



ST PAUL'S CATHEDRAL  
E P I S C O P A L

**The Holy Eucharist:  
Rite Two  
The Fifth Sunday in Lent**

**March 17, 2024  
8:00 a.m.**

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Whoever you are, and wherever you find yourself on the journey of faith,  
we welcome you and invite your full participation in today's worship.

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*As a courtesy to others, please silence electronic devices.*

*For the link to the webpage with the announcements and bulletins, use this QR code:*

*Services are regularly streamed and recorded and you can find them:*

<http://www.stpaulcathedral.org/watch>

*If you're interested in more information about the cathedral's ministries,*

*we would like to hear from you: <http://stpaulcathedral.org/im-new/>*



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St. Paul's Cathedral acknowledges that we gather on unceded Kumeyaay land. We value the knowledge, culture, and worldview of Indigenous people. We commit to the vital work of educating ourselves, increasing community awareness, and promoting reconciliation with our Indigenous neighbors. As we examine actions and practices that perpetuate harm against Indigenous communities, we pledge to work toward a meaningful and respectful relationship as we follow their example in honoring this sacred land. - *Approved by the Cathedral Chapter, May 2023*

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*Kneelers are available in the back of the church: please bring one to your seat if you wish to kneel during the service.*

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§      *Please stand as you are able at the tolling of the bell.*

## **A Penitential Order: Rite Two**

BCP 351

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*The Presider begins*

Bless the Lord who forgives all our sins.

*People*      **His mercy endures for ever.**

*Presider*

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." *Mark 12:29-31*

*The Deacon or then says*

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*Deacon and 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.**

*The Priest says*

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

*People* **Amen.**

*Presider* Lord, have mercy.

*People* **Christ, have mercy.**

*Presider* Lord, have mercy.

### **The Collect of the Day**

*The Presider says to the people*

The Lord be with you.

*People* **And also with you.**

*Presider* Let us pray.

*The Presider says the Collect.*

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

§ *Please be seated.*

### **The Lessons**

*The First Lesson is read, the Reader first saying*

A Reading from the Book of Jeremiah.

Jeremiah 31:31-34

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the LORD,” for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

*After each Lesson the Reader may say*

The Word of the Lord.

*Answer*        **Thanks be to God.**

Psalm 119:9-16 *(said by all)*

BCP 764

*In quo corrigit?*

**9 How shall a young man cleanse his way? \***

**By keeping to your words.**

**10 With my whole heart I seek you; \***

**let me not stray from your commandments.**

**11 I treasure your promise in my heart, \***

**that I may not sin against you.**

**12 Blessed are you, O LORD; \***

**instruct me in your statutes.**

**13 With my lips will I recite \***

**all the judgments of your mouth.**

**14 I have taken greater delight in the way of your decrees \***

**than in all manner of riches.**

**15 I will meditate on your commandments \***

**and give attention to your ways.**

**16 My delight is in your statutes; \***

**I will not forget your word.**

*The Second Lesson is read, the Reader first saying*

A Reading from the Letter to the Hebrews.

Hebrews 5:5-10

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son,  
today I have begotten you”;

as he says also in another place,

“You are a priest forever,  
according to the order of Melchizedek.”

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

*The Reader may say*

The Word of the Lord.

*Answer*       **Thanks be to God.**

§           *Please stand as able.*

### **The Holy Gospel**

John 12:20-33

*The Deacon reads the Gospel, first saying*

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

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

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, “Sir, we wish to see Jesus.” Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

“Now my soul is troubled. And what should I say — ‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” Jesus answered, “This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to indicate the kind of death he was to die.

The Gospel of the Lord.

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

§           *Please be seated at the introduction of the sermon.*

### **The Sermon**

The Reverend Canon Allisyn Thomas

§        *Silence.*

## **The Nicene Creed**

*Presider*

Let us stand and proclaim our faith in the words of the Nicene Creed.

*(Presider and people)*

**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.**

**The Prayers of the People**

Form IV, BCP 388

*The Deacon bids the Prayers*

Let us pray for the Church and for the world.

*Leader*

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

*Silence*

Lord, in your mercy

*People* **Hear our prayer.**

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

*Silence*

Lord, in your mercy

**Hear our prayer.**

Give us all a reverence for the earth as your own creation, guide our willingness to care for it, that we may use its resources rightly in the service of others and to your honor and glory.

*Silence*

Lord, in your mercy

**Hear our prayer.**

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

*Silence*

Lord, in your mercy

**Hear our prayer.**

Comfort and heal the unsheltered, refugees, and all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

*The Intercessor offers prayers on behalf of the congregation and bids their prayers.*

*Silence*

Lord, in your mercy

**Hear our prayer.**

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

*The Intercessor offers prayers on behalf of the congregation and bids their prayers.*

*Silence*

Lord, in your mercy

**Hear our prayer.**

We thank you, Lord, for all the blessings of this life.

*The Intercessor offers thanksgivings on behalf of the congregation and bids their prayers.*

*The Presider says the concluding Collect*

Heavenly Father, you have promised to hear what we ask in the Name of your Son: Accept and fulfill our petitions, we pray, not as we ask in our ignorance, nor as we deserve in our sinfulness, but as you know and love us in your Son Jesus Christ our Lord.

**Amen.**

### **The Peace**

*Presider*        The peace of the Lord be always with you.

