

The Holy Eucharist

The Third Sunday in Lent

March 19, 2017 • 11:15 am

WASHINGTON NATIONAL CATHEDRAL

The people's responses are in bold.

THE ENTRANCE RITE

INTROIT

O Lord, in thy wrath, rebuke me not

Orlando Gibbons (1583-1625)

O Lord, in thy wrath, rebuke me not: Neither chasten me in thy displeasure. Have mercy upon me, O Lord, for I am weak: O Lord, heal me, for my bones are vexed. My soul is also sore troubled: But, Lord, how long wilt thou punish me? O save me for thy mercy's sake.

The people stand.

PROCESSIONAL HYMN • 686

Come, thou fount of every blessing

Nettleton

THE LENTEN ACCLAMATION

Bless the Lord who forgives all our sins.

His mercy endures for ever.

THE PENITENTIAL SENTENCES

CONFESSION AND ABSOLUTION

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

The presider offers absolution and the people respond, Amen

TRISAGION

Michael McCarthy (b. 1966)

Sung once by cantor; all repeat twice.

Ho - ly God, Ho - ly and Might - y, Ho - ly Im - mor - tal One,
have mer - cy up - on us.

Silence is kept.

THE COLLECT OF THE DAY

The Lord be with you.
And also with you.
Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The people are seated.

THE WORD OF GOD

THE FIRST READING

Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

The Word of the Lord.
Thanks be to God.

PSALM 95

plainsong

Come, let us sing to the Lord; let us shout for joy to the Rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with psalms. For the Lord is a great God, and a great King above all gods. In his hand are the caverns of the earth, and the heights of the hills are his also. The sea is his, for he made it, and his hands have molded the dry land. Come, let us bow down, and bend the knee, and kneel before the Lord our Maker. For he is our God, and we are the people of his pasture and the sheep of his hand. Oh, that today you would hearken to his voice! Harden not your hearts, as your forebears did in the wilderness, at Meribah, and on that day at Massah, when they tempted me. They put me to the test, though they had seen my works. Forty years long I detested that generation and said, "This people are wayward in their hearts; they do not know my ways." So I swore in my wrath, "They shall not enter into my rest."

THE SECOND READING

Romans 5:1-11

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

The Word of the Lord.
Thanks be to God.

The people stand.

HYMN AT THE SEQUENCE

I heard the voice of Jesus say

Kingsfold



1. I heard the voice of Je - sus say, "Come un - to me and rest;
2. I heard the voice of Je - sus say, "Be - hold, I free - ly give
3. I heard the voice of Je - sus say, "I am this dark world's light;



and in your wea - ri - ness lay down your head up - on my breast."
the liv - ing wa - ter; thirst - y one, stoop down and drink, and live."
look un - to me, your morn shall rise, and all your days be bright."



I came to Je - sus as I was, so wea - ry, worn, and sad;
I came to Je - sus, and I drank of that life - giv - ing stream;
I looked to Je - sus, and I found in him my Star, my Sun;



I found in him a rest - ing place, and he has made me glad.
my thirst was quenched, my soul re - vived, and now I live in him.
and in that light of life I'll walk till trav'l - ing days are done.

THE HOLY GOSPEL

John 4:5-42

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

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

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you." Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her

water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him. Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor." Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

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

The people are seated at the invitation of the preacher.

THE SERMON

The Reverend Canon Kelly Brown Douglas

The people stand.

THE NICENE CREED

**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 PRAYERS OF THE PEOPLE

After each intercession,

Let us pray to the Lord,
Lord, have mercy.

The presider prays the concluding collect, and the people respond, Amen.

THE PEACE

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

The people greet one another with a sign of God's peace and then are seated.

THE OFFERTORY

The people remain seated while an offering is received to support the Cathedral's ministry of sharing God's love with the world.

