

The Holy Eucharist

The Third Sunday in Lent

March 8, 2026 • 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.

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

CARILLON PRELUDE

"Babylon's Streams"

Roy Hamlin Johnson (1929–2020)

from *A Carillon Book for the Liturgical Year, Part Four: Lent*

PRELUDE

Deep River

Gerald Near (b. 1942)

O Lord God

Percy Buck (1871–1947)

THE ENTRANCE RITE

INTROIT

Sicut cervus

Giovanni Pierluigi da Palestrina (ca. 1525–1594)

Sung in Latin.

As the deer longs for the water-brooks,
so longs my soul for you, O God.

(Psalm 42:1)

The people stand as able at the introduction to the hymn.

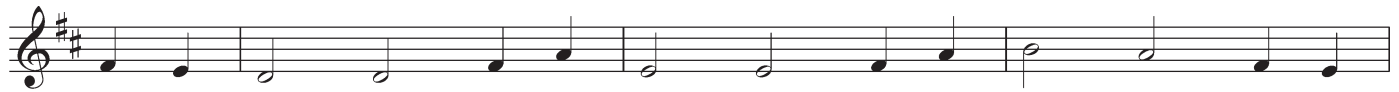
HYMN AT THE PROCESSION • 686

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 ev - ery bless - ing, tune my heart to sing thy
2. Here I find my great - est trea - sure; hith - er by thy help, I've
3. Oh, to grace how great a debt - or dai - ly I'm con - strained to



grace! Streams of mer - cy nev - er ceas - ing, call for songs of loud - est praise.
come; and I hope, by thy good plea - sure, safe - ly to ar - rive at home.
be! Let thy good - ness, like a fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by flam - ing tongues a -
Je - sus sought me when a stran - ger wan - dering from the fold of
prone to wan - der, Lord, I feel it, prone to leave the God I



bove. Praise the mount! Oh, fix me on it, mount of God's un - chang - ing love.
God; he, to res - cue me from dan - ger, in - ter - posed his pre - cious blood.
love; here's my heart, oh, take and seal it, seal it for thy courts a - bove.

THE OPENING ACCLAMATION

Blessed be the God of our salvation:

Who bears our burdens and forgives our sins.

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 people may kneel as able or be seated.

CONFESSION OF SIN & 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.

Dios de misericordia,
confesamos que hemos pecado contra ti
de pensamiento, palabra y obra,
por lo que hemos hecho
y por lo que hemos dejado sin hacer.
No te hemos amado de todo corazón;
no hemos amado al prójimo como a nosotros mismos.
Sincera y humildemente nos arrepentimos.
Por tu Hijo Jesucristo,
ten piedad de nosotros y perdónanos;
así tu voluntad será nuestra alegría
y caminaremos en tus sendas
para gloria de tu nombre. Amén.

The presider offers the absolution, and the people respond, Amen.

KYRIE ELEISON

Lord, Have Mercy

Sung by all.

Mass 18

Kyrie eleison (*Lord, have mercy*) is a Greek petition that has long been used in the liturgy. During Lent the Gloria in excelsis (or a song of praise) is not sung and is replaced by the Kyrie eleison or the Trisagion, an ancient hymn from the Orthodox liturgy.

The musical notation consists of three staves, each with a treble clef and a key signature of one flat (B-flat). The first staff is divided into two parts: the first part is labeled 'Choir' and the second part is labeled 'All'. The lyrics are: 'Lord, have mer - cy. Lord, have mer - cy.' The second staff is also divided into two parts: 'Choir' and 'All'. The lyrics are: 'Christ, have mer - cy. Christ, have mer - cy.' The third staff is divided into two parts: 'Choir' and 'All'. The lyrics are: 'Lord, have mer - cy. Lord, have mer - cy.' The music is written in a simple, melodic style with a steady rhythm.

The people stand as able.

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 people are seated.

THE WORD OF GOD

THE FIRST LESSON

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.