*People*         **And also with you.**

§        *The People offer each other a sign of the Peace.*

§        *Please be seated.*

### **Welcome and announcements**

*You may give online now by using your phone's camera to scan the quick response code:*



*or text stpaulcathedral to 73256 using your cell phone.*

*Thank you!*



# The Holy Communion

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**The Great Thanksgiving**    *Eucharistic Prayer A*

BCP 361

*Presider*        The Lord be with you.

*People*        **And also with you.**

*Presider*        Lift up your hearts.

*People*        **We lift them to the Lord.**

*Presider*        Let us give thanks to the Lord our God.

*People*        **It is right to give our thanks and praise.**

*The Presider continues*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

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:

**Sanctus**    (*Presider and People*)

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

*The Presider continues*

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:

*Presider and People*

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

*The Presider continues*

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 the blessed Virgin Mary, blessed Paul, and 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.  
**AMEN.**

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

**The Lord's Prayer** (*Presider and People*)

**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 Fraction: The Breaking of the Bread**

*A period of silence follows as the Bread is broken.*

*Presider* Christ our Passover is sacrificed for us.

*People* **Therefore let us keep the feast.**

### **The Invitation**

This is the table, not of the church but of Jesus Christ. It is made ready for those who love him and who want to love him more. So come, you who have much faith and you who have little; you who have been here often and you who have not been for a long time or ever before; you who have tried to follow and you who have failed; come, not because the Church invites you; it is Christ, and he invites you to meet him here.

▪ The Iona Community Worship Book

*Presider* The Gifts of God for the People of God.

*After the Invitation has been given, please be seated until you are ushered to the communion stations at the Crossing. Please take your purse or valuables with you.*

*At Communion time we will offer the Host with the option to have it partially intincted (dipped) by the Eucharistic Minister into the wine and placed in the communicant's hand. For the time being we will not offer the option of drinking from the Common Cup. You may choose to receive only the dry Host or to receive a blessing instead of the sacrament.*

*As you come forward, please use one of these three gestures to indicate your preference:*

- ❖ *To receive the host with wine, extend both your hands, palm up.*
- ❖ *To receive only the host, extend one hand, palm up.*
- ❖ *To receive a blessing, cross your hands at your shoulders*

*If you need to receive a gluten-free wafer, please go to the station at the extreme left.*

§      *After a moment of silence following the distribution of communion, please stand as you are able for the following prayer*

### **The Postcommunion Prayer**

*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.**

### **The Solemn Prayer over the People**

*Deacon*        Bow down before the Lord.

*The people bow and the Presider says*

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

*The Deacon dismisses them with these words*

Let us bless the Lord.

*People*        **Thanks be to God.**

§      *The clergy, altar party, and people depart.*

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## **Ministers of the Liturgy**

*Presider & Dean:* The Very Rev. Penny Bridges

*Preacher:* The Rev. Cn. Allisyn Thomas

*Deacon:* The Rev. Cn. Brooks Mason

*Assisting:* The Rev. Cn. Richard Hogue, Jr.

*Reader:* Kris Hatch

*Head Verger:* Cn. Lisa Churchill

*Altar Servers:* Jerry Coughlan, Wanda Porrata

*Altar Guild:* Tom Barb, Julia Gorman, Steve Mater, Joyce Vogel, Elaine Wolfe

*Usher-in-charge:* Rich Davis

*Ushers:* Christie Batten, Norm Friesen, Carl Mattina, Mary Rathbun

*Audio:* Tom Merrick

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*In the unlikely event of an emergency requiring us to evacuate the cathedral please follow the directions of the ushers and vergers, and remain as quiet and calm as possible.*

*Please locate an exit nearest you.*

*The exit doors are:*

- South porch doors at Nutmeg Street and Fifth Avenue*
- North porch doors to Fifth Avenue Courtyard*
- South transept east and west doors to Nutmeg Street*
- Northeast hallway door to Fifth Avenue breezeway*
- West chapel (to the left of chapel altar) stairs leading down to landing.*

## **LENTEN OFFERING:**

### **STATIONS OF THE CROSS**

Friday, Mar. 22, 6 pm, in the Cathedral

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## **HOLY WEEK and EASTER services at St Paul's**

### **Palm Sunday, March 24**

8 am – Liturgy of the Palms, Passion, and Eucharist in the Cathedral.

9:45 am – Procession, Liturgy of the Palms, Passion, and Holy Eucharist.

5 pm – Choral meditation on the Passion.

### **Holy Wednesday, March 27**

7 pm – Choral Tenebrae in the Cathedral

### **Maundy Thursday, March 28**

7 pm – Liturgy of the Day and Eucharist in the Cathedral.

8:30 pm – Vigil in the Chapel of the Holy Family.

### **Good Friday, March 29**

12 pm – Choral Music and Meditations on the Passion in the Cathedral.

7 pm – Good Friday liturgy.

### **Holy Saturday, March 30**

9 am – Holy Saturday liturgy in the Chapel of the Holy Family.

7:15 pm – Great Vigil of Easter, Bishop Susan will preside and preach in the Cathedral.

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## **SUNDAY OF THE RESURRECTION, EASTER DAY**

### **Sunday March 31**

8 am – Holy Eucharist in the Cathedral with the Dean preaching.

10:30 am – Festival Choral Eucharist with the Dean preaching in the Cathedral.

The cathedral offices will be closed Monday and Tuesday, April 1<sup>st</sup> & 2<sup>nd</sup>.