

The Holy Eucharist

THE THIRD SUNDAY IN LENT • 19 MARCH 2017 • II:00 AM

Ask an usher about child care and Sunday school, hearing assistance devices, or large-print leaflets. Restrooms are located on the lower level corridor. Please silence any audible electronics and refrain from taking video or photos during the service.

VOLUNTARY

Lamento

Augustin Barié

The Gathering

The people stand as the procession enters.

INTROIT

Sung by the choir.

Samuel Wesley

(Psalm 22:22-30; see BCP p.610 for text.)

HYMN 686

Sung by all, standing.

Nettleton



1 Come, thou fount of e - very bless - ing, tune my heart to sing thy grace!
2 Here I find my great - est trea - sure; hith - er, by thy help, I've come;
3 Oh, to grace how great a deb - tor dai - ly I'm con - strained to be!



1 Streams of mer - cy nev - er ceas - ing, call for songs of loud - est praise.
2 and I hope, by thy good plea - sure, safe - ly to ar - rive at home,
3 Let thy good - ness, like a fet - ter, bind my wan - dering heart to thee:



1 Teach me some me - lo - dious son - net, sung by — flam - ing tongues a - bove.
2 Je - sus sought me when a stran - ger wan - dering from the fold of God;
3 prone to — wan - der, Lord, I feel it, prone to — leave the God I love;



1 Praise the mount! Oh, fix me on it, mount of God's un - chang - ing love.
2 he, to res - cue me from dan - ger, in - ter - posed his pre - cious blood.
3 here's my heart, oh, take and seal it, seal it for thy courts a - bove.

text: Robert Robinson (1735-1790), alt.; music: melody from A Repository of Sacred Music, Part II, 1813; harm. Gerre Hancock (b. 1934)

OPENING ACCLAMATION

Presider Blessed be the God of our salvation.

People Who bears our burdens and forgives our sins.

THE CONFESSION OF SIN

The people may kneel or stand.

Presider Let us confess our sins to God.

All God of all mercy, we confess that we have sinned against you,
opposing your will in our lives.

We have denied your goodness
in each other, in ourselves,
and in the world you have created.

We repent of the evil that enslaves us,
the evil we have done, and the evil done on our behalf.

Forgive, restore, and strengthen us through our Savior Jesus Christ,
that we may abide in your love
and serve only your will. Amen.

The presider pronounces God's absolution.

The people stand.

KYRIE ELEISON

Sung in Greek.

Leo Sowerby

Choir Lord, have mercy. Christ, have mercy. Lord, have mercy. *Communion service in C*

THE COLLECT OF THE DAY

Presider May God be with you.

People **And also with you.**

Let us pray. Almighty God, you know that we have no power in 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 lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The Word of God

THE FIRST READING

The people sit.

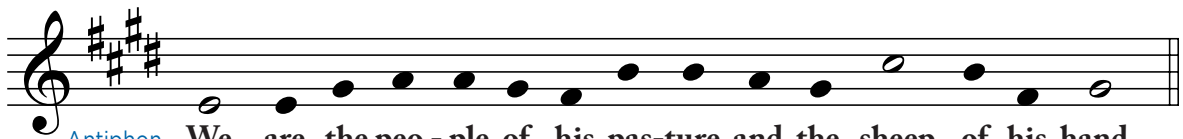
Exodus 17:1-7

Reader The Word of the Lord.

People **Thanks be to God.**

PSALM 95: 1-2, 6-11

The people remain seated. The choir sings the antiphon, then all repeat. Richard Wayne Dirksen



Antiphon **We are the peo - ple of his pas-ture and the sheep of his hand.**

Choir Come, let us sing to the LORD; *

let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving *

and raise a loud shout to him with psalms.

Come, let us bow down, and bend the knee, *

and kneel before the LORD our Maker.

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!

All **We are the people of his pasture and the sheep of his hand.**

Harden not your hearts, as your forebears did in the wilderness, *

at Meribah, and on that day at Massah, when they tempted me.

They put me to the test, *

though they had seen my works.

Forty years long I detested that generation and said, *

“This people are wayward in their hearts; they do not know my ways.”

So I swore in my wrath, *

They shall not enter into my rest.”