Éxodo 17:1-7

Toda la comunidad israelita salió del desierto de Sin, siguiendo su camino poco a poco, de acuerdo con las órdenes del Señor. Después acamparon en Refidim, pero no había agua para que el pueblo bebiera, así que le reclamaron a Moisés, diciéndole: «¡Danos agua para beber!» «¿Por qué me hacen reclamaciones a mí? ¿Por qué ponen a prueba a Dios?» contestó Moisés. Pero el pueblo tenía sed, y hablaron en contra de Moisés. Decían: «¿Para qué nos hiciste salir de Egipto? ¿Para matarnos de sed, junto con nuestros hijos y nuestros animales?» Moisés clamó entonces al Señor, y le dijo: «¿Qué voy a hacer con esta gente? ¡Un poco más y me matan a pedradas!» Y el Señor le contestó: «Pasa delante del pueblo, y hazte acompañar de algunos ancianos de Israel. Llévate también el bastón con que golpeaste el río, y ponte en marcha. Yo estaré esperándote allá en el monte Horeb, sobre la roca. Cuando golpees la roca, saldrá agua de ella para que beba la gente.» Moisés lo hizo así, a la vista de los ancianos de Israel, y llamó a aquel lugar Meribá porque los israelitas le habían hecho reclamaciones, y también lo llamó Masá porque habían puesto a prueba a Dios, al decir: «¿Está o no está el Señor con nosotros?»

Palabra de Dios.
Demos gracias a Dios.

THE PSALM

chant: plainsong mode II

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

Psalms 95:1-7

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.

Salmo 95:1-7

¡Vengan, cantémosle a Dios,
con gritos de alegría a la Roca que nos salva!
Acerquémonos a Dios dándole gracias;
cantémosle salmos con brío.
Porque el Señor es un gran Dios
y un gran Rey sobre todos los dioses.
En su mano están las cavernas más profundas
y tuyas son las cumbres de los montes.
Suyo es el mar, pues Dios lo hizo
y sus manos formaron la tierra firme.

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!

¡Vengan! Inclinémonos y postrémonos
de rodillas ante Dios que nos creó,
Porque él es nuestro Dios;
somos el pueblo que apacienta, el redil bajo su mano.
¡Ojalá escuchen hoy su voz!

THE SECOND LESSON

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

Romanos 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.

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 de Dios.
Demos gracias a Dios.

The people stand as able at the introduction to the hymn.

HYMN AT THE SEQUENCE

Grant Me a Blessing

Sung by all.

Joseph N. Heard

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.”

Lord, my soul is thirst-ing for a bless-ing to- day, Let thy pre-sence come from a - bove;
O that thou wouldst rend the heav-ens; and then come down; Let thy spir-it fall all a - round.
Lord, my soul is thirst-ing and I want a re- fresh - ing; Lord, my soul is thirst-ing and I need a fresh touch.
Lord, my soul is thirst-ing and I want a re- fresh - ing. Grant me a bless - ing to - day.
Grant me a bless - ing, Grant me a bless - ing, Grant me a
bless - ing, A bless - ing to - day, to - day.

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 4:5-42

Juan 4:5-42

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

Gloria 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

Santo evangelio de nuestro Señor Jesucristo según Juan.

Gloria a ti, Cristo Señor.

De modo que llegó Jesús a un pueblo de Samaria que se llamaba Sicar, cerca del terreno que Jacob había dado en herencia a su hijo José. Allí estaba el pozo de Jacob. Jesús, cansado del camino, se sentó junto al pozo. Era cerca del mediodía. Los discípulos habían ido al pueblo a comprar algo de comer. En eso, una mujer de Samaria llegó al pozo a sacar agua, y Jesús le dijo: «Dame un poco de agua.» Pero como los judíos no tienen trato con los samaritanos, la mujer le respondió: «¿Cómo es que tú, siendo judío, me pides agua a mí, que soy samaritana?» Jesús le contestó: «Si supieras lo que Dios da y quién es el que te está pidiendo agua,

