



CHRIST CHURCH CATHEDRAL  
CONNECTICUT'S CATHEDRAL

The Third Sunday in Lent  
Penitential Order and Morning Prayer  
March 7<sup>th</sup>, 2021

**Prelude** - There is a balm in Gilead

*Adolphus Hailstork*

**Introit** - Lord, who throughout these forty days (verse 3)

*Healey Willan*

**A Penitential Order**

**Officiant** Bless the Lord who forgives all our sins.

**People** **His mercy endures for ever.**

**The Decalogue:**

Hear the commandments of God to his people:

I am the Lord your God who brought you out of bondage.

You shall have no other gods but me.

***Amen. Lord have mercy.***

You shall not make for yourself any idol.

***Amen. Lord have mercy.***

You shall not invoke with malice the Name of the Lord your God.

***Amen. Lord have mercy.***

Remember the Sabbath Day and keep it holy.

***Amen. Lord have mercy.***

Honor your father and your mother.

***Amen. Lord have mercy.***

You shall not commit murder.

***Amen. Lord have mercy.***

You shall not commit adultery.

***Amen. Lord have mercy.***

You shall not steal.

*Amen. Lord have mercy.*

You shall not be a false witness.

*Amen. Lord have mercy.*

You shall not covet anything that belongs to your neighbor.

*Amen. Lord have mercy.*

*The Officiant says:*

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

## Confession of Sin

*The Officiant says to the people*

Let us confess our sins against God and our neighbor.

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 officiant says:*

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. Amen.

Hymn – 1982 HYMNAL # 636 How firm a foundation

## Morning Prayer

I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son." Luke 15:18, 19

## The Invitatory and Psalter

Officiant Lord, open our lips.

People And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is

now, and will be for ever. Amen.

The Lord is full of compassion and mercy: Come let us adore him.

Venite

*Psalm 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.

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!

Psalm 19 *Caeli enarrant*

1 The heavens declare the glory of God, \*  
and the firmament shows his handiwork.

2 One day tells its tale to another, \*  
and one night imparts knowledge to another.

3 Although they have no words or language, \*  
and their voices are not heard,

4 Their sound has gone out into all lands, \*  
and their message to the ends of the world.

5 In the deep has he set a pavilion for the sun; \*  
it comes forth like a bridegroom out of his chamber;  
it rejoices like a champion to run its course.

6 It goes forth from the uttermost edge of the heavens  
and runs about to the end of it again; \*  
nothing is hidden from its burning heat.

7 The law of the LORD is perfect  
and revives the soul; \*

the testimony of the LORD is sure  
and gives wisdom to the innocent.

8 The statutes of the LORD are just  
and rejoice the heart; \*  
the commandment of the LORD is clear  
and gives light to the eyes.

9 The fear of the LORD is clean  
and endures for ever; \*  
the judgments of the LORD are true  
and righteous altogether.

10 More to be desired are they than gold,  
more than much fine gold, \*  
sweeter far than honey,  
than honey in the comb.

11 By them also is your servant enlightened, \*  
and in keeping them there is great reward.

12 Who can tell how often he offends? \*  
cleanse me from my secret faults.

13 Above all, keep your servant from presumptuous sins;  
let them not get dominion over me; \*  
then shall I be whole and sound,  
and innocent of a great offense.

14 Let the words of my mouth and the meditation of my  
heart be acceptable in your sight, \*  
O LORD, my strength and my redeemer.

Glory to the Father, and to the Son, and to the Holy Spirit: \* as it was in the beginning,  
is now, and will be for ever. Amen.

First reading - Exodus 20:1-17

Then God spoke all these words: I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name.

Remember the sabbath day and keep it holy. For six days you shall labor and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it. Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

Lector: The Word of the Lord.

People: Thanks be to God.

Canticle - A Song of Penitence *Kyrie Pantokrator Prayer of Manasseh, 1-2, 4, 6-7, 11-15*

O Lord and Ruler of the hosts of heaven, \*

God of Abraham, Isaac, and Jacob,  
and of all their righteous offspring:

You made the heavens and the earth, \*  
with all their vast array.

All things quake with fear at your presence; \*  
they tremble because of your power.

But your merciful promise is beyond all measure; \*  
it surpasses all that our minds can fathom.

O Lord, you are full of compassion, \*  
long-suffering, and abounding in mercy.

You hold back your hand; \*  
you do not punish as we deserve.

In your great goodness, Lord,  
you have promised forgiveness to sinners, \*  
that they may repent of their sin and be saved.

And now, O Lord, I bend the knee of my heart, \*  
and make my appeal, sure of your gracious goodness.

I have sinned, O Lord, I have sinned, \*  
and I know my wickedness only too well.

Therefore I make this prayer to you: \*  
Forgive me, Lord, forgive me.

Do not let me perish in my sin, \*  
nor condemn me to the depths of the earth.  
For you, O Lord, are the God of those who repent, \*  
and in me you will show forth your goodness.  
Unworthy as I am, you will save me,  
in accordance with your great mercy, \*  
and I will praise you without ceasing all the days of my life.  
For all the powers of heaven sing your praises, \*  
and yours is the glory to ages of ages. Amen.

Glory to the Father, and to the Son, and to the Holy Spirit: \* as it was in the beginning, is now, and will be for ever. Amen.

*A period of silence may follow.*

### Second reading - 1 Corinthians 1:18-25

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Lector: The Word of the Lord.  
People: Thanks be to God.

