

GRACE EPISCOPAL CHURCH



The Fourth Sunday in Lent *~ Laetare Sunday*

VISITATION BY THE REVEREND STACEY KOHL
~ SECRETARY OF THE DIOCESE AND CONVENTION

March 15, 2026

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Grace Episcopal Church

55 New Park Avenue, Hartford, CT 06106

Office: 860 233-0825 Fax: 860 233-5082

E-mail: church@gracehartford.org Web site: www.gracehartford.org

Facebook: www.facebook.com/GECHartford

YouTube: www.youtube.com/@GraceEpiscopalHartford

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. Marta S. Rivera Monclova, PhD, *Curate*

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

Dr. Barbara Galbreath, *Senior Warden*; Adrienne Brown, *Junior Warden*

Katharine Rovetti, *Parish Clerk*

Mark Lacedonia, *Treasurer*; Dr. Barbara Galbreath, *Assistant Treasurer*

Douglas Bowman, Claudia Gwardyak, Daniel Kendzior,

Sheryl Rifkin, Sr. Gregory Simmons



WELCOME to all who are joining with us virtually as we celebrate **THE FOURTH SUNDAY IN LENT ~ LAETARE SUNDAY**, and welcome **THE REV. STACEY KOHL**, the *Secretary of the Diocese and Convention*. 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 15, 2026

Solemn High Mass, 10:30 A.M.

Propers of Year A

The Reverend Stacey Kohl, Secretary of the Diocese and Convention, *Presiding*

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Mass Setting: *Mass for Three Voices*

William Byrd (d. 1623)

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

Voluntary: Rondeau, from *Third Suite*

Jacques-Martin Hotteterre (d. 1763)

*Leonor Snow, baroque flute*

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ENTRANCE RITE AND LITURGY OF THE WORD

Introit (*choir*) *Laetare Jerusalem*

Tone V; Antiphon by Healey Willan

[*Antiphon*] **R**EJOICE YE WITH JERUSALEM: And be glad with her, all ye that love her. Rejoice for joy with her, all ye that mourn for her. [*Psalm.*] I was glad when they said unto me: we will go into the house of the Lord. Glory be to the Father and to the Son, and to the Holy Ghost: As it was in the beginning, is now and ever shall be: world without end. 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*)

W. Byrd

KYRIE ELEISON. Christ 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: I Samuel 16: 1-13 [NRSV]

A Reading from the First Book of Samuel.

THE LORD said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the LORD said, "Take a heifer with you, and say, 'I have come to sacrifice to the LORD.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the LORD commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the LORD; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice. When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the LORD." But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the LORD does not see as mortals see; they look on the outward appearance, but the LORD looks on the heart." Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the LORD chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the LORD chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The LORD has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit

down until he comes here." He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome.

The LORD said, "Rise and anoint him; for this is the one." Then Samuel took the horn of oil, and anointed him in the

presence of his brothers; and the spirit of the LORD came mightily upon David from that day forward. Samuel then set out and went to Ramah.

The Word of the LORD.

People's Response: Thanks be to God.



Paolo Veronese: The Anointment of David



The Gradual: Psalm 23

Dominus regit me
(Congregation sings the italicized verses.)

Tone VI

Antiphon: Cantor first, then all



- 2 HE SHALL feed me in a | green pasture,
** and lead me forth beside the wa- | ters of comfort.*
- 3 He shall con- | vert my soul,
** and bring me forth in the paths of righteousness | for his Name's sake.*
- 4 Yea though I walk through the valley of the shadow of death, I will fear | no evil:
** for thou art with me; thy rod and | thy staff comfort ^ me.*
- 5 Thou shalt prepare a table before me in the presence of them | that trouble ^ me;
** thou hast anointed my head with oil and | my cup shall be ^ full.*
- 6 Surely thy loving-kindness and mercy shall follow me all the days | of my life;
** and I will dwell in the house of the | LORD for ever.*

(All repeat antiphon)

The Epistle: Ephesians 5: 8-14 [NRSV]

A Reading from the Letter of Paul to the Ephesians.

ONCE you were darkness, but now in the Lord you are light. Live as children of light — for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says, “Sleeper, awake! Rise from the dead, and Christ will shine on you.”

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 Syon:, 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.

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

People: ✠ Glory be to thee, O Lord.

