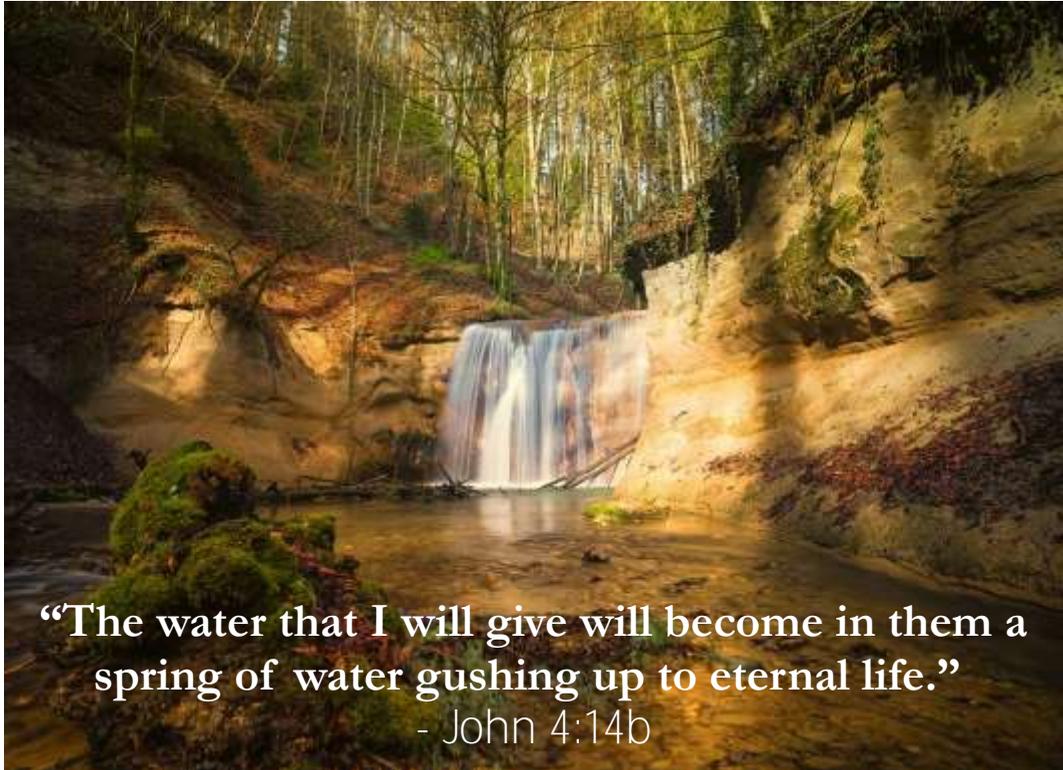


Welcome to **St. John's Cathedral**



**“The water that I will give will become in them a
spring of water gushing up to eternal life.”**

- John 4:14b

March 19, 2017 - 8 a.m.
The Third Sunday in Lent

LOVE *at the* CORE.

Welcome to St. John's Cathedral! We are so glad that you are here.

We worship God in the heart of the city. We are surrounded by the poor in an area of town that is often neglected. In his life, Jesus often ministered to the poor and needy, and we believe that by worshipping **God in the urban core, we can catch a glimpse of God's love.**

We welcome all people. Our nursery is open all morning on Sundays. We would love to get to know you better, and you can help us by filling out a visitor card located in your pew and placing it in the offering plate as it comes by, or by handing it to an usher. Please let us know if you need prayers and if you would like us to email you our online newsletter. Listening devices are always available for the hearing impaired and large-print bulletins for those who have trouble with their eyesight. Please ask an usher if you need these items or anything else. We want to help you feel at home here.

