

WELCOME

WASHINGTON NATIONAL CATHEDRAL

MARCH 22, 2020

Welcome to Your Online Cathedral

Wherever you're watching from, welcome to Washington National Cathedral. We're so glad you're here!

This unprecedented pandemic has upended life for everyone, and has forced each of us to reorder our lives. For us here at the Cathedral, it has meant shifting our energies into finding virtual ways to bring you the beauty and wonder of this sacred space.

Even though we can not gather physically to spend time together in God's embrace, we are committed to gathering online, where we can share the peace of God in these tumultuous times.

We are encouraged by your response. Last Sunday, some 25,000 people around the world tuned in to our first online-only Eucharist, and it's since been viewed by more than 125,000 people. Each day, we're offering morning and evening services of prayer, and we're so thrilled that we are reaching tens of thousands of people each day.

During these anxious times, try to remember the ways God has blessed you. Put another way, ask yourself: What am I grateful for? There's a roof over your head, food to eat, family to draw close to. Taking stock of the blessings in our lives can help when the world around us can seem overwhelming.

We invite you to find more online resources and offerings at cathedral.org, where we will be adding additional content in the days and weeks to come. There's ways to submit a prayer request, log your acts of goodness as part of our Seeds of Faith initiative, and to learn how we're building a new online community.

Thank you for joining us! .

Faithfully,



Randy+

The Very Rev. Randolph Marshall Hollerith
Dean, Washington National Cathedral



Preaching Today

The Rt. Rev. Mariann Edgar Budde

Announcement Highlights

WHERE TO WATCH

Services are webcast from our [homepage](#), our [Facebook page](#) and our [Youtube](#) page. Tuesday evening spiritual practices are webcast from the [Center for Prayer and Pilgrimage Facebook](#) page.

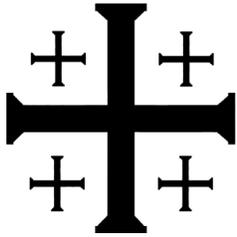
MORE INFO

All of the links in this document are active. Click on any underlined text to link for additional information.

PRAYER REQUESTS

During this time of uncertainty, we invite you to submit prayers for yourself, those you love, and the world. Each day at 2:30 pm (Monday – Saturday) a priest or lay minister offers these prayers and those of others during a time of prayer and intercession. Submit your request on at cathedral.org/prayer





The Holy Eucharist

The Fourth Sunday in Lent

March 22, 2020 • 11:15 AM

WASHINGTON NATIONAL CATHEDRAL

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

Aria

Paul Manz (1919-2009)

Trust me

Richard Smallwood (b. 1948)

We've come this far by faith

Albert A. Goodson (b. 1933)

HYMN AT THE PROCESSION • 8

Morning has broken

Sung by all.

Bunessan

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

1. Morn - ing has bro - ken like the first morn - ing, black-bird has
 2. Sweet the rain's new fall sun - lit from hea - ven, like the first
 3. Mine is the sun - light! Mine is the morn - ing born of the

spo - ken like the first bird. Praise for the sing - ing! Praise for the
 dew - fall on the first grass. Praise for the sweet - ness of the wet
 one light E - den saw play! Praise with e - la - tion, praise ev - ery

morn - ing! Praise for them, spring - ing, fresh from the Word!
 gar - den, sprung in com - plete - ness where his feet pass.
 morn - ing, God's re - cre - a - tion, of the new day!

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 bishop offers absolution and the people respond, Amen.

KYRIE ELEISON

Avon Gillespie (1938-1989)

Introduced by the worship leader, then sung by all.



THE WORD OF GOD

THE COLLECT FOR THE FOURTH 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.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for 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.

1 Samuel 16:1-13

1 Samuel 16:1-13

The Lord said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the Lord said, "Take a heifer with you, and say, 'I have come to sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice. When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the Lord." But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart." Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the Lord chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The Lord has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit down until he comes here." He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, "Rise and anoint him; for this is the one." Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

The Word of the Lord.

Thanks be to God.