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

tú le pedirías a él, y él te daría agua viva.» La mujer le dijo: «Señor, ni siquiera tienes con qué sacar agua, y el pozo es muy hondo: ¿de dónde vas a darme agua viva? Nuestro antepasado Jacob nos dejó este pozo, del que él mismo bebía y del que bebían también sus hijos y sus animales. ¿Acaso eres tú más que él?» Jesús le contestó: «Todos los que beben de esta agua, volverán a tener sed; pero el que beba del agua que yo le daré, nunca volverá a tener sed. Porque el agua que yo le daré se convertirá en él en manantial de agua que brotará dándole vida eterna.» La mujer le dijo: «Señor, dame de esa agua, para que no vuelva yo a tener sed ni tenga que venir aquí a sacar agua.» Jesús le dijo: «Ve a llamar a tu marido y vuelve acá.» La mujer le contestó: «No tengo marido.» Jesús le dijo: «Bien dices que no tienes marido; porque has tenido cinco maridos, y el que ahora tienes no es tu marido. Es cierto lo que has dicho.» Al oír esto, la mujer le dijo: «Señor, ya veo que eres un profeta. Nuestros antepasados, los samaritanos, adoraron a Dios aquí, en este monte; pero ustedes los judíos dicen que Jerusalén es el lugar donde debemos adorarlo.» Jesús le contestó: «Créeme, mujer, que llega la hora en que ustedes adorarán al Padre sin tener que venir a este monte ni ir a Jerusalén. Ustedes no saben a quién adoran; pero nosotros sabemos a quién adoramos, pues la salvación viene de los judíos. Pero llega la hora, y es ahora mismo, cuando los que de veras adoran al Padre lo harán de un modo verdadero, conforme al Espíritu de Dios. Pues el Padre quiere que así lo hagan los que lo adoran. Dios es Espíritu, y los que lo adoran deben hacerlo de un modo verdadero, conforme al Espíritu de Dios.» La mujer le dijo: «Yo sé que va a venir el Mesías (es decir, el Cristo); y cuando él venga, nos lo explicará todo.» Jesús le dijo: «Ése soy yo, el mismo que habla contigo.» En esto llegaron sus discípulos, y se quedaron extrañados de que Jesús estuviera hablando con una mujer. Pero ninguno se atrevió a preguntarle qué quería, o de qué estaba conversando con ella. La mujer dejó su cántaro y se fue al pueblo, donde dijo a la gente: «Vengan a ver a un hombre que me ha dicho todo lo que he hecho. ¿No será éste el Mesías?» Entonces salieron del pueblo y fueron a donde estaba Jesús. Mientras tanto, los discípulos le rogaban: «Maestro, come algo.» Pero él les dijo: «Yo tengo una comida, que ustedes no conocen.» Los discípulos comenzaron a preguntarse unos a otros: «¿Será que le habrán traído algo de comer?» Pero Jesús les dijo: «Mi comida es hacer la voluntad del que me envió y terminar su trabajo. Ustedes dicen: “Todavía faltan cuatro meses para la

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."

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

cosecha"; pero yo les digo que se fijen en los sembrados, pues ya están maduros para la cosecha. El que trabaja en la cosecha recibe su paga, y la cosecha que recoge es para vida eterna, para que tanto el que siembra como el que cosecha se alegren juntamente. Pues bien dice el dicho, que "Unos siembran y otros cosechan." Y yo los envié a ustedes a cosechar lo que no les costó ningún trabajo; otros fueron los que trabajaron, y ustedes son los que se han beneficiado del trabajo de ellos.» Muchos de los habitantes de aquel pueblo de Samaria creyeron en Jesús por lo que les había asegurado la mujer: «Me ha dicho todo lo que he hecho.» Así que, cuando los samaritanos llegaron, rogaron a Jesús que se quedara con ellos. Él se quedó allí dos días, y muchos más creyeron al oír lo que él mismo decía. Y dijeron a la mujer: «Ahora creemos, no solamente por lo que tú nos dijiste, sino también porque nosotros mismos le hemos oído y sabemos que de veras es el Salvador del mundo.»

El evangelio del Señor.
Te alabamos, Cristo Señor.

The people are seated at the invitation of the preacher.

THE SERMON

The Very Reverend Randolph Marshall Hollerith

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 people stand as able.

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.

Creemos en un solo Dios,
Padre todopoderoso,
Creador del cielo y de la tierra,
de todo lo visible e invisible.

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.

Creemos en un solo Señor, Jesucristo,
Hijo único de Dios,
nacido del Padre antes de todos los siglos:
Dios de Dios, Luz de Luz,
Dios verdadero de Dios verdadero,
engendrado, no creado,
de la misma naturaleza que el Padre,
por quien todo fue hecho;
que por nosotros, y por nuestra salvación bajó
del cielo,
y por obra del Espíritu Santo
se encarnó de María, la Virgen,
y se hizo humano.

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.

Por nuestra causa fue crucificado
en tiempos de Poncio Pilato;
padeció y fue sepultado,
resucitó al tercer día, según las escrituras,
subió al cielo,
y está sentado a la derecha del Padre;
de nuevo vendrá con gloria para juzgar
a vivos y muertos,
y su reino no tendrá fin.

Creemos en el Espíritu Santo, Señor y dador de vida,
que procede del Padre y del Hijo,
que con el Padre y el Hijo recibe
una misma adoración y gloria,
y que habló por los profetas.
Creemos en la iglesia,
que es una, santa, católica y apostólica.
Reconocemos un solo bautismo
para el perdón de los pecados.
Esperamos la resurrección de los muertos
y la vida del mundo futuro. Amén.

