



Ash Wednesday
Liturgy and Holy Eucharist

March 5, 2025
7:00 in the evening



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

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:

<https://www.youtube.com/StPaulsCathedralEpiscopalSanDiego/live>

*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*

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

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

Introit

Misereris Omnium, Domine

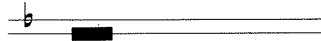
Mode I

Your mercy extends to all things, O Lord, and you despise none of the things you have created. You overlook the sinfulness of men, for the sake of repentance. You grant them pardon, for it is you who is our Lord and our God.

The Word of God

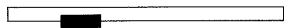
On this day, the Presider begins the liturgy with the Salutation and the Collect of the Day.

Presider



The Lord be with you.

People



And also with you.

Presider



Let us pray.

The Presider says to the people

Let us pray.

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

People **Amen.**

§ *Please be seated.*

The Lessons

The First Lesson is read, the Reader first saying

A Reading from the Book of Joel.

Joel 2:1-2,12-17

Blow the trumpet in Zion;

 sound the alarm on my holy mountain!

Let all the inhabitants of the land tremble,

 for the day of the LORD is coming, it is near--
a day of darkness and gloom,
 a day of clouds and thick darkness!

Like blackness spread upon the mountains
a great and powerful army comes;
their like has never been from of old,
nor will be again after them
in ages to come.

Yet even now, says the LORD,
return to me with all your heart,
with fasting, with weeping, and with mourning;
rend your hearts and not your clothing.

Return to the LORD, your God,
for he is gracious and merciful,
slow to anger, and abounding in steadfast love,
and relents from punishing.

Who knows whether he will not turn and relent,
and leave a blessing behind him,
a grain offering and a drink offering
for the LORD, your God?

Blow the trumpet in Zion;
sanctify a fast;
call a solemn assembly;
gather the people.

Sanctify the congregation;
assemble the aged;
gather the children,
even infants at the breast.

Let the bridegroom leave his room,
and the bride her canopy.

Between the vestibule and the altar
let the priests, the ministers of the LORD, weep.

Let them say, "Spare your people, O LORD,
and do not make your heritage a mockery,
a byword among the nations.

Why should it be said among the peoples,
'Where is their God?'"

After each Lesson the Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

Silence

Psalm 103:8-14 *Benedic, anima mea (choir)*

BCP 733
chant: Turle (from Purcell)

- 8 **The LORD is full of compassion and mercy, ***
 slow to anger and of great kindness.
- 9 **He will not always accuse us, ***
 nor will he keep his anger for ever.
- 10 **He has not dealt with us according to our sins, ***
 nor rewarded us according to our wickedness.
- 11 **For as the heavens are high above the earth, ***
 so is his mercy great upon those who fear him.
- 12 **As far as the east is from the west, ***
 so far has he removed our sins from us.
- 13 **As a father cares for his children, ***
 so does the LORD care for those who fear him.
- 14 **For he himself knows whereof we are made; ***
 he remembers that we are but dust.

Silence

2 Corinthians 5:20b-6:10

The Second Lesson is read, the Reader first saying

A Reading from the Second Letter of Paul to the Corinthians.

We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

As we work together with him, we urge you also not to accept the grace of God in vain. For he says,

"At an acceptable time I have listened to you,
 and on a day of salvation I have helped you."

See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated

as impostors, and yet are true; as unknown, and yet are well known; as dying, and see-- we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

The Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

§ *After a moment of silence, please stand as able when the choir stands.*

TRACT (*choir*)

O Lord, deal not with us after our sins; nor reward us according ~~to~~ to our wickednesses. O Lord, remember not our old sins, but have mercy upon us, and that soon: for we are come to great misery.

Help us, O God of our salvation, for the glory of thy Name, O Lord: O deliver us and be merciful unto our sins, for thy Name's sake. *[from Psalms 103 and 79]*

The Holy Gospel

Matthew 6:1-6,16-21

The Deacon reads the Gospel, first saying

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

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

Jesus said, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

"So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

"And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

"And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

The Gospel of the Lord.

