

ST. PAUL'S
EPISCOPAL CATHEDRAL

The Fourth Sunday in Lent

Choral Eucharist

Sunday, March 14, 2021 Ten o'clock in the morning

Organ Voluntary

A PENITENTIAL ORDER

BCP page 351

Celebrant Bless the Lord who forgives all our sins.

People **God's mercy endures for ever.**

THE DECALOGUE

BCP p. 350

All kneel as able

Celebrant Hear the commandments of God to his people: I am the Lord your God who brought you out of bondage. You shall have no other gods but me.

People **Lord, have mercy upon us, and incline our hearts to keep this law.**

Celebrant You shall not make for yourself any idol.

People **Lord, have mercy upon us, and incline our hearts to keep this law.**

Celebrant You shall not invoke with malice the Name of the Lord your God.

People **Lord, have mercy upon us, and incline our hearts to keep this law.**

Celebrant Remember the Sabbath Day and keep it holy.

People **Lord, have mercy upon us, and incline our hearts to keep this law.**

Celebrant Honor your father and your mother.

People **Lord, have mercy upon us, and incline our hearts to keep this law.**

<i>Celebrant</i>	You shall not commit murder.
People	Lord, have mercy upon us, and incline our hearts to keep this law.
<i>Celebrant</i>	You shall not commit adultery.
People	Lord, have mercy upon us, and incline our hearts to keep this law.
<i>Celebrant</i>	You shall not steal.
People	Lord, have mercy upon us, and incline our hearts to keep this law.
<i>Celebrant</i>	You shall not be a false witness.
People	Lord, have mercy upon us, and incline our hearts to keep this law.
<i>Celebrant</i>	You shall not covet anything that belongs to your neighbor.
People	Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant

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 other commandment greater than these."

THE CONFESSION

BCP page 352

The Deacon says

Let us confess our sins against God and our neighbor.

Silence may be kept

In unison

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

BCP page 353

The Priest stands and 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. **Amen.**

Kyrie

S86

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e
e - le - i - son. Chri - ste e - le - i - son. Chri - ste e -
le - i - son. Chri - ste e - le - i - son. Ky - ri - e e - le - i - son.
Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People And also with you.

Celebrant Let us pray.

Gracious Father, whose blessed son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE LESSONS

A Reading from the Book of Numbers

[21: 4 – 9]

From Mount Hor they set out by the way to the Red Sea, to go around the land of E'dom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the LORD sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the LORD and against you; pray to the LORD to take away the serpents from us." So Moses prayed for the people. And the LORD said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Leader The Word of the Lord.

People Thanks be to God.

Refrain

Mode 7

Give thanks to the Lord, whose mer - cies en - dure for ev - er.

from *Gradual Psalms for the RCL*, ed. Bruce E. Ford, Church Publishing Incorporated.

- 1 Give thanks to the LORD, for he is good,*
and his mercy endures forever.
- 2 **Let all those whom the LORD has redeemed proclaim*
that he redeemed them from the hand of the foe.**
- 3 He gathered them from out of the lands;*
from the east and from the west,
from the north and from the south.
- 17 **Some were fools and took to rebellious ways;*
they were afflicted because of their sins.**
- 18 They abhorred all manner of food*
and drew near to death's door.
- 19 **Then they cried to the LORD in their trouble,*
and he delivered them from their distress.**
- 20 He sent forth his word and healed them*
and saved them from the grave.
- 21 **Let them give thanks to the LORD for his mercy*
and the wonders he does for his children.**
- 22 Let them offer a sacrifice of thanksgiving*
and tell of his acts with shouts of joy.

A Reading from the Letter of Paul to the Ephesians [2: 1 – 10]

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive

together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Leader The Word of the Lord.

People Thanks be to God.

Hymn 439 (St. 1)


What wondrous love is this

WONDROUS LOVE


Unison



1 What won - drous love is this, O my soul, O my soul! What
 2 To God and to the Lamb, I will sing, I will sing, to
 3 And when from death I'm free, I'll sing on, I'll sing on, and



won-drous love is this, O my soul! What won-drous love is this that
 God and to the Lamb, I will sing. To God and to the Lamb who
 when from death I'm free, I'll sing on. And when from death I'm free I'll



caused the Lord of bliss to lay a - side his crown for my
 is the great I AM, while mil - lions join the theme, I will
 sing and joy - ful be, and through e - ter - ni - ty I'll sing



soul, for my soul, to lay a - side his crown for my soul.
 sing, I will sing, while mil - lions join the theme I will sing.
 on, I'll sing on, and through e - ter - ni - ty I'll sing on.

Words: American folk hymn, ca. 1835 Music: *Wondrous Love*, from *The Southern Harmony*, 1835

The Holy Gospel

[John 3: 14 – 21]

Deacon The Holy Gospel of our Lord Jesus Christ according to John.
People **Glory to you, Lord Christ.**

Jesus said, "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. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

Deacon The Gospel of the Lord.
People **Praise to you, Lord Christ.**

Hymn 439 (St. 2) *To God and to the Lamb, I will sing* WONDROUS LOVE
 Please refer to the music printed above

THE HOMILY

Mr. Jonathan Hansen

Silence may be kept

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.

PRAYERS OF THE PEOPLE

All stand or kneel for prayer.

Deacon: When our faith is weak and our hopes seem empty, come to us, Spirit, and fill us again. You are rich in mercy, and our need is deep.

People Lord, in your mercy, hear our prayer.

Intercessor: Lead us to let go of the burdens we carry; the guilt, the shame, the unrealistic expectations. Lead us to depend on you.

People Lord, in your mercy, hear our prayer.

