nelson, Executive Vice President and Chief Strategy Officer, Episcopal Relief & Development. “We have worked closely with ACT Alliance in our response to the crisis in Ukraine and we will continue to partner to meet the immediate needs of the affected communities in Turkey and Syria.”

Please continue to **pray** for those who have been affected by the earthquake. Donations to the **Turkey and Syria Earthquake Response Fund** will help the organization to continue to respond to communities impacted by this disaster.

Donate now at [support.episcopalrelief.org/syria-turkey-earthquake](https://support.episcopalrelief.org/syria-turkey-earthquake).



## Embrace Relief

As the recovery and rebuilding efforts in Turkey and Syria enter their second week following the devastating earthquakes of Feb. 6, Embrace Relief confirms that it has successfully delivered four shipments of food to the earthquake zone, providing ready-to-eat meals to the people of several cities, including Hatay and Malatya, Gaziantep, Adiyaman. A fifth truck, carrying basic essentials like toiletries, paper towels, and diapers, has also arrived in the area, and its contents have also been distributed to people in need. Embrace Relief is committed to continuing this immediate assistance for as long as necessary, and will soon extend these efforts to Syria. Embrace Relief is also committed to a longer-term aid effort that will allow the people of Turkey and Syria to rebuild their lives and thrive once more. Beginning this week, Embrace Relief will offer crucial housing assistance – including covering rent and purchasing furniture – to those who have been displaced from their homes by the earthquake. This support will be an invaluable gift to the many thousands of people who have lost family members, their homes, their livelihoods, or all of the above. It will allow them to have a stable living situation as they begin to move forward into the next stage of their lives.

\*You can also double your support for the people of Turkey by asking your company about Employer Matching Donations. Companies of all sizes will often match donations to a charitable 501(c)(3) organization like Embrace Relief on a 1:1 (or 2:1 or even 3:1) basis, as part of their corporate social responsibility. So ask your company today about making a matching donation to Embrace Relief’s Turkey Earthquake Relief, and together we can save even more lives.

Visit [embracerelief.org/donation/help-victims-of-earthquake-in-southern-turkey](https://embracerelief.org/donation/help-victims-of-earthquake-in-southern-turkey) to donate.

RELIEF CAMPAIGN

talks

WATCH THE STREAM

for **TURKEY**, **SYRIA**, & **LEBANON**

SCAN TO DONATE

# Cathedral Prayer List

**Pray for:** Pat & Larry Martin; Nancy Nuss; Debbie Spaulding; Loretta Stotts; Thaddeus Withers; Lynnette Flowers ; Larry Elmquist; Jim Royer; Lee Sturgill; Brad Kilpatrick; Charles Thomas; Emily M Proffit; Cherie Greene; Kathy Meehan; Dennis Meehan; George Milton; Charlotte Messbarger; Phyllis and Jim Shaffer; Patrick Bennett; Judy; Phillip Carroll; Ann Ryder; Pat Woolley; Sandra Fuhrman; Kris Kemper; Mary Duerksen Sklar; Randy Mueller; the people of Ukraine; the people of Turkey and Syria; Andrew Rowland; all families affected by gun violence

**Comfort and Peace:** the Morgan family; the Matheny family; the Tangeman family; the Lancaster family; the Moore family; the Allison family; the Bock family; the Sloan family; the Finnie family; the Killman and Welch families

**Children and Youth Prayers:** My cousin Ian; World peace and for wars of all kinds to cease; For Nick's stomach pain to end and his healing to be quick; For being healthy; For my brother and cousin; For my family; For my aunt and her chemo treatments; For the children, youth, college and young adults in the world, that they know they are loved beyond all measure by our Triune God

**Pray for the Departed:** Peggy Morgan; Ann Matheny; Carolyn Stockwell Tangeman; Clinton Matthew Lancaster IV (Matt); Bruce Moore; Mary Nell Sloan; Willie Joe Finnie Jr.; Diana Killman; for all who have died from gun violence

**Diocesan Prayer Cycle:** The Most Rev. Michael B. Curry, Presiding Bishop; Spiritual Formation Commission

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

To place a person on this prayer list, please contact Deacon Barbara Wegener, [bwegener@kccathedral.org](mailto:bwegener@kccathedral.org).

Requests are held in prayer for 90 days.

