



# **Feed Your Spirit**

Prayer at Noonday  
Friday, March 5, 2021  
The Third Friday in Lent

**AN ORDER OF SERVICE FOR NOONDAY**  
**Book of Common Prayer, page 103**

*The Congregation stands . The officiant enters in silence.*

*Officiant* O God, make speed to save us.

*People* **O Lord, make haste to help us.**

*Officiant and People*

**Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.**

Psalm 126 BCP, pg. 105

Scripture

Silent Meditation and Prayers BCP, pg. 106

Hymn: Forty Days and Forty Nights (see following page)

Organ meditations based on the Lenten hymn “Forty Days and Forty Nights”

Intrada on ‘Aus der Tiefe rufe ich’	arr. Charles Callahan (b. 1951)
Lenten Partita on ‘Heinlein’	arr. Craig Penfield (b. 1948)
Forty Days and Forty Nights	James Mansfield (1927-2018)
Prelude on HEINLEIN	Alec Whyton (1921-2007)
Meditation on ‘Aus Der Tiefe’	arr. Harold Owen (b. 1931)
Improvisation on ‘Aus der Tiefe rufe ich’	arr. Hearnberger

*Officiant* Let us bless the Lord.

*People* **Thanks be to God.**

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## The Hymnal 1982 - # 150

1 For - ty days and for - ty nights thou wast fast - ing in the wild;  
2 Should not we thy sor - row share and from world - ly joys ab - stain,  
3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!  
4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;  
5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.  
2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?  
3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!  
4 round us, too, shall an - gels shine, such as min - is - tered to thee.  
5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smyttan (1822-1870), alt.

Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889)

### Officiant

*The Rev. Dr. Stuart Hoke*

### Organist

*Keith Hearnberger*

### Videographer

*Jack Dowling*

## Meet today's organist

The Rev. Dr. Keith Hearnberger has been serving in various ministries since he was 16. As a church musician, he grew up playing the piano and organ and pursued his college education in music. He holds the Bachelor of Arts in Music, Master of Secondary Education, and the Doctor of Education from the University of Arkansas at Little Rock. He also holds the Master of Music from Arkansas State University. He entered Lexington Theological Seminary, and in 2016 graduated with the Certificate in Pastoral Care. After much discernment, he entered into Bexley-Seabury Seminary in Chicago for a year of Anglican Studies to become an Episcopal priest. After a 14 year career in education, he now works for the State of Arkansas as a Disability Claims adjudicator with the Social Security Administration. He is currently serving as organist/choirmaster at St. Michael's Episcopal Church in Little Rock where he also serves as a transitional deacon. He is a member of the American Choral Directors Association, Arkansas Choral Directors Association, and Texas Choral Directors Association. Serving as youth choirmaster at Trinity 2003-2005, he is honored to return to the Cathedral and share a little bit of reflective organ music in this holy season.

### **Cathedral Contacts**

The Very Rev. Amy Dafler Meaux, Dean—[amy@trinitylittlerock.org](mailto:amy@trinitylittlerock.org)

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Victoria Mathis Harden, Director of Music—[Victoria@trinitylittlerock.org](mailto:Victoria@trinitylittlerock.org)

## **Lent 2021 at Trinity Episcopal Cathedral**

### **Sunday Mornings**

10:00 a.m. Holy Eucharist

streamed over our YouTube Channel: Trinity Little Rock <http://www.bit.ly/trinitylittlerock>  
and/or (weather and Covid permitting) outdoors by reservation

### **Daily Prayers**

Streamed over our YouTube Channel <http://www.bit.ly/trinitylittlerock>

Morning Prayer 8:30 a.m. Monday-Friday

Evening Prayer 5:15 p.m. Monday-Friday

### **Feed Your Spirit**

Streamed over our YouTube Channel <http://www.bit.ly/trinitylittlerock>  
Fridays 12:15 during the season of Lent

### ***Guest organists for 2021***

Scott Seidenschwarz, St. Luke's Episcopal Church, North Little Rock

Keith Hearnberger, St. Michael's Episcopal Church, Little Rock

Bob Bidewell, Christ Church, Little Rock

Charles Russell, Grace Lutheran Church, Little Rock

Jane Gamble, Christ Church, Little Rock