

The Cathedral Church of All Saints



The Third Sunday in Lent

March 3, 2024

Welcome!

We enter the holy season of Lent. A time of 40 days to reflect on, and renew ourselves in, our journey of faith, Through Lent we follow the path that Jesus took in the last days of his earthly life. Please, stay awhile. Get to know us better. No matter who you are, or where you are on life's journey, you are welcome here.

We at All Saints Cathedral Church, are a diverse lot, from many Christian backgrounds, non-Christian backgrounds, and no faith backgrounds. We come for Christian community, to find God in relationships with neighbours and new friends. We come for lessons from the incredible life of Jesus Christ. We come for spiritual rest, time to think, pray, and center on God, for comfort in hard times, and gratitude in good times. We come to serve God, each other, and the world. We're not perfect. We trust in God's gentle grace and unconditional love. We seek meaning for the life God has gifted us.

You are invited to God's table to receive communion (gluten free wafers are available). We welcome you, no matter who you are, or what you look like, or what labels the world puts on you. We welcome you if, like us, you struggle with flaws and imperfection but have a loving spirit and strive to let the light of Jesus shine within you and then to share it with others. We dare to welcome all because God, and not any human authority, extends this gracious invitation. If you wish not to receive Holy Communion you may still come forward for a blessing, simply fold your arms across your chest to receive a blessing. You are also welcomed to remain seated during this time.

In this leaflet, you will find most everything you need to follow along throughout the service. Whether you have been attending the Cathedral Church your whole life or this is your first time here, you are invited to participate in the service as fully as you feel comfortable doing and are able to.

Blessings,

The Very Rev. Paul Smith, Rector,
and Dean of the Cathedral Church of All Saints

The Holy Eucharist

Territorial Acknowledgement

Celebrant: We acknowledge that we are in Mi'kma'ki , the ancestral and unceded territory of the Mi'kmaq People. This territory is covered by the "Treaties of Peace and Friendship" which Mi'kmaq and Wolastoqiyik (Maliseet) People first signed with the British Crown in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wolastoqiyik (Maliseet) title and established the rules for what was to be an ongoing relationship between nations.

Choral Introit *O Come, Let Us Sing Unto the Lord.* Tone II.1

Antiphon: The goodness of God leadeth to repentance: O come, let us worship.

1 O come, let us sing unto the Lord: let us heartily rejoice in the strength of our salvation.

2 Let us come before his presence with thanksgiving, and show ourselves glad in him with psalms.

3 For the Lord is a great God, and a great King above all gods.

4 In his hand are all the corners of the earth: and the strength of the hills is his also.

5 The sea is his, and he made it: and his hands prepared the dry land.

6 O come, let us worship, and fall down, and kneel before the Lord our Maker.

7 For he is the Lord our God; and we are the people of his pasture, and the sheep of his hand. Antiphon.

Opening Hymn: # 474 *Jesus, Where'er Thy People Meet*
WARRINGTON

The Gathering of the Community

Celebrant The grace of our Lord, Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

People **And also with you.**

Celebrant Almighty God,
All **to you all hearts are open, all desires known,
and from you no secrets are hidden.**

**Cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you, and worthily magnify
your holy name; through Christ our Lord. Amen.**

Kyrie (Sung by the choir) *Short Communion Service*

A. Batten (c.1591-1637)

The Collect

Celebrant Let us pray.

All **God of mercy,
alone we have no power
in ourselves to help ourselves.
When we are discouraged by our weakness,
strengthen us to follow Christ,
our pattern and our hope;
who lives and reigns with you and the Holy Spirit,
one God, now and forever.
Amen**

The Proclamation of the Word

The First Reading

Reader A reading from the book of Exodus [20:1-17]

Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to

the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

Reader The word of the Lord.

People **Thanks be to God.**

Psalm 19 (Read Responsively)

The heavens declare the glory of God,
and the firmament shows his handiwork.

