

GRACE AND HOLY TRINITY
EPISCOPAL CATHEDRAL

The Third Sunday in Lent

March 8, 2026 • 8 a.m.



Welcome! We are glad you are here.

- Thank you for joining us for worship today at Grace and Holy Trinity Cathedral. If you are new to the Cathedral, we invite you to fill out our welcome card. Welcome cards are available in the pews or text GUEST to 816-310-1888.
- If you need a hearing assistance device, please ask an usher. Instructions to connect via Bluetooth are on the back table.
- Gendered restrooms are available in Founders' Hall. A non-gendered, accessible restroom is available at west end (rear) of the Cathedral.

Service Notes

- During the season of Lent, we are using Rite I as a way to put us in a different mindset as we observe a holy Lent. Note that many of the responses are different than our usual Rite II. Please rise, as able, for portions of the service marked with an asterisk (*). Page numbers listed are from red The Book of Common Prayer and hymn numbers are from *The Hymnal 1982*.
- 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. Tap to give using the display in the Tower entrance. Instructions for use are next to the machine. *Thank you for your generosity.*



HOLY EUCHARIST

VOLUNTARY: Sarabande (In Modo Elegiaco), *Six Pieces for Organ*

Herbert Howells (1892-1983)

Penitential Order

* OPENING ACCLAMATION

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Presider Bless the Lord who forgiveth all our sins.
People The Lord's mercy endureth forever.

CONFESSION AND ABSOLUTION

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Deacon Let us humbly confess our sins unto Almighty God.

All Most merciful God,
we confess that we have sinned against thee
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved thee with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of thy Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in thy will,
and walk in thy ways,
to the glory of thy Name. Amen.

Presider The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of the Holy Spirit. Amen.

Presider Lord, have mercy upon us. or Kyrie eleison.

People Christ, have mercy upon us. Christe eleison.

Presider Lord, have mercy upon us. Kyrie eleison.

The Word of God

* COLLECT OF THE DAY

Presider The Lord be with you.

People **And with they spirit.**

Presider Let us pray.

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

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.**

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.**

* THE HOLY GOSPEL: John 4:5-42

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

People **Glory be to thee, O Lord.**

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 be to thee, O 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.

* PRAYERS OF THE PEOPLE

adapted from *Hear Our Prayer: Prayers of the People for the Revised Common Lectionary*

Intercessor God of life, hear the prayers of your people as we say, Lord in your mercy, hear our prayer.
 We pray for your church in every guise across the world. Guide us to see what connects us, that the
 unity of Christ might be made manifest.
 Lord in your mercy,

People **Hear our prayer.**

Intercessor We pray for the nations and their leaders, that they might seek justice, practice mercy, and look always
 for the welfare and peace of all people.
 Lord in your mercy,

People **Hear our prayer.**

Intercessor We pray for the places we call home, that they might be places of spiritual flourishing and communal harmony.

Lord in your mercy,

People Hear our prayer.

Intercessor We pray for the earth; for the water and soil that sustains us and for our role as stewards of your abundance Creation that we might not despoil it through apathy or greed.

Lord in your mercy,

People Hear our prayer.

Intercessor We pray for all who are in serious need or distress; that they might find wholeness in Christ. We pray especially for those on the Cathedral's Prayer List, and for those whom we now name silently or aloud.

Lord in your mercy,

People Hear our prayer.

Intercessor We pray for the dead and the dying and for those who grieve; deliver them from their distress, grant us all a place in your eternal kingdom. We pray especially for those we now name, either silently or aloud.

Lord in your mercy,

People Hear our prayer.

Presider God of freedom, God of life, hear and answer our prayers as may be best for us and lead us into the place of your promise that we might know abundant life. We ask this in Jesus' name. **Amen.**

* THE PEACE

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Presider The peace of the Lord be always with you.

People And with thy spirit.

