



Christ Church
Cathedral
Ottawa

Fourth Sunday in Lent

Sunday | March 10th | 2024

10.30 am | Choral Eucharist | BAS

A Community Mass | Richard Proulx

Welcome

Children are welcome to fully participate in the service and activity sheets are available in the bookshelves at the entrance to the Cathedral. Sidespeople can provide headsets for those who need hearing assistance and can ensure that communion is brought to you in the pew if required. Please turn off or set mobile devices to silent mode.

The Gathering of the Community

Prelude | *Prière (op. 20) | César Franck*

Announcements

Introit | *Lent Prose | Tone V*

Hear us, O Lord, have mercy upon us: for we have sinned against thee. To thee, Redeemer, on thy throne of glory: lift we our weeping eyes in holy pleadings: listen, O Jesu, to our supplications. O thou chief cornerstone, right hand of the Father: way of salvation, gate of life celestial: cleanse though our sinful souls from all defilement.

Greeting

Dear friends, we gather this day on traditional Anishinaabe Algonquin territory.

May we always dwell on this land with respect and peace.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

And also with you.

A Penitential Order

Sentence | *John 8:12*

I am the light of the world, says the Lord; those who follow me will have the light of life.

Bless the Lord who forgives all our sins.

God's mercy endures for ever.

Invitation to Confession

Dear friends in Christ, God is steadfast in love and infinite in mercy; welcoming sinners and inviting us to this table. Let us confess our sins, confident in God's forgiveness.

Silence.

Kyrie Eleison

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Confession and 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 neighbours 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.

Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord. **Amen.**

Collect of the Day

Steadfast God, you reach out to us in mercy. When we rebel against your holy call and walk in disobedience, soften our hearts with the warmth of your love, so that we may know your Son alive within us, redeeming us, and raising us up into your eternal presence. **Amen.**

The Proclamation of the Word

First Reading | *Numbers 21:4-9*

A reading from the book of Numbers.

From Mount Hor they set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze,

and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Holy Word, Holy Wisdom.

Thanks be to God.

Psalm | 107:1-3, 17-22

Give thanks to the Lord who is good, and whose mercy endures for ever. Let all those whom the Lord has redeemed proclaim that God redeemed them from the hand of the foe. The Lord gathered them out of the lands; from the east and from the west, from the north and from the south. Some were fools and took to rebellious ways; they were afflicted because of their sins. They abhorred all manner of food and drew near to death's door. Then they cried to you, O Lord, in their trouble, and you delivered them from their distress. You sent forth your word and healed them and saved them from the grave. Let them give thanks to you, O Lord, for your mercy and the wonders you do for your children. Let them offer a sacrifice of thanksgiving and tell of your acts with shouts of joy.

Second Reading | *Ephesians 2:1-10*

A reading from the letter of Paul to the Ephesians.

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ – by grace you have been saved – and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God – not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Holy Word, Holy Wisdom.

Thanks be to God.

Gradual | *Jesu, the very thought of thee* | Simon Lole

*Jesu, the very thought of thee With sweetness fills my breast; But sweeter far thy face to see,
And in thy presence rest. Nor voice can sing, nor heart can frame, Nor can the memory find, A
sweeter sound than thy blest name, O Saviour of us all. O hope of every contrite heart, O joy of
all the meek, To those who fall, how kind thou art, How good to those who seek! But what to
those who find? Ah, this Nor tongue nor pen can show; The love of Jesus, what it is None but
his loved ones know. Jesu, our only joy be thou, As thou our prize wilt be; Jesu, be thou our
glory now, And through eternity.*

Holy Gospel | *John 3:14-21*

The Lord be with you.

And also with you.

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

Glory to you, Lord Jesus Christ.

Jesus said, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Sermon

Hymn 559 | *Blessed Jesus, at your word*

Apostles' Creed

Let us confess the faith of our baptism, as we say,

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.

Prayers

Let us pray.

God of grace, you are our judge and our hope. Transform us with your love, harness our energy for your purposes in the world, and hear us as we offer our prayers.

We pray for the earth as your creation, staggering under the demands of human activity and expectation. Where we are tempted to use resources carelessly, where human lifestyles endanger homes and habitats of other peoples or other species, where immediate gain tempts people to give no thought for the future, send your wisdom to guide citizens and decision makers to act responsibly.

