



SAINT PAUL'S CATHEDRAL

Episcopal Diocese of Oklahoma

March 19, 2017
Third Sunday of Lent
Holy Eucharist Rite II
9:00 AM

Before the Service

Please keep a moment of silence to prepare your hearts and minds for worship and if you so desire you may use the following prayer:

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.

Prelude

Adagio (Symphonie III)
Louis Vierne

Processional Hymn *Hymnal 143, verses 1-4*

[Please stand as you are able]

**The glory of these forty days
we celebrate with songs of praise;
for Christ, through whom all things were made,
himself has fasted and has prayed.**

**Alone and fasting Moses saw
the loving God who gave the law;
and to Elijah, fasting,
came the steeds and chariots of flame.**

**So Daniel trained his mystic sight,
delivered from the lions' might;
and John, the Bridegroom's friend, became
the herald of Messiah's name.**

**Then grant us, Lord, like them to be
full oft in fast and prayer with thee;
our spirits strengthen with thy grace,
and give us joy to see thy face.**

Opening Acclamation

BCP 351
Hymnal S82

✠ Bless the Lord who forgives all our sins.
His mercy endures forever.

Invitation to the Confession *BCP 352* *1 John 1:8,9*

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.

Confession

BCP 352

Let us confess our sins against God and our neighbor.

[Please kneel as you are able]
[Silence is kept]

**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.**

Absolution

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

Kyrie

Crisafulli



Lord, _____ have mer - cy.



Christ, _____ have mer - cy.



Lord, _____ have mer - cy.

Collect of the Day

BCP 218

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.**

Lesson

Exodus 17:1-7

[You may be seated]

A Reading from the Book of Exodus.

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with

this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

The Word of the Lord.

Thanks be to God.

The Response

Psalm 95

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!

**Harden not your hearts,
as your forebears did in the wilderness,
at Meribah, and on that day at Massah, when
they tempted me.**

They put me to the test,
though they had seen my works.

**Forty years long I detested that generation and said,
"This people are wayward in their hearts;
they do not know my ways."**

So I swore in my wrath,
"They shall not enter into my rest."

Lesson

Romans 5:1-11

A Reading from the Book of Romans.

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.

Gospel Hymn

Hymnal 142, verses 1-2

[Please stand as you are able]

**Lord, who through-out these forty days
for us didst fast and pray,
teach us with thee to mourn our sins,
and close by thee to stay.**

**As thou with Satan didst contend
and didst the victory win,
O give us strength in thee to fight,
in thee to conquer sin.**

Gospel

John 4:5-42

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

Glory to you, Lord Christ.

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God

is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.” Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him. 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.”

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

Gospel Hymn

Hymnal 142, verses 3-4

**As thou didst hunger bear and thirst,
so teach us, gracious Lord,
to die to self, and chiefly live
by thy most holy word.**

**And through these days of penitence,
and through thy Passiontide,
yea, evermore, in life and death,
Jesus! with us abide.**

Sermon

[You may be seated after
the sermon opening prayer]

St. Hilda’s and the Girl Who Refused to Eat

*(St. Hilda’s is a fictional Episcopal Day School
in Cheyenne WY)*

[After the sermon there will be a moment of
silence for private meditation]

Creed

BCP 358

[Please stand as you are able]

**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.**

Prayers

Let us pray for the church and the world.

Refrain

**In the Lord I'll be ever thankful,
in the Lord I will rejoice!
Look to God, do not be afraid.
Lift up your voices, the Lord is near;
Lift up your voices, the Lord is near.**

Grant, Almighty God, that all who confess your Name, may be united in your truth, live together in your love, and reveal your glory in the world; especially for Justin of Canterbury; Michael, our Presiding Bishop; Edward, our Bishop; Michele and Gilberto, Bishops of Uruguay; and the clergy and people of the diocese of Oklahoma and our companion diocese of Uruguay.

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good; especially

for Donald, our President; Mary, our Governor; and Mick, our Mayor.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Comfort and heal all those who suffer in body, mind, or spirit.

