



ZYDECO MASS

*A Shrove Tuesday Celebration
in Preparation for a Holy Lent*

March 4, 2025, 5:45 p.m.

Featuring the music of “The Zydeco Patrol”

Dancing is encouraged in the Cathedral open space.

2728 Sixth Avenue † San Diego ° CA 92103 † stpaulcathedral.org

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.

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/>*

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*

*The flowers are given to the Glory of God and in loving memory of
Theo Bellow and in gratitude for his legacy of music, dance, and good times.*

Prelude Dancing to the Zydeco Patrol

Entrance Procession

The Word of God

BCP 355

The Acclamation

The Presider says

Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be God's kingdom, now and for ever. Amen.**

Presider

O God, who wonderfully created, and yet more wonderfully restored, the dignity of human nature: Grant that we may share the divine life of him who humbled himself to share our humanity, your Son Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever.

People **Amen.**

§ *Please be seated.*

The Lessons

Isaiah 42:10-12, 16

The First Lesson is read, the Reader first saying

A Reading from the Book of Isaiah.

Sing to the Lord a new song,
 his praise from the end of the earth!
Let the sea roar and all that fills it,
 the coastlands and their inhabitants.
Let the desert and its towns lift up their voice,
 the villages that Kedar inhabits;
let the inhabitants of Sela sing for joy,
 let them shout from the tops of the mountains.
Let them give glory to the Lord,
 and declare his praise in the coastlands.
I will lead the blind by a road they do not know,
 by paths they have not known I will guide them.
I will turn the darkness before them into light,
 the rough places into level ground.
These are the things I will do,
 and I will not forsake them.

After each Lesson the Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

Psalm 108:1-6 *(said in unison by all)*

- 1 **My heart is firmly fixed, O God, my heart is fixed; *
 I will sing and make melody.**
- 2 **Wake up, my spirit;
 awake, lute and harp; *
 I myself will waken the dawn.**
- 3 **I will confess you among the peoples, O Lord; *
 I will sing praises to you among the nations.**
- 4 **For your loving-kindness is greater than the heavens, *
 and your faithfulness reaches to the clouds.**
- 5 **Exalt yourself above the heavens, O God, *
 and your glory over all the earth.**
- 6 **So that those who are dear to you may be delivered, *
 save with your right hand and answer me.**

The Second Lesson is read, the Reader first saying

A Reading from the Letter of Paul to the Philippians.

Philippians 4:4-9

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

The Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

§ *Please stand as able when the Presider stands.*

The Holy Gospel

Luke 11:27-28

The Deacon reads the Gospel, first saying

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

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

While Jesus was speaking to the crowd, a woman in the crowd raised her voice and said to him, “Blessed is the womb that bore you and the breasts that nursed you!” But he said, “Blessed rather are those who hear the word of God and obey it!”

The Gospel of the Lord.

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

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

The Sermon

The Very Reverend Penny Bridges

Musical Response to Homily

The Zydeco Patrol

§ *Please remain standing as you are able for the Prayers.*

The Prayers of the People Form III

BCP 387

The Deacon bids the prayers.

Let us pray for the Church and for the world.

The Leader and People pray responsively.

Father, we pray for your holy catholic Church;

People **That we all may be one.**

Grant that every member of the Church may truly and humbly serve you;
That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray for the welfare of the world; for the good earth, for our willingness to care for it, and for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on the unsheltered and refugees, and all who suffer from any grief or trouble;
That they may be delivered from their distress.

Give to the departed eternal rest.
Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;
May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others.

Silence

The People may add their own petitions either silently or aloud.

The Presider says the concluding Collect

Lord, hear the prayers of your people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your Name; through 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.*

Following the Peace, please be seated.

A Welcome from the Dean

The Offertory

*You are invited to dance your offering to the ushers at the altar.
Your offering will help sustain the ministry of the Cathedral.*

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

At the Offertory

The Zydeco Patrol

The Great Thanksgiving Eucharistic Prayer 3

Presider The Lord be with you.

People **And also with you.**

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

The Presider continues

All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind.

Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

(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

Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering.

Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said: "Take, eat, this is my Body, broken for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

Presider and People

Dying, you destroyed our death.

Rising, you restored our life.

Christ Jesus, come in glory!

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ.

Grant that we, ✠ burning with your Spirit's power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with the blessed Virgin Mary, blessed Paul, and all your people into the joy of our true eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

Presider and People

Blessed are you 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 Alleluia. Christ our Passover is sacrificed for us.
People **Therefore let us keep the feast. Alleluia.**

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 altar. 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.

At the Communion

Music by The Zydeco Patrol

§ *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 Priest may bless the people.

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God almighty, ✠ the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

The Deacon dismisses the people with these words

Let us bless the Lord.

People **Thanks be to God.**

Postlude

The Zydeco Patrol

§ *The clergy, altar party, and people continue to dance.*

We're again grateful to "The Zydeco Patrol,"
playing music which combines the Blues with Southwest Louisiana Cajun and Zydeco.

*A free pancake dinner reception follows in the Great Hall.
Join us!*

Ministers of the Liturgy

Presider: The Rev. Canon Richard Hogue

Preacher & Dean: The Very Rev. Penny Bridges

Deacon: The Rev. Canon Brooks Mason

Assisting: The Rev. Canon Michael Kaehr, The Rev. Canon Richard Lief

Head Verger: Canon Lisa Churchill

Lector: Susan Forsburg

Altar Servers: Todd Hurrell, Stacey Klaman

Thurifer: Judy MacDonald

Verger: Stephanie Pierce

Sacristans: Canon Konnie Dadmun, Joanna Airhart, Ellen Hargus

Usher-in-Charge: Canon Lucinda Parsons

Usher: Susan Jester

Cathedral sound: Mark Sanzi

Audio/Visual Technicians: Craig Monsell, Marshall Moore, Mike Thornburgh, Jim Wright,
Paul Young

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.

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.*

Please locate an exit nearest you.

Ash Wednesday Services

Wednesday, March 5

7 a.m. Imposition of ashes

8 am – 12 pm – Ashes-to-Go throughout San Diego

12 p.m. Imposition of ashes and Holy Eucharist

5 pm – Ash Wednesday Family Service (In the Great Hall)

7 p.m. Choral service with imposition of ashes and Holy Eucharist.

Stations of the Cross

Fridays, March 7 to April 11, at 6 p.m., Cathedral

We recreate and remember the final journey of Christ, from condemnation to the tomb, in 14 stations. Booklets are available in English and Spanish.



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