Grace and Holy Trinity Episcopal Cathedral

The Third Sunday in Lent
March 12, 2023 • 5 p.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.
- Hearing assistance is available. Instructions are available on the entry table.
- Restrooms are available in Founders’ Hall. A changing station is available in the restroom at west end (rear) of the Cathedral.
- Please rise, as able, for portions of the service marked with an asterisk (*).
- Donations may be placed in the offering, 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: “O Welt, ich muß dich lassen, op. 122 no. 11” Johannes Brahms

The Order for Evening

* Opening Acclamation and Prayer for Light

Cantor

Blessed be the God of our salvation:

People

Who bears our burdens and forgives our sins.

* Prayer for Light

Presider

Let us pray.

Almighty and most merciful God, kindle within us the fire of love, that by its cleansing flame we may be purged of all our sins and made worthy to worship you in spirit and in truth; through Jesus Christ our Lord. Amen.

* O Gracious Light Phos hilaron: 25

* 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 quareled 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

Cantor  Come, let us sing to | the Lord; *
let us shout for joy to the | Rock of our salvation.
All  Let us come before his presence with thanks|giving *
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.

page 3
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.

* Gradual Verse

Rise up, O Lord, let not the ungodly have up per hand; let them be judged before you.

* 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.

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  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 Presider adds a concluding Collect.

Confession and Absolution

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

People  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 us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. Amen.

* The Peace

Presider  The peace of the Lord be always with you.

People  And also with you.

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: 309 “O Food to pilgrims given”

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who lives and reigns for ever and ever. Amen.

* The Lord’s Prayer

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

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.

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.
Return to your seat using the center aisle.

* 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 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 The Presider dismisses the people.

People Thanks be to God.
* Closing Hymn: 699 “Jesus, Lover of my soul”

1 Jesus, Lover of my soul, let me to thy bosom fly, while the nearer waters roll, while the tempest thee; leave, ah! leave me not alone, still support and sin; let the healing streams abound, make and keep me still is high: hide me, O my Savior, hide, comfort me! All my trust on thee is stayed; pure within. Thou of life the fountain art,

2 Other refuge have I none, hangs my helpless soul on fly, while the nearer waters roll, while the tempest thee; leave, ah! leave me not alone, still support and sin; let the healing streams abound, make and keep me still is high: hide me, O my Savior, hide, comfort me! All my trust on thee is stayed; pure within. Thou of life the fountain art,

3 Plenteous grace with thee is found, grace to cleanse from every fly, while the nearer waters roll, while the tempest thee; leave, ah! leave me not alone, still support and sin; let the healing streams abound, make and keep me still is high: hide me, O my Savior, hide, comfort me! All my trust on thee is stayed; pure within. Thou of life the fountain art,

### Serving Today

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Presider &amp; Preacher</td>
<td>The Rev. Brittany Sparrow Savage</td>
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<tr>
<td>Deacon</td>
<td>The Rev. Barbara Wegener</td>
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<tr>
<td>Lector</td>
<td>Janel Mosley</td>
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<td>Eucharistic Minister</td>
<td>Janel Mosley</td>
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<td>Acolyte</td>
<td>Stan Dibble</td>
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<td>Organist</td>
<td>Dr. Paul Meier</td>
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<td>Cantor</td>
<td>Dr. Stephanie Meyer</td>
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Cathedral Prayer List

Pray for: Pat & Larry Martin; Nancy Nuss; Debbie Spaulding; Loretta Stotts; Thaddeaus 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
To place a person on this prayer list, please contact Deacon Barbara Wegener, bwegener@kccathedral.org.
Requests are held in prayer for 90 days.

Birthdays & Anniversaries

March 12
Richard Keithley
Larry McMullen
Cathy Thomas

March 13
Gary & Sandy Bressman

March 14
Doris Biellier
Austin Graham

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.
**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.

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**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.

**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 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 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 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.

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*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.
**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.

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**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](linktr.ee/ghtcyouthandcollegeministry). Questions? Contact Clare at cster@kccathedral.org.

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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.
Social Outreach during Lent

- During the entire Lenten Season, Outreach will be collecting food for JFSKC Pantry in Brookside. Visit 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, 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.

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!