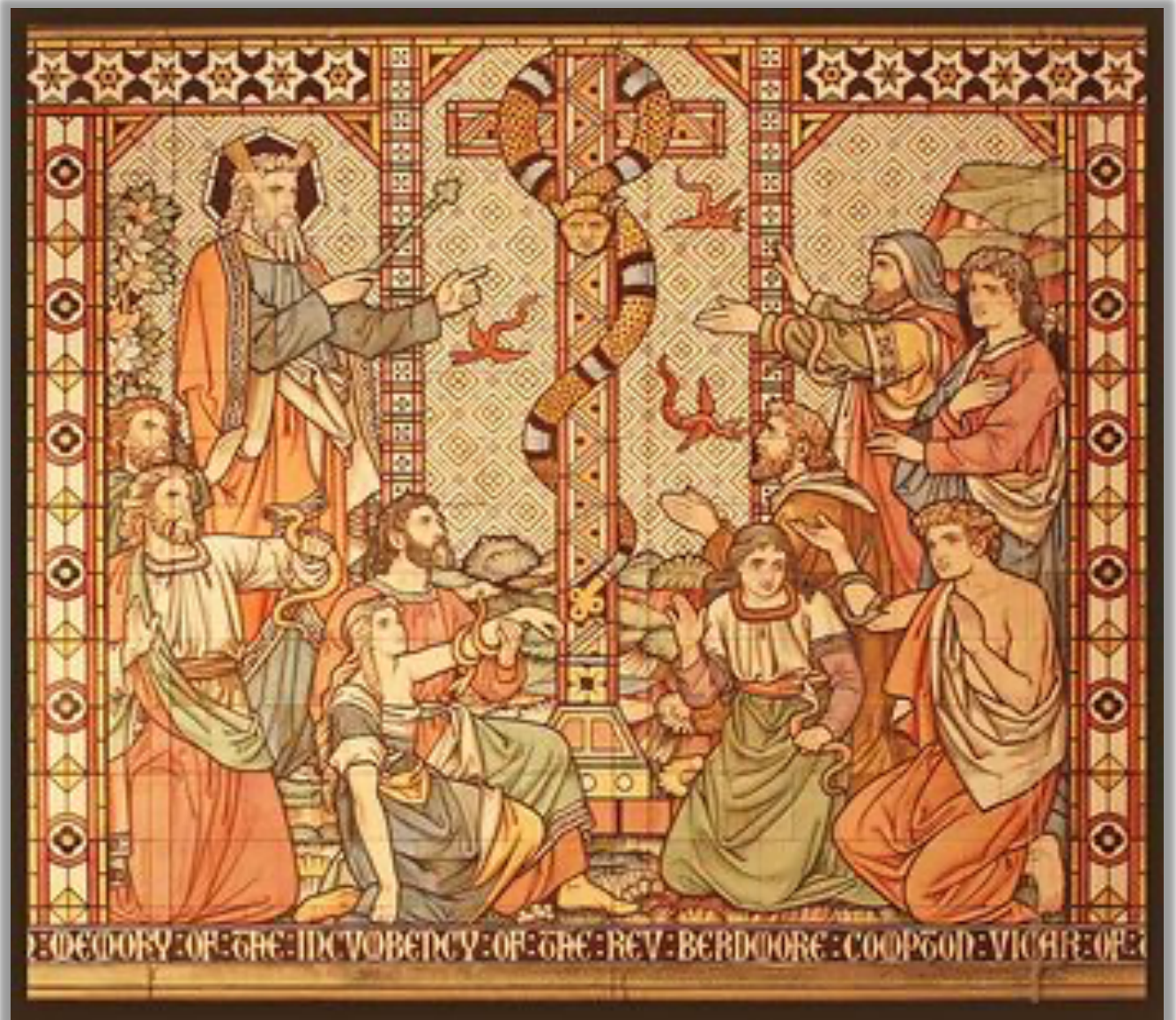


GRACE EPISCOPAL CHURCH



The Fourth Sunday in Lent

~ Laetare Sunday

March 10, 2024

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We are a diverse community united by our commitment to Jesus Christ and our desire to live the Christian life. Our prayers and the Sacraments help us find Christ in church and in the world. Seeing Christ in each other and in the faces of strangers, we are inspired to reach out in love and service.

The Rev. Rowena J. Kemp, *Rector*
 Cell phone: 203-209-4178 Church office: 860-233-0825
 Email: RevRowena@gracehartford.org

The Rev. Canon Robert G. Carroon, *Associate Priest*
 The Rev. Canon Annika Warren, *Associate Priest*
 The Rev. Joseph L. Pace, *Associate Priest*
 Mr. Kyle Swann, *Choirmaster and Organist*

The Vestry
 Douglas Bowman, *Senior Warden*; Thomas Phillips, *Junior Warden*
 Katharine Rovetti, *Parish Clerk*
 Mark Lacedonia, *Treasurer*; Barbara Galbreath, *Assistant Treasurer*
 Adrienne Brown, Josephine Dominguez, Pamela Glasner,
 Claudia Gwardyak, Nadia Holmes, Sandra Morgan



WELCOME to all who are joining with us virtually as we celebrate *THE FOURTH SUNDAY IN LENT*. We hope you feel at home with us and that you find the love, peace, inspiration, and strength to meet the challenges of your daily life.

