



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

The Holy Eucharist: Rite Two
The Second Sunday in Lent

March 1, 2026
10:30 a.m.

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.

WELCOME to our liturgy, our customary public ritual of worship. Liturgy is Greek for “the work of the people”, so worship is not a performance by the clergy and musicians, and you are not the audience. Instead, all of us make an offering to God. You are invited to sing, respond, and contribute your own voice to our worship today. Please follow along; parts of the service are explained briefly in each major section of the Eucharistic liturgy.

It is our custom to stand, sit, or kneel at different parts of the service. Most of these postures are optional, but we find them useful in helping to worship with our bodies and not just our minds. Our worship is designed to engage all our senses - sight, sound, smell, taste, touch - and we use all of our bodies in worship. Typically, we follow the biblical Jewish and Christian traditions of standing as able to praise God and to pray, sitting in order to listen, and kneeling as able in order to express penitence or devotion. You may notice that some people engage in various acts of personal devotion, such as bowing or making the sign of the cross. These also are optional, used by some in order to enhance their individual experience of worship.

As a courtesy to others, please silence electronic devices.

Assisted hearing devices are available from an usher.

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/>

ASL interpretation is provided for those seated in the front row on the left facing the Altar.

This service is being streamed live and if you don't wish to be seen on camera, please ask an usher for appropriate seating.

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.

Parents with young children are invited to worship with their children in the Playground area of the Nave, where age-appropriate activities are available.

The people gather and prepare for worship during the following voluntary.

Organ Voluntary

*“Elevation” from *Hommage a Frescobaldi*
Jean Langlais (1907-1991)*

Welcome

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

A Penitential Order: Rite Two

BCP 351

We begin with Gathering.

The choir and altar party form the Entrance Procession to begin the Entrance Rite.

Each vergier, the person who carries a virge and assists with the organization and operation of worship services, is responsible for a section of the procession. Choir members wear black cassocks and white surplices. The acolytes are vested in white albs and clergy in albs and purple stoles. Purple, or unbleached “Lenten array,” is the color we use for the season of Lent. We fast from incense in Lent.

The entrance hymn begins, and we gather by singing together as one of our opening acts of worship; this is something we do together, as a community. This is not just the act of an individual, but of all of us together. It unifies us, right from the beginning, which is why it is important to join in, even if you don’t think you can sing well – God doesn’t care how well you sing!

Hymn 401

1 The God of A - braham praise, who reigns en - throned a - bove;
 2 He by him - self hath sworn: we on his oath de - pend;
 3 There dwells the Lord, our King, the Lord, our Right - eous - ness,
 4 The God who reigns on high the great arch - an - gels sing,
 5 The whole tri - um - phant host give thanks to God on high;

1 An - cient of ev - er - last - ing days, and God of love;
 2 we shall, on ea - gle - wings up - borne, to heaven a - scend:
 3 tri - um - phant o'er the world and sin, the Prince of Peace;
 4 and "Ho - ly, ho - ly, ho - ly," cry, "Al - might - y King!
 5 "Hail, Fa - ther, Son, and Ho - ly Ghost!" they ev - er cry;

1 the Lord, the great I AM, by earth and heaven con - fessed:
 2 we shall be - hold his face, we shall his power a - dore,
 3 on Zi - on's sa - cred height his king - dom he main - tains,
 4 Who was, and is, the same, and ev - er - more shall be:
 5 hail, A - braham's Lord di - vine! With heaven our songs we raise;

we bow and bless the sa - cred Name for ev - er blest.
 and sing the won - ders of his grace for ev - er - more.
 and, glo - rious with his saints in light, for ev - er reigns.
 e - ter - nal Fa - ther, great I AM, we wor - ship thee."
 all might and ma - jes - ty are thine, and end - less praise.

Words: Thomas Olivers (1725-1799), alt. Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1875, alt.

The Acclamation and Summary of the Law

The Acclamation is a salutation or greeting in the opening dialogue of the eucharistic liturgy arranged by versicle and response and varied according to the liturgical season.