## Birthdays & Anniversaries

### March 12

Richard Keithley  
Larry McMullen  
Cathy Thomas

### March 14

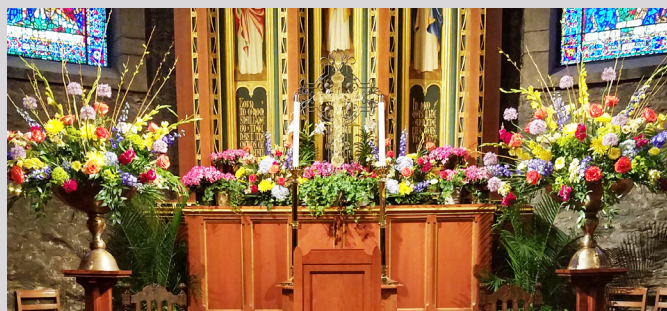
Doris Biellier  
Austin Graham

### March 13

Gary & Sandy Bressman

### March 16

Duane Pumphrey  
John Richards



## 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 or you may give **on our website**, just click on the yellow GIVE button in the upper right corner of the menu.

Please contact the Cathedral office if we have omitted your birthday or anniversary: 816.214.9936 or [jtoma@kccathedral.org](mailto:jtoma@kccathedral.org).



# Adults

## Sunday

### Adult Formation • 9:15 a.m.

#### *Episcopal 101*

Common Room • Led by Dean Andy

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.

## Tuesday

### GHTC's Virtual Cafe • 7:30 a.m.

Please join us for our weekly conversation in GHTC's Virtual Cafe! Tuesday mornings from 7:30–9 a.m. For details, visit [kccathedral.org/other-activities](http://kccathedral.org/other-activities).

### Women's Bible Study • 12:30 p.m.

Conversation is lively, thought-provoking, and often irreverent. All are welcome. Visit the WBS page, [kccathedral.org/adultformation/wbs](http://kccathedral.org/adultformation/wbs) for more information.

### Lectionary Bible Study • 6:45 p.m.

We study the lessons for the upcoming Sunday. Join the Lectionary Bible Study group in Realm or visit the LBS page, [kccathedral.org/adultformation/lbs](http://kccathedral.org/adultformation/lbs) for more details.

## Wednesday Lenten Classes

### March 1, 8, 15, 22, 29

Classes • 6:30–7:45 p.m.

Compline • 7:45 p.m.

### **My Body is Not a Prayer Request: Disability Justice in the Church**

Led by Deacon Brittany (*Send Deacon Brittany an email at [childrensformation@kccathedral.org](mailto:childrensformation@kccathedral.org) to register.*)

We will be looking at the book *My Body is Not a Prayer Request: Disability Justice in the Church*. This book by Amy Kinney provides a good foundation for building awareness and ways for ministering among the disabled in your church and community. This book lends itself to lively discussion, spiritual reflection, and insightful and incisive thought leading to action and awareness. Copies of the book are available through book sellers and e-readers/audiobooks.

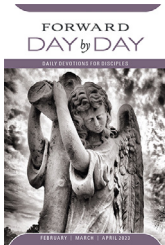
*Much of the church has forgotten that we worship a disabled God whose wounds survived resurrection, says Amy Kenny. It is time for the church to start treating disabled people as full members of the body of Christ who have much more to offer than a miraculous cure narrative and to learn from their embodied experiences. Written by a disabled Christian, this book shows that the church is missing out on the prophetic witness and blessing of disability. Kenny reflects on her experiences inside the church to expose unintentional ableism and cast a new vision for Christian communities to engage disability justice. She shows that until we cultivate church spaces where people with disabilities can fully belong, flourish, and lead, we are not valuing the diverse members of the body of Christ.*

### **The Unanswered Question: Music as a Means of Processing and Reflecting the Human Experience**

Led by Dr. Ian Coleman, Professor of Music, William Jewell College (*March 15 class led by Dean Andy*)

In this course we will examine four pieces of music. Each of these is inspired by some aspect of religious thinking and spirituality. The music is sometimes hard to hear, but always engaging and thought provoking. Dealing with war, the meaning of life, death and racial tensions, each piece is a specific window into the mind of the composer and often causes us to wrestle with contemporary issues, the deep questions of life and what it means to be human.

Registration is required. Use the coupon code GRACE to register for free at [jewell.edu/faith-classes](http://jewell.edu/faith-classes).



Forward Day by Day is a booklet of daily inspirational meditations reflecting on a specific Bible passage, chosen from the daily lectionary readings as listed in the Revised Common Lectionary or the Daily Office from the Episcopal Church's Book of Common Prayer.