We hope that you will take part in our worship by making the Peoples' responses as indicated and joining in the hymn-singing.

If you would like more information about Grace Church, or the Episcopal Church, please communicate with our Rector, The Rev. Rowena Kemp, or make an appointment with her to discuss any questions you have.

GRACE EPISCOPAL CHURCH

The Fourth Sunday in Lent ~ Laetare Sunday

March 10, 2024

Sung Mass, 10:00 A.M.

Propers of Year B



Mass Setting: *Missa in G für gemischten Chor, Op. 151*

Josef Rheinberger (d. 1901)

This setting of the Ordinary of the Mass will be sung by the choir.

Voluntary: *Cortège et Litanie*

Jean Langlais (d. 1991)



Entrance Rite and Liturgy of the Word

Introit (*choir*) *Laetare Jerusalem*

Mode V

[*Antiphon*] REJOICE WITH JERUSALEM; and be glad because of her, all ye that love her; exult and sing with great gladness, all ye that in sadness mourn for her; that ye may suck, and be satisfied at the breasts of her consolations. [*Psalm*] I was glad when they said unto me: "Let us go unto the house of the Lord." Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. [*Repeat antiphon.*]

Opening Acclamation

Celebrant: ✠ Bless the Lord who forgiveth all our sins.

People: His mercy endureth for ever.

Collect for Purity

ALMIGHTY GOD, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. *Amen.*

Summary of the Law

Hear what our Lord Jesus Christ saith:

THOU shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

Kyrie eleison (*choir*)

J. Rheinberger

KYRIE eleison. Christe eleison. Kyrie eleison.

[Lord, have mercy. Christ, have mercy. Lord, have mercy.]

The Collect of the Day

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Let us pray.

GRACIOUS FATHER, whose blessed Son Jesus Christ came down from heaven to be the true bread which giveth life to the world: Evermore give us this bread, that he may live in us, and we in him; who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. *Amen.*

The Old Testament Lesson: Numbers 21: 4-9 [NRSV]

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.



The Word of the Lord.

Congregation's Response: Thanks be to God.

Gradual: Psalm 107

Confitemini Domino

Tone VIII.I

(Congregation sings the italicized verses.)

Antiphon [*Cantor first, then all.*]

O give thanks un- to the Lord, for he is gra- cious,
and his mer- cy en- dur- eth for- ev- er.

- 2 LET THEM give thanks whom the Lord hath re- | deem'd,
* *and deliver'd from the hand | of the ene^my;*
- 3 *And gathered them out of the lands, from the east and from the | west;*
* *from the | north and from the ^ south.*
- 17 Foolish men are plagued for their of- | fence,
* and because | of their wicked^ness.
- 18 *Their soul abhorred all manner of | meat,*
* *and they were even | hard at death's door.*
- 19 So when they cried unto the LORD in their | trouble,
* he delivered them | out of their distress.
- 20 *He sent his word, and | heal'd them;*
* *and they were saved from | their destruction.*
- 21 O that men would therefore praise the LORD for his | goodness;
* and declare the wonders that he doeth for the | children of men!
- 22 *That they would offer unto him the sacrifice of thanks- | giving,*
* *and tell out his | works with gladness!*

[All repeat antiphon.]

The Epistle: Ephesians 2: 1-10 [NRSV]

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.

The Word of the Lord.

People's Response: Thanks be to God.

Tract (choir) *Qui confidunt*

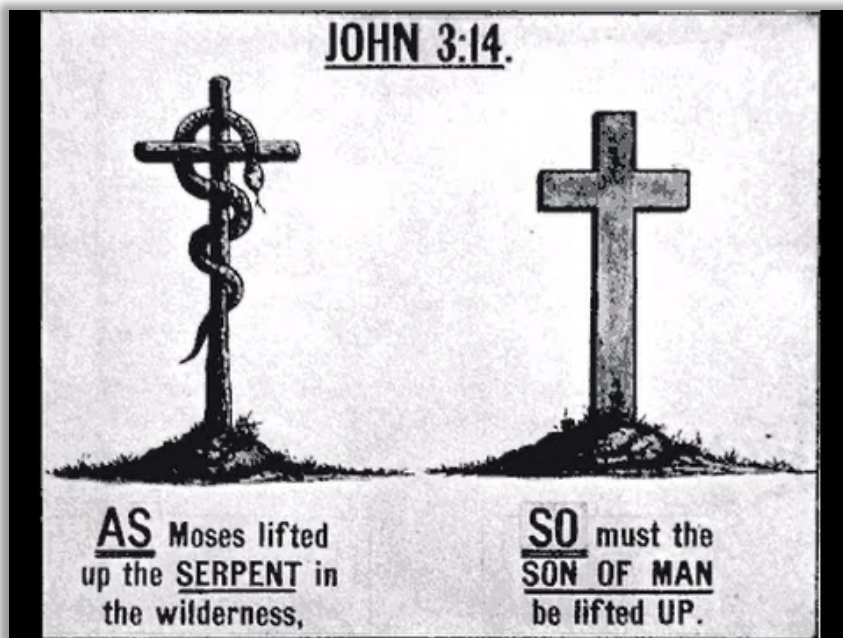
Tone VIII; Verse by Healey Willan

THEY that put their trust in the Lord, shall be even as the mount Sion, which may not be removed, but standeth fast for ever. The hills stand about Jerusalem; even so standeth the Lord round about his people, from this time forth for evermore.