We continue in Lent with a summary of the Law of Moses, the Ten Commandments as summarized by Jesus.

The Presider says

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 our 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*

Confession of Sin

The Confession of Sin is an acknowledgment of sin, as in Psalm 51: "Against you only have I sinned and done what is evil in your sight." A general confession before receiving Holy Communion is a good practice: we are taught that we must examine our consciences before receiving Communion. In community, we acknowledge our own falling short — and the world's — of the goal of true amendment of life, and, sharing abundant peace with each other. As part of the deacon's role to direct the order of the assembly, the deacon bids and leads the Confession.

The Deacon says to the People

Let us confess our sins against God and our neighbor.

Silence may be kept.

Deacon and People together

**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 Absolution is a formal act by a bishop or priest pronouncing God's forgiveness of sins through Jesus Christ.

The Presider 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.**

All remain standing as able.

During Lent, in place of the Gloria, we sing or say the Kyrie Eleison, a simple prayer whose original Greek words mean Lord, have mercy; Christ, have mercy; Lord, have mercy.

Kyrie eleison Lord, have mercy

S 96

Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy.

Christ, have mer - cy. Christ, have mer - cy. Lord, -

Christ, have mer - cy. Christ, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy. Lord, -

Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy, have mer - cy.

Lord, have mer - cy, have mer - cy.

The image shows a musical score for two voices, likely soprano and alto, in G major (one sharp). The melody is simple and repetitive, with lyrics: "Lord, have mer - cy, have mer - cy." The score consists of two staves, each with a treble clef and a key signature of one sharp (F#). The music is in 4/4 time. The lyrics are written below the notes, with hyphens indicating syllables that span across notes.

Music: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Copyright © 1985 GIA Publications, Inc.

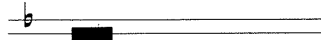
The Collect of the Day

The Collect of the Day is assigned in the Book of Common Prayer (pp. 211-261), one for each Sunday and Holy Day of the year.

This concludes the Entrance Rite and brings us to the Liturgy of the Word. It introduces the theme of the day from either the Gospel or the life of the Church and frames the conversation we will have in (and with) our readings. It collects our thoughts and intentions.

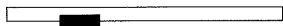
Chanting the liturgy came into use as churches became larger: chanting is easier on the voice than shouting.

Presider



The Lord be with you.

People



And also with you.

Presider



Let us pray.

Presider

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever.

People **Amen.**

§ *Please be seated.*

The Lessons

The Liturgy of the Word is based on ancient Jewish worship: we hear and learn about God's work in the world by listening to Lessons from Scripture. Scripture is read every time God's people gather for worship, whether for Eucharist or for the Daily Office, or for any other prayer service. We are a church grounded in the Word of God, the Holy Scriptures.

We are a church grounded in the Word of God, the Holy Scriptures.

We follow a three-year cycle of readings called a Lectionary which is a reading plan that goes through Hebrew Scripture, the psalms, the New Testament, and a Gospel lesson each Sunday.

This reading plan is shared by many denominations, and can be found in the Book of Common Prayer starting on p. 888.

The First Lesson is read, the Reader first saying

A Reading from the Book of Genesis.

Genesis 12:1-4a

The LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the LORD had told him; and Lot went with him.

After each Lesson the Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

Psalm 121 *Levavi oculos* (choir)

Chant: H. Walford Davies (1869-1941)

1 I lift up my eyes to the hills; *

from where is my help to come?

2 My help comes from the LORD, *

the maker of heaven and earth.

3 He will not let your foot be moved *

and he who watches over you will not fall asleep.

4 Behold, he who keeps watch over Israel *

shall neither slumber nor sleep;

5 The LORD himself watches over you; *

the LORD is your shade at your right hand,

6 So that the sun shall not strike you by day, *

nor the moon by night.

7 The LORD shall preserve you from all evil; *

it is he who shall keep you safe.

