# TRINITY CATHEDRAL OF THE DIOCESE OF NEW JERSEY



MARCH 3, 2024 – THE THIRD SUNDAY IN LENT – YEAR B CELEBRATING WOMEN'S HISTORY MONTH 8:30 am - THE HOLY EUCHARIST: RITE ONE

CELEBRANT – THE VERY REV. RENÉ JOHN PREACHER – THE REV. DR. SUSHAMA AUSTIN-CONNOR

> The Very Rev. René Rory John, Dean 801 West State Street, Trenton, NJ 08618 Phone (609) 392-3805; Fax (609) 392-2305 www.TrinityCathedralNJ.org

WELCOME! We're honored that you're worshipping with us today. Masks are optional within the Cathedral buildings. Please use the hand sanitizer that is provided throughout the building before and after touching any surfaces. Thank you for helping us to remain as safe as possible while enjoying in-person worship. "This is how we love one another!"

Please stand as indicated and be seated for lessons

# Liturgy of the Word

**Prelude** Dr. Kerry Heimann, organ

Processional Hymn Hymnal # 574 Before Thy Throne, O God, We Kneel vs. 1 & 4

Celebrant: Bless the Lord who forgiveth all our sins.

**People:** His mercy endureth for ever.

### The Penitential Order

*Celebrant*: 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 is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Deacon: Let us humbly confess our sins unto Almighty God.

Silence may be kept. Remain standing or kneel as able.

# Celebrant and People:

Most merciful God,
we confess that we have sinned against thee
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved thee with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of thy Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in thy will,
and walk in thy ways,
to the glory of thy Name. Amen.

Celebrant: The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. **Amen.** 

Remain standing
Celebrant & People:
Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

### The Collect of the Day

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Let us pray.

Almighty God, who seest that we have no power of 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 liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.** 

The people are seated

# **First Reading**

A Reading from the book of Exodus (20:1-17)

God spoke all these words to Moses on Mount Sinai: "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. 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."

The Word of the Lord.

**People:** Thanks be to God.

All remain seated to say

### Psalm 19

The heavens declare the glory of God, \* and the firmament shows his handiwork. One day tells its tale to another, \* and one night imparts knowledge to another. Although they have no words or language, \* and their voices are not heard, Their sound has gone out into all lands, \* and their message to the ends of the world. 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. 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. The law of the Lord is perfect and revives the soul; \* the testimony of the Lord is sure and gives wisdom to the innocent. The statutes of the Lord are just and rejoice the heart; \* the commandment of the Lord is clear and gives light to the eyes. The fear of the Lord is clean and endures for ever; \* the judgments of the Lord are true and righteous altogether. More to be desired are they than gold, more than much fine gold, \* sweeter far than honey, than honey in the comb. By them also is your servant enlightened, \* and in keeping them there is great reward. Who can tell how often he offends? \* cleanse me from my secret faults. 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. Let the words of my mouth and the meditation of my heart be acceptable in your sight, \* O Lord, my strength and my redeemer.

### Remain seated

### **Second Reading**

## A Reading from Paul's First letter to the Church in Corinth (1 Cor. 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.

The Word of the Lord.

**People:** Thanks be to God.

All stand, as able

Sequence Hymn Hymnal # 318 Here, O My Lord, I See Thee Face to Face

vs. 1 & 4

Remain standing

The Gospel: John 2:13-22

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

**People:** Glory be to thee, O Lord.

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.

The Gospel of the Lord.

**People** Praise be to thee, O Christ.

All stand, as able
Nicene Creed

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.

Remain standing
Prayers of the People
The Leader and People pray responsively

*Deacon:* Gathering all that commands our prayers, let us intercede with our gracious God, saying: Have mercy, O Lord.

*Lector:* For the church, that God's commandments may be ever close to us, wonderful to ponder and life-giving to keep, we pray:

People: Have mercy, O Lord.