The Holy Gospel: St. John 3: 14-21 [RSV]

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

People's response: ✠ Glory be to thee, O Lord.



“AND 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, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him. He who believes in him is not condemned; he who does not believe is condemned already, because he has not believed in

the name of the only Son of God. And this is the judgment, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. For every one who does evil hates the light, and does not come to the light, lest his deeds should be exposed. But he who does what is true comes to the light, that it may be clearly seen that his deeds have been wrought in God.

The Gospel of the Lord.

People's response: Praise be to thee, O Christ.

Cantor *All*

25 Cre - do in u - num De - - um. Pa - trem o - mni - po - ten - tem,

26 fa - cto - rem coe - li et ter - rae, vi - si - bi - li - um o - - mni - um, et in - vi - si - bi - - li - um.

27 Et in u - num Do - mi - num Je - sum Chri - stum, Fi - li - um De - i u - ni - ge - ni - tum,

28 et ex Pa - tre na - - tum an - te o - mni - a sae - - cu - la.

29 De - um de De - o, lu - men de lu - mi - ne, De - um ve - rum de De - o ve - ro.

30 Ge - ni - tum, non fa - - ctum, con - sub - stan - ti - a - lem Pa - tri: per quem o - mni - a fa - cta sunt.

31 Qui pro - pter nos ho - mi - nes, et pro - pter no - stram sa - lu - tem de - scen - dit de coe - lis,

32 Et in - car - na - tus est de Spi - ri - tu San - cto ex Ma - ri - a Vir - gi - ne: et ho - mo fa - ctus est.

33 Cru - ci - fi - - xus e - ti - am pro no - bis sub Pon - ti - o Pi - la - to pas - sus et se - pul - - tus est.

35 Et re - sur - re - xit ter - ti - a di - e, se - cun - dum Scri - ptu - ras. Et a - scen - dit in coe - - lum:

se - det ad dex - te - ram Pa - - tris. Et i - te - rum ven - tu - rus est cum glo - ri - a

37
 ju - di - ca - re vi - vos et mor - tu - os: cu - jus re - gni non e - rit fi - nis.

38 *mf*
 Et in Spi - ri - tum San - ctum, Do - mi - num, et vi - vi - fi - can - tem:

39
 qui ex Pa - tre. Fi - li - o - que pro - ce - dit. Qui cum Pa - tre et Fi - li - o

41
 si - mul a - do - ra - tur, et con - glo - ri - fi - ca - tur: qui lo - cu - tus est per Pro - phe - tas.

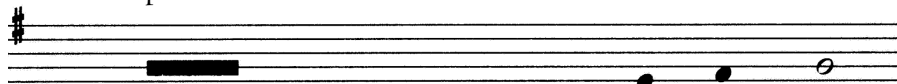
42
 Et u - nam, san - ctam, ca - tho - li - cam, et a - po - sto - li - cam Ec - cle - si - am.

43
 Con - fi - te - or u - num ba - ptis - ma in re - mis - si - o - nem pec - ca - to - rum.

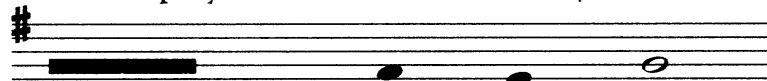
44
 Et ex - pe - cto re - sur - re - cti - o - nem mor - tu - o - rum. Et vi - tam ven - tu - ri sae - cu - li.

46 *ff*
 A - - - - - men.

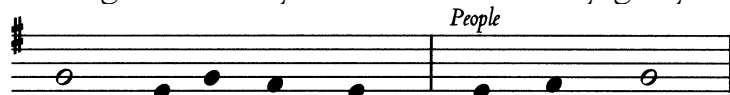




Leader: Let us pray for the Church and | for the world.