Intercessor: We pray for Michael, our Presiding Bishop; Alan, our bishop; for Fr. Troy, Amma Nicola, Fr. Zeb., Deacon John, Mark, John, and Jovan; for all lay and ordained ministers, and Jean, preparing for ordination. In our companion Diocese of Brechin we pray for the clergy and people of Holy Rood, Carnoustie; in our companion Diocese of Nzara we pray for the clergy and people of Dingapa Parish; in our companion Diocese of Swaziland we pray for the clergy and people of the Anglican Youth Council; in our own Diocese we pray for the clergy and people of St. Paul, Marshalltown; in our parish we pray for Kirsten, Kaj, and Chris, preparing for confirmation; and in the Anglican Cycle of Prayer we pray for the clergy and people of The Anglican Church of Canada. Guide each of us in the decision making of our common life: in our family relationships, our churches, and our communities.

People **Lord, in your mercy, hear our prayer.**

Intercessor: Pull us closer to your compassionate heart. We pray for this in pain, for those who worry, for those whose livelihood is fragile, for those who grieve.

People **Lord, in your mercy, hear our prayer.**

Intercessor: Push us into the world to be the advocates for your expansive love among all the creatures you have created.

People **Lord, in your mercy, hear our prayer.**

Intercessor: Receive those who have died into the arms of your abundant mercy.

People **Lord, in your mercy, hear our prayer.**

Concluding Collect, spoken by the Celebrant

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

THE PEACE

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On-line Giving Options: Visit cathedralchurchofstpaul.org and click "Donate Online Now." You can also automatically give by texting the amount you wish to donate to this number: 515-207-8133.

The Holy Communion

Offertory Music

Jesus Is Calling

Aaron David Miller

THE GREAT THANKSGIVING

Eucharistic Prayer B

BCP p. 367

Celebrant The Lord be with you.

People **And also with you**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give him thanks and praise.**

The Celebrant proceeds

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth, through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore, we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Celebrant and People

In unison

**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

The people stand or kneel. Then the Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,

*Celebrant and **People**:*

**We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

The Celebrant continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Paul and with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author

of our salvation. 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.
AMEN.

And now, as our Savior Christ has taught us, we are bold to say,
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, and the power, and the glory, for ever and ever. Amen.

THE BREAKING OF THE BREAD

The Celebrant breaks the consecrated Bread

Celebrant Christ our Passover is sacrificed for us.

People Therefore let us keep the feast.

Fraction Anthem

S161

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

Celebrant The gifts of God for the People of God.

Prayer for Spiritual Communion (St. Alphonsus de Liguori, 1696-1787)

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. **Amen.**

[Drive-up communion from the reserved sacrament is available on Sundays from 9:00-9:30 am. Please park in our parking lot and a server will come out to pray with you and share the sacrament with you. Facial coverings are required.]

Communion Music

After the people receive Communion a period of silent reflection is kept

POST COMMUNION PRAYER

BCP p. 365

After Communion, the Celebrant says

Let us pray.

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 PRAYERS OVER THE PEOPLE

The Deacon or, in the absence of a deacon the Celebrant says

Deacon Let us bow down before the Lord.

The people kneel and the Celebrant says:

Celebrant: Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. **Amen.**

Hymn 655 (St. 1 & 3) *O Jesus, I have promised*

NYLAND



1 O Je - sus, I have prom-ised to serve thee to the end:
2 O let me hear thee speak-ing in ac - cents clear and still,
3 O Je - sus, thou hast prom-ised to all who fol - low thee,



be thou for ev - er near me, my Mas - ter and my friend;
a - bove the storms of pas-sion, the mur-murs of self - will;
that where thou art in glo - ry there shall thy ser - vant be;



I shall not fear the bat - tle, if thou art by my side,
O speak to re - as - sure me, to has - ten or con - trol;
and, Je - sus, I have prom - ised to serve thee to the end;



nor wan - der from the path - way, if thou wilt be my guide.
O speak, and make me lis - ten, thou guard-ian of my soul.
O give me grace to fol - low, my Mas - ter and my friend.

Words: John Ernest Bode (1816-1874), alt. Music: *Nyland*, Finnish folk melody; adapt. and harm. David Evans (1874-1948) Copyright © by permission of Oxford University Press. All rights reserved. Used with permission.

DISMISSAL

Organ Voluntary

Announcements for March 14, 2021

We welcome today's guest preacher, Mr. Jonathan Hansen

This service from St. Paul's is being livestreamed, and you may be seen on camera. If you would like to sit in a less noticeable pew, please speak with an Usher who will reseal you.

Stories of Salvation: Reflecting on Identity

Sunday afternoons at 2 pm from Feb. 21-Mar. 28

Each Easter Vigil we read stories from the Old Testament that have shaped who we are as Christians. These stories were originally taught to new Christians who were preparing for baptism on Easter. Join Fr. Zeb in exploring these stories, breaking them open through the process of Lectio Divina. This is a hybrid course, with the opportunity to join both in-person and via Zoom. In-person gatherings will be in the chapel and limited to 5 people.

Schedule:

Mar. 14: Salvation offered Freely to All Isaiah 55:1-11

Mar. 21: The Valley of Dry Bones Ezekiel 37:1-14

Mar. 28: The Gathering of God's People Zephaniah 3:12-20

To sign up, please contact Fr. Zeb

(fatherzeb@cathedralchurcofstpaul.org) or call the Cathedral Office (515-288-7297)

Mission Statement: The Cathedral Church of St. Paul, the Cathedral and liturgical center of the Episcopal Diocese of Iowa, is a vital metropolitan Christian community. We are committed to accepting and giving Christ's unconditional love through worship, fellowship, education, and service within and beyond our parish church.