

St. Paul's Episcopal Cathedral


The First Sunday in Lent Choral Eucharist

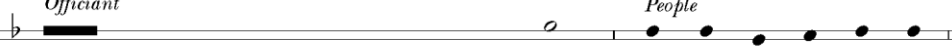
Sunday, March 6, 2022


Ten o'clock in the morning


THE GREAT LITANY *(in the front section of the Hymnal)* S67 or BCP p. 148
The People Stand through the Litany as they are able


The Officiant at the Litany may be a lay cantor.

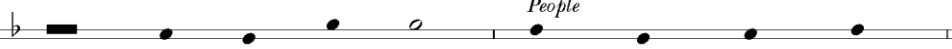
Officiant 
O God the Father, Creator of heaven and earth, Have mer - cy up - on us.


Officiant 
O God the Son, Redeemer of the world, Have mer - cy up - on us.

Officiant 
O God the Holy Ghost, Sanctifier of the faith - ful, Have mer - cy up - on us.

Officiant 
O holy, blessed, and glorious Trinity, one God, Have mer - cy up - on us.

Officiant 
Remember not, Lord Christ, our offenses, nor the offenses of our forefathers; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy

People 
preserve us for ev - er. Spare us, good Lord.

Officiant 
From all evil and wickedness; from sin; from the crafts and assaults of the

devil; and from everlast - ing dam - na - tion,

People
 Good Lord, de - liv - er us.

(This same response is sung after the petitions that follow)

We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church Universal in the right way,

People
 We beseech thee to hear us, good Lord.

(This same response is sung after the petitions that follow)

Official Son of God, we beseech thee to hear us.
People Son of God, we beseech thee to hear us.

Official
 O Lamb of God, that takest away the sins of the world, Have mer - cy up - on us.
O Lamb of God, that takest away the sins of the world, Have mer - cy up - on us.

Official
 O Lamb of God, that takest away the sins of the world, Grant us thy peace.

Official
 O Christ, hear us.

People
 O Christ, hear us.

When the litany is sung immediately before the Eucharist, the Litany concludes with the Kyries (which may be sung to any setting), and the Eucharist begins with the Salutation and the Collect of the day.

On all other occasions, the Litany continues as follows:

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

Ky - ri - e e - lei - son.
or Chri - ste e - lei - son.
Ky - ri - e e - lei - son.

Celebrant The Lord be with you
People And also with you
Celebrant Let us pray

THE COLLECT OF THE DAY

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

THE LESSONS

A Reading from the Book of Deuteronomy

[26: 1 – 11]

When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response before the LORD your God: "A wandering Arame'an was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O LORD, have given me." You shall set it down before the LORD your God and bow down before the LORD your God. Then you, together with the Le'vites and the aliens who

reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

Leader The Word of the Lord.

People **Thanks be to God.**

Psalm 91: 1 – 2, 9 – 16


Qui habitat

BCP p. 719

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

Mode 1

Refrain



God shall give the an - gels charge o - ver you, to keep you in all your ways.

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

- 1 He who dwells in the shelter of the Most High, *
 abides under the shadow of the Almighty.
- 2 He shall say to the Lord,
 "You are my refuge and my stronghold, *
 my God in whom I put my trust."
- 9 Because you have made the Lord your refuge, *
 and the Most High your habitation,
- 10 There shall no evil happen to you, *
 neither shall any plague come near your dwelling.
- 11 For he shall give his angels charge over you, *
 to keep you in all your ways.
- 12 They shall bear you in their hands, *
 lest you dash your foot against a stone.
- 13 You shall tread upon the lion and the adder; *
 you shall trample the young lion and the serpent
 under your feet.

- 14 Because he is bound to me in love,
therefore will I deliver him; *
I will protect him, because he knows my Name.
- 15 He shall call upon me, and I will answer him; *
I am with him in trouble;
I will rescue him and bring him to honor.
- 16 With long life will I satisfy him, *
and show him my salvation.

A Reading from the Letter of Paul to the Romans [10: 8b – 13]

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Leader The Word of the Lord.

People Thanks be to God.

Hymn 439 (St. 1 & 2) *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
is the great I AM, while mil - lions join the theme, I will
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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

[Luke 4: 1 – 13]

All Stand

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

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." 4 Jesus answered him, "It is written, "One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

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

Silence may be kept

THE NICENE CREED, *standing*

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.

THE PEACE

Celebrant The peace of the Lord be always with you.

People **And also with you.**

Then the Ministers and People greet one another in the name of the Lord.

ANNOUNCEMENTS

On-line Giving Options: Visit cathedralchurchofstpaul.org and click “Donate Now” or you can scan now. *Thank you!*



The Holy Communion

Offertory Anthem

THE GREAT THANKSGIVING

Eucharistic Prayer A

BCP p.