**Copies of this quarter's Forward Day by Day are available in the tower entrance.**

# Youth

## Sundays • 9:15 a.m.

There will be formation in the Youth Room Sunday mornings.

## Sundays • 6–7:15 p.m.

Join us for food and fellowship at 6 p.m. in the Youth Room.

Information and signups are often found on our linktree, [linktr.ee/ghtcyouthandcollegeministry](https://linktr.ee/ghtcyouthandcollegeministry).

Questions? Contact Clare at [cstern@kccathedral.org](mailto:cstern@kccathedral.org).



**YOUTH  
LOCK-IN**

March 31-April 1  
7 p.m.-9 a.m.  
Grace and Holy Trinity  
Registration Required

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**YOUTH  
SERVE**

Saturday, April 22  
9 a.m.-12 p.m.  
Nourish KC  
(750 Paseo, Kansas City, MO)  
Registration Required

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# Children

## Formation Class • 9:15 a.m.

Children are invited into a time of dynamic storytelling that communicates the story of the people of God and the liturgy of the church.

## Cathedral Kids • 10:30 a.m.

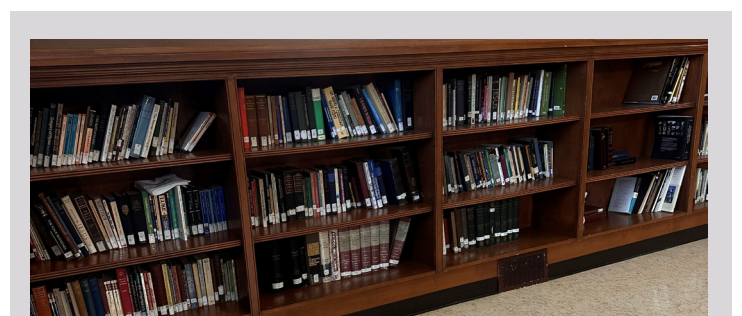
Cathedral Kids meets during the first half of the 10:30 a.m. worship service. Children attending Cathedral Kids will meet their parents or guardians inside the tower doors during the passing of the peace.

Questions? Contact Brittany, [childrensformation@kccathedral.org](mailto:childrensformation@kccathedral.org).



**Easter Candy Needed**

Bring your donations of candy (individually wrapped, in small packages) to the box in the Tower by April 2.



## Free Books

We are making some changes to the Common Room and as a result we need to find a new home for the books currently stored there. **Feel free to stop by after any of the Sunday services or weekdays from 9 a.m. to 5 p.m. and take home any books you like. They are available until March 31.** *Some of the books have been found to contain mold. Mold can appear as anything from water damage to a plain, small, speck of pepper. Once mold is in a book, it cannot be completely cleansed; if it's on a page, you can rely on it being in the spine. So be sure to thoroughly go through any books you take because mold can quickly spread.*

# Announcements

## Social Outreach during Lent

- During the entire Lenten Season, Outreach will be collecting food for JFSKC Pantry in Brookside. Visit [kccathedral.org/lent](http://kccathedral.org/lent) for the details.
- Pack Family Bags for BackSnack students for Spring Break between services in Haden Hall: March 5.
- Prep Food at Nourish KC on Saturday morning from 9 a.m.–noon: March 11. (Need a minimum of 5 volunteers.)
- Assemble Easter Baskets for Crittenton, KAW Valley and Sheffield Place between services: April 2.
- Pack BackSnacks for children at Clardy, Gashland and Hazel Grove Elementary: every other Wednesday in March and April. (Contact Terri, [tcurra2@yahoo.com](mailto:tcurra2@yahoo.com), to get dates.)

## Stations of the Cross

**Fridays, February 24–March 31 • 6 p.m.**

Join Deacon Barbara and Deacon Brittany as they lead the Stations of the Cross, taking a walk in the footsteps of Jesus on his journey

to the cross. Stations of the Cross will be held every Friday, February 24–March 31 at 6 p.m. in the Nave.

