



CHRIST CHURCH CATHEDRAL  
CONNECTICUT'S CATHEDRAL

Morning Prayer- Third Sunday in Lent  
March 15<sup>th</sup>, 2020

**PRELUDE** - Thee we adore

*Healey Willan*

**HYMN – LEVAS # 191 His eye is on the sparrow**

1. Why should I feel discouraged,  
Why should the shadows come,  
Why should my heart be lonely,  
And long for heav'n and home;  
When Jesus is my portion?  
My constant friend is He:

Refrain:

His eye is on the sparrow,  
And I know He watches me;  
His eye is on the sparrow,  
and I know He watches me.  
I sing because I'm happy,  
I sing because I'm free;  
For His eye is on the sparrow,  
And I know He watches me.

2. "Let not your heart be troubled,"  
His tender word I hear,  
And resting on His goodness,  
I lose my doubts and fears;  
Though by the path He leadeth,  
But one step I may see; [Refrain]
3. When ever I am tempted,  
When ever clouds arise,  
When songs give place to sighing,  
When hope within me dies,  
I draw the closer to Him,  
From care He sets me free; [Refrain]

*If we say 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 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. Alleluia.**

Worship the Lord in the beauty of holiness: **Come let us adore him.**

**Venite**

*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.**

**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!**

**Glory to the holy and undivided Trinity, one God,\*as it was in the beginning, is now and will be forever. Amen.**

### **Dwelling in the Word**

#### **The Lesson- John 4:5-42**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.)

Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

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 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."

Lector: The Word of the Lord.

**People: Thanks be to God.**

## Group Reflections

- What word or phrase is God speaking to your heart?
- Is God nudging you to share a message with someone who is different than you?
- What might that message be?

A period of silence may follow.

**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.**

## 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

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.**

Then follows these Suffrages

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 on 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.**

## 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.**

## 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 Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. **Amen.**

## **A Collect for Grace**

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. **Amen.**

## **Prayers for Mission**

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. **Amen.**

**HYMN – 1982 HYMNAL # 488** Be thou my vision

*Slane*

1. Be Thou my Vision, O Lord of my heart  
Naught be all else to me, save that Thou art  
Thou my best Thought, by day or by night  
Waking or sleeping, Thy presence my light
2. Be Thou my Wisdom, and Thou my true Word  
I ever with Thee and Thou with me, Lord  
Thou my great Father, I Thy true son  
Thou in me dwelling, and I with Thee one
3. High King of Heaven, my victory won  
May I reach Heaven's joys, O bright Heav'n's Sun  
Heart of my own heart, whate'er befall  
Still be my Vision, O Ruler of all  
Authorized intercessions and thanksgivings may follow.

## **The General Thanksgiving**

**Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.**

Then may be said

Let us bless the Lord. Alleluia. Alleluia.

**Thanks be to God. Alleluia, alleluia.**

**HYMN – 1982 HYMNAL # 671** Amazing Grace

*New Britain*

1.     Amazing grace, how sweet the sound,  
        That saved a wretch like me!  
        I once was lost, but now am found,  
        T'was blind but now I see.
2.     T'was grace that taught my heart to fear,  
        And grace my fears relieved;  
        How precious did that grace appear  
        The hour I first believed!
3.     The Lord has promised good to me,  
        his word my hope secures;  
        he will my shield and portion be  
        as long as life endures.
4.     Through many dangers, toils and snares  
        We have already come;  
        'Tis grace that brought me safe thus far  
        And grace will lead me home.
5.     When we've been there ten thousand years,  
        bright shining as the sun,  
        we've no less days to sing God's praise  
        than when we'd first begun.

*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,



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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

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The Rt. Rev. Laura J. Ahrens, Bishop Suffragan

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The Rev. Canon Lee Ann Tolzmann, Priest Associate, Canon for Mission Leadership, ECCT

The Rev. Jay Cooke, Priest Associate

The Rev. Lois Keen, Priest Associate

*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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John Scott, Sacristan  
Pedro Cirilo Coral, Spanish Music Coordinator  
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**Christ Church Cathedral /45 Church Street, Hartford, CT 06103**  
**[office@cccathedral.org](mailto:office@cccathedral.org) \* [www.cccathedral.org](http://www.cccathedral.org) \* 860-527-7231**