We believe that worship should be beautiful and sacred, a moment to hush the hurriedness of our lives and experience the peace of God. I **hope that you feel God's love this morning.**

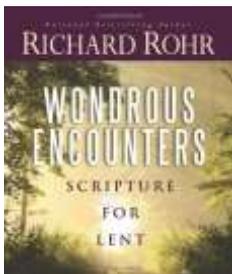
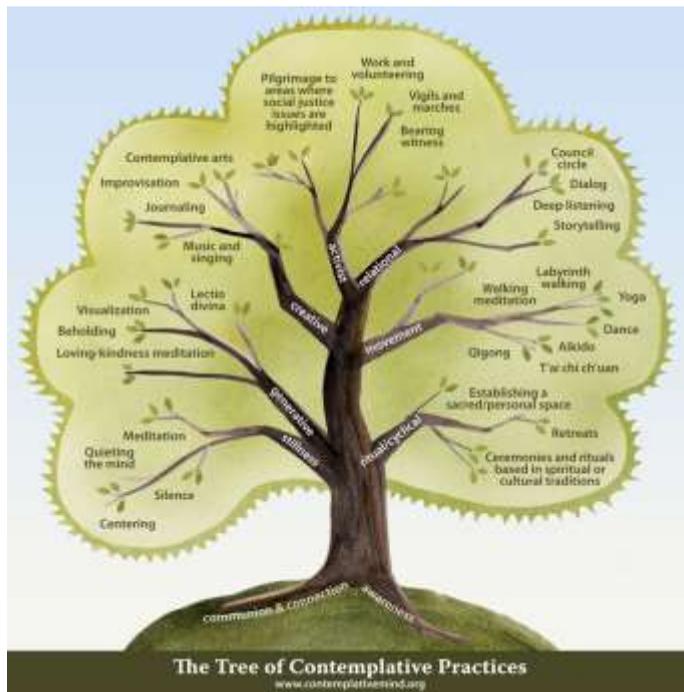
Faithfully,

The Very Reverend Kate Moorehead,
Dean

SPIRITUAL PRACTICES AT THE CATHEDRAL DURING LENT

We are making our way through the desert days of Lent here at St. John's Cathedral with several different offerings that allow us to journey together. The **Dean's Forum** this season showcases some of the various spiritual practices available, introducing their facilitators and authors. The essence of contemplative practices reveals the importance of being rooted in the Divine as a springboard for all parts of life. However, contemplative practices are not only sedentary and inwardly focused. The Tree of Contemplative Practices (see illustration) shows the many branches of the process from silent meditation to marching for social justice.

Last Sunday, parishioner Jody Giles spoke about the practice of preparing your legacy for those you love, telling your story and being in charge of what you want the rest of your life to look like. Today, retreat leader Sandie Wesley will lead the class on a search for personal icons in our lives and how to use those icons for contemplative practice. The following Sundays in Lent will include guidance in yoga as a spiritual practice and the vital nature of telling our stories to ourselves and to each other.



During the weekdays of Lent, there are several small groups which are meeting to “read, mark and inwardly digest” *Wondrous Encounters*, a little book of meditations by Fr. Richard Rohr. If you haven't already, grab one of these books and treat yourself to Fr. Richard's infectious perspective on love. Your Lenten time and your life will be forever changed. It is not too late to join one of the groups, or gather together your own group, or read alone. (See the bulletin announcements or www.jaxcathedral.org for book study group meeting times and locations!)

Wherever you go this season, whatever you do, know that you are an indispensable part of the **Body of Christ** here at St. John's Cathedral. **Know that your story is our story, and our stories** are the stories of the people of God. Together we will make our way through these desert days and on to the great feast of the glorious Resurrection!

*Owene Courtney,
Cathedral Lay Minister*

THE HOLY EUCHARIST

A joyous and warm welcome to our visitors and guests. Please know how happy our Cathedral community is to have you worship with us. We'd love to know our guests, so please fill out a visitor card and drop it in the offering plate as it comes by.

Hymn 707

“Take my life and let it be”

Hollingside

THE WORD OF GOD

Celebrant Bless the Lord who forgives all our sins.
People His mercy endures for ever.

The Celebrant says

“If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.” – 1 John 1:8-9

The Celebrant then says

Let us confess our sins against God and our neighbor.

The People kneel. Silence may be kept.

