



TRINITY

EPISCOPAL CATHEDRAL
A house of prayer for all people

The Holy Eucharist, Rite I
March 10 at 10:30 a.m.
Fourth Sunday in Lent

Welcome. *If you are a visitor, we are grateful that you have joined us and hope that you find space here to come close to God. We welcome all who seek the Holy, no matter your background. At Trinity Episcopal Cathedral, we pray, celebrate, and share our gifts with each other, our neighbors, and our community, as we serve God and represent the Episcopal Diocese of Arkansas. We'd love to connect with you about how to make this church your home. To do so, please fill out one of the pew cards in front of you and drop it in the offertory plate.*

If you would like to know about the Cathedral building and its history, a docent-led tour is available following the service. The tour starts in the baptistry at the back of the church.

The service is found in the black Book of Common Prayer (BCP). Hymns are found in the red hymnal.

THE HOLY EUCHARIST

During Lent, we use Holy Eucharist Rite I. This Eucharistic liturgy, modeled after the 1928 Eucharistic liturgy, is rooted in penitence. The language and character of Rite I shapes our experience of Lent, inviting us to examine our lives and be transformed by the mercy of Christ.

Prelude Fantasia in C minor, BWV 537

Johann Sebastian Bach

Hymn 467 Sing, my soul, his wondrous love

St. Bees

LITURGY OF THE WORD

The Penitential Order

BCP 319

Celebrant Bless the Lord who forgiveth all our sins;

People **His mercy endureth for ever.**

The Confession

BCP 320

Kyrie *Sung by all*

Hymnal S-92

The Collect of the Day

Celebrant The Lord be with you.

People **And also with you.**

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

The people sit.

The First Reading

Numbers 21:4-9

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; 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.

Lector The Word of the Lord.

People **Thanks be to God.**

Psalm 107:1-3, 17-22 *Sung by the choir to plainsong (Tone VII.3)*

BCP 746

The Epistle

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.

Lector The Word of the Lord.

People **Thanks be to God.**

Hymn 337 And now, O Father, mindful of the love

Unde et memores

During this hymn, children in second grade and younger who want to take part in the Children's Liturgy follow the Cross out of the Nave. They will return at the Peace.

The Gospel

John 3:14-21

Priest The Holy Gospel of our Lord Jesus Christ
according to John.

People **Glory be to thee, O Lord.**

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.”

Priest The Gospel of the Lord.

People **Praise be to thee, O Christ.**

The Sermon

The Nicene Creed

BCP 326

Prayers of the People

BCP 328

The Peace

Celebrant The peace of the Lord be always with you.

People **And with thy spirit.**

Then all may greet one another in the name of the Lord.

The Announcements

THE HOLY COMMUNION

During the Offertory anthem, ushers collect an offering from the congregation. Please stand while the offering is brought to the Altar.

Anthem *Insanae et vanae curae*

Franz Joseph Haydn

*Insanae et vanae curae invadunt mentes nostras,
saepe furore replent corda, privata spe,
Quid prodest O mortalis conari pro mundanis,
si coelos negligas,
Sunt fausta tibi cuncta, si Deus est pro te.*

*Vain and raging cares invade our minds,
Madness often fills the heart, robbed of hope,
O mortal man, what does it profit to endeavour at worldly things,
if you should neglect the heavens?
If God is for you, all things are favorable for you.*



MAKE A PLATE OFFERING

The Great Thanksgiving, Prayer II

BCP 340

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Lift up your hearts.

People **We lift them up unto the Lord.**

Celebrant Let us give thanks unto the Lord our God.

People **It is meet and right to do so.**

The Sanctus *sung by all*

Hymnal S-115

The people stand or kneel.

The Great Thanksgiving continues

BCP 341

The Lord's Prayer

BCP 336

The Breaking of the Bread

Fraction Anthem

S-159

Celebrant and People **We do not presume to come to this thy Table,
O merciful Lord, trusting in our own righteousness, but in thy
manifold and great mercies. We are not worthy so much as to gather
up the crumbs under thy Table. But thou art the same Lord whose
property is always to have mercy. Grant us therefore, gracious Lord,
so to eat the flesh of thy dear Son Jesus Christ and to drink his
blood, that we may evermore dwell in him, and he in us. Amen.**

The Administration of Holy Communion

Ushers will assist in directing the flow of communicants. If you would prefer a blessing, simply cross your arms over your chest. Please let an usher know if you need Holy Communion brought to you.

Music at Communion

The choir will sing the motet; all are invited to sing the hymn.

Motet Teach me, O Lord *William Byrd*
*Teach me, O Lord, the way of thy statutes : and I shall keep it unto the end.
Give me understanding, and I shall keep thy law : yea, I shall keep it with
my whole heart.
Make me to go in the path of thy commandments : for therein is my desire.
Incline my heart unto thy testimonies : and not to covetousness.
O turn away mine eyes, lest they behold vanity : and quicken thou me in
thy way.
O stablish thy word in thy servant : that I may fear thee.
Glory be to the Father, and to the Son: and to the Holy Ghost;
As it was in the beginning, is now,
and ever shall be: world without end. Amen.*
Text: Psalm 119:33-38 and Gloria Patri
Soloist: Anna Squire

Hymn 685 Rock of Ages, cleft for me *Toplady*

The Postcommunion Prayer **BCP 339**

The Solemn Prayer

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
Christ our Lord. **Amen.**

Hymn 686 Come, thou fount of every blessing *Nettleton*

The Dismissal

Priest Let us bless the Lord
People **Thanks be to God.**

∞ ALTAR GIFTS ∞

TO THE GLORY OF GOD AND IN LOVING MEMORY OF
MARY WORTHEN PENICK AND JAMES HENRY PENICK, SR.,
EVELYN AND ED PENICK, SR., AND ENA AND GEORGE WHITMORE
BY THE ED PENICK FAMILY

PARTICIPATING TODAY

<i>Celebrant</i>	The Rev. Jason Alexander
<i>Preacher</i>	The Rev. Canon Dr. Lisa Corry
<i>Assisting Clergy</i>	The Rev. Susan Payne
<i>Lectors</i>	Lee Kinnebrew, Jane McMullin
<i>Intercessor</i>	Celina Kobetitsch
<i>Lay Eucharistic Ministers</i>	Sally Fittsizer, Mike Schmidt
<i>Music</i>	Dr. Colin MacKnight, Director of Music Celina Kobetitsch, Associate Director of Music Trinity Cathedral Choir Trinity Cathedral Ringing Society
<i>Ushers</i>	Herschel Cast, Matt McCoy, Richard Moore, Lisa Thorpe
<i>Docent</i>	Scott Whittfield

Notes on the Notes

Today's offertory anthem, Haydn's *Insanae et vanae curae*, contains two contrasting sections, each of which is repeated to create an ABAB form. The A sections set the first two lines of text and are correspondingly tempestuous and foreboding (characteristics not usually associated with Haydn's music); the B sections set the latter three lines of text and are congruently calm and hopeful. This substantial anthem is about six and a half minutes.

William Byrd was a recusant, meaning he was a Roman Catholic living in post-Reformation England when it was illegal to practice Roman Catholicism. Usually, the punishment for recusancy consisted of fines, property confiscation, and/or imprisonment, but in some cases, could include capital punishment. Byrd's incredible musical talent, however, saved him from the worst of these outcomes. For political reasons, Byrd still composed a large and rich repertoire of music for the Anglican church, including his verse anthem *Teach me, O Lord*.