

The Third Sunday in Lent

March 15, 2020

10:00 AM



The Holy Eucharist, Rite I

Celebrant & Preacher - The Very Reverend David Allard duPlantier, *Dean*

It is the tradition of the Episcopal Church to maintain silence in the worship area so that people may pray. Please help us preserve an atmosphere of quiet reverence before worship begins, remembering to turn pagers and cell phones off; let the music of the opening voluntary quiet your thoughts as you prepare for worship. Children, Kindergarten through 6th grade are invited to the Nursery for breakfast and the Good Shepherd Atrium for Christian Formation. They will join us in the cathedral at The Peace. An usher will be happy to assist you with directions.

The Word of God

OPENING VOLUNTARY ~ Prelude & Fugue in F Minor, Opus 7..... Marcel Dupré

When the bell sounds, please stand and join in singing

PROCESSIONAL HYMN #388 - O worship the King, all glorious above *Hanover*

A PENITENTIAL ORDER

Prayer Book, Page 319

Celebrant Bless the Lord who forgiveth all our sins.

People His mercy endureth for ever.

THE CONFESSION AND ABSOLUTION

Prayer Book, Page 320

Celebrant Let us humbly confess our sins unto Almighty God.

Silence may be kept

Most merciful God, we confess that we have sinned against thee
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved thee with our whole heart;
we have not loved our neighbors as ourselves.

We are truly sorry and we humbly repent.
For the sake of thy Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in thy will,
and walk in thy ways,
to the glory of thy Name. Amen.

LORD HAVE MERCY *Kyrie eleison*

Lord, have mer - cy up - on us. Lord, have mer - cy up -
on us. Lord, have mer - cy up - on us. Christ, have mer - cy up -
on us. Christ, have mer - cy up - on us. Christ, have mer - cy up -
on us. Lord, have mer - cy up - on us.
Lord, have mer - cy up - on us. Lord, have mer - cy up - on us.

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People And with thy spirit.

Celebrant Let us pray.

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

THE FIRST LESSON ~ Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Lector The Word of the Lord.

People Thanks be to God.

The choir sings

PSALM 95 *Venite, exultemus*

Setting by T. Tertius Noble

1 Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
3 For the Lord is a great God, *
and a great King above all gods.
4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.
5 The sea is his, for he made it, *
and his hands have molded the dry land.
6 Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
7 For he is our God,
and we are the people of his pasture

and the sheep of his hand. *
Oh, that today you would hearken to his voice!
8 Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.
9 They put me to the test, *
though they had seen my works.
10 Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."
11 So I swore in my wrath, *
"They shall not enter into my rest."

THE SECOND LESSON ~ Romans 5:1-11

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Lector The Word of the Lord.

People Thanks be to God.

Please stand.

The choir sings the

TRACT - Psalm 42:1-7 *Quemadmodum*

- | | | | |
|---|---|---|--|
| 1 | As the deer longs for the water brooks, * | | into the house of God, |
| | so longs my soul for you, O God. | 5 | With the voice of praise and thanksgiving, * |
| 2 | My soul is athirst for God, athirst for the living God; * | | among those who keep holy day. |
| | when shall I come to appear before the presence of God? | 6 | Why are you so full of heaviness, O my soul? * |
| 3 | My tears have been my food day and night, * | | and why are you so disquieted within me? |
| | while all day long they say to me, | 7 | Put your trust in God; * |
| | “Where now is your God?” | | for I will yet give thanks to him, |
| 4 | I pour out my soul when I think on these things: * | | who is the help of my countenance, and my God. |
| | how I went with the multitude and led them | | |

THE HOLY GOSPEL - John 4:5-42

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

People Glory be to thee, O Lord.

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you." Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him. Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor." Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

Deacon The Gospel of the Lord.

People Praise be to thee, O Christ.

THE SERMON

THE PEACE

Celebrant The peace of the Lord be always with you.
People And with thy spirit.

The Liturgy of the Table

ANTHEM

- | | |
|---|--|
| <p>1 Jesu, the very thought of thee
With sweetness fills the breast;
But sweeter far thy face to see,
And in thy presence rest.</p> <p>3 O hope of every contrite heart,
O joy of all the meek,
To those who ask how kind thou art,
How good to those who seek.</p> | <p>2 No voice can sing, no heart can frame,
Nor can the memory find
A sweeter sound than Jesus' name,
The saviour of mankind.</p> <p>4 But what to those who find? Ah! this
Nor tongue nor pen can show,
The love of Jesus, what it is
None but his loved ones know.</p> <p>5 Jesu, our only joy be thou,
As thou our prize wilt be,
In thee be all our glory now,
And through eternity.</p> |
|---|--|

Music: Melody: Gordon Slater (1896-1979), arr. Paul Halley (b. 1952)
Text: 12th century. Latin, translated by Edward Caswall

Please stand and sing

OFFERTORY HYMN #685 ~ Rock of ages, cleft for me *Top lady*

THE GREAT THANKSGIVING ~ Eucharistic Prayer I

SURSUM CORDA

Celebrant The Lord be with you. *People* And with thy spi - rit.