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: 686 "Come, thou fount of every blessing"

1 Come, thou fount of every blessing, tune my
 2 Here I find my great - est trea - sure; hith - er,
 3 Oh, to grace how great a debt - or dai - ly

heart to sing thy grace! Streams of mer - cy nev - er
 by thy help, I've come; and I hope, by thy good
 I'm con - strained to be! Let thy good - ness, like a

ceas - ing, call for songs of loud - est praise.
 plea - sure, safe - ly to ar - rive at home.
 fet - ter, bind my wan - dering heart to thee:

Teach me some me - lo - dious son - net, sung by
 Je - sus sought me when a stran - ger wan - dering
 prone to wan - der, Lord, I feel it, prone to

flam - ing tongues a - bove. Praise the mount! Oh, fix me
 from the fold of God; he, to res - cue me from
 leave the God I love; here's my heart, oh, take and

on it, mount of God's un - chang - ing love.
 dan - ger, in - ter - posed his pre - cious blood.
 seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt. Music: Nettleton, melody from *A Repository of Sacred Music, Part II*, 1813; harm. Gerre Hancock (b. 1934). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* THE GREAT THANKSGIVING, Eucharistic Prayer II

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Presider The Lord be with you.

People **And with thy spirit.**

Presider Lift up your hearts.

People **We lift them up unto the Lord.**

Presider Let us give thanks unto our Lord God.

People **It is meet and right so to do.**

Presider It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

People Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy glory.
Glory be to thee, O Lord Most High.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.

Presider All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord; By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath 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 O Lamb of God, that takest away the sins of the world,
have mercy upon us.

O Lamb of God, that takest away the sins of the world,
have mercy upon us.

O Lamb of God, that takest away the sins of the world,
grant us thy peace.

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

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.

For gluten-free bread, cross your hands palms down.

For a blessing, cross your hands over your chest.

On the first Sunday of each month, prayer for healing is offered at the prayer desk until the close of worship.

* POSTCOMMUNION PRAYER

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All Almighty and everliving God,
we most heartily thank thee for that thou dost feed us, in these holy mysteries,
with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and
dost assure us thereby of thy favor and goodness towards us;
and that we are very members incorporate in the mystical body of thy Son,
the blessed company of all faithful people;
and are also heirs, through hope, of thy everlasting kingdom.
And we humbly beseech thee, O heavenly Father, so to assist us with thy grace,
that we may continue in that holy fellowship,
and do all such good works as thou hast prepared for us to walk in;
through Jesus Christ our Lord, to whom with thee and the Holy Ghost,
be all honor and glory, world without end. Amen.

PRAYER OVER THE PEOPLE

Deacon Bow down before the Lord.

The people kneel.

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: 495 "Hail, thou once despised Jesus"



1 Hail, thou once de - spis - ed Je - sus! Hail, thou Gal - i -
 2 Pas - chal Lamb, by God ap - point - ed, all our sins on
 3 Je - sus, hail! en - throned in glo - ry, there for ev - er
 *4 Wor - ship, hon - or, power, and bless - ing thou art wor - thy



le - an King! Thou didst suf - fer to re - lease us;
 thee were laid: by al - might - y love a - noint - ed,
 to a - bide; all the heaven - ly hosts a - dore thee,
 to re - ceive; high - est prais - es, with - out ceas - ing,



thou didst free sal - va - tion bring. Hail, thou u - ni - ver - sal
 thou hast full a - tone - ment made. All thy peo - ple are for -
 seat - ed at thy Fa - ther's side. There for sin - ners thou art
 right it is for us to give. Help, ye bright an - gel - ic



Sa - vior, bear - er of our sin and shame! By thy mer - it
 giv - en through the vir - tue of thy blood: o - pened is the
 plead - ing: there thou dost our place pre - pare; ev - er for us
 spi - rits, all your no - blest an - thems raise; help to sing our



we find fa - vor: life is giv - en through thy Name
 gate of hea - ven, re - con - ciled are we with God.
 in - ter - ced - ing, till in glo - ry we ap - pear.
 Sa - vior's mer - its, help to chant Em - man - uel's praise!