People Praise to you, Lord Christ.

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

Sermon

The Rev. Canon Richard Hogue, Jr.

§ *Please observe a moment of silence.*

All stand as able, and the Deacon invites the people to the observance of a holy Lent, saying

Dear People of God: The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.

Silence is then kept for a time

The Blessing and Imposition of Ashes

The Presider says the following prayer

Almighty God, you have created us out of the dust of the earth: Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift that we are given everlasting life; through Jesus Christ our Savior. **Amen.**

To receive the imposition of ashes, please come to the altar steps. You may stand or bring a kneeler as you are able.

The ashes are imposed with the following words

Remember that you are dust, and to dust you shall return.

Motet (*choir*)

Miserere mei, Deus
William Byrd (1540-1623)

Miserere mei, Deus, secundum magnam misericordiam tuam; et secundum multitudinem miserationum tuarum, dele iniquitatem meam.

Have mercy on me, O God, according to thy great mercy. And according to the multitude of thy tender mercies blot out my offenses.

[Psalm 51:1]

The following Psalm is then said by all.

Psalm 51 *Miserere mei, Deus*

BCP 266

- 1 **Have mercy on me, O God, according to your
loving-kindness; *
in your great compassion blot out my offenses.**
- 2 **Wash me through and through from my wickedness *
and cleanse me from my sin.**
- 3 **For I know my transgressions, *
and my sin is ever before me.**
- 4 **Against you only have I sinned *
and done what is evil in your sight.**
- 5 **And so you are justified when you speak *
and upright in your judgment.**
- 6 **Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.**
- 7 **For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.**
- 8 **Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.**
- 9 **Make me hear of joy and gladness, *
that the body you have broken may rejoice.**
- 10 **Hide your face from my sins *
and blot out all my iniquities.**
- 11 **Create in me a clean heart, O God, ***

and renew a right spirit within me.

- 12 Cast me not away from your presence *
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.
- 14 I shall teach your ways to the wicked, *
and sinners shall return to you.
- 15 Deliver me from death, O God, *
and my tongue shall sing of your righteousness,
O God of my salvation.
- 16 Open my lips, O Lord, *
and my mouth shall proclaim your praise.
- 17 Had you desired it, I would have offered sacrifice, *
but you take no delight in burnt-offerings.
- 18 The sacrifice of God is a troubled spirit; *
a broken and contrite heart, O God, you will not despise.

Litany of Penitence

BCP 267

Presider and People

Most holy and merciful Father:

**We confess to you and to one another,
and to the whole communion of saints
in heaven and on earth,
that we have sinned by our own fault
in thought, word, and deed;
by what we have done, and by what we have left undone.**

The Presider continues

We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

People **Have mercy on us, Lord.**

We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

Have mercy on us, Lord.

We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,
We confess to you, Lord.

Our self-indulgent appetites and ways, and our exploitation of other people,
We confess to you, Lord.

Our anger at our own frustration, and our envy of those more fortunate than ourselves,
We confess to you, Lord.

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,
We confess to you, Lord.

Our negligence in prayer and worship, and our failure to commend the faith that is in us,
We confess to you, Lord.

Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty,
Accept our repentance, Lord.

For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us,
Accept our repentance, Lord.

For our waste and pollution of your creation, and our lack of concern for those who come after us,
Accept our repentance, Lord.

Restore us, good Lord, and let your anger depart from us;
Favorably hear us, for your mercy is great.

Accomplish in us the work of your salvation,
That we may show forth your glory in the world.

By the cross and passion of your Son our Lord,
Bring us with all your saints to the joy of his resurrection.

The Presider stands and, facing the people, says

Almighty God, the Father of our Lord Jesus Christ, who desires not the death of sinners, but rather that they may turn from their wickedness and live, has given power and commandment to his ministers to declare and pronounce to his people, being penitent, the absolution and remission of their sins. ✠ He pardons and absolves all those who truly repent, and with sincere hearts believe his holy Gospel.