Grant almighty God, that all who confess thy Name may be united in thy truth, live together in thy love, and reveal thy glory / in the world. (*Silence*)



Lord, in thy mer - cy *hear our prayer.* (*Sung after every intercession*)

Leader: 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. (*Silence*)

Lord, in thy mercy *People: hear our prayer.*

Leader: Give us all a reverence for the earth as thine own creation, that we may use its resources rightly in the service of others and to thy hon-/or and glory. (*Silence*)

Lord, in thy mercy *People: hear our prayer.*

Leader: Watch over thy children *Sheryl & Kathie*, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace which passeth understanding abide all the days / of their lives. (*Silence*)

Lord, in thy mercy *People: hear our prayer.*

Leader: We pray for an increase in the membership of this parish; that we may have the hands and hearts to carry / out thy will. (*Silence*)

Lord, in thy mercy *People: hear our prayer.*

Leader: We commend to thy gracious care and keeping all the men and women of our armed forces at home and abroad [*especially N.*]. Defend them day by day with thy heavenly grace; strengthen them in their trials and temptations; give them courage to face the perils which beset them; and grant them a sense of thine abiding presence wherever / they may be. (*Silence*)

Lord, in thy mercy *People: hear our prayer.*

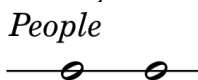
Leader: Comfort and heal all those who suffer in body, mind, or spirit (*pause*); give them courage and hope in their troubles, and bring them the joy of / thy salvation. (*Silence*)

Lord, in thy mercy *People: hear our prayer.*

Leader: We commend to thy mercy all who have died, that thy will for them may be fulfilled (*pause*); and we pray that we may share with all thy saints in thine e-/ternal kingdom. (*Silence*)

Lord, in thy mercy *People: hear our prayer.*

Celebrant: Lord, hear the prayers of thy people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of thy Name; through Jesus Christ our Lord.



A - men.

Confession of Sin and Absolution

Deacon: Ye who do truly and earnestly repent you of your sins, and are in love and charity with your neighbors, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways: draw near with faith, and make your humble confession to Almighty God, devoutly kneeling.

People: Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all men: We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed, against thy divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us, the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honor and glory of thy Name; through Jesus Christ our Lord. Amen.

Celebrant: Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, ✠ pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. Amen.

Hear the Word of God to all who truly turn to him.

Come unto me, all ye that travail and are heavy laden, and I will refresh you. *Matthew 11: 28*
God so loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *John 3: 16*

The Peace

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

People: And with thy spirit.

The Ministers and People greet one another in the Name of the Lord.



The Holy Communion

Offertory Sentence

Celebrant: Offer to God a sacrifice of thanksgiving, and make good thy vows unto the Most High. *Psalms 50: 14*

Offertory (choir) *Laudate Dominum*

Mode II

SING PRAISES to the Lord, for the Lord is gracious; O sing praises unto his Name, for it is lovely. Whatsoever the Lord pleased, that did he in heaven and on earth.

LAß DICH nur nichts nicht dauren mit Trauren. Sei stille, wie Gott es fügt, so sei
 Lvergnügt mein Wille! Was willst du heute sorgen auf morgen? Der Eine steht,
 allem für, der gibt auch dir das Deine. Sei nur in allem Handel ohn Wandel. Steh
 feste, was Gott beschleußt, das ist und heißt das Beste.

[Let nothing ever grieve thee. Be at peace! If God ordains it, may my will accept it! Why art
 thou troubled about tomorrow? The One stands above all — he also gives thee thy very being.
 In all thy ways, be unwavering. Stand fast! What God decrees is, and must be, the best.]

Presentation of the alms and oblations

Celebrant: All things come of thee, O Lord,

People: And of thine own have we given thee.

Orate

Celebrant: Pray that this our sacrifice of praise and thanksgiving may be acceptable to God
 the Father Almighty.

People: May the Lord receive this sacrifice at thy hands, to the praise and glory of his
 holy Name, both to our benefit and that of all his holy Church.

Sursum corda

Celebrant *People*
 The Lord be with you. And with thy spi- rit.

Celebrant *People*
 Lift up your hearts. We lift them up un-to the Lord.

Celebrant
 Let us give thanks un- to our Lord God.

People
 It is meet and right so to do.

Then, facing the Holy Table, the Celebrant says,

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 ever 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,

SANCTUS·SANCTUS·SANCTUS

Sanctus and Benedictus (*choir*)

J. Rheinberger

SANCTUS, sanctus, sanctus, Dominus Deus sabaoth: Pleni sunt coeli et terra gloria tua.
 S Osanna in excelsis. ✠ Benedictus que venit in nomine Domini.

[Holy, 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.]

The Canon of the Mass

Celebrant: Let us pray.

ALL glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of 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, he brake 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 ye all of this; for this is my Blood of the New Testament, 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, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, 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; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church, may obtain remission of our sins and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, ✠ be filled with thy grace and heavenly benediction, and made one body with him that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits but pardoning our offenses, through Jesus Christ our Lord;

BY whom, and with whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

People

—•—○—
A- men.

The Lord's Prayer (*sung by all*)

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

Our Fa-ther, who art in hea-ven, hal-low-ed be thy Name,
thy king-dom come, thy will be done, on earth as it is in hea-ven.
Give us this day our dai-ly bread. And for-give us our tres-pas-ses,
as we for-give those who tres-pass a- gainst us. And lead us not in- to
temp-ta- tion, but de-liv-er us from e- vil. For thine is the king-dom,
and the power, and the glo- ry, for ev- er and ev- er. A- men.

The Fraction

Celebrant
Christ our Pass-o-ver is sac-ri- ficed for us.
People
There- fore let us keep the feast.