The people are seated.

THE ADMISSION OF CATECHUMENS

Those to be admitted as candidates for baptism at the Great Vigil of Easter are presented and examined.

The presider addresses the congregation, With God as your witness, do you desire these catechumens to be enrolled as candidates for Holy Baptism? *The people respond,* We do.

The candidates are received and prayed for. The people respond, Amen.

The people stand as able.

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.

Señor, en tu piedad
Escucha nuestra oración.

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.

La paz del Señor sea siempre con ustedes.
Y también contigo.

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

THE HOLY COMMUNION

THE OFFERTORY

Having listened to the Word of God, affirmed our faith, 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.

An offering is received to support the Cathedral's ministry of sharing God's love. All are invited to make a gift as the plate is passed, by scanning the QR code on the back of this leaflet, or online at cathedral.org/give.

The altar is prepared for Holy Communion.

ANTHEM AT THE OFFERTORY

“God So Loved the World” from *The Crucifixion* *Sung by the choir.*

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)

The people stand as able at the introduction to the hymn.

PRESENTATION HYMN • 370 (STANZA 6) *Sung by all.*

St. Patrick's Breastplate



6. Christ be with me, Christ with - in me, Christ be - hind me, Christ be - fore me,
Christ be - neath me, Christ a - bove me, Christ in qui - et, Christ in dan - ger,



Christ be - side me, Christ to win me, Christ to com - fort and re - store me,
Christ in hearts of all that love me, Christ in mouth of friend and stran - ger.

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 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:

SANCTUS & BENEDICTUS

Sung by all.

Mass 18

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 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.

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.

The Great Amen is when the congregation with a unified great voice concurs with all that the presider has prayed. It is the only "Amen" in all capitals found in the Book of Common Prayer, signifying the greatness of the congregation's response.

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.

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.

Padre nuestro que estás en el cielo,
santificado sea tu nombre;
venga tu reino;
hágase tu voluntad
en la tierra como en el cielo.

Danos hoy nuestro pan de cada día.

Perdona nuestras ofensas,
como también nosotros perdonamos
a los que nos ofenden.

No nos dejes caer en la tentación
y líbranos del mal.

Porque tuyo es el reino, el poder y la gloria,
ahora y por siempre. Amén.

THE BREAKING OF THE BREAD

The presider breaks the bread in silence.

FRACTION ANTHEM

Lamb of God

Sung by all.

Leon C. Roberts (1950–1999)

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

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

THE INVITATION TO HOLY COMMUNION

All who seek God and a deeper life in Christ are welcome to receive Holy Communion. Please move at the direction of the ushers. You may receive the bread in open and outstretched hands and respond to receiving Communion by saying "Amen." Gluten-free wafers are available; please make your need known to the minister. Receiving the bread only is full participation in the Eucharist. For those who wish to consume wine, there are separate chalices for drinking and intincting (dipping the bread). You may either drink from a silver chalice or intinct (dip the bread) into a glass chalice. If you prefer to receive a blessing instead of receiving Communion, you may indicate your choice by crossing your hands across your chest. Those who wish to have Holy Communion brought to them at their seat should notify an usher.

Those unable to receive Communion today are invited to say the Prayer of Spiritual Communion.

ANTHEM DURING THE COMMUNION

There Is a Balm in Gilead

Sung by the choir.

William Dawson (1899–1990)

There is a balm in Gilead,
To make the wounded whole,
There is a balm in Gilead,
To heal the sin-sick soul.

Sometimes I feel discouraged,
And think my work's in vain,
But then the Holy Spirit
Revives my soul again.

If you cannot preach like Peter,
If you cannot pray like Paul,
You can tell the love of Jesus,
And say, "He died for all."

The people stand as able.

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.

Dios eterno, Padre celestial:
En tu gracia nos has aceptado como miembros vivos
de tu Hijo nuestro Salvador Jesucristo,
y nos has alimentado con comida espiritual
en el sacramento de su cuerpo y de su sangre.
Envíanos ahora en paz al mundo
y danos fortaleza y valentía
para amarte y servirte
con alegría y de todo corazón;
por Cristo nuestro Señor. Amén.

THE SOLEMN PRAYER OVER THE PEOPLE

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

Let us bow before the Lord.

The people may kneel or bow as able.

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

The people stand as able.

HYMN AT THE CLOSING • 495

Hail, Thou Once Despised Jesus

Sung by all.