Canticle - The Song of Zechariah *Benedictus Dominus Deus Luke 1: 68-79*

Blessed be the Lord, the God of Israel; \*  
he has come to his people and set them free.  
He has raised up for us a mighty savior, \*  
born of the house of his servant David.  
Through his holy prophets he promised of old,  
that he would save us from our enemies, \*  
from the hands of all who hate us.  
He promised to show mercy to our fathers \*  
and to remember his holy covenant.  
This was the oath he swore to our father Abraham, \*

to set us free from the hands of our enemies,  
Free to worship him without fear, \*  
holy and righteous in his sight  
all the days of our life.  
You, my child, shall be called the prophet of the Most High, \*  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation \*  
by the forgiveness of their sins.  
In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the shadow of death, \*  
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit: \* as it was in the beginning,  
is now, and will be for ever. Amen.

### Gospel reading - John 2:13-22

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

Lector: The Word of the Lord.

People: Thanks be to God.

### Meditation and Sharing

Hymn - There is a balm in Gilead

### The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into

heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

## The Prayers

*The Lord's Prayer will be read in one language and we encourage you to pray in the language of your hearts.*

Officiant The Lord be with you.

People And also with you.

Officiant Let us pray.

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

## Suffrage B

V. Save your people, Lord, and bless your inheritance;

R. Govern and uphold them, now and always.

V. Day by day we bless you;

R. We praise your name for ever.

V. Lord, keep us from all sin today;

R. Have mercy upon us, Lord, have mercy.

V. Lord, show us your love and mercy;

R. For we put our trust in you.

V. In you, Lord, is our hope;

R. And we shall never hope in vain.

## Collect of the Day

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.**

## A Collect for Sundays

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. **Amen.**

## A Collect for Peace

O God, the author of peace and lover of concord, to know you is eternal life and to serve you is perfect freedom: Defend us, your humble servants, in all assaults of our

enemies; that we, surely trusting in your defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

## Prayers for Mission

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. **Amen.**

Hymn - Teach me, O Lord

*David Hurd*

*Authorized intercessions and thanksgivings may follow.*

## Prayer of the People

Lord, gather us this Lent in your embrace, as we pray.

For all who hold authority in your Church, that they may know you and humbly teach in your light; We pray especially for Justin, Archbishop of Canterbury, Michael, our Presiding Bishop, Ian and Laura, our Bishops, Lina, our Dean, Jorge, our Canon for Congregational Life, Bonnie, our Deacon, Tim, Lee Ann, Jay and Lois our Priest Associates, for Roxana, our Cathedral intern, and for our Congregation's Committee and Ministry Team. We also pray for our sister diocese of Aberdeen and Orkney, and particularly for Bishop Anne.

Lord, in your mercy,

**Hear our prayer.**

For the President, world leaders, members of Congress, elected officials at all levels, and for those working to improve our world, we pray. **Have Mercy, Lord.**

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles and bring them the joy of your salvation. And for those who have asked for our prayers: Jerrylyn, Monica, Malcolm, Felicity, Payton, Sherrod, Graham, Richard, Alida, Kevin, Samy, Sarah, Molly, Mark, Jennifer, Bill, Betty Jo, Michael, Tita, Jason, Andrew, Jervis, Jeannie, Denise, Shelly N., Paul, Dennis, Melissa, Peggy, Jack S., Charlene, Marcia, Lori, Sean, Mary, Diane, Andrew, David, Shaun, Jack, Thomas, Alberto, Madeline, Kelley, Allison, Elaine, Dina, Aubrey, Bill, Grace, Ben, Frank, Eric, Sonia, Rosalee, Simone, Nelson, Joan, and for those we now name in our hearts. We also pray for those who are now resting in the presence of the Lord, especially for those who have died of Covid-19. We give thanks for the birth of Bodhi Matthew White, grandson of Deacon Bonnie Matthews.

Lord, in your mercy,

**Hear our prayer.**

Officiant

Merciful God, remember us and all those whom we hold in our hearts. In these forty days help us to do the work of our baptism and daily to raise to you the needs of the world. Grant this through Jesus Christ, Our Lord. **Amen.**

## A Prayer of St. Chrysostom

*Officiant and People*

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. Amen.

*Then may be said:*

Let us bless the Lord.

Thanks be to God.

**Hymn – 1982 HYMNAL # 495** Hail, thou once despised Jesus

*The Officiant may then conclude with the following.*

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. **Amen.** *Ephesians 3:20, 21.*

**Postlude - Psalm XIX**

*Benedetto Marcello*

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**CHRIST CHURCH CATHEDRAL**  
**An Episcopal Church within the Anglican Communion**

All faithful lay people and clergy of the Episcopal Church in Connecticut  
The Rt. Rev. Ian T. Douglas, Bishop Diocesan  
The Rt. Rev. Laura J. Ahrens, Bishop Suffragan  
The Very Rev. Miguelina Howell, Cathedral Dean  
The Rev. Canon Jorge Pallares, Canon for Congregational Life  
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The Rev. Jay Cooke, Priest Associate  
The Rev. Lois Keen, Priest Associate  
Helena Martin, Cathedral Intern

*Since 1762, this Christian community has gathered for worship. To learn more about the ministries we share in this place, you are invited to speak to the clergy or parishioners after the service.*

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**CATHEDRAL STAFF**

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Cindy Hursty, Accountant & Office Manager  
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