Agnus Dei (*choir*)

J. Rheinberger

AGNUS DEI, qui tollis peccata mundi, miserere nobis. Agnus Dei, qui tollis peccata mundi, dona nobis pacem.

[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.]

Prayer of Humble Access (*said by all*)

Celebrant: Let us pray.

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.

The Invitation to Communion

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.

People: Lord, I am not worthy that thou shouldst come under my roof; but speak the word only, and my soul shall be healed.

Communion (*choir*) *Jerusalem quae aedificatur*

Mode IV

JERUSALEM is built as a city that is at unity with itself; for thither the tribes go up, even the tribes of the Lord, to give thanks unto the Name of the Lord.

Prayer of Spiritual Communion (*said by those worshipping virtually*)

IN UNION, O Dear Lord, with the faithful at every Altar of Thy Church, where Thy blessed Body and Blood are being offered to the Father, I desire to offer Thee praise and thanksgiving. I present to Thee my soul and body, with the earnest wish that I may ever be united to Thee. And since I cannot now receive Thee sacramentally, I beseech Thee to come spiritually into my heart. I unite myself to Thee, and embrace Thee with all the affections of my soul. O let nothing ever separate me from Thee. Let me live and die in Thy love. Amen.

1 Deck thy - self, my soul, with glad - ness, leave the
 2 Sun, who all my life dost bright - en; Light, who
 3 Je - sus, Bread of Life, I pray thee, let me

gloom - y haunts of sad - ness, come in - to the day - light's
 dost my soul en - light - en; Joy, the best that an - y
 glad - ly here o - bey thee; nev - er to my hurt in -

splen - dor, there with joy thy prais - es ren - der
 know - eth; Fount, whence all my be - ing flow - eth:
 vit - ed, be thy love with love re - quit - ed;

un - to him whose grace un - bound - ed hath this
 at thy feet I cry, my Ma - ker, let me
 from this ban - quet let me mea - sure, Lord, how

won - drous ban - quet found - ed - high o'er all the heavens he
 be a fit par - ta - ker of this bless - ed food from
 vast and deep its trea - sure; through the gifts thou here dost

reign - eth, yet to dwell with thee he deign - eth.
 hea - ven, for our good, thy glo - ry, giv - en.
 give me, as thy guest in heaven re - ceive me.

Prayer of Thanksgiving after Communion

Celebrant: Let us pray.

People: 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.

The Lenten Blessing

MAY God the Father, who does not despise the broken spirit, give to you a contrite heart. *Amen.*

May Christ, who bore our sins in his body on the tree, heal you by his wounds. *Amen.*

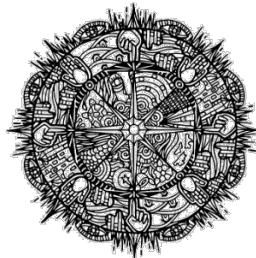
May the Holy Spirit, who leads us into all truth, speak to you words of pardon and peace. *Amen.*

The blessing of God Almighty, ✠ the Father, the Son, and the Holy Spirit, be with you and remain with you for ever. *Amen.*

The Dismissal

Celebrant: Go in peace to love and serve the Lord.

The People respond: Thanks be to God.



The Last Gospel

St. John I: I-I4

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: ✠ The Beginning of the holy Gospel according to John.

People: Glory be to thee, O Lord.

IN THE BEGINNING was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him: and without Him was not anything made that was made. In Him was life, and the life was the light of men: and the light shineth in the darkness, and the darkness comprehended it not. There was a man sent from God, whose name was John. The same came for a witness, to bear witness of the light, that all men through him might believe. He was not that light, but was sent to bear witness of that light. That was the true light, which lighteth every man that cometh into the world. He was in the world, and the world was made by him, and the world knew him not. He came unto his own, and his own received him not. But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name: which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. (*Here genuflect*) And the Word was made flesh, (*Here rise*) and dwelt among us: and we beheld his glory, the glory as of the Only-begotten of the Father, full of grace and truth.

People: Thanks be to God.

Ave Regina caelorum, Ave Domina Angelorum. Salve radix, salve porta, ex qua mundo lux est orta. Gaude Virgo gloriosa, super omnes speciosa. Vale, o valde decora, et pro nobis Christum exora.

[Hail, O Queen of heaven, Hail, O Lady of Angels. Hail! thou root, hail! thou gate, from whom unto the world a light has risen. Rejoice, O glorious Virgin, lovely beyond all others. Farewell, most beautiful maiden, and pray for us to Christ.]



The Angelus

Celebrant: The Angel of the Lord announced unto Mary.

People: And she conceived by the Holy Ghost.

Celebrant: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

People: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Celebrant: Behold the handmaid of the Lord.

People: Be it unto me according to thy word.

Celebrant: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

People: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

(Here genuflect) Celebrant: And the Word was made flesh.

(Here rise) People: And dwelt among us.

Celebrant: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

People: Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Celebrant: Pray for us, O Holy Mother of God.

People: That we may be made worthy of the promises of Christ.