*Deacon*: We remember God's holy catholic church, including Michael, our Presiding Bishop and Primate; Sally, our Bishop; René, Dean of this Cathedral; Bruce, John, Peter and Noel, priest associates; Carol and Chris, our Deacons, along with all other ministers in this congregation, lay and ordained; Justin, the Archbishop of Canterbury, and all Anglican Christians around the world, especially the Church of the province of Uganda; and for our brothers and sisters in this diocese, including Joe Morris, Sylvestre and William, retired Bishops, and the ministry of the Diocesan Communications Staff. We pray:

People: Have mercy, O Lord.

*Lector*: For the church, that those who will be baptized at Easter may be drawn to the folly and weakness of God in Christ crucified, we pray:

People: Have mercy, O Lord.

*Lector*: For our divided and restless world, that those who hold power over others may be troubled and transformed by the demands, of justice, we pray:

People: Have mercy, O Lord.

*Deacon*: We commend to your prayers this day all persons deployed in the service of our country. May they dwell safely under the protection of Almighty God. We pray:

People: Have mercy, O Lord.

Deacon: We remember before you those who are sick, or in any other special need, especially the residents of Hamilton Grove Care and Rehabilitation Center; along with the People of Ukraine and Russia, the People of Israel and Palestine, Anita Hill, Amarachi Ngozi Okere, the Hudson family, the Moffett, Rivers, Sanders and Madison families, Patty & Mark Gernerd, Meredith Burton, Caroline McIntyre, Mary Swingle, Fred Cohen, all NAMI families, King Charles, III, Catherine, Princess of Wales, Rich Jacobson, the Jacobson family, Anthony Rabara, Tom Wheeler, Wendy Williams, the Broadbent family, Flora Toto and the Toto family, Star & Tom Peters, the Vidal family, Henry Wolfinger, Scott Shervington, Reid Howard and Aaliyah A. VanHeusen. We pray:

People: Have mercy, O Lord.

*Lector*: For children, that infants and young people of every nation may have food and learning, and that they may love their world, we pray:

People: Have mercy, O Lord.

*Lector*: For this gathered community, that the solemn brightness of Lent may open our eyes to these times, they folly and their worth, we pray:

People: Have mercy, O Lord.

*Deacon*: We remember those with whom we give thanks, especially those who celebrate birthdays and anniversaries this week: **Timothy Nartey, John O'Brien, John Major, Bryan W. Hopkins,** and **Willie J. Coleman**. We pray:

People: Have mercy, O Lord.

*Lector*: For the dead, especially those who held to and handed on God's commandment until our day, that they may be at peace, we pray:

People: Have mercy, O Lord.

*Deacon*: We remember those who have died, especially **Joan Vidal, Noel Stanford, and Hydeia Broadbent**, the victims of violence in our communities, and the victims of the ongoing wars around the world. We pray:

People: Have mercy, O Lord.

Silence, as the People add their own petitions.

*Celebrant:* Jealous and merciful God, remember us and all those whom we hold in our hearts. In these forty days teach us to do the work of our baptism and so daily to raise to you the needs of the world. Grant this through Christ our Lord. **Amen**.

Please remain in your pew for the Peace.

The Peace

Celebrant: The peace of the Lord be always with you.

People: And with thy spirit.

# **Holy Communion**

Remain standing

Offertory Hymn Hymnal # 313 Let Thy Blood in Mercy Poured

The Great Thanksgiving: Eucharistic Prayer II

*Celebrant*: The Lord be with you.*People*: And with thy spirit.*Celebrant*: Lift up your hearts.

**People:** We lift them up unto the Lord.

Celebrant: Let us give thanks unto our Lord God.

**People:** It is meet and right so to do.

Then, facing the Holy Table, the Celebrant proceeds

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord, who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

All say together

Holy, holy, Lord God of Hosts: Heaven and earth are full of thy glory. Glory be to thee, O Lord Most High. Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

All kneel or stand, as able

*Celebrant:* All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory. And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord; By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. Amen.

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

### Celebrant and People:

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.

The Celebrant breaks the consecrated Bread. A period of silence is kept. Then may be sung or said

Celebrant: Christ our Passover is sacrificed for us;

People: Therefore let us keep the feast.