El Señor dijo a Samuel: «¿Hasta cuándo vas a estar triste por causa de Saúl? Ya no quiero que él siga siendo rey de Israel. Anda, llena de aceite tu cuerno, que quiero que vayas a la casa de Jesé, el de Belén, porque ya escogí como rey a uno de sus hijos.» «¿Y cómo haré para ir?» respondió Samuel. «¡Si Saúl llega a saberlo, me matará!» El Señor le contestó: «Toma una ternera y di que vas a ofrecérmela en sacrificio. Después invita a Jesé al sacrificio, y yo te diré lo que debes hacer. Consagra como rey a quien yo te diga.» Samuel hizo lo que el Señor le mandó. Y cuando llegó a Belén, los ancianos de la ciudad salieron a recibirle con cierto temor, y le preguntaron: «¿Vienes en son de paz?» «Así es» respondió Samuel. «Vengo a ofrecer un sacrificio al Señor. Purifíquense y acompáñenme a participar en el sacrificio.» Luego Samuel purificó a Jesé y a sus hijos, y los invitó al sacrificio. Cuando ellos llegaron, Samuel vio a Eliab y pensó: «Con toda seguridad éste es el hombre que el Señor ha escogido como rey.» Pero el Señor le dijo: «No te fijas en su apariencia ni en su elevada estatura, pues yo lo he rechazado. No se trata de lo que el hombre ve; pues el hombre se fija en las apariencias, pero yo me fijo en el corazón.» Entonces Jesé llamó a Abinadab, y se lo presentó a Samuel; pero Samuel comentó: «Tampoco a éste ha escogido el Señor.» Luego le presentó Jesé a Samá; pero Samuel dijo: «Tampoco ha escogido a éste.» Jesé presentó a Samuel siete de sus hijos, pero Samuel tuvo que decirle que a ninguno de ellos lo había elegido el Señor. Finalmente le preguntó: «¿No tienes más hijos?» «Falta el más pequeño, que es el que cuida el rebaño» respondió Jesé. «Manda a buscarlo» dijo Samuel, «porque no comenzaremos la ceremonia hasta que él llegue.» Jesé lo mandó llamar. Y el chico era de piel sonrosada, agradable y bien parecido. Entonces el Señor dijo a Samuel: «Éste es. Así que levántate y conságralo como rey.» En seguida Samuel tomó el recipiente con aceite, y en presencia de sus hermanos consagró como rey al joven, que se llamaba David. A partir de aquel momento, el espíritu del Señor se apoderó de él. Después Samuel se despidió y se fue a Ramá.

Palabra del Señor.

Demos gracias a Dios.

ANTHEM

The anthem is based on the psalm appointed for the day. The psalms are prayers that Jesus used and cover every mood of humanity's relationship with God and one another.

My Shepherd will supply my need

Sung by the choir.

Traditional American melody;
arr. Virgil Thomson (1896-1989)

My Shepherd will supply my need,
Jehovah is his Name.
In pastures fresh he makes me feed
Beside the living stream.
He brings my wandering spirit back
When I forsake his ways.
He leads me for his mercy's sake
In paths of truth and grace.
When I walk through the shades of death,
Thy presence is my stay.
One word of thy supporting breath
Drives all my fears away.
Thy hand, in sight of all my foes,
Doth still my table spread.
My cup with blessings overflows,
Thine oil anoints my head.
The sure provisions of my God
Attend me all my days.
Oh, may thy house be my abode
And all my work be praise.
There would I find a settled rest,
While others go and come.
No more a stranger or a guest,
But like a child at home.

(para. of Psalm 23, Isaac Watts, 1674-1748)

Salmo 23

El Señor es mi pastor;
nada me faltará.
En verdes pastos me hace yacer;
me conduce hacia aguas tranquilas.
Aviva mi alma
y me guía por sendas seguras por amor de su
Nombre.
Aunque ande en valle de sombra de muerte,
no temeré mal alguno;
porque tú estás conmigo;
tu vara y tu cayado me infunden aliento.
Aderezarás mesa delante de mi
en presencia de mis angustiadores;
unges mi cabeza con óleo; mi copa está rebosando.
Ciertamente el bien y la misericordia me
seguirán odos los días de mi vida,
y en la casa del Señor moraré por largos días.
(El canto se basa en el Salmo 23, el salmo designado para hoy.)

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.

Ephesians 5:8-14

Efesios 5:8-14

Once you were darkness, but now in the Lord you are light. Live as children of light—for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says, “Sleeper, awake! Rise from the dead, and Christ will shine on you.”