Celebrant: Let us pray.

WE beseech thee, O Lord, pour thy grace into our hearts, that, as we have known the Incarnation of thy Son Jesus Christ by the message of an angel, so by his Passion we may be brought unto the glory of his resurrection, through the same Christ our Lord. *Amen.*

1 Je - ru - sa - lem the gold - en, with milk and hon - ey blest,
 2 They stand, those halls of Zi - on all ju - bi - lant with song,
 3 There is the throne of Da - vid; and there, from care re - leased,
 4 Oh, sweet and bless - ed coun - try, the home of God's e - lect!

be - neath thy con - tem - pla - tion sink heart and voice op - pressed:
 and bright with man - y an an - gel, and all the mar - tyr throng;
 the shout of them that tri - umph, the song of them that feast;
 Oh, sweet and bless - ed coun - try that ea - ger hearts ex - pect!

I know not, oh, I know not, what joys a - wait us there;
 the Prince is ev - er in them, the day - light is se - rene;
 and they who with their Lead - er have con - quered in the fight,
 Je - sus, in mer - cy bring us to that dear land of rest,

what ra - dian - cy of glo - ry, what bliss be - yond com - pare!
 the pas - tures of the bless - ed are decked in glo - rious sheen.
 for ev - er and for ev - er are clad in robes of white.
 who art with God the Fa - ther, and Spi - rit, ev - er blest.



Refreshment Sunday

The Fourth Sunday in Lent, Mid-Lent Sunday, is also known as Mothering Sunday or Refreshment Sunday. On this day, the propers speak of Jerusalem as our mother, and also have the theme of God's feeding and caring for his family. In the Middle Ages, a modification of the strict Lenten fast was allowed; rose-colored vestments, more cheerful than the usual Lenten violet, were used; and young children who had been bound out as servants and apprentices were allowed to return home to visit their mothers, making it the equivalent of our Mothers' Day.

For this homecoming occasion, simnel cakes, (made from fine white flour — "simnel" — hence the name) were blessed by the parish priest and distributed as emblems of the love of the human family and of the church as the family of God. At coffee hour today we will serve one version of simnel cake, which is still made in England for festive occasions.

Simnel Cake

Recipe makes enough for 9"x 13" or 9"x 9" pan

I cup unsalted butter	Cut each stick of butter into 8 pieces. Put in bowl of processor and cream with metal blade for 30 sec.
I cup sugar	Add to butter and blend until mixture forms a ring around the blade ~ about 30 sec.
4 eggs	Add and blend until combined ~ about 5 sec. Scrape bowl.
2 cups cake flour (12 oz.)	Add and pulse until blended ~ about 7 pulses. Spread one-half of batter in pan.
½ tsp. salt	
½ cup candied peel (lemon, orange, and/or citron)	
½ cup currants	
⅔ roll almond paste or I recipe (<i>q.v.</i>)	If using commercial paste, slice or roll very thin and lay on top of batter in pan. If using homemade, dot over batter. Top with remaining batter

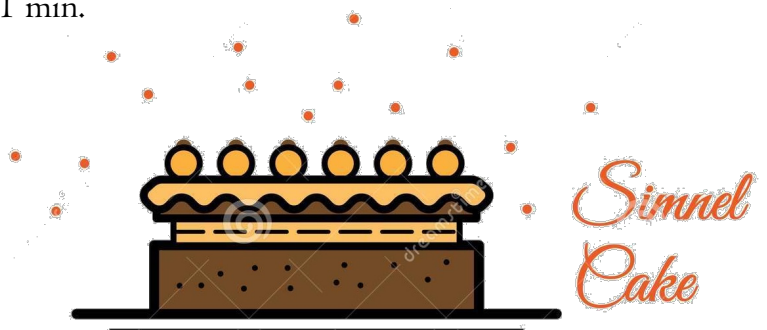
Bake at 300° for about 50 min. When cool, top with glaze (below).

Glaze

I T. soft butter	Blend. Add additional milk as needed to make very thin icing.
¾ cup confectioner's sugar	
I T. milk or cream	
I or 2 drops almond extract	

Almond Paste

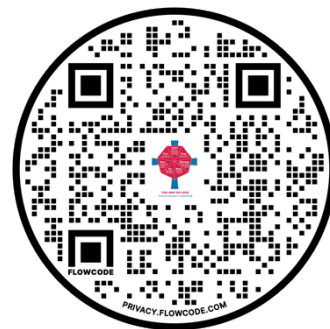
I cup blanched almonds	Add to 1½ cups boiling water and simmer, uncovered, for 8 min. Drain and allow to cool for 15 min. Put in food processor bowl.
½ cup sugar	Add to bowl and process with metal blade until smooth, about 1½ min.
I egg white	Process for about 1 min.
2 T. unsalted butter	
It. almond extract	





March 10, 2024 – Lent 4 (B)
Week 4: Life Transformed – The Way of Love in Lent

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, self-giving, and death; then, we rise in hope to life transformed. This Lent, communities are invited to walk with Jesus in his Way of Love and into the experience of transformed life. Together, we will reflect anew on the loving actions of God as recounted in the Easter Vigil readings. Together, we will walk through the depths of salvation history into the fullness of redemption. Throughout Lent, come along with us as we explore Life Transformed: The Way of Love in Lent, produced by Hillary Raining and Jenifer Gamber. You can find resources mentioned below at iam.ec/lifetransformed or by scanning the QR code to the right.