**One day tells its tale to another,
and one night imparts knowledge to another.**

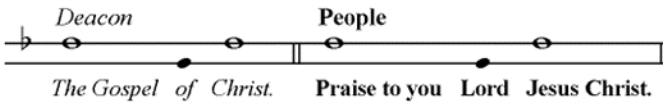
Although they have no words or language,
and their voices are not heard,
**their sound has gone out into all lands,
and their message to the ends of the world.**

In the deep has he set a pavilion for the sun;
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.
**It goes forth from the uttermost edge of the heavens
and runs about to the end of it again;
nothing is hidden from its burning heat.**

The law of the Lord is perfect and revives the soul;
the testimony of the Lord is sure and gives wisdom to the innocent.

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. He told those who were selling the doves, ‘Take these things out of here! Stop making my Father’s house a market-place!’ His disciples remembered that it was written, ‘Zeal for your house will consume me.’ The Jews then said to him, ‘What sign can you show us for doing this?’ Jesus answered them, ‘Destroy this temple, and in three days I will raise it up.’ The Jews then said, ‘This temple has been under construction for forty-six years, and will you raise it up in three days?’ But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

At the conclusion of the Gospel, the Deacon says/sings



Gospel Recessional v. 3

Homily

The Apostles’ Creed

Celebrant Let us confess the faith of our baptism, as we say,

**I believe in God,
the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.**

**He will come again
to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

The Prayers of the People

Confession and Absolution

Celebrant Dear friends in Christ,
God is steadfast in love and infinite in mercy;
God welcomes sinners
and invites us to this table.
Let us confess our sins,
confident in God's forgiveness.

Silence is kept.

Celebrant Most merciful God,
All 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 neighbours 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.

Celebrant Almighty God have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in eternal life;
through Jesus Christ our Lord.

People Amen.

The Peace

The presiding celebrant addresses the people.

The peace of the Lord be always with you.

People And also with you.

Preparation Hymn # 533 *Jesus, Lover of My Soul* ABERYSTWYTH

The Celebration of the Eucharist



Today we gratefully acknowledge the bulletin and the Wine and Hosts are offered in loving memory of James Wood from Joan and the Family.

The Prayer over the Gifts

When the altar has been prepared,

All God our provider,
you have not fed us with bread alone,
but with words of grace and life.
Bless us and these your gifts,
which we receive from your bounty,
through Jesus Christ our Lord. Amen.
Evangelical Lutheran Worship (2006)

Supplementary Eucharistic Prayer 3

Celebrant *People*
The Lord be with you. And also with you.

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

Celebrant
Let us give thanks to the Lord our God.

People
It is right to give our thanks and praise.

Celebrant

It is indeed right to thank you and praise you,
holy and gracious God,
creator of all things,
ruler of heaven and earth, sustainer of life,
for you are the source of all goodness,
rich in mercy and abounding in love;
you are faithful to your people in every generation,
and your word endures for ever.

Therefore with angels and archangels,
with the fellowship of saints
and the company of heaven,
we glorify your holy name,
evermore praising you and singing,

Sanctus (Sung by the Choir) *Missa Secunda*

H. L. Hassler

Celebrant

We praise you, merciful Father,
not as we ought, but as we are able,
because in your tender love
you gave the world your only Son,
in order that the world might be saved through him.
He made you known by taking the form of a servant,
healing the sick, liberating the oppressed,
reaching out to the lost.

Betrayed, forsaken, and nailed to the cross,
he confronted the power of sin
and disarmed it for ever.
In his offering of himself,
he became the perfect and sufficient sacrifice
for the sins of the whole world.
Redeemed by Christ,
we have been adopted as your children;
by your pardon
you have made us worthy to praise you.

On the night he was betrayed,
Jesus, at supper with his friends,

took bread, gave you thanks, broke the bread,
gave it to them, and said, "Take and 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."