[Special Intentions]

And we pray that we may share with all your saints, in the joy of your Eternal Kingdom.

Refrain

**In the Lord I'll be ever thankful,
in the Lord I will rejoice!
Look to God, do not be afraid.
Lift up your voices, the Lord is near;
Lift up your voices, the Lord is near.**

Peace

BCP 360

The peace of the Lord be always with you.
And also with you.

**[You may share a greeting of peace
with those near you]**

Children's Message

**[You may be seated]
[Children are invited to come forward]**

Welcome

Offertory Sentence

BCP 376

Matthew 5:23, 24

If you are offering your gift at the altar, and there remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled, and then come and offer your gift.

Offertory

Text: Psalm 51:10-12
Music: Julie Knowles

Create in me a clean heart, O God;
And renew a right spirit within me.
Cast me not away from thy presence;
And take not thy holy spirit from me.
Restore unto me the joy of thy salvation;
And uphold me with thy free spirit.

Doxology

Hymnal 143, verse 5

[Please stand as you are able]

**O Father, Son, and Spirit blest,
to thee be every prayer addressed,
who art in threefold Name adored,
from age to age, the only Lord.**

Great Thanksgiving

Eucharist Prayer A
Page 367 BCP

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 him 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.

Proper Preface BCP 379

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

Hymnal S130

**Holy, holy, holy Lord, God of power and might,
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the Highest. Hosanna in the Highest.
✠ Blessed is he who comes in the name of the Lord.
Hosanna in the Highest. Hosanna in the Highest.**

Eucharistic Prayer A

BCP 361

[Please stand or kneel as you are able]

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

BCP 364

And now, as our Savior Christ has taught us, we are bold to say,

**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.**

Agnus Dei

Hymnal S161

**Lamb of God,
you take away the sins of the world:
have mercy on us.**

**Lamb of God,
you take away the sins of the world:
have mercy on us.**

**Lamb of God,
you take away the sins of the world:
grant us peace.**

Invitation to Communion

The Gifts of God for the People of God.

[You may be seated]

Communion Music

Be Still, verses 1-3

**Be still, for the Spirit of the Lord,
the Holy One, is here.**

**Come, bow before Him now,
with reverence and fear.**

**In Him no sin is found,
we stand on holy ground.**

**Be still, for the Spirit of the Lord,
the Holy One, is here.**

**Be still, for the glory of the Lord
is shining all around;**

**He burns with holy fire,
with splendour He is crowned.**

**How awesome is the sight,
our radiant King of light!**

**Be still, for the glory of the Lord
is shining all around.**

**Be still, for the power of the Lord
is moving in this place,**

**He comes to cleanse and heal,
to minister His grace.**

**No work too hard for Him,
in faith receive from Him;**

**Be still, for the power of the Lord
is moving in this place.**

Post-Communion Prayer

BCP 365

[Please stand or kneel as you are able]

Let us pray.

**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.**

A Solemn Prayer over the People

[Please kneel as you are able]

Lent III, Book of Occasional Services

Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

Closing Hymn

Hymnal 690, verses 1-3

**Guide me, O thou great Jehovah,
pilgrim through this barren land;
I am weak, but thou art mighty;
hold me with thy powerful hand;
bread of heaven, bread of heaven,
feed me now and evermore,
feed me now and evermore.**

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

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

The Dismissal

Let us bless the Lord.

Thanks be to God.

Postlude

*Plein jeu (Suite II)
L-N Clerambault*



Pastoral Prayers

If you desire pastoral prayers, please make that request of one of our clergy after the conclusion of the worship service.

To the Glory of God

The Sanctuary Light is given to the Glory of God by Ashley and Julie Mills in memory of Ryan Mills.