Words: John Bakewell (1721-1819) and Martin Madan (1726-1790), alt. Music: *In Babilone*, melody from *Oude en Nieuwe Hollandse Boerenliedjes en Contradanses*, 1710; harm. Roy. F. Kehl (b. 1935). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: *O Welt, ich muß dich lassen* ("O World, I must leave you"), 11 *Chorale Preludes*, Op. 122

Johannes Brahms (1833-1897)

Serving Today

Presider	The Rev. Clare Stern-Burbano
Preacher	The Rev. Canon W. James Yazell
Organist	Dr. Lucas Fletcher
Lector	Lenette Johnson
Eucharistic Minister	Jennifer Mason
Usher	Deborah Carr, Greg Coffey
Altar Guild	Vangie Rich, Jennifer Mason

This Week at GHTC

Learn more about our weekly services & opportunities for study and fellowship: kccathedral.org

Sunday, March 8

- 8 a.m. Holy Eucharist
- 9 a.m. Coffee Hour
- 9:15 a.m. Adult Formation: Episcopal Beliefs and Practices
- 9:15 a.m. Youth Formation
- 9:30 a.m. Rehearsal: Trinity Choir
- 10:30 a.m. Holy Eucharist* & Cathedral Kids
- 11:30 a.m. Coffee Hour
- 2 p.m. Concert: Grinnell College Singers
- 5 p.m. Order for Evening and Holy Eucharist

Monday, March 9

- 6 p.m. Alcoholics Anonymous Meeting

Tuesday, March 10

- 7:30 a.m. GHTC's Virtual Cafe+
- 12:30 p.m. Women's Bible Study+
- 4 p.m. Meeting: Buildings and Grounds Committee
- 6:45 p.m. Lectionary Bible Study+

Wednesday, March 11

- 10 a.m. Staff Gathering
- 12 p.m. Noonday Prayer*
- 12 p.m. Alcoholics Anonymous Meeting
- 12:05 p.m. Holy Eucharist
- 6:30 p.m. Class: Faithful Living, Faithful Dying

Thursday, March 12

- 6 p.m. Food Addicts in Recovery Anonymous Meeting
- 7 p.m. Rehearsal: Trinity Choir

Sunday, March 15

- 8 a.m. Holy Eucharist
- 9 a.m. Coffee Hour
- 9:15 a.m. Adult Formation: Episcopal Beliefs and Practices
- 9:15 a.m. Youth Formation
- 9:15 a.m. Label Containers for Pete's Garden
- 9:30 a.m. Rehearsal: Trinity Choir
- 10:30 a.m. Holy Eucharist* & Cathedral Kids
- 11:30 a.m. Coffee Hour
- 12:15 p.m. Label Containers for Pete's Garden
- 5 p.m. Choral Evensong
- 6 p.m. Youth Group

+On Zoom

*In person and streamed on YouTube @kccathedral

Birthdays & Anniversaries

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

March 9

Ron Michka

March 10

Jane Pfeffer
Janet Sweeting

March 11

Richard Moore

March 12

Larry McMullen
Cathy Thomas

March 13

Christopher Kirby

March 14

Doris Biellier

Cathedral Prayer List

To place a person on this prayer list, text PRAYER to (816) 310-1888 or email Deacon Barbara Wegener, bwegener@kccathedral.org.