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:

Celebrant and People

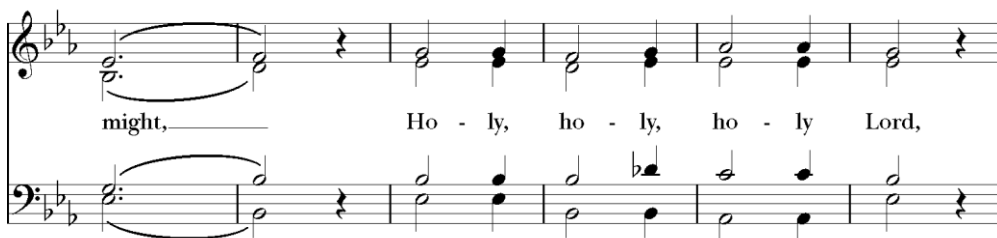
Sanctus

S130

In unison



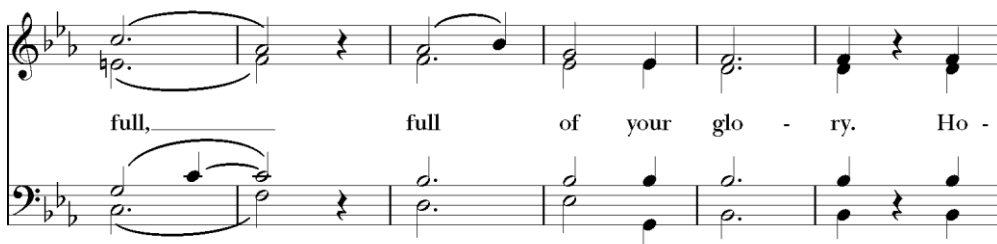
Ho - ly, ho - ly, ho - ly Lord, God of power and



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. Please remain in place and communion will be brought to you by a minister. You are welcome to receive a blessing, indicated by crossing your arms over your chest.

Hymn 474

When I survey the wondrous cross

ROCKINGHAM

1 When I sur - vey the won - drous cross where the young
 2 For - bid it, Lord, that I should boast, save in the
 3 See, from his head, his hands, his feet sor - row and
 4 Were the whole realm of na - ture mine, that were an

Prince of Glo - ry died, my rich - est gain I
 cross of Christ, my God: all the vain things that
 love flow min - gled down! Did e'er such love and
 of - fering far too small; love so a - maz - ing,

count but loss, and pour con - tempt on all my pride.
 charm me most, I sac - ri - fice them to his blood.
 sor - row meet, or thorns com - pose so rich a crown?
 so di - vine, de - mands my soul, my life, my all.

Words: Isaac Watts (1674-1748) Music: *Rockingham*, from *Second Supplement to Psalmody in Miniature*, ca. 1780; harm. Edward Miller (1731-1807)

After the people receive Communion a period of silent reflection is kept. The Celebrant leads The Prayer for Spiritual Communion, for those worshipping online.

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.**

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 one of the following prayers:

Celebrant Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

Hymn 149

Eternal Lord of love

OLD 124TH

Unison or harmony

1 E - ter - nal Lord of love, be - hold your Church
 2 So dai - ly dy - ing to the way of self,
 3 If dead in you, so in you we a - rise,

walk - ing once more the pil - grim way of Lent,
 so dai - ly liv - ing to your way of love,
 you the first - born of all the faith - ful dead;

led by your cloud by day, by night your fire,
 we walk the road, Lord Je - sus, that you trod,
 and as through ston - y ground the green shoots break,

moved by your love and toward your pres - ence bent:
 know - ing our - selves bap - tized in - to your death:
 glo - rious in spring - time dress of leaf and flower,

far off yet here— the goal of all de - sire.
 so we are dead and live with you in God.
 so in the Fa - ther's glo - ry shall we wake.

Words: Thomas H. Cain (b. 1931) Copyright ©1982, Thomas H. Cain. Music: *Old 124th*, melody *Pseaumes octante trois de David*, 1551; harm. Charles Winfred Douglas (1867-1944) Copyright © The Church Pension Fund. All rights reserved. Used with permission.

DISMISSAL

The Deacon dismisses the people.

People Thanks be to God.

Organ Voluntary

Praeludium in F minor

J. S. Bach

Announcements for March 6, 2022

March Connection Café

We will serve at Connections Cafe on Monday, March 14, 2022, and volunteer positions are now open. Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet: volunteersignup.org/HKDL9

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 7:00 pm. 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.

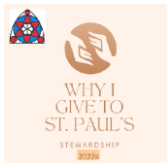
Please consider a donation of new or gently used, clean linens of any bed size. If you donate gently used linens, please make sure they are bagged and labeled for the correct size. Donations should be placed on the bench by the Blessing Box. At the end of Lent, all donations will be transported to the Free Store. The "Linens in Lent" project will continue throughout Lent. Thank you for your consideration.

A Message from Deacons John and Jean

Episcopal Migration Ministries (EMM) has just announced a new way to welcome and assist refugees from Afghanistan who are being settled in the Des Moines area. The program is called "Sponsor Circles" and it is designed to allow individuals to team up to help settle and support the newly arriving Afghans. This team of five individuals, once formed, will receive training, support and resources from EMM. Each team makes a commitment to work with an Afghan family or group of individuals for up to 90 days. The Sponsorship Circle will develop a plan of assistance tailored to the group's needs. The components of such a plan will include: locating and furnishing permanent housing; the provision of limited financial support as the group gets settled; assistance in transportation; and assistance in accessing job training and English language training.

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



We hope you will consider pledging to our Stewardship campaign. If you need a pledge card, they are available in the Narthex. If you received a pledge card in the mail, please be sure to mail it to the Cathedral. You can also place it in the plate. Thank you!



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.