Therefore we beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do on this day, and that the rest of our life hereafter may be pure and holy, so that at the last we may come to his eternal joy; 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.

Welcome and announcements

The Offertory

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!

Offertory Anthem

In ieiunio et fletu

Thomas Tallis (c. 1505-1585)

In ieiunio et fletu orabant sacerdotes:

Parce, Domine, parce populo tuo, et ne des hereditatem tuam in perditionem.

Inter vestibulum et altare plorabant sacerdotes, dicentes: Parce populo tuo.

In fasting and weeping the priests prayed:

Spare, O Lord, spare thy people, and give not thine inheritance to perdition.

Between the porch and the altar the priests wept, saying: Spare thy people.

§ *Please stand as able for the offering to be brought forward and remain standing for the Great Thanksgiving.*

The Holy Communion

The Great Thanksgiving *Eucharistic Prayer A*

BCP 361

Presider *People*
The Lord be with you. And al - so with you.

Presider *People*
Lift up your hearts. 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.

Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

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*)

S 364

Ho - - ly, ho - ly, ho - ly Lord,
God of power and might, hea - ven and earth

are full of your glo - ry. Ho - san - na in the
high - est. Bless-ed is he who comes in the
name of the Lord. Ho - san - na in the high - est.

Setting: Plainsong, Mode 2; Mass 12; adapt. Bruce E. Ford (b. 1947).
© 1985, Bruce E. Ford.

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.

Presider and People



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

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

Musical notation for "The Lord's Prayer" in G major, 4/4 time. The melody is written on a treble clef staff with a key signature of one flat (B-flat). The lyrics are: "Our Fa - ther, who art in hea - ven, hal - low - ed be thy Name, thy king - dom come, thy will be done, on earth as it is in hea - ven. Give us this day our dai - ly bread. And for - give us our tres - pas - ses,". The music consists of four staves of notes with lyrics underneath.

as we for - give those who tres - pass a - gainst us. And lead
 us not in - to temp - ta - tion, but de - liv - er us
 from e - vil. For thine is the king - dom, and the power,
 and the glo - ry, for ev - er and ev - er. A - men.

The Fraction: The Breaking of the Bread

A period of silence follows as the Bread is broken.

Fraction Anthem: *Agnus Dei*

S 373

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

Setting: Plainsong, Mode 2; Mass 12; adapt. Bruce E. Ford (b. 1947).
 © 1985, Bruce E. Ford.

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.

At the Communion, Motet

Treasures in heaven
Joseph Clokey (1890-1960)

Lay not up for yourselves treasures on earth, where moth and rust doth corrupt, and where thieves break through and steal. But lay up for yourselves treasures in heaven, for where your treasure is, there will your heart be also. Ask and it shall be given you, seek and ye shall find, knock and it shall be opened unto you. For everyone that asketh receiveth, and he that seeketh findeth, and to him that knocketh it shall be opened.

§ *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

Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord.
Amen.

Hymn 144

1 Lord Je - sus, Sun of Right - eous - ness, shine
2 Give guid - ance to our wan - dering ways, for -
3 Lord, grant that we in pen - i - tence may
4 Now near - er draws the day of days when
5 The u - ni - verse your glo - ry shows, blest

1 in our hearts, we pray; dis - pel the gloom that
2 give us, Lord, our sin; re - store us by your
3 of - fer you our praise, and through your sav - ing
4 par - a - dise shall bloom, when we shall be at
5 Fa - ther, Spi - rit, Son; we shall ac - claim your

1 shades our minds and be to us as day.
2 lov - ing care to peace and joy with - in.
3 sac - ri - fice re - ceive your gift of grace.
4 one with you, Lord, ris - en from the tomb.
5 ma - jes - ty, e - ter - nal Three in One.

Words: Latin; tr. Anne K LeCroy (b. 1930)
Music: Cornhill, Harold Darke (1888-1976)

The Deacon dismisses them with these words

Let us bless the Lord.

People

Thanks be to God.