The Word of the Lord.

Thanks be to God.

Ustedes antes vivían en la oscuridad, pero ahora, por estar unidos al Señor, viven en la luz. Pórtense como quienes pertenecen a la luz, pues la luz produce toda una cosecha de bondad, rectitud y verdad. Examinen siempre qué es lo que agrada al Señor. No compartan la conducta estéril de los que son de la oscuridad; más bien saquenla a la luz. Pues hasta vergüenza da hablar de lo que ellos hacen en secreto; pero cuando todas las cosas son puestas al descubierto por la luz, quedan en claro, porque todo lo que se deja poner en claro, participa de la luz. Por eso se dice: «Despierta, tú que duermes; levántate de entre los muertos, y Cristo te alumbrará.»

Palabra del Señor.

Demos gracias a Dios.

I want to walk as a child of the light

Sung by all.

Houston

The sequence hymn 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.”

1. I want to walk as a child of the light. I want to fol - low Je - sus.
 2. I want to see the bright-ness of God. I want to look at Je - sus.
 3. I'm look-ing for the com - ing of Christ. I want to be with Je - sus.

God set the stars to give light to the world. The star of my life— is Je - sus.
 Clear sun of right-eous-ness, shine on my path, and show me the way to the Fa - ther.
 When we have run— with pa-tience the race, we shall know the joy— of Je - sus.

Refrain

In him there is no dark-ness at all. The night and the day— are both a - like.

The Lamb is the light of the ci - ty of God. Shine in my heart, Lord Je - sus.

rit. a tempo

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 9:1-17

Juan 9:1-17

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

Glory to you, Lord Christ.

As Jesus walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world." When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" Some were saying, "It is he." Others were saying, "No, but it is someone like him." He kept saying, "I am the man." But they kept asking him, "Then how were your eyes opened?" He answered, "The man called Jesus made mud, spread it on my eyes, and said to me, 'Go to Siloam and wash.' Then I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know." They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, "He put mud on my eyes. Then I washed, and now I see." Some of the Pharisees said, "This man is not from God, for he does not observe the sabbath." But others said, "How can a man who is a sinner perform such signs?" And they were divided. So they said again to the blind man, "What do you say about him? It was your eyes he opened." He said, "He is a prophet."

The Gospel of the Lord.

Praise to you, Lord Christ.

Santo Evangelio de nuestro Señor Jesucristo, según Juan.

¡Gloria a ti, Cristo Señor!

Al salir, Jesús vio a su paso a un hombre que había nacido ciego. Sus discípulos le preguntaron: «Maestro, ¿por qué nació ciego este hombre? ¿Por el pecado de sus padres, o por su propio pecado?» Jesús les contestó: «Ni por su propio pecado ni por el de sus padres; fue más bien para que en él se demuestre lo que Dios puede hacer. Mientras es de día, tenemos que hacer el trabajo del que me envió; pues viene la noche, cuando nadie puede trabajar. Mientras estoy en este mundo, soy la luz del mundo.» Después de haber dicho esto, Jesús escupió en el suelo, hizo con la saliva un poco de lodo y se lo untó al ciego en los ojos. Luego le dijo: «Ve a lavarte al estanque de Siloé (que significa: "Enviado").» El ciego fue y se lavó, y cuando regresó ya podía ver. Los vecinos y los que antes lo habían visto pedir limosna se preguntaban: «¿No es éste el que se sentaba a pedir limosna?» Unos decían: «Sí, es él.» Otros decían: «No, no es él, aunque se le parece.» Pero él mismo decía: «Sí, yo soy.» Entonces le preguntaron: «¿Y cómo es que ahora puedes ver?» Él les contestó: «Ese hombre que se llama Jesús hizo lodo, me lo untó en los ojos, y me dijo: "Ve al estanque de Siloé, y lávate." Yo fui, y en cuanto me lavé, pude ver.» Entonces le preguntaron: «¿Dónde está ese hombre?» Y él les dijo: «No lo sé.»-El día en que Jesús hizo el lodo y devolvió la vista al ciego era sábado. Por eso llevaron ante los fariseos al que había sido ciego, y ellos le preguntaron cómo era que ya podía ver. Y él les contestó: «Me puso lodo en los ojos, me lavé, y ahora veo.» Algunos fariseos dijeron: «El que hizo esto no puede ser de Dios, porque no respeta el sábado.» Pero otros decían: «¿Cómo puede hacer estas señales milagrosas, si es pecador?» De manera que hubo división entre ellos, y volvieron a preguntarle al que antes era ciego: «Puesto que te ha dado la vista, ¿qué dices de él?» Él contestó: «Yo digo que es un profeta.»