8 The LORD shall watch over your going out and your coming in, *
from this time forth for evermore.

The Second Lesson is read, the Reader first saying

A Reading from the Letter of Paul to the Romans.

Romans 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") — in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

The Reader may say

The Word of the Lord.

Answer **Thanks be to God.**

The Gospel reading highlights the Liturgy of the Word because it symbolizes the presence of Jesus the Christ. We stand to indicate the importance we place on Jesus' words and actions. This has been a tradition of Christian churches since at least the late 4th century. Proclaiming the Gospel is one of the liturgical roles of the deacon who carries the Gospel book closer to the people.

To introduce the Gospel in this penitential season of Lent, the choir sings a "Tract" or portion of a psalm.

We turn our bodies toward the gospel, as we hope to turn our hearts, minds, and lives toward the gospel as well. In the 9th century there is evidence that people made a sign of the cross on their foreheads at the gospel announcement. The gospel presence mirrors how Jesus and the Holy Spirit are present in the Liturgy of the Table in the Sacrament.

§ *Please stand as able when the Presider stands. The deacon begins to move to the place designated for the proclamation of the Gospel.*

Tract *Psalm 106: 1-5* (choir)

Tone VIII

- 1 Give thanks to the Lord, for he is good, *
for his mercy endures for ever.
- 2 Who can declare the mighty acts of the Lord *
or show forth all his praise?
- 3 Happy are those who act with justice *
and always do what is right!
- 4 Remember me, O Lord, with the favor you have for your people, *
and visit me with your saving help;
- 5 That I may see the prosperity of your elect
and be glad with the gladness of your people, *
that I may glory in your inheritance.

At the announcement of the Gospel, it is traditional for the deacon to make a small sign of the cross, using the thumb of the right hand, on the forehead, mouth and heart following the signing of the book. The people may sign themselves in the same way.

The Holy Gospel

John 3:1-17

The Deacon reads the Gospel, first saying

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

People Glory to you, Lord Christ.

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?"

“Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

The Gospel of the Lord.

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

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

The sermon is a personal reflection by the preacher on the Scripture readings, our current situation, and the Christian life.

The Sermon

The Rev. Canon Allisyn Thomas

§ *After a moment of silence, please stand as able for the Nicene Creed.*

The Nicene Creed

The Nicene Creed is a summary statement of Christian belief. It was adopted by the undivided church in the fourth century and is one of the oldest texts of Christian worship. These are the major points we agree upon as Christians, though we continue discussing what they mean. We pray it rather than merely saying it, because it is a statement of faith, a symbol of unity among all Christians throughout history.

(monotoned by 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.**

The Creed is followed by the Prayers of the People, one of the most ancient portions of our liturgy, dating back at least to the 2nd century. Prayer is the primary way we enter into those relationships as Christians, as we intercede for the whole world. Prayer is offered for the Universal Church, the Nation and all in authority, the welfare of the world, the concerns of the local community, those who suffer and those in any trouble, and the departed. It is the function of the deacon to bid or lead the prayers.

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, 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, migrants, 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.
People **Amen.**

The Peace is a sign of the reconciliation established by Jesus between God and God's people. It originated as the kiss of peace, and you are exchanging peace with your Christian siblings, the peace of Christ which passes all understanding.

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.

The Offertory

The Presider may begin the Offertory with one of the sentences on page 376 of the Book of Common Prayer or with some other sentence of Scripture.

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, anthem

God so loved the world
John Stainer (1840-1901)

God so loved the world that He gave His only-begotten Son, that whoso believeth in Him should not perish but have everlasting life. For God sent not His Son into the world to condemn the world, but that the world through Him might be saved. Amen.

[John 3:16-17]

During the Anthem, representatives of the congregation, the Oblation Bearers, bring the people's offerings, the oblations, of bread and wine to the deacon.

The ushers pass the offering plates or alms basins to the congregants. Collecting financial gifts, or passing the plate, serves as a visible reminder that our whole lives are offered to God, and a part of the riches God has given to us are offered back to God in thanksgiving for all that we have and all that we are.