Celebrant Lift up your hearts. *People* We lift them up un - to the Lord.

Celebrant Let us give thanks un - to our Lord God.

People It is meet and right so to do.

SANCTUS & BENEDICTUS

Ho - ly, ho - ly, ho - ly, Lord God of

Hosts: Hea - ven and earth are full of thy glo - ry. Glo -

- ry be to thee, O Lord Most High. Bless - ed is he that com - eth
 in the name of the Lord. Ho - san - na in the high - est.

The people kneel or stand.

THE EUCHARISTIC CANON

Prayer Book, Page 334

THE LORD'S PRAYER

Prayer Book, Page 336

THE BREAKING OF THE BREAD

THE FRACTION ANTHEM

O Lamb of God, that ta - kest a -
 way the sins of the world, have mer - cy up -
 on us. O Lamb of God, that
 ta - kest a - way the sins of the world, have
 mer - cy up - on us. O Lamb of
 God, that ta - kest a - way the sins of the
 world, grant us thy peace.

THE PRAYER OF HUMBLE ACCESS

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

THE INVITATION TO AND DISTRIBUTION OF HOLY COMMUNION

All persons are welcome at the Lord's table; to receive Holy Communion or a Blessing. Baptized Christians of all ages and denomination may receive the elements. To receive a blessing rather than the elements, cross your arms over your chest as you kneel at the altar rail. To receive communion please hold out your crossed hands, open palms up, for the bread, and then help guide the chalice to your lips to receive the wine; cross your arms over your chest if you do not wish to receive the wine. Please blot lipstick before drinking from the chalice. You may also allow the chalice minister to dip the bread into the wine and place it on your tongue and it is permissible to receive only the bread if you like.

ANTHEM

Like as the hart desireth the waterbrooks, so longeth my soul after thee, O God. My soul is athirst for God, yea, even for the living God. When shall I come to appear before the presence of God? My tears have been my meat day and night, while they daily say unto me: Where, where is now thy God?

Words: Psalm 42
Music: Herbert Howells (1892-1983)

Please join in singing

HYMN #309 - O Food to pilgrims given *O Welt, ich muss dich lassen*

Please join in saying

POST-COMMUNION PRAYER

Prayer Book, Page 339

SOLEMN PRAYER OVER THE PEOPLE

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. *Amen.*

WELCOME AND ANNOUNCEMENTS

HYMN #690 - Guide me, O thou great Jehovah..... *Cwm Rhondda*

THE DISMISSAL

People Thanks be to God.

CLOSING VOLUNTARY

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The Mass setting is from *Missa de Sancta Maria Magdalena* by Healey Willan (1880-1968), reprinted from *the Hymnal 1982*. Tract - from *Gradual Psalms for the Revised Common Lectionary*, ed. Bruce E. Ford. Church Publishing Incorporated. All rights reserved. Used by permission.

ANNOUNCEMENTS

Save the dates

- Sunday, April 12 - Easter Day

Church considerations during Flu Season - Cathedral members are asked to stay home if experiencing flu-like symptoms. A priest is always available upon request to make home communion visits. When exchanging the Peace, it is always appropriate to do so with a greeting and nod, or by exchanging a greeting by touching closed fists. It is also at everyone's discretion to refrain from shaking hands with the Clergy/others at the conclusion of the services. Our theology underscores that if you prefer not to receive wine from the Chalice, the full Eucharistic Presence is contained in the bread alone. If you feel more comfortable simply receiving a blessing at the Altar rail, that is perfectly acceptable as well.

The Annual Meeting takes place after the 10:00 Eucharist. If you are a voting member of Christ Church Cathedral, we ask that you make every effort to attend.

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BULLETIN INSERTS

March 15, 2020 – Lent 3 (A)

Life Transformed: The Way of Love in Lent - Learn

Drawing on the ancient practice of setting aside Lent as a period of study and preparation for living as a Christian disciple, we are pleased to present weekly teachings from *Life Transformed: The Way of Love in Lent*. Learn more at episcopalchurch.org/life-transformed.

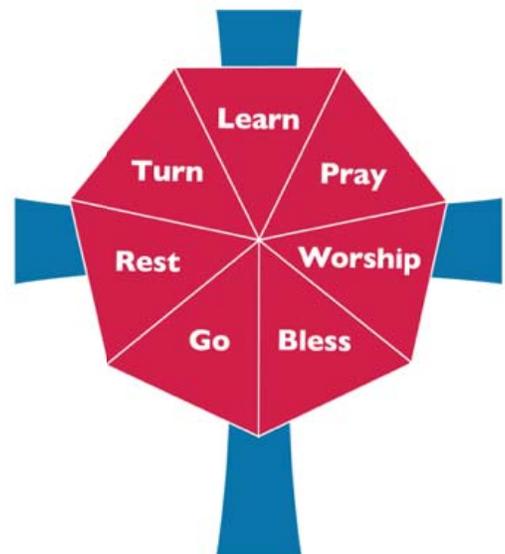
READ Proverbs 8:1-8; 19-21; 9:4b-6

Lent has always been the traditional time of study and growth for those who seek to follow Jesus' way and *learn* his life and teachings. As Christians, we are invited to continue to grow in our knowledge and love of God. Remember, Episcopal tradition holds that we never really “arrive” in our journey with God.