El Evangelio del Señor.

Te alabamos, Cristo Señor.

THE SERMON

The Right Reverend Mariann Edgar Budde

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 for 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

Lead me, Lord

Sung by the choir.

Samuel Sebastian Wesley (1810-1876)

Lead me, Lord, in thy righteousness, make thy way plain before my face.
For it is thou, Lord, only, that makest me dwell in safety.

(Psalm 5:8 & Psalm 4:9b)

HYMN AT THE PRESENTATION

Blessed assurance

Sung by all.

Phoebe P. Knapp (1839-1908)



1. Bless - ed as - sur - ance, Je - sus is mine! O what a fore - taste of glo - ry di - vine!
2. Per - fect sub - mis - sion, per - fect de - light, vis - ions of rap - ture now burst on my sight;
3. Per - fect sub - mis - sion, all is at rest, I in my sa - vior am hap - py and blest;



Heir of sal - va - tion, pur - chase of God, born of his spi - rit, washed in his blood.
an - gels de - scend - ing, bring from a - bove ech - oes of mer - cy, whis - pers of love.
watching and wait - ing, look - ing a - bove, filled with his good - ness, lost in his love.

Refrain



This is my sto - ry, this is my song, prais - ing my sa - vior all the day long;



this is my sto - ry, this is my song, prais - ing my sa - vior all the day long.

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.

You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

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:

SANCTUS & BENEDICTUS

Sung by all.

Land of Rest

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

Ho - ly, ho - ly, ho - ly Lord, God of power and might, heav'n 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. Ho - san - na in the high - est.

We recall God's acts of salvation history. The presider says the "Words of Institution" that Jesus said at the Last Supper. At the Memorial Acclamation we remember Christ's death, resurrection, and promise to return at the end of the age. During the prayer, the Holy Spirit is invoked to bless and sanctify the gifts of bread and wine.

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.

Taste and see

Sung by all.

James Moore, Jr. (b. 1951)

Taste and see, taste and see the good - ness of the Lord. _____ O
taste and see, taste and see the good - ness of the Lord, _____ of the Lord.

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.

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)

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.

El presidente invita a todos a rezar esta oración:

Jesús mío, creo que eres verdaderamente presente en el Sagrado Sacramento del Altar. Te amo encima de todas las cosas, y te anhelo en mi alma. Como ahora no te puedo recibir sacramentalmente, entra al menos espiritualmente en mi corazón. Como si ya hubieras venido, te abrazo y me uno completamente a ti; nunca permitas que me separe de ti. Amén

(St. Alphonsus de Liguori, 1696-1787)

ANTHEM DURING THE COMMUNION

Taste and see

J. Moore, Jr.

All sing the refrain.

The image shows two staves of musical notation in G major, 4/4 time. The first staff begins with a treble clef and a key signature of one sharp (F#). The melody is: G4 (quarter), A4 (quarter), B4 (half), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (half), D4 (half), C4 (half). The lyrics are: Taste and see. Taste and see the good - ness of the Lord. O. The second staff continues the melody: G4 (quarter), A4 (quarter), B4 (half), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (half), D4 (half), C4 (half). The lyrics are: taste and see. Taste and see the good - ness of the Lord, of the Lord.

The worship leader sings the verses, then all repeat the refrain.

I will bless the Lord at all times. His praise shall always be on my lips; my soul shall glory in the Lord; for he has been so good to me. *Refrain.*

Glorify the Lord with me. Together let us all praise his name. I called the Lord and he answered me; from all my troubles he set me free. *Refrain.*

Worship the Lord all you people. You'll want for nothing if you ask. Taste and see that God is good; in him we need put all our trust. *Refrain.*

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 bishop offers a blessing reminding us that God's love and grace are ever present among us. The people respond, Amen.

HYMN AT THE CLOSING • 482

Lord of all hopefulness

Sung by all.