View the prayer list anytime: kccathedral.org/prayers

Pray for: Phil Carroll; Carmen Quintero; Eva Silva; Heather Stone; Dan McGrath; Pat Miller; Gail E ; Nancy Guthrie; Patricia Easter; Joe Marvil; Ken, Pam and Carly Courson; Osha Badeau; Terry and Marie Clements; Dane Griffith; Shana; Ken McCandless; Marcille McCandless; Ella; Claudia Risebig; Farzana Farzad; Donna Knoell; Fawzia Ziayee and Mohammad Yunus; Jay; Janel Mosley; Charlotte Lipari; Osha; Carolyn McGlothen; Kimberly Bacchus; Ahmed al Ahmed; Gayle Webb; Phineas Gitta; Mike Barzee & Family; Iris Parsons; Larry McMullen; Gloria Stocks; Jim Royer; Joyce Morrow; Thaddeus Samuel Withers; Yvonne Kehoe Meier; Jeffrey and family; Charlotte Colburn; All those fighting chronic illness; All families affected by gun violence; First Responders; All Immigrants

Pray for the Departed: Jill Dominick; Bob Huheey; Kevin Sweeney; Bill Stancil; Alex Pretti; Richard Sklar; Renee Nicole Good; Larry, Marcia and Gary Wilson; Jonathan Everett Boley; Those souls lost in the Switzerland ski resort fire; Tatiana Celia Kennedy Schlossberg; Ella Cook; Those lost in the Silver Lake Nursing Home Explosion; Joe Bacchus; Mukhammadaziz Umurzokov; Ella Cook; Those lost in the Bondi Beach Shootings; those lost in war; those who have died from gun violence

Diocesan Prayer Cycle: The Anglican Communion – London — The Most Rev. Sarah Mullally, Archbishop of Canterbury
Human Resources Committee

Flowers for Easter

Your generous gifts, in memory of or in thanksgiving for a loved one, help provide beauty for our Easter celebrations.

Make your Easter flower donations by Sunday, March 29, for your name to be included in the Easter bulletins.

onrealm.org/GraceHolyTrinit/give/flowers

Formation for All Ages

Adults: Sundays 9:15 a.m. • Common Room

Episcopal Beliefs & Practices: A Study of the Prayer Book

Through a weekly study of the 1979 Book of Common Prayer we will explore the beliefs and practices of the Episcopal Church. If you are curious about the Anglican way of Christianity, want to better understand familiar prayers and liturgies, or are seeking to engage more deeply in Christian practice and theology then this course is for you! No preparation needed, prayer books will be provided in class.

Children: Sundays 10:30 a.m. • Haden Hall

Cathedral Kids

Cathedral Kids meets during the first half of the 10:30 a.m. worship service and during this time we weave together our sacred stories and our Episcopal identity with the Weaving God's Promises curriculum. Children attending Cathedral Kids will meet their parents or guardians inside the tower doors during the passing of the peace.

Once a month, we observe **Family Worship Sundays**. These Sundays provide an opportunity for families to worship together. Worship Boxes with resources for children are in cabinet in the back cross aisle.

Upcoming Family Worship Dates: April 5, May 3

Youth

Youth in grades 6-12 meet Sundays at 9:15 a.m. for Formation.

Youth Group meetings are at 6 p.m. Sundays, March 15, April 12 & 26, May 10 & 24

Adults: Tuesdays

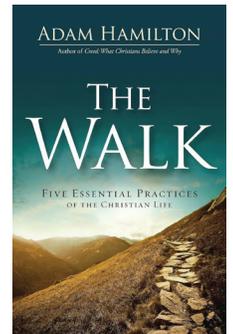
GHTC's Virtual Cafe • 7:30 a.m. • Zoom

The Virtual Café is open every Tuesday morning for Cathedral members and friends to connect; discuss current topics and activities happening at the Cathedral and in our community; and share what's on your mind. For details, visit kccathedral.org/other-activities.

Women's Bible Study • 12:30 p.m. • Zoom

Conversation is lively, thought-provoking, and often irreverent. All are welcome. Visit our website, kccathedral.org/adultformation, for the Zoom link.