All **We are the people of his pasture and the sheep of his hand.**

THE SECOND READING

Romans 5:1-11

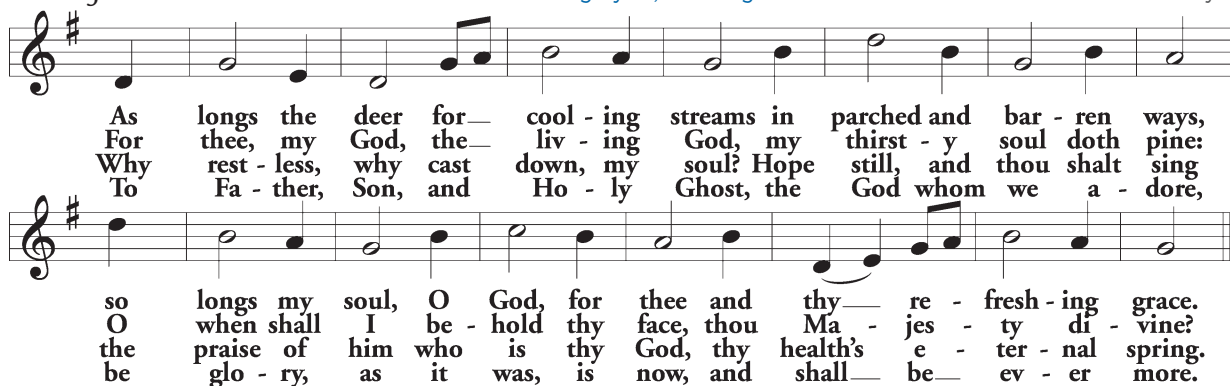
Reader The Word of the Lord.

People **Thanks be to God.**

HYMN 658

Sung by all, standing.

Martyrdom

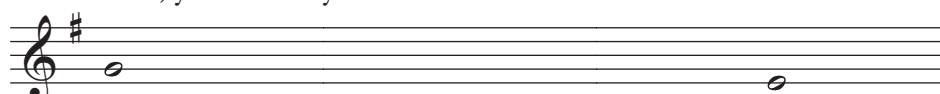


text: New Version of the Psalms of David, 1696, alt.; para. Psalm 42:1-7; music: melody and bass Hugh Wilson (1764-1824); adapt. and harm. Robert Smith (1780-1829)

THE HOLY GOSPEL

John 4:5-42

Choir Lord, you are truly the savior of the world



People give me living water that I may never thirst a-gain.

Before the Gospel The Holy Gospel of our Savior Jesus Christ according to John.

All Glory to you, Lord Christ.

After the Gospel The Gospel of the Lord.

All Praise to you, Lord Christ.

THE HOMILY

The people sit.

The Very Rev. Dr. Malcolm C. Young
Dean

A period of silence may follow.

THE NICENE CREED

The people stand.

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,
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 PRAYERS OF THE PEOPLE

After each petition **Lord, hear our prayer.**

The presider adds a concluding collect.

THE PEACE

Presider The peace of Christ be always with you.

All **And also with you.**

WELCOME

The Holy Communion

OFFERTORY SENTENCE

An offering will be received for the ministries of Grace Cathedral. Thank you for your generosity.

ANTHEM

Aaron Copland

Choir Shall we gather by the river, where bright angels' feet have trod, with its crystal tide forever flowing by the throne of God. Yes we'll gather by the river, the beautiful, the beautiful river, gather with the saints by the river that flows by the throne of God. Soon we'll reach the shining river, soon our pilgrimage will cease, soon our happy hearts will quiver with the melody of peace. Yes we'll gather by the river, the beautiful, the beautiful river, gather with the saints by the river that flows by the throne of God, that flows by the throne of God.

The people stand as representatives of the congregation bring the people's offerings of bread, wine, and money to be placed on the Altar.

THE GREAT THANKSGIVING

Presider The Lord be with you.

All **And also with you.**

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

Presider, continuing 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

Sung by all.

Plainsong

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.

Blessed is he who comes in the Name of the Lord: Ho - san - na in the high - est. ———

Presider, continuing Therefore we proclaim the mystery of faith:

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

Presider, continuing Through Christ, and with Christ, and in Christ, in the unity of the Holy Spirit, all honor and glory is yours, almighty Father, now and for ever.