Slane



1. Lord of all hope - ful - ness, Lord of all joy, whose trust, ev - er child - like, no
2. Lord of all ea - ger - ness, Lord of all faith, whose strong hands were skilled at the
3. Lord of all kind - li - ness, Lord of all grace, your hands swift to wel - come, your
4. Lord of all gen - tle - ness, Lord of all calm, whose voice is con - tent - ment, whose



cares could de - stroy, be there at our wak - ing, and give us, we
plane and the lathe, be there at our la - bors, and give us, we
arms to em - brace, be there at our hom - ing, and give us, we
pres - ence is balm, be there at our sleep - ing, and give us, we



pray, your bliss in our hearts, Lord, at the break of the day.
pray, your strength in our hearts, Lord, at the noon of the day.
pray, your love in our hearts, Lord, at the eve of the day.
pray, your peace in our hearts, Lord, at the end of the day.

THE DISMISSAL

Let us bless the Lord.
Thanks be to God.

POSTLUDE

Partita on "Slane"

Daniel Pinkham (1923-2006)

PARTICIPANTS/PARTICIPANTES

PREACHER/PREDICADORA

The Right Reverend Mariann Edgar Budde
Bishop, Episcopal Diocese of Washington

PRESIDER/PRESIDENTE

The Very Reverend Randolph Marshall Hollerith
Dean, Washington National Cathedral

GOSPELLER/EVANGELISTA

The Reverend Yoimel Gonzalez
Dean, Latino Deacons' School, Episcopal Diocese of Washington

DEACON/DIÁCONO

The Venerable L. Sue von Rautenkranz
Archdeacon, Episcopal Diocese of Washington

READERS/LECTORS

The Reverend Canon Dana Colley Corsello
Vicar, Washington National Cathedral

The Reverend Canon Leonard L. Hamlin, Sr.
Canon Missioner, Washington National Cathedral

MUSICIANS/MÚSICOS

Erik W. Suter
Organist

The Professional Cathedral Choir

The Cathedral Band



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)

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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.

PERMISSIONS Bible texts of the Old Testament, Epistle, and Gospel taken from the *New Revised Standard Version Bible*, Copyright 1989, Division of Christian Education of the National Council of the Churches of Christ in the USA. Used by permission. All rights reserved. Spanish Old Testament, Epistle, and Gospel taken from the *Biblia Dios Habla Hoy*, Third Edition, Copyright 1996, Sociedades Bíblicas Unidas. Used by permission. All rights reserved. Acclamation, penitential sentences, confession, collect, creed, prayer response, peace, Eucharistic Prayer A, postcommunion prayer, and dismissal taken from *The Book of Common Prayer*, 1979. Spanish psalm taken from *El Libro de Oración Común*, Copyright 1989, The Church Pension Fund. All rights reserved. Used by permission. An Act of Spiritual Communion by St. Alphonsus de Liguori taken from the *Enchiridion of Indulgences*, 1969, Catholic Book Publishing Inc. Prayer for People Facing Great Uncertainty (adapted) taken from *A New Zealand Prayer Book—He Karakia Mihinare o Aotearoa*, Anglican Church in Aotearoa, New Zealand and Polynesia. Used with permission. *Morning has broken*. Text: Eleanor Farjeon (1881-1965), Copyright 1957, Oxford University Press. Reprinted under One License #A-709283. Music: *Bunessan*. Mary M. Macdonald (1789-1872). Public domain. *Lord, have mercy*. Music: Avon Gillespie. Reprinted under One License #A-709283. *I want to walk as a child of the light*. Text: Kathleen Thomerson (b. 1934). Music: *Houston*. K. Thomerson, Copyright 1975, Celebration. Reprinted under One License #A-709283. *Blessed assurance*. Text: Fanny Crosby (1820-1915). Music: Phoebe P. Knapp. Public domain. *Sanctus*. Music: *Land of Rest*. American folk tune. Public domain. *Taste and see*. Text and music: James Moore, Jr., Copyright 1983, GIA Publications, Inc. Reprinted under One License #A-709283. *Lord of all hopefulness*. Text: Jan Struther (1901-1953), Copyright 1931, Oxford University Press. Reprinted under One License #A-709283. Music: *Slane*. Irish folk tune. Public domain.