This Lent, we will be using *The Walk* by Adam Hamilton to guide our discussions. How do we walk with Christ—daily follow him, grow in him, and faithfully serve him? In the Gospels, Jesus modeled for us the Christian spiritual life. The apostles taught it in their writings. And the Church has, through the last 2,000 years, sought to pursue this Christian spiritual life.



In *The Walk*, Adam Hamilton focuses on five essential spiritual practices that are rooted in Jesus' own walk with God and taught throughout the New Testament. Each of these practices is intended as part of our daily walk with Christ while also being an essential part of growing together in the church.

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

Join us for a discussion of context which will, with God's grace, lead us to a discussion of how an understanding of scripture can restore us to fullness with God and each other in Christ. Join the Lectionary Bible Study group in Realm or on our website, kccathedral.org/adultformation, for more details.

Cathedral Staff: The Very Rev. Dr. Andrew C. Keyse, *Dean*; The Rev. Canon W. James Yazell, *Canon for Adult Formation*; The Rev. Clare Stern-Burbano, *Associate for Children, Youth & College*; The Rev. Barbara Wegener, *Deacon*; The Rev. Dr. Richard Liantonio, *Deacon*; Dr. Lucas Fletcher, *Director of Music*; Julie Toma, *Cathedral Administrator*; Holly Campbell, *Events Coordinator*; Steve Berman, *Finance Coordinator*; Dr. Joan Bergstrom, *Sacristan & Volunteer Coordinator*; Angie Graham, *Facility Manager*; Bianca Jackson, *Assistant Facility Manager*; The Very Rev. Peter J. DeVeau, *Dean Emeritus*; Canon John Schaefer, *Canon Musician Emeritus*

The Vestry: Steve Moore, *Senior Warden*, smoore@sheltonmoore.com; Nigel Jones, *Junior Warden*, redbox712@gmail.com, (405) 747-6550; Chip Buckner, *Treasurer*; Colin Chambers, *Clerk*; Bill Boyd; Julie Brogno; Pat Decker; Steve King; Blain Lagergren; Christine Morrison; Mathias Nichols; Charles Shipley; Janet Stewart Sweeting

Today's Focal St. John's Bible Illumination

Satisfying Spiritual Thirst

"I AM Sayings" Illumination (Gospel of John)

Today's lectionary texts encourage us to reflect upon where to find life-giving, transformative grace. This need is discussed primarily by using water as a metaphor for spiritual longing. The Gospel reading narrates Jesus' conversation with a woman of Samaria in which he transforms a request for water into an offer of "living water" that gives eternal life. The Old Testament reading recounts the Hebrew people's expressions of doubt and murmuring against God when they can't find water during their wilderness wanderings. This text challenges us to reflect on the times of doubt and spiritual dryness in our own lives, remembering how God provides for our deep, fundamental needs. The Epistle reading emphasizes the work of the Holy Spirit in pouring God's love into our hearts offering peace and hope. The collect of the day confesses that we are powerless to satisfy our deepest spiritual needs on our own and asks for God's help to deliver us from all things that would harm our trust and reliance upon Him.

At issue in all of this is Jesus' identity – who is he? Who does he say he is and what does he say he is able to do? These concerns connect today's readings with Jesus' I AM sayings in John 6:25-40, 8:12-20, 10:7-18, 14:6-14, and 15:1-11. While water is not one of the attributes mentioned in the I AM sayings, his use of water as a metaphor for explaining to the Samaritan woman who he is and what he can do helps to make this illumination relevant for today's visio divina reflection on the Gospel text.

The I AM sayings of Jesus in these chapters of John's Gospel connect the LOGOS of John 1:1 with Old Testament teachings about God – I AM WHO I AM (Exodus 3:14). Today's texts unite the New Testament and Old Testament metaphors for God – gate, bread, vine, light, way, and in today's readings "water." Each of these provides a living symbol of who Christ is.