All AMEN.

THE LORD'S PRAYER

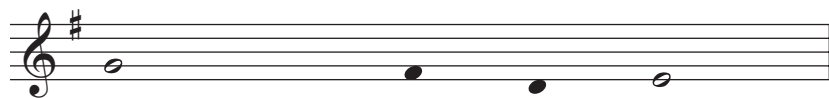
Presider As our Savior Christ has taught us, we now pray,



Our Fa - ther in hea - ven, hal - lowed be your Name,
your king - dom come, your will be done, on earth as in hea - ven.
Give us to - day our dai - ly bread. For - give us our sins
as we for - give those who sin a - gainst us.
Save us from the time of tri - al, and de - liv - er us from e - vil.
For the king - dom, the pow'r, and the glo - ry are yours,
now and for ev - er. A - men.

THE BREAKING OF THE BREAD The Bread is broken. Silence follows.

Choir Christ our Passover is sacrificed for us;



A single musical staff with a treble clef and a key signature of one sharp (F#). The melody consists of four notes: G4, A4, B4, and C5, each followed by a whole rest.

People **Therefore let us keep the feast.**

INVITATION TO COMMUNION

The presider invites the people to come forward for Communion. All who seek God and are drawn to Christ are welcome at God's table. Gluten-free Communion wafers are available on request at the north altar rail. For a variety of reasons, it is our custom to consume the Bread and sip the Wine directly from the cup. You are invited to guide the cup by grasping its base. If you choose not to receive either the Bread or the Wine, simply cross your arms over your chest and respond "Amen" when it is presented.

Ministers are available for shared prayer for healing in front of the Spanish Cross by the Chapel of Grace on the California Steet side of the Cathedral.

AGNUS DEI

Sung in Latin.

Sowerby

Choir Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: grant us peace.

MOTET

Bob Chilcott

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

—John 3:16

POSTCOMMUNION PRAYER After all have received Communion, the people stand.

Presider Let us pray.

All Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son and heirs of your eternal kingdom.

And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord.

To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

HYMN 540

Sung by all, standing.

Dir, dir, Jehovah

A wake, thou Spi rit of the watch men
 O Lord, now let thy fire en kin dle
 Send forth, O Lord, thy strong E van gel

who nev er held their peace by day or night,
 our hearts, that ev ery where its flame may go,
 by man y mes sen gers, all hearts to win;

con tend ing from the walls of Zi on
 and spread the glo ry of re demp tion;
 make haste to help us in our weak ness;

a gainst the foe, con fid ing in thy might.
 till all the world thy sav ing grace shall know.
 break down the realm of Sa tan, death, and sin:



Through out the world their cry is ring ing still,
 O har vest Lord, look down on us and view
 the cir cle of the earth shall then pro claim
 and bring ing peo ples to thy ho ly will.
 how white the fields; the la bor ers, how few!
 thy king dom, and the glo ry of thy Name.

text: Karl Heinrich von Bogatzky (1690-1774); tr. Arthur William Farlander (898-1952) and Charles Winfred Douglas (1867-1944);
 music: melody from Hamburger Musikalisches Handbuck, 1690

THE PRAYER OVER THE PEOPLE

Deacon Let us bow down before the Lord.
All may kneel; silence is kept.

Look mercifully on this your family, Almighty God, that by your great goodness we may be governed and preserved evermore; through Christ our Lord. **Amen.**

THE DISMISSAL

All may stand.

Deacon Let us go forth in the name of Christ.
All Thanks be to God.

VOLUNTARY

Toccata

Barié



Serving the assembly:

- Presider The Rev Jude Harmon, Director of Innovative Ministries
- Homilist The Very Rev. Dr. Malcolm C. Young, Dean
- Deacon The Rev. Ken Parris, Assisting Clergy
- Lay Assistant Dorothy Tsuruta
- Readers George Carlson
Brandy Bartosh
- Musicians The Cathedral Choir of Men and Boys
Benjamin Bachmann, The Diana Dollar Knowles Canon Director of Music
David Hatt, Interim Organist
Clare Simmons, Volunteer Carillonneur

The Readings

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?"

ROMANS 5:1-11

Therefore, 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.

JOHN 4:5-42

So he 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."

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