WELCOMING

Facebook Live Watch Parties

Just because you're at home doesn't mean you have to worship alone. You can set up a Facebook Live Watch Party to watch with members of your home church, family or friends.

You can create a watch party, in a group or from any video you're watching.

TO CREATE A WATCH PARTY FROM A VIDEO:

- From a video you're watching, click Share at the bottom.
- Click Start a Watch Party.
- If you'd like to add other videos to your watch party, click Add Video in the bottom right. You can search for a video or click a category (example: Watched, Live, Saved, or Suggested) to view additional videos.
- Click Add to Queue next to any videos you'd like to add to your watch party, then click Done.
- You can choose to add a description for your watch party, then click Post.

Once you're in the watch party you can invite friends to watch with you.

TO CREATE A WATCH PARTY IN A GROUP:

- From your News Feed, click Groups in the left menu and select your group. (You can make a new group or use a group to which you already belong.)
- Click Write Post at the top of the group, then click Watch Party.
- Click Add Video. You can search for a video or click a category (example: Watched, Group, Live, Saved, or Suggested) to view additional videos.
- Click Add to Queue next to any videos you'd like to add to your watch party, then click Done.
- You can choose to add a description for your watch party, then click Post. You'll see a message that says "Your Watch Party Is About To Begin."
- To add group members to your watch party, type their name and click Invite next to their profile picture, then click Done. Any people you invite will receive a notification that they've been invited to join your watch party. When someone joins, you'll see their profile picture in the bottom left of your screen.

DEEPENING

Upcoming Worship Services

UPCOMING WORSHIP SCHEDULE (SUNDAY)

- 11:15 am ET: Online Holy Eucharist

ONLINE WORSHIP SCHEDULE (MONDAY–SATURDAY)

- 7 am ET: Morning Service of Prayer
- 7 pm ET: Evening Service of Prayer

Lenten Meditations

LENTEN MEDITATIONS

Cathedral clergy offer a meditation each day during Lent. They are available on our homepage or you can sign-up to receive the meditations in your inbox at cathedral.org/lenzen-meditations.

Easter and Holy Week

Following new guidelines from the CDC, Bishop Budde has extended the closure order for all churches in the Episcopal Diocese of Washington through May 16, 2020.

That means all operations at the Cathedral will remain suspended for the next two months, including Holy Week and Easter.

We're so sorry that we won't be able to celebrate Easter with you at the Cathedral. However, even though you may not be able to join us in person, please do consider joining us online for Holy Week ... and before! Stay tuned to cathedral.org for more offerings in the days and weeks ahead.

Christian Formation

CATHEDRAL PODCAST: THE CROSSING

Check out The Crossing, a new sermon podcast from the Cathedral. Catch up on sermons you might have missed, download your favorites or share with your friends. It's available wherever you find your favorite [podcast](#).

TAKE ON LENT

Not in our wildest dreams! While our Take on Lent Wednesday night dinners and classes have been canceled, please know that those seeking baptism, confirmation and reception will be welcomed into our Congregation and the Episcopal Church sometime after Easter. And the other speakers and classes that were to be offered will be rescheduled in the fall when we can resume our community dinners, if not sooner. Please stay tuned ...

CONVENING

Online Spiritual Practices

Since we can't gather at the Cathedral for our regular Tuesday evening prayer gatherings, we're bringing them to you online! Join us on Tuesday evenings on the Center for Prayer and Pilgrimage [Facebook page](#) for live sessions of Listening for God (Lectio Divina) at 5:30 pm and Centering Prayer at 6 pm.

ONLINE LISTENING FOR GOD

Tuesday, March 24, 5:30 pm

Join us for a time of modified, online *Lectio Divina* where we listen for the voice of God in the words of Scripture, in community and in silence. In this ancient monastic practice, we read the Gospel lesson for the coming Sunday and reflect on how the Spirit is speaking to us in the present moment.

ONLINE CENTERING PRAYER

Tuesday, March 24, 6 pm

Join us for a time of silent online prayer as we move beyond thoughts, words and emotions into a time of quiet contemplation. A brief reading and reflection will lead us into a time of shared silence online.