Organ Voluntary

Ich ruf zu dir, Herr Jesu Christ, BWV 639
Johann Sebastian Bach (1695-1750)

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

If you choose not to remain for the Organ Voluntary, please leave quietly out of respect for those who would like to stay and listen or pray for a while. Thank you.

Ministers of the Liturgy

Presider & Dean: The Very Rev. Penny Bridges

Preacher: The Rev. Cn. Richard Hogue, Jr.

Deacon: The Rev. Cn. Brooks Mason

Reader: Margret Hernandez

Head Verger: Cn. Lisa Churchill

Verger: Wanda Porrata

Altar Server: Jairus Kleinert

Altar Guild: Gale Graysage, Phyllis Lengyel, Paula Peeling

Director of Music: Cn. Martin Green

Choir: The Cathedral Choir

Head Usher: Cn. Lucinda Parsons

Ushers: Bob Longstreth, Bob Reed

Cathedral Audio: Craig Monsell

Audio/Visual Technicians: Bob Knight, Mark Sanzi, 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. 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.*
-

LENT FORMATION OFFERINGS

Sunday Forum at 9 am, Five weeks, March 9-April 6 in the Guild Room

“Make Me an Instrument: A Guide to Civil Discourse”

The mission of the church is to reconcile all people to God and to each other. In a divided and polarized world, how might we carry out that mission? The Episcopal Church’s Office of Government Relations has developed this five-week class on Civil Discourse to help us grow in our ability to listen across divisions and to be instruments of reconciliation. All are welcome to participate in this class which will be led by clergy and members of the Peace and Justice committee.

Monday Book Study at 6:30 pm, four sessions starting March 10, via Zoom

“The Serviceberry: Abundance and Reciprocity in the Natural World” by Robin Wall Kimmerer.

In the Gospels Jesus promises us life abundant, meant for all. What can we learn about abundance from our observation of God’s creation? Robin Wall Kimmerer, author of “Braiding Sweetgrass”, offers a bold and inspiring vision for how to orient our lives around gratitude, reciprocity, and community, based on the lessons of the natural world. Join Diane Lopez Hughes and other members of the Diocese in this four-part study. To sign up contact Diane at:

dianelopezhughes@me.com.

Five session Inquirers Class, Wednesdays at 3 pm, in person, starting March 12

What is an Episcopalian? A Study of the Episcopal Church.

At the Great Vigil of Easter on April 19 our Bishop will baptize, confirm, and receive those who wish to strengthen their commitment to the Episcopal Church. This class will offer preparation for this ritual as well as a refresher for longtime members. We will use “Walk in Love: Episcopal Beliefs and Practices” by Scott Gunn and Melody Wilson Shobe as our text for this five-session class, which will be led by cathedral clergy. If the advertised time doesn’t work for you, please contact one of the clergy for other options. For more information contact one of the clergy or sign up via Realm [here](#).

For Personal Devotions

St. Paul’s Cathedral Daily Lenten Reflections. We will once again publish a booklet of reflections by members of the parish for each day of Lent, focusing on the Daily Office Scripture readings. Copies will be available in the porches starting on Ash Wednesday, or you can find the reflections online [here](#).

Stations of the Cross, Fridays at 6 pm starting March 7

On Friday evenings of Lent we offer the ancient meditation of walking the Stations of the Cross in the Cathedral. This 40-minute service takes us on the journey from the condemnation of Jesus by Pontius Pilate to his final repose in the tomb provided by Joseph of Arimathea. You can find an online version of this meditation at stpaulcathedral.org/lent/

Lenten Quiet Day Saturday April 5 9:30 am to 4:00 pm

Encounters with Silence: a Lenten Quiet Day with the Rev. Robert Bryant

Join Fr Bryant for a day of reflection, meditation and prayer as we prepare for Holy Week. We will gather in the Guild Room for morning prayer. Fr Bryant will lead three meditations throughout the day, and there will be ample time throughout the day for participants to walk the labyrinth, journal, and meditate. We will conclude with Stations of the Cross in the Cathedral at 3 pm. Bring a bag lunch: beverages will be provided. Please sign up in advance [here](#).