In obedience to him and with grateful hearts
we approach your holy table,
remembering our Saviour's sacrifice,
and rejoicing in his victory.
Confident in his sovereign purpose,
we declare our faith.

All

**Christ has died,
Christ is risen,
Christ will come again.**

Celebrant

Send your Holy Spirit on us
that as we receive this bread and this cup
we may partake of the body and blood
of our Lord Jesus Christ,
and feed on him in our hearts
by faith with thanksgiving.
May we be renewed in his risen life,
filled with his love,
and strengthened in our will to serve others;
and make of our lives, we pray,
a pure and holy sacrifice, acceptable to you,
knitting us together as one in your Son Jesus Christ,
to whom, with you and the Holy Spirit,
be all honour and glory, now and forever.

All



Celebrant

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

All

**Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power, and the glory,
for ever and ever. Amen.**

The Breaking of the Bread

The celebrant breaks the consecrated bread for distribution

Celebrant: Look, the body of Christ is broken
for the life of the world.

All: **Here is Christ coming to us in bread and wine.**

Celebrant The gifts of God for the People of God.

All **Thanks be to God.**

*All are invited to come forward to the center aisle to receive the bread,
or a blessing. (Gluten-free bread is available from the server).
We also administer the wine of the Eucharist. If you wish to receive,
please take a cup from the table; you may leave the cup in the tray as you
return to your seat.*

A Prayer for Spiritual Communion (for prayer by those at home) *

My Jesus, I believe that you are truly present in the Blessed Sacrament of the altar. I desire to offer you praise and thanksgiving as I proclaim your resurrection. I love you above all things, and long for you in my soul. Since I cannot receive you now in the sacrament of your Body and Blood, come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come.
Amen

**Based on a prayer by St. Alphonsus Liguori (1696-1787) used at the 2020 Easter celebration at The Episcopal Cathedral Church of Saint Peter and Saint Paul (Washington National Cathedral)*

Agnus Dei (Sung by Choir) *Missa Secunda* H. L. Hassler

Communion Anthem *God So Loved the World*
B. Chilcott (b.1955)

*God so loved the world that he gave his only begotten son
that whoso believeth in him should not perish but have everlasting life.*

Communion Hymn # 605 *Have Mercy, Lord on Us* ST. B RIDE

Prayer after Communion

Celebrant Let us pray.

All Compassionate God,
you have fed us with the bread of heaven.
Sustain us in our Lenten pilgrimage;
may our fasting be hunger for justice;
our alms, a making of peace;
and our prayer, the song of grateful hearts;
through Jesus Christ, our Saviour and Lord. Amen.
Evangelical Lutheran Worship (2006)

Then the following doxology may be said.

Celebrant Glory to God,

All

**whose power, working in us,
can do infinitely more
than we can ask or imagine.
Glory to God from generation to generation,
in the Church and in Christ Jesus,
for ever and ever. Amen.**

Blessing

Celebrant

Go forth into the world in peace;
be of good courage;
hold fast that which is good;
render to no one evil for evil;
strengthen the faint hearted;
support the weak;
help the afflicted;
honour everyone;
love and serve the Lord,
rejoicing in the power of the Holy Spirit;
and the blessing of God Almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

Closing Hymn # 616 *Father of Heaven, Whose Love Profound*
RIVAULX

Choral Benediction

*God of power, the glory of your works fills us with wonder and awe.
Accept our offering this day, and help us to live in peace and harmony
with all your creation, for the sake of Jesus Christ our Lord. Amen.*

Dismissal *by the Deacon*

Postlude *Fugue in F Minor J. S. Bach (BWV 534)*

*As part of our Covid Protocols we dispensed with the practice of passing collection plates throughout the congregations. You will find offering plates at the front and side entrance of the Cathedral. We also have installed touchless “Tap” devices at the main entrance, or you may make electronic donations using the digital QR code below.



Thank you for your support of our Cathedral’s ministries