The people’s responses are in bold.

The Entrance Rite

Organ Voluntary
Vater unser im Himmelreich, BWV 682
Johann Sebastian Bach (1685-1750)

Introit
Miserere nostrri
Thomas Tallis (1505-1585)
Sung in Latin. Have mercy on us, Lord.

The people stand.

Processional Hymn • 401
The God of Abraham praise
Leoni

The Lenten Acclamation
Bless the Lord who forgives all our sins.
His mercy endures for ever.

The Penitential Sentences
Jesus said, “The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these.” (Mark 12:29-31)

The Confession & 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.
The Word of God

The Collect for the Second Sunday in Lent

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

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

The people are seated.

The First Reading

Genesis 17:1-7, 15-16

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, “I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous.” Then Abram fell on his face; and God said to him, “As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you. God said to Abraham, “As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.”

The Word of the Lord.
Thanks be to God.
PSALM 22:22-30

Praise the Lord, you that fear him;
   stand in awe of him, O offspring of Israel;
   all you of Jacob’s line, give glory.

For he does not despise nor abhor the poor in their poverty;
neither does he hide his face from them;
   but when they cry to him he hears them.

My praise is of him in the great assembly;
   I will perform my vows in the presence of those who
   worship him.

The poor shall eat and be satisfied,
and those who seek the Lord shall praise him:
   “May your heart live for ever!”

All the ends of the earth shall remember and turn to
the Lord,
   and all the families of the nations shall bow before him.

For kingship belongs to the Lord;
   he rules over the nations.

To him alone all who sleep in the earth bow down
   in worship;
   all who go down to the dust fall before him.

My soul shall live for him;
   my descendants shall serve him;
   they shall be known as the Lord’s for ever.

They shall come and make known to a people yet unborn
   the saving deeds that he has done.

THE SECOND READING Romans 4:13-25

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but
through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is
void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in
order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but
also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of
many nations”) — in the presence of the God in whom he believed, who gives life to the dead and calls into existence the
things that do not exist. Hoping against hope, he believed that he would become the “father of many nations,” according
to what was said, “So numerous shall your descendants be.” He did not weaken in faith when he considered his own body,
which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah’s
womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to
God, being fully convinced that God was able to do what he had promised. Therefore his faith “was reckoned to him as
righteousness.” Now the words, “it was reckoned to him,” were written not for his sake alone, but for ours also. It will
be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our
trespasses and was raised for our justification.

The Word of the Lord.

Thanks be to God.

The people stand.

HYMN AT THE SEQUENCE • 675

Take up your cross, the Savior said

Bourbon
Mark 8:31-38

The Holy Gospel of our Lord Jesus Christ according to Mark.

Glory to you, Lord Christ.

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, “Get behind me, Satan! For you are setting your mind not on divine things but on human things.” He called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.”

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

The people are seated at the invitation of the preacher.

THE SERMON

The Reverend Canon Rosemarie Logan Duncan

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 petition,

Hear us, God,
    for your mercy is great.

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 are seated.

THE OFFERTORY

An offering is received to support the Cathedral’s ministry of sharing God’s love with the world.
The altar is prepared for Holy Communion.

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. 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 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. 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. 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. 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.

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.

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:
The presider gives thanks to God for the reconciling work of Christ’s 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

And now, as our Savior Christ has taught us, we are bold to say,

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

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 FRACTION ANTHEM

Agnus Dei

D. Hurd

The people are seated.

THE INVITATION TO HOLY 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

Vere languores nostros

Tomás Luis de Victoria (c. 1548-1611)

Sung in Latin. Surely he hath borne our griefs, and carried our sorrows: and with his stripes we are healed. O sweet wood bearing sweet nails, the sweetest weight is hung on ye which alone were worthy to bear the Lord and King of heaven. (Isaiah 53:4, 5)

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.

In Lent, in place of a final blessing, the presider offers a Prayer over the People.

THE PRAYER OVER THE PEOPLE

Let us bow down before the Lord.

The people kneel or bow, as able.

Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. Amen.

The people stand.

CLOSING HYMN • 636

How firm a foundation, ye saints of the Lord

Foundation
THE DISMISSAL

Let us bless the Lord.
Thanks be to God.

ORGAN VOLUNTARY

Prelude and Fugue in E minor, BWV 533

J. S. Bach

For a full listing of special services and events for Lent, Holy Week, and Easter: cathedral.org/lent


In the mid-nave, the Lenten pedestals of branches are given in loving memory of Mary Ashley Scarborough. 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 by March 8.