Those Serving Today

Canon Musician H. Scott Raab

Parish Choir: John Dunn, Sharon Ellington, Jim Gray, Franci Hart, Porter Jones, Chris Lawrence, Ella McDonald, Leah McDonald, Matthew Marx, Dave Mayfield, Cynda Olberding, Erica Perryman, Don Resler, Mary Reynolds, Mark Sessing, Cherie Tompkins, Doug Traywick, Haylie Treas, Karen Youmans, Noah Youmans

Altar Guild: Carolyn Gresham-Fiegel, Ann Bonsteel, Matthew Herrin, Todis McDonald, Joann Speers, Ashley Ozan, Julie Young

Celebrant: The Rev. Canon Susan Colley Joplin

Preacher: The Rev. Tim Sean Youmans

Assisting: The Very Rev. Justin Lindstrom
The Rev. Gerald Butcher

Verger: Jim McPhee

Acolytes: Ian Bass, Sherilyn Herndon, Carly Herndon, Caroline Bass, Vivi Murphy, Kelsie Bishop, Emily Haralson, Lili Jensen, Claire Hart

Hosts: Sandra Opalka, Mike Murphy

Lector-First Lesson: Miles Tolbert

Lector-Psalm: Glen Toney

Lector-Second Lesson: James Collins

Intercessor: Todd Murray

Oblationers: Hank and Joan Bowen

Eucharistic Ministers: James Collins, Todd Murray, MaryAnn Sonntag, John Koons

Ushers: Blue Clark, Dawn Toney, Hank Bowen

Audio: Jim Dooley

Hymn Notes

Guide me, O thou great Jehovah - Hymnal 690

This text, which first appeared in the Hymnal 1826, is one of the great Welsh hymns to come into use in English. It has been translated into at least 75 languages. It is matched here with the vigorous and widely used Welsh tune CWMRHONDDA. The poem was originally titled, “A Prayer for Strength to go through the Wilderness of the World.” The tune was composed by John Hughes for a Welsh singing festival. The tune name means “Rhondda Valley.”

Today’s Music

Today’s organ music comes from France. The prelude is the lush Adagio from Louis Vierne’s Third Symphony for organ. Vierne (1870-1937) was born in Poitiers, the capital of the Vienne department, nearly blind due to congenital cataracts, but at an early age was discovered to have an unusual gift for music. After completing school in the provinces, Louis Vierne entered the Paris Conservatory. From 1892, Vierne served as an assistant to the organist Charles-Marie Widor at the church of Saint-Sulpice in Paris. Vierne subsequently became principal organist at the cathedral of Notre-Dame de Paris, a post he held from 1900 until his death in 1937. The government of France made Vierne a Chevalier de la Legion d’honneur in 1931. The postlude is a movement from the Second Suite for organ by Louis-Nicholas Clerambault (1676-1749). “Plein jeu” is actually an instruction to the organist about which stops to use in performance. Clérambault came from a musical family (his father and two of his sons were also musicians). Clérambault became the organist at the church of the Grands-Augustins and entered the service of Madame de Maintenon. After the death of Louis XIV and Guillaume-Gabriel Nivers, he succeeded the latter at the organ of the church of Saint-Sulpice and the royal house of Saint-Cyr, an institution for young girls from the poor nobility. He was responsible there for music, the organ, directing chants and choir, etc. It was in this post—it remained his after the death of Madame de Maintenon—that he developed the genre of the “French cantata” of which he was the uncontested master. In 1719 he succeeded his teacher André Raison at the organs of the church of the Grands-Jacobins.

The Parish Choir sings a lovely and introspective setting of Psalm 51, “Create in me a clean heart, O God”. Composer Julie Knowles has a wonderful feeling for this text. Knowles, b. 1946, received her B.M.E. from University of Nebraska. She is currently the editor of Choral Focus and is affiliated with MENC, OMEA, ACDA, and Sigma Alpha Iota.