The Celebrant and People say

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

The Celebrant stands and says

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.*

The Kyrie

The People remain kneeling and say:

Celebrant Lord, have mercy upon us.

People Christ, have mercy upon us.

Celebrant Lord, have mercy upon us.

The Collect of the Day

Celebrant The Lord be with you.

People And also with you.

Celebrant 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.*

The People are seated.

Lector 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?"

Lector The Word of the Lord.

People Thanks be to God.

A period of silence for reflection follows the reading.

The Psalm is read in unison.

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."

A period of silence for reflection follows the reading.

The People stand.

The Gospel

John 4:5-42

Gospeler

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

People

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.”

Gospeler

The Gospel of the Lord.

People

Praise to you, Lord Christ.

The People are seated.

The Sermon

The Very Reverend Kate Moorehead

A period of silence for reflection follows the sermon.

The People stand.

The Nicene Creed

The Celebrant and People say

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.

The Prayers of the People

During the Prayers of the People, the People's responses are in italics.

O God, you are always true to us in love, and we ask your forgiveness for our neglect of you, for our failure to love one another, for our forgetting the poor and the broken, for our carelessness towards your creation. Help us, O God, to grow in love and service to you. Lord in your mercy,

Hear our prayer.

Comfort the sick and the suffering, Lord Christ. Be with the lonely and with those who mourn. Lord in your mercy,

Hear our prayer.

Bring peace to the world, O Christ, for only you can bring reconciliation between nations and peoples. Lord, in your mercy,

Hear our prayer.

Guide the leaders of this nation in the ways of justice and peace. Help us all to listen to one another with open minds and hearts, to communicate, to articulate and to learn from one another. Lord, in your mercy,

Hear our prayer.

Keep us faithful, O Christ, in this season of Lent, that we may be enriched by the practices and disciplines that we have adopted during these forty days. Lord, in your mercy,

Hear our prayer.

The Peace

The People stand.

Celebrant The peace of Christ be always with you.

People And also with you.

The Clergy and People greet one another in the name of the Lord.

Welcome and Announcements

THE HOLY COMMUNION

Representatives of the congregation bring forward the People's offerings of money, and other gifts. The People stand when the offerings are brought forward and placed on the Altar.

Hymn 380, stanza 3 **“Praise God, from whom all blessings flow”**

Old 100th

The Great Thanksgiving, from the Prayer Book of the Church of England

The People stand.

Celebrant The Lord be with you.

People And also with you.

Celebrant Lift up your hearts.

People We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

People It is right to give him thanks and praise.

Father, you made the world and love your creation. You gave your Son Jesus Christ to be our Saviour. His dying and rising have set us free from sin and death.

And so we gladly thank you, with saints and angels praising you, and saying:

The Celebrant and People say

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.

The People stand or kneel. The Celebrant continues

We praise and bless you, loving Father, through Jesus Christ, our Lord; and as we obey his command, send your Holy Spirit, that broken bread and wine outpoured may be for us the body and blood of your dear Son.

At the following words concerning the bread, the Celebrant is to hold it or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

On the night before he died he had supper with his friends and, taking bread, he praised you. **He broke the bread, gave it to them and said: “Take, eat; this is my body which is given for you; do this in remembrance of me.”**

When supper was ended he took the cup of wine. Again he praised you, 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. Do this, as often as you drink it, in remembrance of me.”**

So, Father, we remember all that Jesus did, in him we plead with confidence his sacrifice made once for all upon the cross. Bringing before you the bread of life and cup of salvation, we proclaim his death and resurrection until he comes in glory.

Great is the mystery of faith:

The Celebrant and People say

Christ has died:

Christ is risen:

Christ will come again.

Lord of all life, help us to work together for that day when your kingdom comes and justice and mercy will be seen in all the earth. Look with favor on your people, gather us in your loving arms and bring us with all the saints to feast at your table in heaven.

Through Christ, and with Christ, and in Christ, in the unity of the Holy Spirit, all honor and glory are yours, O loving Father, for ever and ever. *Amen.*

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.

