



ST. PAUL'S
EPISCOPAL CATHEDRAL

815 High Street ☩ Des Moines, IA 50309 ☩ 515-288-7297
cathedralchurchofstpaul.org

Ash Wednesday
Imposition of Ashes and Holy Eucharist

Wednesday March 2, 2022 Noon and Seven o'clock in the evening

Organ Voluntary

All stand for the entrance of the clergy from the side

THE SALUTATION

BCP p. 264

The people standing

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

THE COLLECT OF THE DAY

BCP page 217

Celebrant Let us pray.

Almighty and everlasting God, you despise nothing you have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE LESSONS, *the people sit*

A Reading from the Book of Isaiah

[58: 1 – 12]

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgements, they delight to draw

near to God. 'Why do we fast, but you do not see? Why humble ourselves, but you do not notice?' Look, you serve your own interest on your fast-day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the LORD? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rearguard. Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The LORD will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

Leader The Word of the Lord.

People **Thanks be to God.**

The Cantor sings the refrain initially and the People join when invited

Mode 2

Refrain

The Lord re - mem - bers that we are but dust.

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

- 8 The Lord is full of compassion and mercy, *
slow to anger and of great kindness.
- 9 He will not always accuse us, *
nor will he keep his anger for ever.
- 10 He has not dealt with us according to our sins, *
nor rewarded us according to our wickedness.

[Refrain]

- 11 For as the heavens are high above the earth, *
so is his mercy great upon those who fear him.
- 12 As far as the east is from the west, *
so far has he removed our sins from us.

[Refrain]

- 13 As a father cares for his children, *
so does the Lord care for those who fear him.
- 14 For he himself knows whereof we are made; *
he remembers that we are but dust

[Refrain]

A Reading from the Second Letter of Paul to the Corinthians

[5: 20b – 6: 10]

We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. As we work together with him, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of Salvation! We are putting no obstacle in anyone's way, so that no fault may be found with

our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich, as having nothing, and yet possessing everything.

Leader The Word of the Lord.

People **Thanks be to God.**

Hymn 474

What wondrous love is this

WONDROUS LOVE



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

Harmony (the melody is in the tenor)



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
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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; harm. Carlton R. Young (b. 1926) Copyright ©1964 by Abingdon Press. All rights reserved. Used with permission.

The Holy Gospel

[Matthew 6: 1 – 6, 16 – 21]

Deacon

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

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

Jesus said, “Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you. And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who is in secret will reward you. Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

Deacon

The Gospel of the Lord.

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

Rt. Rev. Bishop Betsey Monnot

Silence may be kept

INVITATION TO A HOLY LENT

All stand; the Celebrant then says

Dear People of God: The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.

Silence is then kept for a time, all kneeling.

The Celebrant then says

Almighty God, you have created us out of the dust of the earth: Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift we are given everlasting life; through Jesus Christ our Savior. **Amen.**

BLESSING AND IMPOSITION OF ASHES

Psalms 51 is read, and the ashes are imposed with the following words

Remember that you are dust, and to dust you shall return.

LITANY OF PENITENCE

All kneel

Celebrant and People

Most holy and merciful Father: We confess to you and to one another, and to the whole communion of saints in heaven and on earth, that we have sinned by our own fault in thought, word, and deed; by what we have done, and by what we have left undone.

Celebrant We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

People Have mercy on us, Lord.

Celebrant We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

People Have mercy on us, Lord.

Celebrant We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,

People We confess to you, Lord.

Celebrant Our self-indulgent appetites and ways, and our exploitation of other people.

People We confess to you, Lord.

Celebrant Our anger at our own frustration, and our envy of those more fortunate than ourselves,

People We confess to you, Lord.

Celebrant Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work.

People We confess to you, Lord.

Celebrant Our negligence in prayer and worship, and our failure to commend the faith that is in us.

People We confess to you, Lord.

Celebrant Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty,

People **Accept our repentance, Lord.**

Celebrant For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt for those who differ from us.

People **Accept our repentance, Lord.**

Celebrant For our waste and pollution of your creation. and our lack of concern for those who come after us.