## Wednesday Lenten Classes

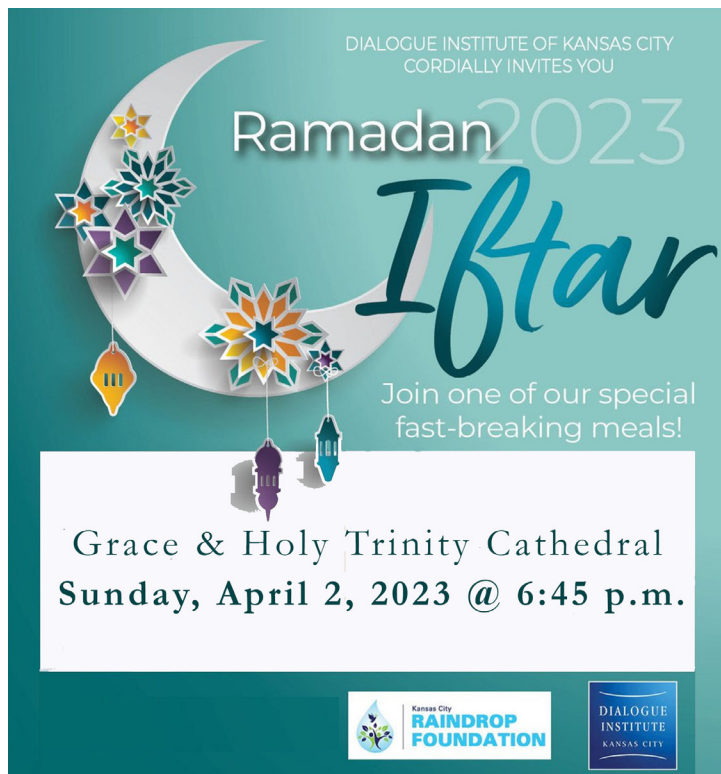
**Wednesdays, March 1–29 • 6:30–7:45 p.m., followed by Compline**

Join us for *The Unanswered Question: Music as a Means of Processing and Reflecting the Human Experience*, taught by Dr. Ian Coleman, Professor of Music, William Jewell College and *My Body is Not a Prayer Request: Disability Justice in the Church*, taught by Deacon Brittany. Compline will be offered following the classes.

## Choral Evensong

**Sunday, March 19 • 5 p.m.**

A service of Choral Evensong will be offered by the Trinity Choir. This contemplative service lasts about 45 minutes and includes hymns, scripture readings, prayers, chanted Psalms, canticles and a choir anthem.





DIALOGUE INSTITUTE OF KANSAS CITY  
CORDIALLY INVITES YOU

# Ramadan 2023

# Iftar

Join one of our special fast-breaking meals!

Grace & Holy Trinity Cathedral  
**Sunday, April 2, 2023 @ 6:45 p.m.**

## Save the Date!

### Spring Fling

**Friday Evening, April 14, Founders Hall**



Forget all your cares and come celebrate the great work of Pete's Garden! A food rescue committed to less food waste and more family meals. Learn about their mission of hunger relief and food rescue in Kansas City. This event will include good food, good wine and good music. We will be raising funds for Pete's Garden. More info coming soon!

**Cathedral Staff:** The Very Rev. Dr. Andrew C. Keyse, *Dean*; The Rev. Barbara Wegener, *Deacon*; The Rev. Brittany Sparrow Savage, *Deacon & Children's Ministry Coordinator*; Dr. Paul Meier, *Director of Music*; Clare Stern-Burbano, *Youth & College Minister*; Julie Toma, *Cathedral Administrator*; Melissa Kilpatrick, *Communications Coordinator*; Holly Campbell, *Events Coordinator*; Joan Bergstrom, *Sacristan*; Angie Graham, *Property Manager*; Mike Guidry, *Assistant Property Manager*; The Very Rev. Peter J. DeVeau, *Dean Emeritus*; Canon John Schaefer, *Canon Musician Emeritus*

**The Vestry** (with committee assignments): Candace McDowell, *Senior Warden*, [candleemc@att.net](mailto:candleemc@att.net) (Finance, Budget); Michael Thomas, *Junior Warden*, [madresfield63@gmail.com](mailto:madresfield63@gmail.com) (Buildings & Grounds, Finance); David Barker, *Treasurer*; Valerie Johnson, *Clerk* (Social Outreach); Steve Moore, *Chancellor*. Julie Brogno (Welcome/Newcomers, Children & Youth); Sharon Cheers (Security, Budget, Buildings & Grounds); Sara Copeland (Community Engagement); Pat Decker (Stewardship); Blain Lagergren (Stewardship); Paula Livingston-Lewis (Social Outreach); Ron Michka (Budget, Stewardship, Community Engagement); Mathias Nichols (Buildings & Grounds); Kay Woolley (Buildings & Grounds)