Worship lies at the heart of the Christian life. It is in worship that we express our theology and define our identity. It is through encountering God within worship that we are formed and transformed as the people of God. One of the glories of the Episcopal Church is its liturgical worship. Liturgy refers to the patterns, forms, words, and actions through which public worship is conducted.

The people’s responses are in bold.

This type of note, offering directions about the service is called a “rubric,” which comes from the Latin word rubrica (red)—referring to a time when these instructional notes were always written in red.

**The Entrance Rite**

When the service is accompanied by music, it often begins with an instrumental piece of music, during which the congregation can prepare for worship.

**Prelude**

_Prelude and Fugue in G major, Op. 37, No. 2_  
Felix Mendelssohn (1809-1847)

**Introit**

_God so loved the world_  
John Stainer (1840-1901)

God so loved the world, that he gave his only begotten Son, that whoso believeth in him should not perish, but have everlasting life.

For God sent not his Son into the world to condemn the world; but that the world through him might be saved.  
_(John 3:16-17)_
Come, thou fount of every blessing

Sung by all.

Nettleton

We begin our worship as a gathered community by praising God in song.

1. Come, thou fount of every blessing, tune my heart to sing thy grace!
2. Here I find my greatest treasure; hither by thy help, I've come; and I hope, by thy good pleasure, safely to arrive at home.
3. Oh, to grace how great a debt or daily I'm constrained to be! Let thy goodness, like a fetter, bind my wandering heart to thee:

    Teach me some melodious sonnet, sung by flaming tongues above.

    Praise the mount! Oh, fix me on it, mount of God's unchanging love.

    God; he, to rescue me from danger, interposed his precious blood.

    love; here's my heart, oh, take and seal it, seal it for thy courts above.

THE OPENING ACCLAMATION

Bless the Lord who forgives all our sins.
God's mercy endures for ever.

THE PENITENTIAL SENTENCES

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins, and cleanse us from all unrighteousness.

(1 John 1:8, 9)

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 Third Sunday in Lent

The collect is the prayer appointed for each Sunday that “collects” or captures the theme of the day or season of the Church year. It summarizes the attributes of God as revealed in the scriptures for 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 First Reading

This reading is typically from the Old Testament (Hebrew Scriptures) which Jesus knew and from which he often referred or quoted.

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.

THE PSALM

The psalms are prayers that Jesus used and cover every mood of humanity’s relationship with God and one another.

Psalm 95:1-2, 8-11
The cantor introduces the refrain, then all repeat.

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.

All repeat the refrain.

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.

All repeat the refrain.

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.”

All repeat the refrain.

Plainchant, Tone II

Salmo 95:1-2, 8-11
El cantor canta el refrán, y después todos lo repiten.

El cantor canta el salmo.

Vengan, cantemos alegremente al Señor; aclamemos con júbilo a la Roca que nos salva.

Todos repiten el refrán.

No endurezcan su corazón, como en Meribá, y en el día de Masá en el desierto, donde me tentaron sus antepasados.

Todos repiten el refrán.

Durante cuarenta años aborrecí aquella generación, y dije: “Es un pueblo que divaga de corazón; no reconoce mis caminos”.

Todos repiten el refrán.
THE SECOND READING

This reading, taken from the New Testament, is typically from a letter (epistle) to the early Church, the Acts of the Apostles, or the Revelation to John.

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 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.