In Babilone



1. Hail, thou once de - pis - ed Je - sus! Hail, thou Gal-i - le - an King! Thou didst suf - fer to re - lease us;
2. Pas - chal Lamb, by God ap - point - ed, all our sins on thee were laid: by al - might - y love a - noint - ed,
3. Je - sus, hail, enthroned in glo - ry, there for ev - er to a - bide; all the heav - en - ly hosts a - dore thee,
4. Wor - ship, hon - or, power, and bless - ing thou art wor - thy to re - ceive; high - est prais - es with - out ceas - ing,



thou didst free sal - va - tion bring. Hail, thou u - ni - ver - sal Sa - vior, bear - er of our
thou hast full a - tone - ment made. All thy peo - ple are for - giv - en through the vir - tue
seat - ed at thy Fa - ther's side. There for sin - ners thou art plead - ing: there thou dost our
right it is for us to give. Help, ye bright an - gel - ic spi - rits, all your no - blest



sin and shame! By thy mer - it we find fa - vor: life is giv - en through thy Name.
of thy blood: o - pened is the gate of hea - ven, re - con - ciled are we with God.
place pre - pare; ev - er for us in - ter - ced - ing, till in glo - ry we ap - pear.
an - thems raise; help to sing our Sa - vior's mer - its, help to chant Em - man - uel's praise!

THE DISMISSAL

Let us bless the Lord.
Thanks be to God.

Bendigamos al Señor.
Demos gracias a Dios.

POSTLUDE

Aus tiefer Not schrei ich zu dir, BWV 686

Johann Sebastian Bach (1685–1750)



The Washington Ringing Society will ring the Cathedral bells following the service.

*You are invited to join the Cathedral clergy for an online sermon discussion today
at the National-International Coffee Hour at 1:30 pm EST.*

The link to register: t.ly/1kHQ

ORGAN RENOVATION PROJECT

The Cathedral is under active construction as part of the Organ Renovation Project, and St. John's Chapel is currently closed and inaccessible. Learn more about the Organ Renovation at www.cathedral.org/organ.

LIVESTREAMED SERVICES

All Cathedral worship services are livestreamed via video for our online congregation. By participating in this service you acknowledge that you may be visible on live broadcast or archived video. If you are uncomfortable about the possibility of appearing on video, please see an usher to be reseated in a more private area.

ASSISTIVE LISTENING DEVICES

Sound amplification is available for worship services held in the nave. Please ask an usher for the appropriate device.

PARTICIPANTS Preacher: The Very Reverend Randolph Marshall Hollerith, Dean; Presider: The Reverend Canon Jan Naylor Cope, Provost; Gospeller: The Reverend Spencer W. Brown, Priest Associate; Assisting Clergy: The Reverend Canon Dana Colley Corsello, Canon Vicar, The Reverend Canon Rosemarie Logan Duncan, Canon Precentor, The Reverend Canon Kelly Brown Douglas, Canon Theologian, The Reverend Canon Leonard L. Hamlin, Sr., Canon Missioner and Minister of Equity and Inclusion, The Reverend Vincent Powell Harris, The Reverend Sarah E. Slater, The Venerable Steve Seely, Archdeacon, Episcopal Diocese of Washington; Musicians: The Cathedral Choir, Julie DeBoer, Associate Director of Music and Chorister Program Director, Edward Hewes, Associate Director of Music and Cathedral Organist, Mina-Marie Jelinek, Assistant Organist, Ariana Corbin, Organ Scholar, Dr. Edward M. Nassor, Carillonneur.

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

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All are invited to make a gift to support the Cathedral's ministry of sharing God's love.

As the plate is passed. • By scanning the QR code at the left. • Online at cathedral.org/give.

Thank you for your generosity.

LENT 2026

DAILY LENTEN MEDITATIONS

Sign-up at: cathedral.org/lent

ONLINE MORNING PRAYER

Daily • 7:00 AM

TAKE ON LENT

Dinners & Classes (in person & online)
More information at: cathedral.org/takeonlent

WEEKDAYS

Holy Eucharist • Mondays, Wednesdays, & Fridays • 12:00 PM
Choral Evensong • Monday–Thursday • 5:00 PM
(Offerings vary some weeks; confirm at cathedral.org)

SUNDAYS

(MARCH 8, 15, 22, 29)

Holy Eucharist • 8:00 AM

Holy Eucharist • 11:15 AM (in person & online)
Choral Evensong • 4:00 PM (in person & online)

For more information: cathedral.org/lent

EASTER FLOWERS

Gifts for Easter flowers may be made online at:
cathedral.org/flowers

To be included in the Easter service leaflets, eligible gifts must be received by March 22.