Lord, in your mercy,

Hear our prayer.

We pray for Bishop Shane and our diocesan parishes and community ministries. Where we are tempted to guard traditions and resist new possibilities, where we magnify differences instead of celebrating our unity in Christ, where energy for leadership and community life has grown weaker, send your healing and transforming grace.

Lord, in your mercy,

Hear our prayer.

We pray for relationships suffering under stress. Where families are tempted to nurse grudges and harbour complaints, where friendships have been wounded by misunderstanding or neglect, where workplace tensions have arisen over clashing opinions or exhausting demands, send your reconciling and restoring mercy.

Lord, in your mercy,
Hear our prayer.

We pray for the world filled with increasing threats and conflicts and war. Where countries are torn by unrest and persecution, where communities are diminished by prejudice and discrimination, where those with power and authority degrade or dismiss their critics, empower those who work for just solutions and advocate for the powerless.

Lord, in your mercy,
Hear our prayer.

We pray for all who are troubled, for those who face illness or loss of any kind, for those challenged by economic hardship, and for those faced with the reality of death, their own or of someone dear. As we offer in silence the names of those on our hearts this day, embrace each one with your compassion and courage.

Silence.

Lord, in your mercy,
Hear our prayer.

Even as we remember the many challenges around us, we give you thanks for the blessings we know, for moments of pleasure, for laughter shared, for conversations that brighten our day. Thank you for your steadfast love and the comfort we draw from your presence with us in all things. **Amen.**

The Peace

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

Offertory Hymn 352 | *Amazing grace*



Thank you for donating to the ministry of our Cathedral! You may also make an offering via the collection plate, by going to <https://www.canadahelps.org/en/dn/5519> or by e-transfer to info@ottawacathedral.ca.

The Celebration of the Eucharist

Prayer Over the Gifts

God of mercy and compassion, your Word calls us home to faith and love. Accept all we offer you this day, in the name of Jesus Christ the Lord. **Amen.**

The Great Thanksgiving

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 our thanks and praise.

Eternal God, Source of all being, we give you thanks and praise for your faithful love. You call us into friendship with you and one another to be your holy people, a sign of your presence in the world.

When those we trust betray us, unfailingly you remain with us. When we injure others, you confront us in your love and call us to the paths of righteousness. You stand with the weak, and those, broken and alone, whom you have always welcomed home, making the first last, and the last first.

Therefore we raise our voices with angels and archangels, forever praising you: *Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.*

Blessed are you, O Holy One: when Hagar was driven into the wilderness you followed her and gave her hope. When Joseph was sold into bondage, you turned malice to your people's good. When you called Israel out of slavery, you brought them through the wilderness into the promised land. When your people were taken into exile you wept with them by the river of Babylon and carried them home.

Restore us, O God, let your face shine!

At the right time you sent your Anointed One to stand with the poor, the outcast, and the oppressed. Jesus touched lepers, and the sick, and healed them.

He accepted water from a woman of Samaria and offered her the water of new life. Christ knew the desolation of the cross and opened the way for all humanity into the redemption of your reconciling love.

On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and 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."

Loving and Holy One, recalling Christ's death and resurrection, we offer you these gifts, longing for the bread of tomorrow and the wine of the age to come. Therefore we proclaim our hope.

Dying you destroyed our death, rising you restored our life. Lord Jesus, come in glory.

Pour out your Spirit on these gifts that through them you may sustain us in our hunger for your peace. We hold before you all whose lives are marked by suffering, our sisters, brothers, and siblings. When we are broken and cast aside, embrace us in your love.

Restore us, O God, let your face shine!

Through Christ, with Christ, and in Christ in the unity of the Holy Spirit, all honour and glory are yours, O Source of all life, now and for ever. **Amen.**

The Lord's Prayer

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, the power, and the glory, for ever and ever. Amen.

Breaking of the Bread

We break this bread,

Communion in Christ's body once broken.

Let your Church be the wheat which bears its fruit in dying.

If we have died with him, we shall live with him; if we hold firm, we shall reign with him.

The gifts of God for the People of God.

Thanks be to God.