Liturgy We Live *by Dr. Gil Haas*

Saint Patrick's (~390 AD - 460 AD) Feast Day is celebrated on March 17th on many Christians calendars. In the early Roman church, saints were venerated on a regional level. As a result, Patrick was never canonized in the Catholic church. Along with Sts. Bridget and Columba, Patrick is the patron saint of Ireland. Patrick, born in northwestern Britain, was captured by Irish pirates when he was sixteen, and he was subsequently forced to be a slave in Ireland for six years. After escaping to Britain, he later willingly returned to Ireland. Legend states that he, improbably, single-handedly converted all Ireland to Christianity. Legends abound around Patrick's life. For example, he allegedly taught the Irish about the doctrine of the Trinity using a three-leaved shamrock. The shamrock thus became a central symbol of Patrick's teachings. Another legend is that after being attacked by a snake, he banished all snakes from Ireland. However, biologists believe that post-glacial Ireland never had snakes. Patrick allegedly thrust his walking stick into the ground while evangelizing in Birdoswald. Because this community was resistant to conversion, his stick "took root" and became a tree before he could leave.

If you have a liturgical question or an inquiry about anything that transpires during or around our worship service, please forward the question you would like researched to: gghaas@aol.com, or drop the question in the offering basin. Please note whether we can credit you as the source of the question.



**b e a c o n
o f
h o p e . . .**

SAINTS

The Episcopal Church does not make people saints like the Roman Catholic Church does. All of the people we call saints have been borrowed from our brothers and sisters in the Roman Church. We do have a list of significant people who have been influential to the church and society. Many of these folks would be considered saints even though they are not officially given that title. When one means so much to a community or group it is as though they were and are a saint to those people.

This is important for us to recognize. People of faith who have been influential, pastors, leaders, teachers and more, we need to pay attention to them. They can teach us lessons and help us, through their example of discipline, faith, and commitment, how to live our lives in union with God's Will. Many of the people who we see as important are people who have brought hope to the world as well. May we follow in their footsteps, be present day saints, and bring hope to the world.

In God's Peace,
Dean Justin+

This Week @ St. Paul's

Sunday, 19

- 8:00 AM Holy Eucharist Rite I (*no Music*) – Cathedral
- 9:00 AM Holy Eucharist Rite II – Cathedral
- 10:10 AM Confirmation Class– Dean Willey Hall
- 10:10 AM Mindfulness – Board Room
- 10:10 AM Church School – Undercroft
- 11:00 AM Holy Eucharist Rite I – Cathedral
- 5:00 PM Movie Night – Dean Willey Hall

Monday, 20

- 9:00 AM St. George's Guild Outreach – Back Bldg.
- Noon Lectio Divina– Parlor

Tuesday, 21

- 10:00 AM Centering Prayer – Parlor
- Noon Centering Prayer – Parlor
- 12:10 PM AA – Library
- 12:10 PM Al-Anon – Undercroft
- 6:00 PM Yoga – Dean Willey Hall
- 6:30 PM Vestry Meeting – Board Room
- 7:15 PM Nar-Anon – Undercroft

Wednesday, 22

- 9:00 AM St. George's Guild Outreach – Back Bldg.
- 9:00 AM Mobile Meals – Kitchen
- 11:00 AM Retreat in Daily Life – Parlor
- 5:30 PM Lenten Dinner & Program – Dean Willey Hall

Thursday, 23

- 11:30 AM Tai Chi Class – Dean Willey Hall
- 12:10 PM Holy Eucharist – Chapel
- 1:30 PM Lectio Divina– Parlor
- 5:45 PM Lectio Divina– Parlor

Friday, 24

- 9:00 AM St. George's Guild Outreach – Back Bldg.
- 7:00 PM Praying in Color – Dean Willey Hall

Saturday, 25

- 8:00 AM Brotherhood of St. Andrew – Kitchen
- 9:00 AM Praying in Color – Dean Willey Hall
- 5:00 PM Holy Eucharist Rite II – Cathedral

Sunday, 26

- 8:00 AM Holy Eucharist Rite I (*no Music*) – Cathedral
- 9:00 AM Holy Eucharist Rite II – Cathedral
- 10:10 AM Confirmation Class– Dean Willey Hall
- 10:10 AM Mindfulness – Board Room
- 10:10 AM Church School – Undercroft
- 11:00 AM Holy Eucharist Rite I – Cathedral
- 5:00 PM Instructed Eucharist – Dean Willey Hall

Cathedral Books and Gifts

Walk into the Bookstore and Look UP!