Romanos 5:1-11

Puesto que Dios ya nos ha hecho justos gracias a la fe, tenemos paz con Dios por medio de nuestro Señor Jesucristo. Pues por Cristo hemos podido acercarnos a Dios por medio de la fe, para gozar de su favor, y estamos firmes, y nos gloriamos con la esperanza de tener parte en la gloria de Dios. Y no sólo esto, sino que también nos gloriamos de los sufrimientos; porque sabemos que el sufrimiento nos da firmeza para soportar, y esta firmeza nos permite salir aprobados, y el salir aprobados nos llena de esperanza. Y esta esperanza no nos defrauda, porque Dios ha llenado con su amor nuestro corazón por medio del Espíritu Santo que nos ha dado. Pues cuando nosotros éramos incapaces de salvarnos, Cristo, a su debido tiempo, murió por los pecadores. No es fácil que alguien se deje matar en lugar de otra persona. Ni siquiera en lugar de una persona justa; aunque quizás alguien estaría dispuesto a morir por la persona que le haya hecho un gran bien. Pero Dios prueba que nos ama, en que, cuando todavía éramos pecadores, Cristo murió por nosotros. Y ahora, después que Dios nos ha hecho justos mediante la muerte de Cristo, con mayor razón seremos salvados del castigo final por medio de él. Porque si Dios, cuando todavía éramos sus enemigos, nos reconcilió consigo mismo mediante la muerte de su Hijo, con mayor razón seremos salvados por su vida, ahora que ya estamos reconciliados con él. Y no sólo esto, sino que también nos gloriamos en Dios mediante nuestro Señor Jesucristo, pues por Cristo hemos recibido ahora la reconciliación.

Palabra del Señor.

Demos gracias a Dios.
The sequence hymn or Alleluia moves us toward the summit of the Liturgy of the Word—the reading of the Holy Gospel. Gospel means “good news”—specifically the “good news of Jesus.”

The Holy Gospel

This reading is taken from one of the four Gospels (Matthew, Mark, Luke, and John), which depict the life, teachings, death, resurrection, and ascension of our Lord Jesus Christ. We stand for the Gospel reading to show the particular importance placed on Jesus’ words and actions.

John 4:5-30, 39

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

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.

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.”

The Gospel of the Lord. 

Praise to you, Lord Christ.
THE SERMON

The sermon directly follows the Gospel because it is to be grounded in the scriptures. It illuminates the scriptural readings and relates them to daily life.

THE NICENE CREED

The word “creed” comes from the Latin “credo” for “I believe.” First formulated at the Council of Nicaea in 325 AD and confirmed in 381 AD, the Nicene Creed is said at the Holy Eucharist and reflects what Christians believe regarding the relationship between the Father, Jesus, and the Holy Spirit: The Holy Trinity.

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

We pray for ourselves and particularly on behalf of others. In our prayers we pray for the Universal Church, the nation and all who govern, the welfare of the world, the concerns of our community of faith, including those who are in need or suffer, and for the departed. We are reminded in prayer that we are part of a larger fellowship, the Church—the Body of Christ.

After each intercession,

Lord, in your mercy,
Hear our prayer.

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 HOLY COMMUNION

THE OFFERTORY

Having listened to the Word of God, affirmed our faith, confessed our sins, received forgiveness and shared in the peace, we are prepared for the drama and miracle of the Holy Communion. At the offertory, we gratefully offer back to God some of what God has given us, symbolically in the bread and wine, and in the money we give.

All are invited to make a gift to support the Cathedral’s ministry of sharing God’s love with the world by texting the dollar amount you wish to give to (202) 856-9005 or visiting cathedral.org/donate.

The altar is prepared for Holy Communion.

ANTHEM AT THE OFFERTORY

Nego spiritual

I want Jesus to walk with me

I want Jesus to walk with me.
I want Jesus to walk with me.
All along my pilgrim journey,
Lord, I want Jesus to walk with me.

In my trials, Lord, walk with me.
In my trials, Lord, walk with me.
When my heart is almost breaking,
Lord, I want Jesus to walk with me.

When I’m troubled, Lord, walk with me.
When I’m troubled, Lord, walk with me.
Lord, when my head is bowed in sorrow,
Lord, I want Jesus to walk with me.
There is a balm in Gilead
•••

1. Sometimes I feel discouraged, and think my work’s in vain,
2. If you cannot preach like Peter, if you cannot pray like Paul,

but then the Holy Spirit revives my soul again.____________

THE GREAT THANKSGIVING

In the Great Thanksgiving, we do what Jesus himself asked us to do: thank God and recall all that God has done for us in the life, death, and resurrection of Christ. The Great Thanksgiving, or Eucharistic Prayer, is a long prayer with four parts. Each of these four parts corresponds to a different action of Jesus at the Last Supper, where he took, blessed, broke, and gave bread and wine as sacraments of his body and blood. We begin the Great Thanksgiving with the Sursum corda, meaning “Lift up your hearts.”