The altar servers assist the Deacon setting the altar. The dressed chalice, the chalice with the corporal and purificator linens and square pall cover, is presented to the deacon who spreads the corporal on the altar before receiving the oblations from the people. Another acolyte brings the paten with gluten free wafers to be placed on the corporal.

We use wine as Jesus did and as he commanded us to do. The deacon pours wine from the cruet into the chalice. A little water is generally added to reduce the strength of the wine and to symbolize the water that poured out of Jesus' side after his death. We typically use vessels made from precious metals as a way of honoring the importance of communion; and the silver and gold used in most chalices don't harbor microbes. We use linen cloths on the altar in ways which are very similar to the way in which you might use linen napkins and tablecloths at a dinner party. Both scripture and Christian tradition often compare communion to a great heavenly banquet or feast of all the saints.

The Lavabo refers to the washing of hands prior to leading the Eucharistic Prayer. An acolyte pours water over the presider's fingers using the lavabo bowl and linen towel. An acolyte completes the preparation of the altar by putting the altar book and stand in place for the presider.

§ Please stand as able for the following hymn.

Offertory Hymn 707

1 Take my life, and let it be con - se - crat - ed, Lord, to thee;
2 Take my voice, and let me sing al - ways, on - ly, for my King;

take my mo - ments and my days, let them flow in cease - less praise.
take my in - tel - lect, and use ev - ery power as thou shalt choose.

Take my hands, and let them move at the im - pulse of thy love;
Take my will, and make it thine; it shall be no long - er mine.

take my heart, it is thine own; it shall be thy roy - al throne.
Take my - self, and I will be ev - er, on - ly, all for thee.

Words: Frances Ridley Havergal (1836-1879), alt. Music: *Hollingside*, John Bacchus Dykes (1823-1876).

The ushers present the money offering to the deacon and the presider may bless the offering and say "All things come from thee, O Lord," and the People may say "and of thine own have we given thee" from 2 Chronicles 29:14.

We enter the Remembering part of our service as we celebrate Jesus' words and actions of the night before he died. We call this whole last half of the service the Liturgy of the Table, or Holy Communion, or Eucharist. The word Eucharist means to "give thanks."

During the Eucharistic Prayer, we focus on the death and resurrection of Jesus which is the heart of the Christian faith. We recall his words to his disciples at the Last Supper, in which Christ commanded us to continue the tradition he was beginning. You will find the clearest expression of the meaning of communion by listening carefully to the words of the Eucharistic Prayer.

The one who presides over Eucharist is always an ordained person known as a presbyter or priest. In the earliest centuries of the church, the bishop, or chief pastor, would always preside, but soon the church grew too large for one person to do this. The bishop has since ordained and delegated priests to celebrate the Eucharist in each local congregation. The four-fold order of the ministry of bishops, priests, deacons, and lay people goes back to the beginnings of the church; that is why Episcopalians and others retain these orders to this day.

The Sursum Corda, Latin for "Lift up your hearts," is a phrase dating back to 215 A.D. and helps us to focus our attention on God's action coming to us.

The Presider continues with the Proper Preface which is seasonal and helps us to further focus on what is happening (BCP 377). It ends with the Sanctus (Holy, Holy, Holy, Holy Lord) which is a hymn dating back to the 4th Century based on writings of the Prophet Isaiah (and later St. John the Divine in the Revelation to John) in anticipation of the heavenly banquet.

§ Please remain standing as able for the Great Thanksgiving.

The Great Thanksgiving Eucharistic Prayer A

BCP 361

The musical notation consists of four staves, each with a treble clef and a key signature of one flat (B-flat). The lyrics are as follows:

Staff 1: *Presider* The Lord be with you. *People* And al - so with you.

Staff 2: *Presider* Lift up your hearts. *People* We lift them to the Lord.

Staff 3: *Presider* Let us give thanks to the Lord our God.

Staff 4: *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.

Here a Proper Preface is sung or said on all Sundays as appointed.