Smile! See the Rainbows Everywhere!

Lenten/Easter – select books and pamphlets up to 35% off

Short silver chains 50% off

Mini-Loaf pans 25% off

New selection of sale books 25-40% off

Select Baby Items – up to 40% off

Download the New Diocesan App!

Stay connected to ministry stories, announcements, events and much more. Simply search “Episcopal Oklahoma” to find the app in the Apple or Google Play store.

2017 Lenten Spirituality Retreat

The Diocese of Oklahoma is pleased to announce that Sybil MacBeth, author of *Praying in Color*, will be our guest for a Lenten Spiritual Coloring Event, March 24th – 25th, at St. Paul's Cathedral, Oklahoma City. We will begin at 7:00 p.m. on Friday night and will continue on Saturday from 9:00 a.m. – 2:00 p.m. (including lunch). *Cost: \$50* Register at epiok.org.

Guild of Saint George

Volunteers Needed!

Monday, Wednesday, or Friday mornings

St. George's Guild, located at St. Paul's, reaches out to those in need in the downtown area, providing a food pantry, utility assistance and other goods and services.

March's Grocery Item: peanut butter

Plastic grocery bags always needed

Please place contributions at the Reception Desk.

Prayer Requests

If you would like to add someone to the prayer list (*public* is read in church or *private* is clergy only) please fill out the pew card or contact Brian Speers in the church office at bspeers@stpaulsokc.org or 235-3436.

Sunday @ Saint Paul's

Church School @ 10:10 in the Undercroft

Confirmation Classes in Lent

10:10 AM Sundays in Dean Willey Hall

March 19 - The Book of Common Prayer

with Gary Derrick *Open to all!*



Mindfulness

10:10 AM Sundays during Lent in the Board Room

Our 21st Century lives are filled with overflowing with decisions to make, appointments to keep and things to do, leaving us drained, anxious or the feeling we are sleep-walking through our lives. Mindfulness is a tool that can help us re-focus our minds and reclaim our lives. Dan Morgan and Bill Parker lead an introduction to the practice, history and description of Mindfulness and the personal rewards it can bring.

St. Paul's Movie Night

5 PM Sunday, March 19 in Dean Willey Hall

The movie for March will be: *What the Bleep Do We Know!?* Appropriate for adults, this movie is a 2004 film that combines documentary-style interviews, computer-animated graphics, and a narrative that posits a spiritual connection between quantum physics and consciousness. The Fellowship Commission will provide popcorn, lemonade, and iced tea. BYO... blankets/pillows, snacks, and drinks (no hard alcohol). There is no charge for the evening.

Wednesday Evening Dinner and Lenten Series

(March 22, 29, April 5)

5:30 PM Dinner \$7 Adult, \$3 Child - Please RSVP

6:30 PM Program - March 22

Our own Forrest Bennett, Representative for House District 92, will share with us about what it means to be a Christian and a public servant.



Children's Wednesday Night Program

All children will be welcome in our nursery during the Adult Lenten program for a story and a craft based on the parables of Jesus.

Communion Instruction

Kids in Grades K - 3rd and Parents

Please join us for our Communion Instruction Program on March 22 and 29, as well as a special kid-involved Instructed Eucharist on March 26. Kids that complete the program will receive a certificate and will be honored on Easter Sunday morning at the 9:00 AM or 11:00 AM service.

Next Sunday @ 5!

Special Event - Instructed Eucharist

Ever wonder why we do this or say that during the Eucharistic service? Our Instructed Eucharist at 5 PM March 26 in Dean Willey Hall will answer all these questions and more about the Episcopal liturgy of the table.

Youth Events

March 22 (6:30 - 7:45)

Y.U.M. - Fuzzy's Tacos (Memorial Location)

March 26 (12:30 - 2:30)

Wheeler Ferris Wheel

April 9 (12:30 - 6:00)

Wichita Mountain Day Trip

April 23 (12:30 - 2:30)

OKC Arts Festival