In the "I AM Sayings" illumination, Thomas Ingmire employs a series of five vertical panels to highlight the five metaphors of the I AM statements. Note that the depiction is intended to be viewed from the bottom up. These five panels rest on the base of the word YHWH – I AM WHO I AM (frequently translated as The Lord God). Are you able to identify which metaphor each panel represents? Ingmire's portrayal focuses on the theological connection

between the LOGOS (Word) and the divine nature of God. Gold leaf symbolizes the divine presence and activity that is being conveyed by these metaphors. The geometric sparks and spinning suns rising into the sky emphasize God's "True Light" breaking through the darkness of human need and ignorance. Each metaphor symbolizes such a breakthrough.

How does Jesus' use of metaphors help you gain insight into your own spiritual needs? How do they help you better comprehend and accept Christ's ability to satisfy those needs? In what ways does today's illumination help you connect Jesus as the LOGOS with the divine nature and qualities of God?



Image: ©2002, *The Saint John's Bible*, Saint John's University, Collegeville, Minnesota USA. Used by permission. All rights reserved.

Upcoming Music Events

Grinnell Singers

Sunday, March 8 | 2 p.m.

The Grinnell Singers, Grinnell College's premier choir, presents this free concert.

Choral Evensong

Sunday, March 15, April 19, May 17 • 5 p.m.

Choral Evensong is a centuries-old Anglican musical service of sung Evening Prayer that combines music, prayer, and scripture to provide a peaceful and reflective pause as the day closes.

Hail Bright Cecilia: A Purcellian Feast

Musica Vocale with members of the Kansas City Baroque Consortium

Sunday, March 29 | 3 p.m.

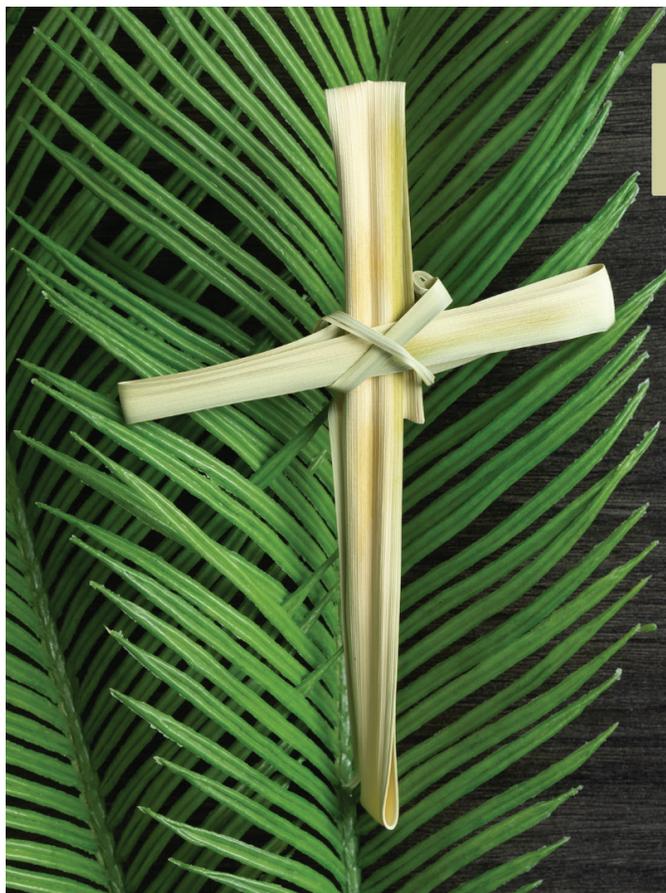
This is a free concert and no tickets are required. *More information: musicavocale.org/concerts*

Unraveling: a documentary concert drama

Presented by RE:SOUND

Saturday, April 11 | 2:30 p.m.

UNRAVELING is a documentary style concert experience exploring two extraordinary creative minds, separated by time but bound by music, obsession and the fragile architecture of thought. *Tickets available at resoundensembles.org*



PALM CROSS MAKING

Sunday, March 22
9 & 11:45 a.m. • Founders' Hall

During coffee hour, we invite you to make crosses out of palm leaves for distribution on Palm Sunday.