All say together

**Agnus Dei** 

O Lamb of God, that takest away the sins of the world, have mercy upon us.

O Lamb of God, that takest away the sins of the world, have mercy upon us.

O Lamb of God, that takest away the sins of the world, grant us thy peace.

The People may join in saying

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have

mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. **Amen.** 

*Celebrant:* The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

All baptized persons are welcome to receive Holy Communion.

All say together

# **Post-communion Prayer**

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

### **Announcements**

Recessional Hymn

Hymnal # 471

We Sing the Praise of Him Who Died
vs. 1 & 2

# **Blessing**

*Deacon:* Bow down before the Lord.

Celebrant: Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.** 

### **Dismissal**

Deacon: Let us go forth in the name of Christ.

**People:** Thanks be to God.

Postlude Dr. Kerry Heimann, organ



We welcome our Guest Preacher, The Rev. Sushama Austin-Connor, DMin. Sushama is a faith leader devoted to serving clergy, faith communities, and leaders across the nation. Presently, Sushama is the Chief Program Officer at Faith Matters Network (FMN), where she has also been Acting Executive Director. FMN is a nationwide nonprofit committed to supporting spiritually grounded leaders. Before FMN, Sushama held various positions over more than a decade at Princeton Theological Seminary, including as the Founding Program Director of the Black Theology and Leadership Institute (BTLI). Throughout her 20+ years in continuing education and public ministry, she has

stewarded a high-impact national network of faith leaders, congregants, and community leaders committed to social justice and community improvement. Sushama has also worked in leadership roles at Harvard Divinity School, Wellesley College, and the United Church of Christ (UCC).

Sushama holds a Doctor of Ministry degree from Drew University. Her dissertation, entitled, "A Theology of Liberative Wellness for Black Women Clergy" engaged an adaptive self-care framework and model for pursuing black clergy women's physical health and well-being undergirded by Womanist and Black theology. In addition, she extends her service through faith leadership at the Christina Seix Academy (CSA) in Trenton. Sushama is an ordained minister in the UCC.

Sushama cherishes life with her husband, Rob Connor, Ph.D., head of school at CSA, and their two sons, Lekh (16) and Rowan (14).

# TRINITY CATHEDRAL OF THE DIOCESE OF NEW JERSEY MARCH 3, 2024 ~ THE THIRD SUNDAY IN LENT

A A A A A A A A A A A

**Following Christ, joining the Cathedral** – We invite you to accept the invitation to follow Christ, to become a Christian and to become a member of Trinity Cathedral. We encourage you to fill in one of the pew cards and place it in the offering plate, or please contact one of the clergy.

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### **ANNOUNCEMENTS**

The Lectors for the 10:00 am Mass on 3/10 are:

Brenda Whiteman, Virginia Harmer, Ellen Heath & Janet Thompson (alternate)
& Cn. Clara Gregory (chalice bearer)

There are Lenten calendars on the literature table in the main hallway: for adults, teens and children!

This week we will bag food for the Food Pantry – We can use assistance the Thursday prior to each Pantry date. This week's bagging day is Thursday, March 7<sup>th</sup> at 4:45 pm.

Cathedral-sponsored candidate for Ministry (and now a Deacon), Matthew McDermott will be ordained to the Priesthood at Trinity Cathedral on Saturday, March 16th at 11:00 am. Please come out and support Matthew on his Ordination day!

Thank you to today's Greeters, Margaret Nartey and Veronica Ngwayah – We are in need of 1-2 Greeters on Sunday mornings, and will be posting a sign-up sheet outside of Synod Hall. If you have any questions, please speak with Margaret.



We are pleased to announce that Rev. Canon Arthur Powell will be our new coordinator of decorations and floral arrangements at the Cathedral. When you see Art, say "Hi" offer assistance if you can. Many thanks once more to Susan Remmers for her invaluable efforts over many years!