Week 4

Sunday, March 10

Today's Practice: Watch the Rev. Dr. Hillary Raining's video at iam.ec/lifetransformed for Week 4. The topic is based on the practice "Bless" and is titled, "A New Heart and a New Spirit".

Read: Ezekiel 36:24-28

Monday, March 11

Today's Prompt: What challenges are you facing today?

Read: "And you will have confidence, because there is hope; you will be protected and take your rest in safety." - Job 11:18

Tuesday, March 12

Today's Prompt: How is the Jesus who walked the earth beckoning you to meet him?

Read: "They came to Jericho. As he and his disciples and a large crowd were leaving Jericho, Bartimaeus son of Timaeus, a blind beggar, was sitting by the roadside. When he heard that it was Jesus of Nazareth, he began to shout out and say, 'Jesus, Son of David, have mercy on me!' Many sternly ordered him to be quiet, but he cried out even more loudly, 'Son of David, have mercy on me!' Jesus stood still and said, 'Call him here.' And they called the blind man, saying to him, 'Take heart; get up, he is calling you.' So throwing off his cloak, he sprang up and came to Jesus. Then Jesus said to him, 'What do you want me to do for you?' The blind man said to him, 'My teacher, let me see again.' Jesus said to him, 'Go; your faith has made you well.' Immediately he regained his sight and followed him on the way." – Mark 10:46-52

Wednesday, March 13

Today's Prompt: Try praying with Anglican prayer beads.

Read: "Then Jesus told them a parable about their need to pray always and not to lose heart." – Luke 18:1

Thursday, March 14

Today's Prompt: Where do you find joy and passion?

Read: "They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?'" – Luke 24:32

Friday, March 15

Today's Prompt: Where might God be asking you to take your great love into the world?

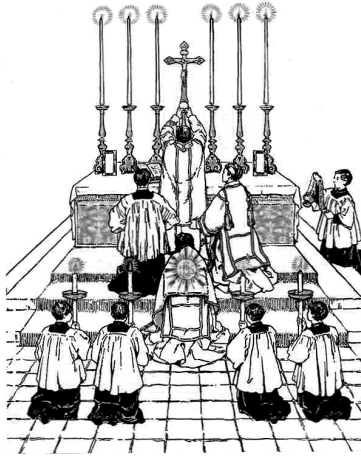
Read: "From this time forward I tell you new things, hidden things that you have not known." – Isaiah 48:6

Saturday, March 16

Today's Prompt: How do you want to prepare people to remember you?

Read: "Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God." – 2 Corinthians 1:3-4

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† LENTEN PROGRAMS 2024 †

COME WALK THE WAY OF THE CROSS

FRIDAYS IN LENT, beginning February 16th

5:45 P.M. Lenten Organ Meditation (*also on Facebook Live*)

6:00 P.M. Stations of the Cross & Benediction (*also on Facebook Live*)



4:00 P.M. Five Fridays, February 23 to March 22

Please join us for our Lenten discussion

"BEARING WITNESS"

a Biblical text-based program using video statements
from people living in Jerusalem and beyond
(from the *American Friends of the Episcopal Diocese of Jerusalem*)

Tea, coffee, baked goodies, and sandwiches provided

All are welcome!

Grace Episcopal Church

55 New Park Avenue, Hartford, CT 06106 ~ 860 233-0825

Visit "Grace Episcopal Church, Hartford CT" on Facebook; www.gracehartford.org

GRACE NOTES

March 10 *The Fourth Sunday in Lent ~ Refreshment Sunday*

FOR PASTORAL ASSISTANCE

THE REV. ROWENA KEMP welcomes hearing from you. Please don't hesitate to contact her if there's something you'd like to discuss, and please contact her immediately, should there be an illness, hospitalization, or any other pastoral emergency that she should know about. [For such emergencies, please note Rev. Rowena's cell phone number: 203-209-4178.]

PEOPLE AND PLACES TO KEEP IN YOUR PRAYERS

A reminder: Tori Burns manages this list for us, and prayer requests need to be renewed after 2 weeks. Please communicate all prayer requests & updates with her (860-539-8790); (tburns@gracehartford.org).