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 (Holy, holy, holy Lord) (*Presider and People*)

S 130

Ho - ly, ho - ly, ho - ly Lord, God of power and
might, Ho - ly, ho - ly, ho - ly Lord,
God of power and might, hea - ven and earth are
full, full of your glo - ry. Ho -
san - na in the high - est. Ho - san - na

The image shows a musical score for a hymn. It consists of three systems of music, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is two flats (B-flat and E-flat), and the time signature is 4/4. The lyrics are: "in the high - est. Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est." The music is written in a simple, homophonic style with block chords and moving lines.

Music: From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Copyright © 1985 GIA Publications, Inc.

The first part of the Eucharistic Prayer recalls the events of salvation history, and this is called Anamnesis, meaning 'remembering' or 'reminiscence.'

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.

The following Words of Institution recall Jesus' words at the Last Supper instructing the disciples to 'do this in remembrance of me.'

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 Words of Invocation called the 'Epiclesis' are where we ask the Holy Spirit to descend upon these gifts and upon us to make the bread and wine holy and to make us part of Christ's body. This 'validates' the Mass.

The Celebrant 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 **AMEN.**

The Great Amen, from the Hebrew meaning "so be it," is the only word in our Book of Common Prayer in all capital letters. We assent to and affirm what we've just heard.

The Lord's Prayer follows: it becomes the summation of our prayers to God in blessing the Bread and Wine and is also another way of affirming our heritage as the church. The link between our daily bread and the spiritual food we receive in the Eucharist is an ancient connection. In the Lord's Prayer we ask for daily bread, symbolizing that God's presence with us is also essential to our getting through the day.

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

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



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,
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.

In the Eucharist, the use of silence is active rather than passive and in this silence, we break the bread and recall the body of Christ broken for us. We may hear the sound of the bread breaking, too.

Fraction Anthem: Jesus, Lamb of God *Agnus Dei*

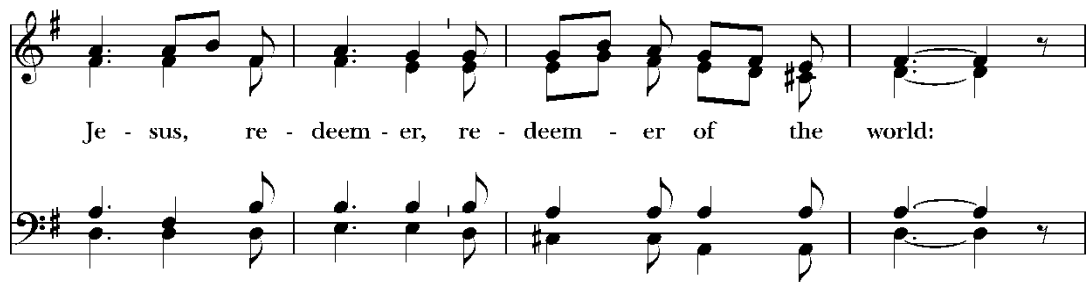
S 164



Je - sus, Lamb of God: have mer - cy on us.



Je - sus, bear - er of our sins: have mer - cy on us.



Je - sus, re - deem - er, re - deem - er of the world:



give us your peacc, give us your peacc.

Music: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Adaptation: Copyright © 1985 GIA Publications, Inc.

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.

The acolytes bring additional chalices and patens to the altar. The altar ministers divide the sacrament accordingly, and once the communion ministers receive communion, they move to their assigned stations to distribute. The ushers guide the people to the communion stations and lead the communion ministers to anyone in the congregation who is unable to come forward to receive.

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.

+ Laying on of hands for healing – for your own needs or for the needs of another person - is available during Communion at the healing station at the south wall near the pulpit.

The Bread and the Cup are given to the communicants with these words

*The Body (Blood) of our Lord Jesus Christ keep you in everlasting life. **Amen.***

or with these words

*The Body of Christ, the bread of heaven. **Amen.***

*The Blood of Christ, the cup of salvation. **Amen.***

The vergers monitor the distribution to ensure there is sufficient sacrament available. When necessary, the Celebrant consecrates additional bread and wine, using the form on BCP page 408.