ANTHEM AT THE OFFERTORY

Lord of the dance

arr. Michael McCarthy (b. 1966)

I danced in the morning when the world was begun, And I danced in the moon and the stars and the sun, And I came down from heaven and I danced on earth; at Bethlehem I had my birth. *Dance, then, wherever you may be; I am the Lord of the dance, said He, and I'll lead you all, wherever you may be, and I'll lead you all in the dance, said He.* I danced for the scribe and the Pharisee, but they would not dance and they wouldn't follow Me; I danced for the fishermen, for James and John; they came with Me and the dance went on. I danced on the Sabbath and I cured the lame; the holy people said it was a shame. They whipped and they stripped and they hung Me high, and they left Me there on a cross to die. I danced on a Friday when the sky turned black; It's hard to dance with the devil on your back. They buried My body and they thought I'd gone: but I am the dance and I still go on. They cut me down and I leap up high; I am the life that will never, never die; I'll live in you if you'll live in Me: I am the Lord of the Dance, said He.

The people stand.

HYMN AT THE PRESENTATION • 343

Shepherd of souls, refresh and bless

St. Agnes

THE HOLY COMMUNION

THE GREAT THANKSGIVING

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 God thanks and praise.

The presider offers thanks for the works of God in creation; in response the people sing:

SANCTUS & BENEDICTUS

Mass 18

Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,
hea - ven and earth are full of your glo - ry. 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.

The presider gives thanks to God for Christ's life, passion and resurrection and prays over the bread and wine.

Therefore, we proclaim the mystery of faith:

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

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 for ever. **AMEN.**

THE LORD'S PRAYER

As our Savior Christ has taught us, we now pray,

Notre Père..., Padre nuestro..., Vater unser...,

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

THE BREAKING OF THE BREAD & THE FRACTION ANTHEM

Lamb of God

Mass 18

Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Lamb of God, you take a - way the sins of the world: grant us peace.

The people are seated.

THE INVITATION TO COMMUNION

All who seek God and a deeper life in Christ are welcome to receive Holy Communion. Please receive the bread in open and outstretched hands and sip the wine from the chalice, guiding it gently to your lips; or you may dip the wafer into the wine. Gluten-free wafers are available; please make your need known to the minister. Respond to receiving Communion by saying "Amen." If you prefer to receive a blessing instead, please indicate your choice by crossing your hands across your chest.

During the administration of Holy Communion the laying on of hands and prayers for healing is offered in St. John's Chapel. Please enter the chapel by the ramp to the right of the pulpit.

ANTHEM DURING THE COMMUNION

Os justi

Anton Bruckner (1824-1896)

Sung in Latin. The mouth of the righteous speaketh wisdom, and his tongue talketh of judgment. The law of his God is in his heart: none of his steps shall slide. (*Psalms 37:30-31*)

The people stand.

THE POSTCOMMUNION PRAYER

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.

PRAYER OVER THE PEOPLE

The presider prays over the people, and the people respond, Amen.

CLOSING HYMN • 690

Guide me, O thou great Jehovah

Cwm Rhondda

THE DISMISSAL

Let us bless the Lord.

Thanks be to God.

ORGAN VOLUNTARY

Fugue in A minor, BWV 543

Johann Sebastian Bach (1685-1750)

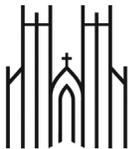


Please visit: cathedral.org/lent for a listing of special Lent and Holy Week offerings.

WORSHIP LEADERS The Very Reverend Randolph Marshall Hollerith, The Reverend Andrew K. Barnett, The Reverend Canon Kelly Brown Douglas, The Reverend Canon Rosemarie Logan Duncan

FLOWER GIFTS In the mid-nave, the Lenten pedestals of branches are given in loving memory of Mary Ashley Scarborough; shamrocks at St. Patrick's statue are in loving memory of Monica Lack. In accordance with the Cathedral practice of bare altars during the Lenten season, all Flower Endowments during Lent will be named in the leaflet and honored at Easter. Gifts for Easter flowers may be sent to the Washington National Cathedral Altar Guild, Massachusetts and Wisconsin Avenues NW, Washington, DC 20016. To be included in the Easter service leaflet, gifts must be received March 23.

PERMISSIONS *I heard the voice of Jesus say*. Words: Horatius Bonar (1808-1889). Tune: Kingsfold, English melody; adapt. and harm. Ralph Vaughan Williams (1872-1958). Words and Music in the Public Domain. *Sanctus and Agnus Dei (Fraction anthem)* adapted by Mason Martens (1933-1991) from plainsong Mass 18. Used with permission.



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