- *Bishops and Clergy:* Justin, Archbishop of Canterbury; Michael, Presiding Bishop; Jeffrey and Laura, Bishops of ECCT; and Rowena, Jerry, Annika, and Joseph, our priests.
- *Diocesan Cycle of Prayer:* **We pray for an increase in the membership of this parish, that we may have the hands and hearts to carry out thy will;** for the Episcopal Church in CT & the Anglican Communion; St. Monica's, Hartford; Trinity, Hartford; St. Peter's, Hebron; St. James', Higganum; and all ministries to, with, and for women and the Girl's Friendly Society. *The Episcopal Church.*
- *World & Community Concerns:* For peace throughout the world, especially between Israel and Gaza and in the Middle East; in Sudan; and between Russia and Ukraine; for Christians being persecuted around the world, particularly in China and Palestine; for those who are suffering because of extreme climate; for the hungry and poor in our midst; and the volunteers who serve *A Place of Grace* food pantry.
- *Serving Our Country in the Military (especially those associated with Grace Church):* Brian, Spencer, Bradley, Curtis, Jordan, John, Carrington, William, Noel, James, Ryan, Michael, Karl, Alec, Jeff, David, Tom, Michael, and Charles.
- *Thanksgiving and Celebrations:* We give thanks and ask for thy blessings upon Sheryl Rifkin (Tue.), and Kathie Rovetti (Wed.), whose birthdays we celebrate this week.
- *Sick or in need:* The Blake Family; The Kemp Family; Megin; Jerry; Tom, Bonnie & the Burns Family; Patti; Steve; Walter & Claudia; Adrienne & Ken; Tom & Elaine; Ellen; Sally; Barbara; Nigel, Kraig & Deidre; Dick, Leanne, Aldon, Kim & Fiona; Carmen & Félix; Mary; Monica; Antoinette; Josephine, Melissa & Jaden; Julia, Mike, André & Maria; Linda, Tiffany & the Galarza Family; Sr. Linda Giuli; Leonard; Joy; David; Chazmin; Miguelina & Family, Anthony & Gail, Cori and the Mackey Family; Brad, Mary, & Leslie; Joe; Margaret; Judy; Peter; Doug; Jane; Bill, Carolyn & Susan; Lynn; McJohn; Doreen; Karen; Terra; Ted; Kanata; Betty & John; Mary & Lou; Nelda Sue; Nazra; Diane; Nina; Ellen and Jim; Lauren, Alexandra & Anna; Mark & Diane; Jean; and all victims of natural and man-made disasters.
- *The Deceased:* We pray for the repose of Suzanne Travers, Bernard Arahna, Maureen Blake, Matilda Savary Kemp, all soldiers and civilians killed in war or civil strife, and in memory of Robert May, Robert Berry, Ruth Ray, Phyllis G. Atwood, Elizabeth "Bessie" McNulty, Lloyd Odell, and Mardiros Der Sarkissian, Alice Sarkesian, and James Brown, in whose memories the sanctuary candle is given *(by Adrienne and Kenneth Brown).*

GRACE EPISCOPAL CHURCH

THE REV. ROWENA J. KEMP, RECTOR

55 New Park Avenue, Hartford, CT 06106-2123

Church telephone: 860-233-0825 Church fax: 860-233-5082 Rectory telephone: 860-994-5022

Rector's cell phone: 203-209-4178 Rector's email: RevRowena@gracehartford.org

Church e-mail: church@gracehartford.org Website: www.gracehartford.org



Visit "Grace Episcopal Church, Hartford, CT" on FACEBOOK.
Please join and help us spread the good news online!



It's LENT, and you wish to have a loved-one memorialized. What can you do?

Please consider purchasing a memorial Sanctuary Candle, in lieu of flowers.

The suggested price is \$10.

This is a year-round option, but particularly useful during LENT.

THIS WEEK AT GRACE

Sunday, March 10 *The Fourth Sunday in Lent ~ Refreshment Sunday*

2:00 a.m.: **DAYLIGHT SAVINGS BEGINS**

10:00 a.m.: ONE SOLEMN HIGH MASS (also on Facebook Live)

~12:00 noon: **ANNUAL MEETING** (lunch provided)

Tuesday, March 12 *Lenten Feria*

10:00 a.m. to 1:00 p.m.: Office Hours

Wednesday, March 13 *Lenten Feria*

9:30 a.m.: Low Mass (also on Facebook Live), followed by breakfast at Effie's

10:00 a.m. to 1:00 p.m.: Office Hours

7:00 p.m.: **Choir Rehearsal**

Thursday, March 14 *Lenten Feria*

10:00 a.m.: "A Place of Grace" food pantry distribution

Friday, March 15 *Lenten Feria*

1:00 p.m. to 4:00 p.m.: Office Hours

4:00 p.m.: Lenten Tea Discussion ~ "**BEARING WITNESS**"

5:45 p.m.: **Lenten Organ Meditation** (also on Facebook Live)

6:00 p.m.: **STATIONS OF THE CROSS & BENEDICTION** (also on Facebook Live)

Sunday, March 17 *The Fifth Sunday in Lent*

8:00 a.m.: Low Mass

10:30 a.m.: Sung Mass (also on Facebook Live)



Visit "[Grace Episcopal Church, Hartford CT](#)" on FACEBOOK



Please join, and help us spread the good news online!



Please join us TODAY for

THE ANNUAL MEETING

of GRACE EPISCOPAL CHURCH



Today, Sunday, March 10th, 2024
following the 10:00 a.m. Solemn High Mass
~ one mass only today