



ST. PAUL'S
EPISCOPAL CATHEDRAL

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

The Fourth Sunday in Lent
Choral Eucharist

Sunday, March 10, 2024

Ten o'clock in the morning

Organ Voluntary

Prayer

Jean Langlais

Hymn 473

Lift high the cross

CRUCIFER

A PENITENTIAL ORDER FOR LENT

BCP p. 351

Celebrant

Bless the Lord who forgives all our sins.

People

His mercy endures for ever.

THE DECALOGUE

BCP p. 350

All kneeling as able

THE CONFESSION AND ABSOLUTION

BCP p. 352

Kyrie

(in the front section of the Hymnal)

S96

Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy.

Christ, have mer - cy. Christ, have mer - cy. Lord, Christ, have mer - cy.

Christ, have mer - cy. Christ, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy, have mer - cy.

Lord, have mer - cy, have mer - cy.

Music: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Copyright © 1985 GIA Publications, Inc.

The people standing

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

THE COLLECT OF THE DAY

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]

Psalm 107: 1 – 3, 17 – 22 *Confitemini Domino*

BCP p. 746

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

Mode 7

Refrain



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.

A Reading from the Letter of Paul to the Ephesians

[2: 1 – 10]

Hymn 439 (St. 1 & 2) *What wondrous love is this*

WONDROUS LOVE

The Holy Gospel

[John 3: 14 – 21]

THE HOMILY

The Very Rev. Nicola Dance

Silence may be kept

THE NICENE CREED, *standing*

BCP page 358

PRAYERS OF THE PEOPLE FORM I

BCP p. 383

All stand or kneel as able for prayer.

Deacon With all our heart and with all our mind, let us pray to the Lord, saying, "Lord, have mercy."

The Celebrant adds a Concluding Collect and the People respond Amen.

THE PEACE

BCP page 360

ANNOUNCEMENTS

The Holy Communion

Offertory Music

I See His Blood Upon the Rose

Michael Bedford

THE GREAT THANKSGIVING

Eucharistic Prayer A

BCP p. 361

Sursum Corda

in the front section of the Hymnal

S112

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 Lord's Prayer (in the front section of the Hymnal)

S119

Priest

Choir and Congregation

Our Fa - ther, who art in hea - ven, hal - low - ed
be thy Name, thy king - dom come, thy will be done,
on earth as it is in hea - ven. Give us this day our
dai - ly bread. And for - give us our tres - pas - ses,
as we for - give those who tres - pass a - gainst us. And lead
us not in - to temp - ta - tion, but de - liv - er us
from e - vil. For thine is the king - dom, and the power,
and the glo - ry, for ev - er and ev - er. A - men.

Music: Plainsong; adapt. Charles Winfred Douglas (1867-1944). Setting: Copyright © Church Publishing Inc.

THE BREAKING OF THE BREAD

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.

All who seek a deeper life in Christ are welcome to receive Holy Communion by moving forward to the altar rail or by remaining in your place and indicating to an usher that you would like to receive. Alternatively, you are welcome to receive a blessing, indicated by crossing your arms over your chest. If you are not yet baptized and feel drawn to receive Holy Communion, please speak with a priest about baptism after the service.

Hymn 691*My faith looks up to thee*

OLIVET

*After the people receive Communion a period of silent reflection is kept***POST COMMUNION PRAYER**

BCP p. 365

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 Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacrament may bring forth fruit worthy of repentance; through Christ our Lord. **Amen.**

Hymn 690*Guide me, O thou great Jehovah*

CWM RHONDDA

DISMISSAL**Organ Voluntary***Praeludium on A minor*

J. S. Bach

Announcements for March 10, 2024**Today at St. Paul's**

- Connection Café: All are welcome to help make sandwiches after both services today. We will serve tomorrow, March 11.
- **Today is Laetare Sunday.** Also known as “Mothering Sunday,” it is considered a day of relaxation from normal Lenten rigors; a day of hope as we anticipate the approach of Easter, Traditionally, weddings (otherwise banned during Lent) could be performed on this day, and servants were released from service for the day to visit their mother church, the place in which they received the sacrament of baptism (hence *Mothering Sunday*). Rose-colored vestments may be worn instead of purple (which is otherwise prescribed for the season of Lent). The liturgical color is *rose*, not pink, strictly speaking, and the color symbolizes joy and hope in the midst of the penitential season of Lent. Our vestments were created by Sheila Brown in 2022, they are made of damask silk with orphrey ribbon embellishments.

St. Paul's Cathedral Arts: Sunday, March 17

3:30 pm organ recital (Ross Jallo, Guest Organist)
with Choral Evensong led by Central College Chamber Singers
and The Howells Scholars at 4:00 pm

We are looking for volunteers to staff the Cathedral Office between 10 am and 2 pm on Thursday March 21 and Friday March 22, to answer the door, welcome visitors, accept the mail, take any phone messages, etc. If you would like to volunteer, please contact [Amma Nicola](#) or [John Z](#)

Making Palm Crosses

On Saturday, March 23, the Altar Guild will be making palm crosses for distribution the next day, Palm Sunday. We invite six people to join us by contacting the Cathedral Office execadmin@stpaulsdsm.org (515-288-7297) anyone who is interested in learning how to make the crosses to come join us. We will be getting started around 10:00 that morning. Bring a pair of scissors and nimble fingers; we always have an enjoyable time doing this ministry. Coffee and donuts will be on hand. We need to make about 150 crosses, so help will be greatly appreciated.