At the Communion, Agnus Dei (*choir*) from *Missa Brevis* Bruce Neswick (b. 1956)

Agnus Dei, qui tollis peccata mundi, miserere nobis. Agnus Dei, qui tollis peccata mundi, miserere nobis. Agnus Dei, qui tollis peccata mundi, dona nobis pacem.

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

Anthem

The pilgrims' hymn
Stephen Paulus (1949-2014)

Even before we call on Your name
To ask You, O God,
When we seek for the words to glorify You,
You hear our prayer.
Unceasing love, O unceasing love,
Surpassing all we know.
Glory to the Father,
and to the Son,
And to the Holy Spirit.
Even with darkness sealing us in,
We breathe Your name,
And through all the days that follow so fast,
We trust in You.
Endless Your grace, O endless Your grace,
Beyond all mortal dream.
Both now and forever,
And unto ages and ages.
Amen.

As communion concludes, the vergers and acolytes respectfully take the communion vessels to the sacristy for sacristans to clean. The Lay Eucharistic Visitors come forward to the credence table to gather their portable communion kits which now contain sacrament from the mass. The altar is cleared, and the altar ministers return to their seats.

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

The Postcommunion Prayer

Postcommunion prayers date from the fourth century. This is a prayer of thanksgiving after communion that also seeks God's help for Christian service. This prayer expresses the transition of the Christian's attention from the mystery of sacramental participation to the engagement of Christian ministry. We move out to be God's hands and heart in the world. The eucharistic community is sent "into the world in peace" to love and serve God as witnesses of Christ.

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 Deacon may send forth the Lay Eucharistic Minister(s)

A Lay Eucharistic Visitor (LEV) may be licensed to go from a eucharist to share the sacrament with members of the congregation who were unable to be present at the celebration because of illness or infirmity.

§ *Please be seated for the announcements.*

Announcements

§ *Please stand as able for the Solemn Prayer.*

The Solemn Prayer over the People

In place of the usual blessing, during Lent the Deacon calls upon the people to "Bow down before the Lord" and the Presider offers a prayer which varies from week to week.

Deacon Bow down before the Lord.

The people bow and the Presider says

Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord.

People **Amen.**

Hymn 635

Unison or harmony



1 If thou but trust in God to guide thee, and hope in him through
 2 Sing, pray, and keep his ways un-swerv-ing; so do thine own part

all thy ways, he'll give thee strength what - e'er be - tide thee,
 faith - ful - ly, and trust his word, though un - de - serv - ing;

and bear thee through the e - vil days. Who trusts in God's un -
 thou yet shalt find it true for thee; God nev - er yet for -

chang - ing love builds on a rock that nought can move.
 sook in need the soul that trust - ed him in - deed.

Words: Georg Neumark (1621-1681); tr. Catherine Winkworth (1829-1878), alt. Music: *Wer nur den lieben Gott*, Georg Neumark (1621-1681).

The final act of our common worship is the Dismissal, another liturgical function of the deacon. It is not an afterthought, but an integral part of the service. The word "mass" comes from the Latin words "missa est"- "you are sent." Jesus' final action on earth was to send his followers into the world to make disciples, baptizing and teaching them to obey all that he commanded. This is what we are all called to do, to be a blessing to others.

The Dismissal

Deacon Let us bless the Lord.

People **Thanks be to God.**

Organ Voluntary

Ach Herr, mich armen Sünder
Dietrich Buxtehude (1637-1707)

§ *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 pray for a while.
Thank you.*

Everyone is invited to coffee hour in the Great Hall.

Ministers of the Liturgy

Presider: The Rev. Canon Richard Hogue, Jr.