This passage from the Book of Proverbs echoes the blessing we pray over every newly baptized Christian that the person might have an “inquiring and discerning heart” (Book of Common Prayer, p. 308). In this passage, wisdom is personified as a woman crying out for people at the crossroads of the city to hear the gift of life she offers. In the Bible, wisdom is an active and powerful force present even at the beginning of the world. She does not want anyone to be left without knowledge of God and refuses to deny God's love to anyone who is willing to learn. However, gaining wisdom is not simply studying a book or memorizing a few facts. Wisdom goes beyond mere knowledge into action. We cannot be considered wise if we do not act in accordance with what we have learned. Wisdom demands integrity. Wisdom calls us to “lay aside immaturity, and live, and walk in the way of insight” (Proverbs 9:6).

The baptismal blessing over the water notes that “the Holy Spirit moved over the waters at creation” (Genesis 1:2). Wisdom is often equated with the Holy Spirit herself. In other words, every part of this earth is created with some element of the powerful gift of wisdom. One method for us to practice learning is to sit at the feet of Jesus, our great teacher in wisdom, and learn his way through regular meditation on the Scriptures. Through him, we can access the wisdom that fills all of creation and already lives in each one of us.

REFLECT: When we are dedicated to learning more about God's wisdom through relationship with Jesus and with others, we open ourselves up to God's holy word made manifest in all with whom we come in contact. How often do you spend time reading the Bible? What wisdom have you gleaned from its pages?



THE WAY OF LOVE
Practices for Jesus-Centered Life

EPISCOPAL DIOCESE OF LOUISIANA

The Right Reverend Morris K. Thompson, Jr., *Bishop*

CHRIST CHURCH CATHEDRAL

The Very Reverend David A. duPlantier, *Dean*

The Reverend Canon Steven M. Roberts

Mr. Jarrett R. Follette, *Canon Precentor*

The Reverend David B. Lowry, *Theologian in Residence*

The Reverend Travers C. Koerner, *Priest Associate*

The Reverend Dr. Minka Shura Sprague, *Priest Associate*

The Reverend Bridget K. Tierney, *Director of Advent House*

Dr. G. Marc Loudon, *Assistant Organist*

Ms. Lisa Wilkie, *Parish Administrator*

Ms. Lisa Sibal, *Executive Assistant to the Dean*

Mr. James Jennings, *Sexton*

Mr. Daniel Terrebonne, *Parish Secretary*

Ms. Dorothy Phillips, *Sunday Sexton*

VESTRY

2020

Alan Brackett (Senior Warden), Laura Brown (Secretary),
Karen Whitfield

2021

John Sibal (Junior Warden), Jethro Celestin, Borden Wallace

2022

Justin Allen, Melissa Montero,
Jennifer O'Brien-Brown (Treasurer)

2023

Les Leathem, Charles Meade, Judson Mitchell



Sunday Morning 10 AM Eucharist
Live Broadcast on WGSO 990 AM Radio.
Online streaming and downloadable
podcast at www.wgso.com

THE WEEK OF MARCH 15, 2020

SUNDAY

10:00 AM The Holy Eucharist, Rite II (Sung)

MONDAY

12:00 PM Al-Anon Meeting (Dean's Parlor)

12:15 PM The Holy Eucharist (Chapel)

1:00 PM Advent House Book Club

5:30 PM Bodytime Bootcamp (Stuart Hall)

6:00 PM Crucifixion Book Study (Advent House)

TUESDAY

9:30 AM Staff Meeting (Westfeldt Room)

12:15 PM The Holy Eucharist (Chapel)

5:30 PM Yoga in the Cathedral

5:30 PM Bodytime Bootcamp (Stuart Hall)

7:00 PM Lenten Book Study (Dean's Parlor)

WEDNESDAY

11:30 AM Contemplative Prayer (Advent House)

12:15 PM The Holy Eucharist (Chapel)

1:00 PM Education for Ministry (Westfeldt Room)

1:30 PM Study with the Theologian in Residence

7:00 PM Choir Rehearsal

THURSDAY

10:00 AM Cathedral Tours

12:00 PM Alcoholics Anonymous (*Women Only*)

12:15 PM The Holy Eucharist (Chapel)

5:30 PM Bodytime Bootcamp (Stuart Hall)

FRIDAY

12:15 PM The Holy Eucharist (Chapel)

SATURDAY

9:30 AM The Holy Eucharist (Chapel)

9:30 AM Centering Prayer (AH)

10:00 AM Erascism (Westfeldt Room)

SUNDAY

8:00 AM The Holy Eucharist (1928 Prayer Book)

10:00 AM The Holy Eucharist, Rite I (Sung)

10:00 AM Children's Church (Dean's Parlor)

11:15 AM Middle/High School Class (Dean's Parlor)

6:00 PM Real Presence

CHRIST CHURCH CATHEDRAL

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Please remember Christ Church Cathedral in your will.