**Time is Hopping along** – **let's plan for the EASTER EGG HUNT!** We are hoping (?hopping?) to once again hold the Trinity Cathedral Easter Egg Hunt this year, March 31<sup>st</sup>! Can you help? We are looking for: Easter egg fillers (treats, small prizes, etc. - we have PLENTY of eggs!), small baskets with handles (for the little ones who may have forgotten one on the day). Please drop off all donations at the Cathedral! Any questions? Please call Rose Cooper or E-mail her at <u>g.r.c@att.net</u>

"A Taste of Joy – Recipes of Trinity Cathedral" cookbook is still available! - Proceeds from the sale of the books are going to provide fresh produce to our Food Pantry. Get yours today at the Cathedral Altar Guild Shop for just \$10 or contact Lucy Adams at <a href="mailto:trinitycathedralags@gmail.com">trinitycathedralags@gmail.com</a>. Also, if you are interested in selling the books, let Lucy know. Thank you for your support!

**Join us for our Lenten Series** – Weekly reflections on "How We Learn to Be Brave" by Bishop Mariann Budde will be led by Canon Dr. Phil Lewis. Wednesdays, February 21<sup>st</sup> and 28<sup>th</sup>, and March 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup>. Sessions will be held via Zoom from 7:00 – 8:30 pm. The Zoom link for the meeting is:

https://us02web.zoom.us/j/89379028423?pwd=VURYODE2c0pSNnVFbjdTZEo1MGd0Zz09

Meeting ID: 893 7902 8423

Passcode: 157679

The book is available for purchase at the Altar Guild Shop. Having read the book is important, but NOT REQUIRED to attend and enjoy the Lenten Series - weekly reflections. We encourage everyone to invite at least three people you know, who you think are looking for a better life! For help or questions, feel free to contact Phil by text at (267) 907-3050 or by E-mail at philglewistway@gmail.com

If you are interested in helping the Food Pantry, we can especially use one or two volunteers who can lift up to 50 pounds - We have folks who can pack our food bags, but they require assistance lifting cases of canned goods onto the packing tables and moving the packed bags into place to be handed out. Can you fill this need? Please call Lourdez "Cookie" Hernandez at (609) 902-8282.

The next Food Pantry distribution date is – Saturday, March 9<sup>th</sup> (2<sup>nd</sup> & 4<sup>th</sup> Saturdays this month) from 9-11:00 am.

Each Thursday, we distribute hot dinners "to go" from 4:15–5:30pm at the Overbrook Avenue entrance as a satellite location for the Trenton Area Soup Kitchen.



### THIS WEEK'S CATHEDRAL SCHEDULE

**TODAY (3/3)** Third Sunday in Lent

8:30 am Rite I Eucharist in All Saints Chapel (in-person only)

9:15 am Choir warm-up

10:00 am Rite II Eucharist in the Cathedral (+ livestreamed, when available)

10:30a – 12:30p Full Gospel Community Church service – CHP

11:15a – 12:15pm Choir rehearsal

**Tues.** (3/5)

9 – 9:45 am Weekly Zoom check-in for parishioners: For more info. on how to join us, call

or text Nancy Hood-Boczar at (267) 614-5746, or E-mail

shaktisocialwork4@hotmail.com

Wed. (3/6)

12:10 pm Wednesday Healing Eucharist in All Saints Chapel, (in-person only)

7:30 pm Lenten Series weekly reflections, via Zoom

**Thurs.** (3/7)

4:45 pm Food Pantry bagging in the Narthex

4:15-5:30 pm TASK Meals – SH

8 – 8:30 pm Society of Mary Rosary Devotions, via Zoom and phone access: Please E-mail

Erica Warner at vassose@aol.com for information on how to join us

Sat. (3/9) Trinity Strings music lessons ON today

9 - 11:00 am Food Pantry

All day Diocesan Convention – CATH/SH/CHP

10:00 am Grief Support Group - GR

**Sun.** (3/10) Fourth Sunday in Lent

9:15 am Choir warm-up

10:00 am Rite II Eucharist in the Cathedral (+ livestreamed, when available)

10:30a – 12:30p Full Gospel Community Church service – CHP

11:15a – 12:15pm Choir rehearsal

1:00 pm Adult Christian Education, via Zoom