Preacher: The Rev. Canon Allisyn Thomas

Deacon: The Rev. Michael Kilpatrick

Dean: The Very Rev. Penny Bridges

Healing: The Rev. Canon Milton Collins

Readers: Allen Mutchler, Margret Hernandez

Intercessor: Justin Lewis

Head Verger: Canon Lisa Churchill

Verger: Todd Hurrell

Altar Servers: Jeff Erwin, Stacey Klamann, Jairus Kleinert

Altar Guild: Rew Carne, Cherie Dean, Almira Fort, Jack Hayman, Todd Hurrell,
Phyllis Lengyel, Paula Peeling, Scott Strickland

ASL Interpreter: Cherie Dean

Head Usher: Canon Lucinda Parsons

Usher-in-Charge: Roxanne Perfect-Knight

Ushers: Bob Longstreth, Roberta Price, Tom Price, Bob Reed

Interim Choir Director: Seonjeong Park

Interim Organist: Michael Lawrence

Choir: The Cathedral Choir

Cathedral Audio: Craig Monsell

Audio/Visual Technicians: Charlie Calabria, Ty Cayatineto, Tom Merrick,
Lorenzo Nericcio, Mark Sanzi, Mike Thornburgh

The Instructed Eucharist texts are adapted from:

Michno, Dennis G. *A Priest's Handbook: The Ceremonies of the Church*. 2nd. ed. Morehouse-Barlow Co.:
Wilton, Conn., 1983.

---. *A Manual for Acolytes*. Morehouse Publishing. Harrisburg, PA, 1981.

Instructed Eucharist, St Andrew's Episcopal Church. Encinitas, CA, 2018.

St Andrew's Episcopal Church Instructed Eucharist. Pacific Beach, CA, 2024.

An Episcopal Dictionary of the Church; <https://www.episcopalchurch.org/glossary/>

LENT FORMATION OFFERINGS

Sunday Forum at 9 am, Six weeks, through March 22 in the Guild Room

“Seeking the Sacred in Our Day-to-Day World”

The season of Lent calls upon us to enter into a period of self-examination in which we face, hopefully with honesty and compassion, the nature of our relationship with God and the sacred within our midst. What gives us life? What distracts us? What are we missing as we go about our busy lives, often on autopilot? During this Lenten forum series, utilizing the wisdom found in *An Altar in the World, A Geography of Faith* by Barbara Brown Taylor, as well as the wisdom of those present, the Rev. Canon Allisyn Thomas will help guide our exploration to help us understand “no physical act is too earthbound or too humble to become a path to the divine.” While it is not necessary to have a copy of the book, it will help deepen the exploration.

Thursday Book Study at 6:30 pm, five sessions starting February 26, via Zoom

Trace: Memory, History, Race, and the American Landscape by Lauret E. Savoy.

Through personal journeys and historical inquiry, this PEN Literary Award finalist explores how America’s still unfolding history and ideas of “race” have marked its people and the land. In distinctive and illuminating prose that is attentive to the rhythms of language and landscapes, she weaves together human stories of migration, silence, and displacement, as epic as the continent they survey, with uplifted mountains, braided streams, and eroded canyons. Gifted with this manifold vision, and graced by a scientific and lyrical diligence, she delves through fragmented histories—natural, personal, cultural—to find shadowy outlines of other stories of place in America.

Moderators from across the diocese will lead discussions via Zoom on Thursday nights from **6:30 to 8 pm, February 26-March 26**. [Sign up \(Click here\)](#)

Five session Inquirers’ Class, Tuesdays at 7 pm, in person, starting February 24

What is an Episcopalian?

If you are new to the Episcopal Church or would like a refresher, join the cathedral clergy for our Lent series of classes. Classes will be in person from 7:00 to 8:00 pm on Tuesday evenings February 24-March 24. This class will prepare you to come before Bishop Susan for confirmation, or reception into the Episcopal Church, or reaffirmation of your baptism, at the Great Vigil of Easter on April 4. The class will be video-based, so there is no printed text to purchase. For more information contact one of the clergy or [SIGN UP \(Click here\)](#)

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 on our website.

Stations of the Cross, Fridays at 6 pm starting February 20

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/

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.*