The Breaking of the Bread

The Celebrant breaks the consecrated Bread. A period of silence is kept.

The Celebrant and People say

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

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

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

The Celebrant continues

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.)

Please join us at God's table.

All baptized people are welcome to receive communion. Everyone is welcome to come to the altar for a blessing. If you would like a blessing, please fold your arms across your chest.

Postcommunion Prayer

The Celebrant says

Let us pray.

The People kneel. The Celebrant and People say

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

The Blessing

The Celebrant blesses the people.

Hymn 685

“Rock of ages, cleft for me”

Toplady

Dismissal

Go in peace to love and serve the Lord.
Thanks be to God.

People

+ + +

The greens in Cummings Chapel and at the High Altar are given to the glory of God.

SERMON NOTES

THIS SUNDAY AT THE CATHEDRAL

SUNDAY, MAR. 19

► **Holy Eucharist**

8 a.m. Cummings Chapel

► **Holy Eucharist**

9 a.m. Cathedral

► **Christian Formation for all ages**

All Christian Formation classes meet at 10 a.m.

Children's Formation

Pre-K to Kindergarten - Room 5, Basement

1st - 3rd grades - Room 202, 2nd floor

Tweens Formation

4th - 5th grades - Room 302, 3rd floor

Youth Formation

6th - 8th grades - Undercroft

9th - 12th grades - Room 304, 3rd floor

Adult Formation

Centering Prayer - Room 306, 3rd floor

This is a time in community to experience centering prayer as well as explore appropriate readings and reflections. All are invited.

The Tree of Contemplative Practices -

Taliaferro Hall

This Sunday, our guest speaker is retreat leader Sandie Wesley, who will lead participants in creating their own icons.

Cathedral 101 - Ingram Lounge

Led by Dean Kate, Fr. David and Joe O'Shields, this class is a basic introduction to our cathedral community and to the Episcopal Church.

Parent Group - 10 a.m., Dean Kate's office

This is a social opportunity for parents of young children to get to know one another and hear guest speakers, and will be offered every first and third Sunday of the month.

► **Holy Eucharist**

11 a.m. Cathedral

► **Birthday Blessings**

Sunday, March 19

Lin Winney, Thara Maynor, Brian Gentry, Jerry Jones, Isabella Lewis-Tubre

Monday, March 20

Paul Hanson, Kitty Davis, Doug Powell, Lisa Nass, Forrest Andrews, Sheree Brown

Tuesday, March 21

Katie Sherer

Wednesday, March 22

Teresa Mason, Mack Bisette, Cathy Hicks, Rene Clute

Thursday, March 23

Kim Miller, Jeanne Ward, Sandy Kass, Kegan Gallup

Friday, March 24

Karlyn Robeson, Clara Turvey

Saturday, March 25

Delavan Baldwin

NEXT SUNDAY AT THE CATHEDRAL

SUNDAY, MAR. 26

► **See Sunday service times and Christian Formation offerings above.**

► **For “The Tree of Contemplative Practices” series, our guest speakers will be Megan Cochran and Reverend Heather Erickson, who will discuss yoga as a spiritual discipline.**

THIS WEEK AT THE CATHEDRAL

MONDAY, MAR. 20

► **Friends of Bill W.**
5:30 p.m. Ingram Lounge

► **Boy Scouts**
6 p.m. Taliaferro Hall

TUESDAY, MAR. 21

► **Holy Eucharist**
12:10 p.m. Cummings Chapel

► *Wondrous Encounters* Book Study Group
1 p.m. Room 304

► **Yoga**
5:45 p.m. Cummings Chapel

► **EFM (Education for Ministry)**
7 p.m. Ingram Lounge

► **Girl Scouts**
7 p.m. Basement “Coffee House”

WEDNESDAY, MAR. 22

► **Holy Eucharist**
7 a.m. Holy Communion Chapel
12:10 p.m. Cummings Chapel

► *Wondrous Encounters* Book Study Group
10:30 a.m. Room 304

► **Wonderful Wednesday Dinner**
5 – 6 p.m. Taliaferro Hall
Dinner cost: \$5 per adult, \$3 per child under 12

► *Wondrous Encounters* Book Study Group
5:30 p.m. Room 304

► **Chorister Rehearsal**
5:30 p.m. Choir Room

► **Alpha**
6 p.m. Cummings Chapel
This class runs through Wednesday, April 5.