Agnus Dei

Communion

All are welcome to come to the altar rail. If you wish prayers for healing before receiving Communion, please carry an Order of Service with you; to receive a blessing, cross your hands over your chest; for a gluten-free wafer, hold out one hand; for a regular wafer, hold out two hands. Please do not dip the bread in the wine.

Motet | *God so loved the world* | John Goss

God so loved the world, that he gave his only begotten Son, that whosoever 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. Amen.

The Sending of the Community

Prayer after Communion

Giver of life, you enlighten all who come into the world. Fill our hearts with the splendour of your grace, that we may perfectly love you and worthily praise your holy name, through Jesus Christ the Lord. **Amen.**

Glory to God,

whose power, working in us, can do infinitely more than we can ask or imagine.

Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.

Blessing and Dismissal

May the God of mercy transform you by grace, and the blessing of God the Creator, God the Son, and God the Holy Spirit, be among you and remain with you always. **Amen.**

Go forth in the name of Christ.

Thanks be to God.

Hymn 602 | *Lift high the cross*

Postlude | *O Lamm Gottes, unschuldig (BWV 656)* | J.S. Bach

Celebrant | The Very Reverend Beth Bretzlaff
Preacher | The Reverend Canon Doug Richards
Readers | Myles McGarry | Sally Gomery
Intercessor | Geoffrey Ebere

Organist | Owen Spicer
Director | James Calkin
Sung by | Voces Cathedrae
Duty Warden | Rob Mann

Collect: *Revised Common Lectionary Prayers* (2002) alt. Liturgy: *The Book of Alternative Services* ©1985, *The Psalter of The Book of Alternative Services Emended for Contemporary Liturgical Use* ©2016, *Supplementary Eucharistic Prayer #2* © 2001 by the General Synod of the Anglican Church of Canada. Readings: *New Revised Standard Version Bible (NRSV)* Anglicized Edition, ©1989, 1995, Division of Christian Education of the National Council of the Churches of Christ in the United States of America.

Readings Next Sunday | March 17th

Fifth Sunday in Lent

Jeremiah 31:31-34; Psalm 51:1-13; Hebrews 5:5-10; John 12:20-33

Lent and Holy Week Services

Wednesdays

12.05 pm | Eucharist

Thursdays in Lent

12.05 pm | Contemplative Prayer with Organ Meditation

Sundays in Lent

8.30 am | Holy Eucharist | 10.30 am | Choral Eucharist

8 pm | Compline

Palm/Passion Sunday | March 24th

8.30 am | Holy Eucharist with Blessing of Palms

10.30 am | Choral Eucharist with Palm Procession

Monday | Tuesday | Wednesday in Holy Week | March 25th to 27th

12.05 | pm Sung Eucharist

Maundy Thursday | March 28th

7 pm | Choral Eucharist with Stripping of the Altar

Good Friday | March 29th

Noon | Solemnity of the Lord's Passion

1 to 3 pm | Cathedral Open for Quiet Meditation

3 pm | Stabat Mater Sacred Concert

Holy Saturday | March 30th

8 pm | A Vigil for Easter

Easter Sunday | March 31st

8.30 am | Holy Eucharist | 10.30 am | Festal Eucharist

Christ Church Cathedral Ottawa

Anishinaabe aking ate awaso kikinawadjichigan | A place of prayer on Algonquin territory

The Anglican Cathedral in the Nation's Capital

Cathedral of the Canadian Forces Anglican Military Ordinariate

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Dean of Ottawa and Rector | The Very Reverend Beth Bretzlaff (ext. 16)

Vicar | The Reverend Canon Douglas Richards (ext. 19)

Deacon Residentiary | The Reverend Dr. Jarrett Carty

Honorary Assistants | The Reverend Canon Rob Heard | LCol (ret'd) The Venerable Michelle Staples |

Lt (N) The Reverend Katherine Walker

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Spiritual Director in Residence | Deacon Christine Jannasch (613.818.1754)

Cathedral Administrator | Josephine Hall (ext. 29)

Church Wardens | Jane Morris | Katherine Spencer-Ross

Director of Music and Organist | James Calkin (ext. 20)

Associate Director of Music | Andrew McAnerney (ext. 12)

Assistant Organist | Owen Spicer