People **Accept our repentance, Lord.**

Celebrant Restore us, good Lord, and let your anger depart from us;

People: **Favorably hear us, for your mercy is great.**

Celebrant Accomplish in us the work of your salvation,

People: **That we may show forth your glory in the world.**

Celebrant By the cross and passion of your Son our Lord,

People: **Bring us with all your saints to the joy of his resurrection.**

The Bishop, if present, or the Priest, stands and, facing the people, says Almighty God, the Father of our Lord Jesus Christ, who desires not the death of sinners, but rather that they may turn from their wickedness and live, has given power and commandment to his ministers to declare and pronounce to his people, being penitent, the absolution and remission of their sins. He pardons and absolves all those who truly repent, and with sincere hearts believe his holy Gospel.

Therefore we beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do on this day, and that the rest of our life hereafter may be pure and holy, so that at the last we may come to his eternal joy; through Jesus Christ our Lord. **Amen.**

THE PEACE

All stand

Celebrant The peace of the Lord be always with you.
People **And also with you.**

ANNOUNCEMENTS

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.

Offertory Music *Jesus Is Calling* Aaron David Miller

THE GREAT THANKSGIVING

Eucharistic Prayer A

BCP p. 361

The Lord be with you. **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 him thanks and praise.

The Celebrant 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.

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

S130

In unison

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

in the high - est. Bless - ed is he who comes

in the name of the Lord. Ho - san - na

in the high - est. Ho - san - na in the high - est.

The people stand or kneel. Then the Celebrant 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.

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:

Celebrant and People:

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

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 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 forever. **AMEN.**

The Celebrant continues

As our Savior Christ has taught us, we now pray

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

S164

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 peace, give us your peace.

Celebrant: The gifts of God for the People of God.

All baptized persons are welcome to receive Holy Communion. Communion is offered in both kinds, wine by intinction only; please sanitize your hands beforehand. You are welcome to receive a blessing, indicated by crossing your arms over your chest.

Hymn 474

Come with us, O blessed Jesus

WERDE MUNTER

1 Come with us, O bless - ed Je - sus, with us ev - er -
 *2 Come with us, O might - y Sa - vior, God from God, and
 *3 Come with us, O King of glo - ry, by an - gel - ic

more to be; and though leav - ing now thine
 Light from Light; thou art God, thy glo - ry
 voic - es praised; in our hearts as in thy

al - tar, let us nev - er - more leave thee.
 veil - ing, so that we may bear the sight.
 hea - ven, be en - rap - tured an - thems raised.

Be thou one with us for ev - er, in our life thy
 Now we go to seek and serve thee, through our work as
 Let the might - y cho - rus ev - er sing its glad ex -

love di - vine our own flesh and blood has
through our prayer; grant us light to see and
ul - tant songs; let its hymn be heard for

tak - en, and to us thou giv - est thine.
know thee, in thy peo - ple ev - ery - where.
ev - er - peace for which cre - a - tion longs.

Words: John Henry Hopkins, Jr. (1820-1891); sts. 2-3, Charles P. Price (b. 1920) Copyright ©1982, Charles P. Price. All rights reserved. Used with permission.
Music: *Werde munter*, Johann Schop (d. 1665?); arr. and harm. Johann Sebastian Bach (1685-1750)

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.**

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.

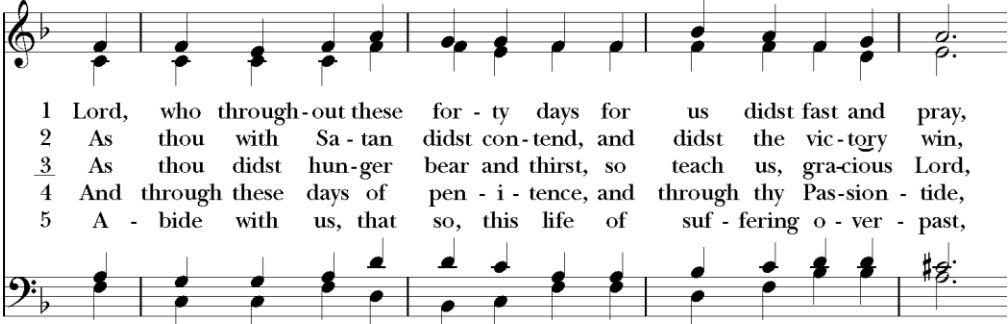
The people kneel and the Celebrant says the following prayer:

Celebrant Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord. **Amen.**

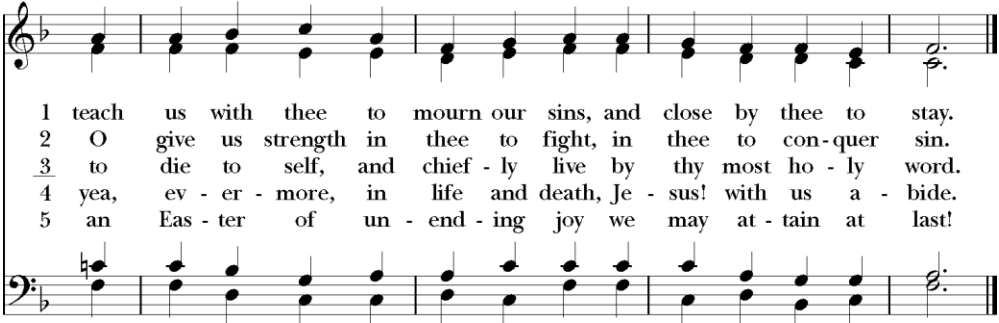
Hymn 142

Lord, who throughout these forty days

ST. FLAVIAN



1 Lord, who through-out these for - ty days for us didst fast and pray,
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,
5 A - bide with us, that so, this life of suf - fering o - ver - past,



1 teach us with thee to mourn our sins, and close by thee to stay.
2 O give us strength in thee to fight, in thee to con-quer sin.
3 to die to self, and chief - ly live by thy most ho - ly word.
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898) Music: *St. Flavian*, melody from *Day's Psalter*, 1562; adapt. and harm. Richard Redhead (1820-1901)

DISMISSAL

All depart in silence.

Announcements for March 2, 2022

Lenten Zoom Book of Luke Study with Compline

Please join us this Lenten Season for a study of the Gospel of Luke and a Compline service on Zoom on Tuesdays at 7pm. We will walk with each other and with Jesus as he makes his journey to the cross in Jerusalem. Each week we will discuss the assigned readings as a group and reflect on a few prompts. Following our Luke discussion, time will be dedicated for Compline Prayer. All are welcome, but if you are able, please RSVP so that we can send you discussion questions ahead of time. Email: johndeacon@cathedralchurchofstpaul.org and nathan.brown2111@gmail.com

Linens in Lent" Project

The St. Paul's Social Justice and Care of Creation Committees are sponsoring a new "Linens in Lent" project. As the name implies, this project is a linens drive to collect new or gently used bed linens to be donated to the Free Store in Des Moines. The Free Store is a non profit organization, staffed by volunteers, which provides household furnishings to displaced families affected by domestic violence and natural disasters. Last year, the Free Store served over 250 families and provided those families with 200 tons of furniture. Please consider a donation of new or gently used, clean linens of any bed size. If you donate gently used linens, please make sure they are bagged and labeled for the correct size. Donations should be placed on the bench by the Blessing Box. At the end of Lent, all donations will be transported to the Free Store. The "Linens in Lent" project will continue throughout Lent.

Thank you for your consideration.

Carillon concerts will continue on Sunday mornings at 9:00 am provided that the temperature is above 10 degrees Fahrenheit.

St. Paul's Sr. Men's Study Group meets Wednesdays at 10:00 am, in the Guild Hall. For more information, please contact John McKinney: j123mck@aol.com or the cathedral Office administrator@cathedralchurchofstpaul.org

Today's Liturgical Ministers

Noon	
Readers	John Zickefoose, Scott Jeneary
Cantor	Diane Hayes
Deacon	John Doherty
Presider and Homilist	Bishop Monnot
Audio System	Harold Alexander
7 PM	
Readers	Diane Hayes, Peggy Aerisolphal
Psalmist/Cantor	Diane Hayes
Deacon	Jean Davis
Presider and Homilist	Bishop Monnot
Video	Josiah Sutton