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 every where 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 Sanctus (Holy, Holy, Holy) is the hymn of praise that never ceases before God and is based on Isaiah 6:3.

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, “Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

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
We pray together the prayer that Jesus taught his disciples to pray. The link between our daily bread and the spiritual food we receive in the Eucharist is an ancient connection.

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
The presider breaks the bread in silence.

_Agnus Dei_  
\[\text{Sung by all.}\]  
\[\text{D. Hurd}\]

\[\text{Lamb of God, you take away the sins of the world: have mercy on us.}\]

\[\text{Lamb of God, you take away the sins of the world: have mercy on us.}\]

\[\text{Lamb of God, you take away the sins of the world: grant us peace.}\]
ANTHEM DURING THE COMMUNION

The presider invites the following prayer to be said by all:

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.

(St. Alphonsus de Liguori, 1696-1787)

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.

ANTHEM DURING THE COMMUNION

The Lord bless you and keep you

The Lord bless you and keep you;
The Lord make his face to shine upon you and be gracious unto you;
The Lord lift up the light of his countenance upon you and give you peace.

Amen.

(Numbers 6:24-26)

THE BLESSING

In place of the Lenten prayer over the people, the presider offers a blessing reminding us that God’s love and grace are ever present among us. The people respond, Amen.

THE INVITATION TO HOLY COMMUNION

A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.

La comunión espiritual es una devoción personal que cualquier persona puede orar en cualquier momento expresando su deseo de recibir la Santa Comunión en ese instante, pero en que la circunstancias le impide de recibir los elementos reales de la Santa Comunión.

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.

THE BLESSING

In place of the Lenten prayer over the people, the presider offers a blessing reminding us that God’s love and grace are ever present among us. The people respond, Amen.
1. Guide me, O thou great Jehovah, pilgrim through this barren land;
   I am weak, but thou art mighty; hold me with thy powerful hand;
   bread of heaven, bread of heaven, feed me now and ever more.

2. Open now the crystal fountain, whence the healing stream doth flow;
   let the fire and cloud be my guide; lead me all my journey through;
   strong deliverer, strong deliverer, be thou still my strength and shield,
   strength and shield...

3. When I tread the verge of Jordan, bid my anxious fears subside;
   death of death, and hell's destruction, land me safe on Canaan's side;
   songs of praises, songs of praises, I will ever give to thee;
   (give to thee...)

THE DISMISSAL
Let us bless the Lord.
Thanks be to God.

POSTLUDE
Prelude in C major, BWV 547/1
Johann Sebastian Bach (1685-1750)
Prayer for People Facing Great Uncertainty

God of the present moment,
God who in Jesus stills the storm
and soothes the frantic heart;
bring hope and courage to all
who wait or work in uncertainty.
Bring hope that you will make them the equal
of whatever lies ahead.
Bring them courage to endure what cannot be avoided,
for your will is health and wholeness;
you are God, and we need you.

Taken from A New Zealand Prayer Book—He Karakia Mihinare o Aotearoa’ (adapted)
Thank you for worshiping with Washington National Cathedral, your National Cathedral.

The work of the Cathedral in service to the city, the nation, and the world is made possible entirely through private support. The gifts of people from across the country and the world are behind every worship service, concert, public program, and the daily work of maintaining this historic landmark. It is only through your generosity that the Cathedral can fully live into its priorities of welcoming, deepening, convening, and serving.

We invite you to support the mission and ministry of the Cathedral. **You may text the dollar amount you wish to give to (202) 856-9005 or visit cathedral.org to donate and to sign up for our weekly newsletter.**

Thank you in advance for your generosity. Please know that your participation with us today has been a blessing.

**FLOWERS**  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.