St. Paul's Partners With the Free Store on a Project During Lent

The Free Store is a 501c3 charity located in downtown Des Moines which gives furniture and household items to needy families. Our project for Lent this year is to collect needed **kitchen** items. For example: **new or gently used**: kitchen tools; baking dishes and pans; pots and pans; cookie sheets; toasters; coffee makers; toaster ovens; measuring cups; cooking and baking whisks, spoons and spatulas; frying pans; oven mitts; plates and bowls; silverware, etc. If you have any of these items to donate to the Free Store, please bring them to St. Paul's sometime during Lent. For more information please contact Deacon Jean.

HOLY WEEK

J O U R N E Y W I T H U S

March 24: Palm Sunday

8:00 am Holy Eucharist

10:00 am Choral Eucharist **L**

March 25: Monday in Holy Week

5:00 pm Evening Prayer **C**

March 26: Tuesday in Holy Week

5:00 pm Evening Prayer **CB**

March 27: Wednesday in Holy Week

12:00 pm Holy Eucharist **C**

7:00 pm Tenebrae Service led by St. Paul's Youth **L**

March 28: Maundy Thursday

7:00 pm Holy Eucharist & Stripping of the Altar **LB**

8:00 pm Contemplation **C**

March 29: Good Friday

12:00 pm Liturgy

7:00 pm Sung Liturgy **LB**

March 30: Holy Saturday

7:00 pm The Great Vigil of Easter **ILB**

March 31: Easter Sunday

8:00 am Holy Eucharist

10:00 am Festival Eucharist **IL**

I Incense In Use C In High Street Chapel
L Livestream Available B Bishop Monnot Present

Today's Ministers

Eight o'clock Eucharist:

Presider – The Very Rev. Nicola Dance

Homilist – The Very Rev. Nicola Dance

Deacon – The Rev. Jean Davis, The Rev. John Doherty

Crucifer – TBD

1st lesson and Psalm – Chris Cyran

2nd lesson – Sharon Gentsch

Intercessor – Chris Cyran

Eucharistic Ministers – Sharon Gentsch

Organist/Choirmaster Canon Mark Babcock

Audio – Mike Gillespie

Ten o'clock Eucharist:

Presider – The Very Rev. Nicola Dance

Homilist – The Very Rev. Nicola Dance

Deacon – The Rev. Jean Davis, The Rev. John Doherty

Crucifer – Alex Kane

Torch-bearers – St. Paul's Team Members

1st lesson – Henry Harmon

Cantor – Lexie Thiessen

2nd lesson – Jolene Phelps

Intercessor – St. Paul's Team Member

Eucharistic Ministers – St. Paul's Team Members

Audio – Ellen Cleveland

Video – Nathan Thiessen

Ushers – St. Paul's Team Members

Assistant Choirmaster – Josh Boggs

Organist/Choirmaster Canon Mark Babcock

Members of St. Paul's Cathedral Choir

Chapter Counters – Stephanie

Morrison, Stephanie Murphy (alt.

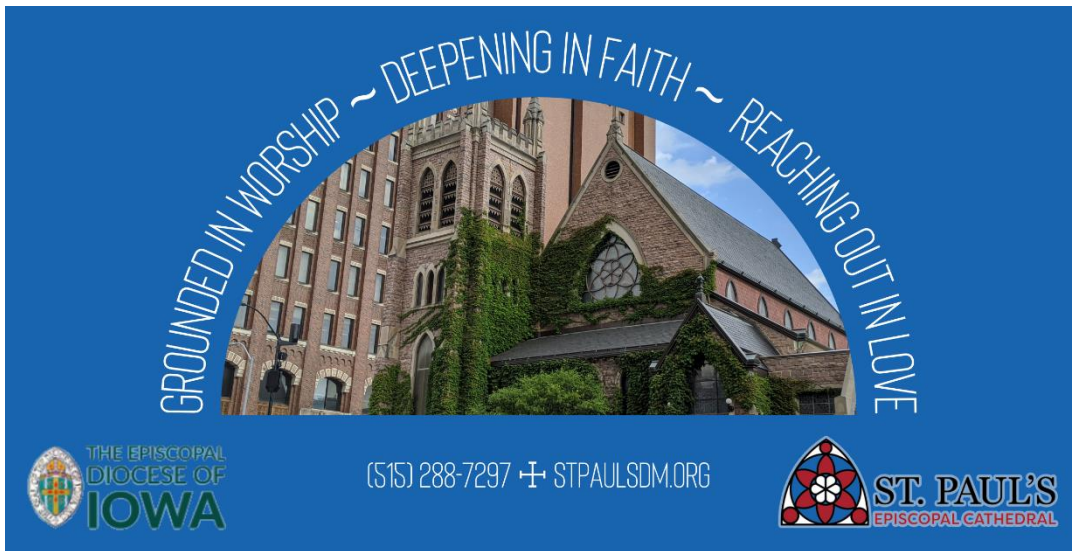
Duane Sand)

Coffee Hour Hosts – Hagir Elgoty



Mission Statement: St. Paul's Episcopal Cathedral is a welcoming, worshiping community committed to living Christ's unconditional love through fellowship, service, and kindness.

Vision Statement: Grounded in Worship. Deepening in Faith. Reaching Out in Love.



Weekly Services at the Cathedral

Sunday

8:00 am

Holy Eucharist, Rite I

10:00 am

Holy Eucharist Rite II livestreamed and on Facebook

Wednesday Noon Eucharist

12:05 pm in the Chapel.

To learn more about St. Paul's events and connect with us,
please visit: stpaulsdm.org/next