► **Art Class**
6 p.m. Painting Place, Basement
Fr. Lou Towson and the Rev. Jean Dodd lead this fun class. No experience necessary. Basic materials are provided, though participants are encouraged to bring their own materials.

WEDNESDAY, MAR. 22 CONTINUED

► **Youth Group**
6:30 p.m. Undercroft

► **Choir Rehearsal**
7:30 p.m. Choir Room

THURSDAY, MAR. 23

► **Shakespeare Reading Group**
9:30 a.m. Ingram Lounge
The group is currently reading *Henry VIII*. For more information about the Shakespeare Reading Group, contact Peter McCranie at petermccranie1@gmail.com.

► **Lectionary Bible Study**
12 p.m. Ingram Lounge

► **Holy Eucharist**
12:10 p.m. Cummings Chapel

► **Celebration Singers Rehearsal**
5:30 p.m. Choir Room

► *Wondrous Encounters* Book Study Group
6 p.m. Room 304

► **Opening Eucharist for Diocesan Convention**
7 p.m. Cathedral

FRIDAY, MAR. 24

► **Clara’s at the Cathedral**
11 a.m. Taliaferro Hall

► **Contemplative Holy Eucharist**
12:10 p.m. Cummings Chapel

► **Stations of the Cross**
5:30 p.m. Cathedral
You are invited to walk the Stations of the Cross every Friday at 5:30 p.m. during Lent. The Stations will be set up in the cathedral. Make this part of your discipline this Lent!

ANNOUNCEMENTS

► **Lenten Reading:** *Wondrous Encounters* by Richard Rohr

All are encouraged to join one of several small groups meeting weekly during Lent to “read, mark and inwardly digest” this beautiful collection of meditations on the daily readings for Lent. The book can be purchased from our bookstore. *The meeting times for these book groups during Lent will be on Tuesdays at 1 p.m., Wednesdays at 10:30 a.m. and 5:30 p.m. and Thursdays at 6 p.m. in Room 304.*

► **St. Mary’s Bag-a-month Club - March Items**

Donate to those in need at St. Mary’s! The theme for March is household items. Pick up a marked brown bag this Sunday and fill it with toilet paper, paper towels, dish soap, plastic wrap, garbage bags, etc. Bring your bag back before the last Sunday of the month.

► **Change in bookstore hours**

Our bookstore will now be open regularly on Wednesday mornings and after the 12:10 p.m. Eucharist.

UPCOMING EVENTS

MONDAY, APR. 3

► **Feed the Homeless**

2 p.m. Sulzbacher Center

Dinner preparation begins at 2 p.m. and is served at 6 p.m. Please call Don Wucker at 398-4776 for more information.

► **Men's Grill 'n Chill**

6 p.m. Taliaferro Hall

All men of the cathedral are cordially invited to this fellowship dinner on the first Monday of each month. Bring your own steak (or chicken, or fish or veggie burger) to cook and a drink. A starch, vegetable, salad and bread will be provided. We suggest a donation of \$3. Men, please consider bringing your sons with you, regardless of age. This is a monthly opportunity for all the men of the cathedral to gather, so please join us!



Pledge envelopes for 2017 are now available,
so please remember to pick yours up in the cloister!

ST. JOHN'S CATHEDRAL

256 East Church Street
Jacksonville, Florida 32202
(904) 356-5507 - www.jaxcathedral.org
Office Hours: Monday-Thursday 8 a.m. - 4 p.m.
and Friday 8 a.m. - 3 p.m.

You can now watch our 11 a.m. service live on our website!
Just click the Live Broadcast link on the homepage.

Forgot your checkbook or cash? Text the dollar amount of your gift to
904-584-3116. (Example: \$20)