Please bring your scissors. Someone will help if you've never made palm crosses before!

Upcoming Events

Learn more: kccathedral.org/events

FAITHFUL LIVING, FAITHFUL DYING

Preparing in the light of Christ

Learn about the theology of death and resurrection in the Anglican tradition and the importance of being prepared. Information will be provided on funeral planning, end of life care, and planned giving.

Schedule

February 25: Theology of the Funeral Rite
March 4: Music for the Funeral Rite
March 11: Funeral Planning Workshop
March 18: End of Life Care and Advanced Directives
March 25: The Ultimate Gift: Christian Witness at Death

ALL ARE WELCOME

Wednesdays, February 25-March 25

6:30-7:45 p.m.

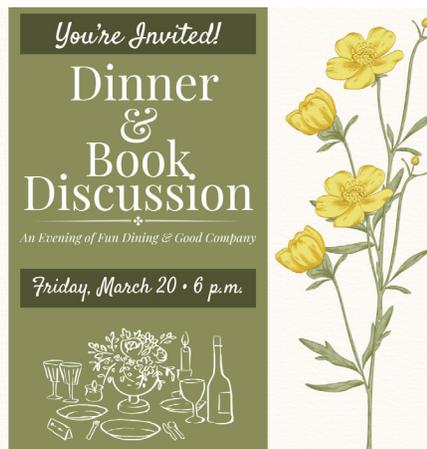
Common Room



Dinner & Book Discussion

Friday, March 20 | 6 p.m. | Common Room

Our Social Events Committee invites you for a book study and dinner on March 20. The book *Being Dead Is No Excuse: The Official Southern Ladies Guide to Hosting the Perfect Funeral* by Gayden Metcalfe and Charlotte Hays will be our guide for the night. It is a humorous look at Southern funeral customs, etiquette, and recipes. Our dinner will consist of recipes made from the book. Start reading today to discover your favorite recipes. Sign up today on our website. Books are available for purchase in the Cathedral Bookstore.



Outreach

Learn more: kccathedral.org/outreach

Donations

March: Food Drive for Saint Paul's Food Pantry

We are collecting non-perishable food for the food pantry at Saint Paul's Episcopal Church.

MARCH FOOD DRIVE

We are collecting non-perishable food for the food pantry at Saint Paul's Episcopal Church.

Suggested items to bring:

- ready meals (canned chili, spaghetti-o's, shelf-stable meals, soup)
- canned or dried fruit
- 100% fruit juice
- canned vegetables (not corn or green beans)
- canned meat (not tuna)
- gluten-free starches
- baking staples
- shelf-stable milk (quart-sized UHT boxes, dairy or plant-based)
- shelf-stable vegetarian meals.



BRING FOOD DONATIONS TO THE BASKET IN THE TOWER.

Volunteer Opportunities

Help Pete's Garden

March 15 | 9:15 a.m. & 12:15 p.m.

Volunteer with fellow parishioners during coffee hour to put labels on the containers that will be used to package meals for families in need by Pete's Garden. We will label upstairs in Founders' Hall at both morning coffee hours. Please no food or drink at the labeling tables and wash your hands before helping. This is a great opportunity to help at Pete's Garden. All ages are welcome; younger children should have a parent present.

The Emergency Food Assistance Program

Saturday, March 21 • 9:30 a.m.-noon

We help St. Paul's on Main organize and distribute food as part of TEFAP (The Emergency Food Assistance Program). St. Paul's receives delivery of several pallets of shelf-stable and frozen food from Harvesters each month. Friendly volunteers are needed to break down the pallets and repackage the food into family-sized boxes and bags. Then we open the doors to those in need and start handing out the food. To volunteer or for more information, contact Deacon Barbara 816.739.8032 or bwegener@kccathedral.org.