ALL SHALL BE WELL: SPIRITUAL PRACTICES FOR TURBULENT TIMES

Saturday, March 28, 9 am

Join us for an online retreat inspired by the writings of Julian of Norwich and engage imagination and meditation to nurture our faith and offer hope in our fragmented world. In a time of mass disease, political strife and social unrest, what led a medieval mystic to write the affirmation, "All shall be well?" How can we learn from her wisdom, and discover practices to relieve our anxiety while grounding us in peace in the midst of the unrest and disease, in our world and lives? [Registration \\$10](#)

Seeds of Faith

Now, more than ever, we need to pull together.

During these extraordinary times, what are you doing to spread grace to those who need it? What small act of kindness, or goodness, or mercy are you doing in this weary world?

Our Seeds of Faith initiative started before the coronavirus pandemic turned everything upside down, but we need that compassion more than ever.

Tell us what you're doing at [cathedral.org/seeds](#). We're compiling each act, and we'll share what everyone is doing as an inspiration to spark more good in the world.

SERVING

Helping Each Other

Here are two ways you can help in the D.C. Community. If you are not in D.C., reach out to see how you can help in your community.

MARTHA'S TABLE

Sunday, March 15, 8:30–11:15 am

Help feed our hungry neighbors at this particularly challenging time. We are still determining best practices for our April 19 drop-off date, but we want to share other ways to support Martha's Table. Information on how to make a much needed donation or how to volunteer at one of their D.C. locations, can be found at [marthastable.org](#) or email marthastable@cathedralcongregation.org.

FRIENDSHIP PLACE FUNDRAISER

The Cathedral is joining forces with Friendship Place in D.C. to provide for those in need at Easter. We are no longer taking food donations, but you can support with your online donation today at [cathedral.org/congregation!](#)

CHECK IN ON EACH OTHER

What can you do in your community? As of this writing, we have a team of 25 calling on 100 of our most vulnerable or isolated Cathedral Congregation members here in the D.C. area. And some over a certain age are being called just as a friendly check in. Can you think of people in your community who might appreciate a check in? We're all in this together but this doesn't mean that we have to do it alone.

There are many ways we can connect with each other. Pick up the phone for a quick chat or long conversation or use an app, such as Skype, Zoom, Facetime, WhatsApp (and more) to stay connected over video.

OUR WORSHIP TEAM



Mariann Edgar Budde
BISHOP OF
WASHINGTON



Randy Hollerith
DEAN



Jan Cope
PROVOST



Dana Corsello
VICAR



Rose Duncan
CANON FOR
WORSHIP



Kelly Brown Douglas
CANON THEOLOGIAN



Leonard Hamlin, Sr.
CANON MISSIONER



Patrick Keyser
PRIEST ASSOCIATE



Michael McCarthy
DIRECTOR OF MUSIC



Tom Sheehan
ORGANIST



George Fergus
ASSISTANT
ORGANIST



Daryl L.A. Hunt
CONTEMPORARY
MUSIC



Torrence Thomas
HEAD VERGER



Scott Sanders
VERGER



Stanley Utterback, Jr.
VERGER

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Everything we do at the Cathedral, including today's streamed service, is made possible because of people like you. We rely on donations from the public to make our mission and ministry possible. We do not receive direct funding for our operations from the federal government or any national church.

In these challenging times, your support is needed more than ever. If this service has been meaningful for you, we encourage you to give as you're able to help your Cathedral continue to serve our nation. Visit [cathedral.org/support-ministries](https://www.cathedral.org/support-ministries) or text the dollar amount you wish to give to 202.856.9005. Thank you in advance for your generosity.

Learn with Us

Watch our services online, explore the sermon archive and join us for select programs that examine important issues in our world at [youtube.com/wncathedral](https://www.youtube.com/wncathedral).

Audio recordings of Cathedral sermons are available for download at [soundcloud.com/wncathedral](https://www.soundcloud.com/wncathedral).

Build with Us – Online!

LET THERE (STILL) BE LEGO! — Our scale replica of the Cathedral continues to grow! For \$2/brick, you can buy as many pieces as you want to help us build the world's largest Cathedral out of LEGO® bricks. All funds go toward repairing \$19 million in damage from the 2011 earthquake—work that's still continuing right now. Learn more, see pictures of the model, and donate online at [cathedral.org/LEGO](https://www.cathedral.org/LEGO)