AS he [Jesus] passed by, he saw a man blind from his birth. And his disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "It was not that this man sinned, or his parents, but that the works of God might be made manifest in him. We must work the works of him who sent me, while it is day; night comes, when no one can work. As long as I am in the world, I am the light of the world." As he said this, he spat on the ground and made clay of the spittle and anointed the man's eyes with the clay, saying to him, "Go, wash in the pool of Siloam" (which means Sent). So he went and washed and came back seeing. The neighbors and those who had seen him before as a beggar, said, "Is not this the man who used to sit and beg?" Some said, "It is he"; others said, "No, but he is like him." He said, "I am the man." They said to him, "Then how were your eyes opened?" He answered, "The man called Jesus made clay and anointed my eyes and said to me, 'Go to Siloam and wash'; so I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know." They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the clay and opened his eyes. The Pharisees again asked him how he had received his sight. And he said to them, "He put clay on my eyes, and I washed, and I see." Some of the Pharisees said, "This man is not from God, for he does not keep the sabbath." But others said, "How can a man who is a sinner do such signs?" There was a division among them. So they again said to the blind man, "What do you say about him, since he has opened your eyes?" He said, "He is a prophet." The Jews did not believe that he had been blind and had received his sight, until they called the parents of the man who had received his sight, and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son, and that he was born blind; but how he now sees we do not know, nor do we know who opened his eyes. Ask him; he is of age, he will speak for himself." His parents said this because they feared the Jews, for the Jews had already agreed that if any one should confess him to be Christ, he was to be put out of the synagogue. Therefore his parents said, "He is of age, ask him." So for the second time they called the man who had been blind, and said to him, "Give God the praise; we know that this man is a sinner." He answered, "Whether he is a sinner, I do not know; one thing I know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you too want to become his disciples?" And they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Why, this is a marvel! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but if any one is a worshiper of God and does his will, God listens to him. Never since the world began has it been heard that any one opened the eyes of a man born blind. If this man were not from God, he could do nothing." They answered him, "You were born in utter sin, and would you teach us?" And they cast him out. Jesus heard that they had cast him out, and having found him he said, "Do you believe in the Son of man?" He answered, "And who is he, sir, that I may believe in him?" Jesus said to him, "You have seen him, and it is he who speaks to you." He said, "Lord, I believe"; and he worshiped him. Jesus said, "For judgment I came into this world, that those who do not see may see, and that those who see may become blind." Some of the Pharisees near him heard this, and they said to him, "Are we also blind?" Jesus said to them, "If you were blind, you would have no guilt; but now that you say, 'We see,' your guilt remains."

The Gospel of the Lord.

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

The Nicene Creed from *Missa de Angelis* (sung by all)

See standard translation on Prayer Book p. 326

Cantor *All*

Cre - do in u - num De - - um. Pa - trem o - mni - po - ten - tem,
I believe in one God, the-Father almighty,

fa-cto-rem coe-li et ter-rae, vi-si-bi-li-um o - - mni-um, et in-vi-si-bi - - li-um.
maker of-heaven and of-earth, visible of-all-things and invisible.

Et in u-num Do-mi-num Je-sum Chri-stum, Fi-li-um De-i u-ni-ge-ni-tum,
And in one Lord, Jesus Christ, the-Son of-God only-begotten,

et ex Pa-tre na - - tum an-te o-mni-a sae - - cu-la.
and from the-Father born before all worlds.

De-um de De-o, lu-men de lu-mi-ne, De-um ve-rum de De-o ve-ro.
God of God, light of light, God true of God true.

Ge-ni-tum, non fa - - ctum, con-sub-stan-ti - a-lem Pa-tri: per quem o-mni-a fa-cta sunt.
Begotten, not made, of-one-substance with-the-Father: by whom all-things made were.

Qui pro-pter nos ho-mi-nes, et pro-pter no-stram sa-lu-tem de-scen-dit de coe-lis,
Who for us humans, and for our salvation descended from heaven,

*P*ⁿ (Here genuflect) *pp*

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.
And incarnate was by the-Spirit Holy of Mary the-Virgin: and human made was.

*f*ⁿ (Here rise)

Cru-ci - fi - - xus e-ti-am pro no - bis sub Pon-ti-o Pi-la-to pas-sus et se-pul - - tus est.
Crucified also for us under Pontius Pilate, suffered and buried was.



Et re-sur-re-xit ter-ti-a di-e, se-cun-dum Scri-ptu-ras. Et a-scen-dit in coe - - lum:
And rose-again the-third day, according-to the-Scriptures. And ascended into heaven:



se-det ad dex-te-ram Pa - - tris. Et i - te-rum ven-tu-rus est cum glo-ri - a
he-sits at the-right-hand of-the-Father. And again to-come is with glory



ju - di - ca - re vi - vos et mor - tu - os: cu - jus re - gni non e - rit fi - nis.
to judge the-living and the-dead: of-whose kingdom not shall-be an-end.



mf Et in Spi - ri - tum San - ctum, Do - mi - num, et vi - vi - fi - can - tem:
And in the-Spirit Holy, the-Lord, and giver-of-life:



qui ex Pa - tre Fi - li - o - que pro - ce - dit. Qui cum Pa - tre et Fi - li - o
who from the-Father and-the-Son proceeds. Who with the-Father and the-Son



si-mul a-do-ra-tur, et con-glo-ri-fi-ca-tur: qui lo-cu-tus est per Pro - phe-tas.
alike is-worshiped, and together-is-glorified: who spoken has by the-Prophets.



Et u - nam, san - ctam, ca - tho - li - cam, et a - po - sto - li - cam Ec - cle - si - am.
And in-one, holy, catholic, and apostolic Church.



Con - fi - te - or u - num ba - ptis - ma in re - mis - si - o - nem pec - ca - to - rum.
I acknowledge one baptism for the-remission of-sins.



✠ Et ex - pe - cto re-sur-re-cti-o-nem mor-tu-o-rum. Et vi - tam ven-tu-ri sae-cu-li.
And I-look-for the-resurrection of-the-dead. And the-life to-come of-the-world.



A - - - - - men.

Confession of Sin and Absolution

Celebrant: 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.

The Comfortable Words

Celebrant: 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 (*remain standing*)

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

Motet (*choir*)

William Byrd, 1605

AVE, VERUM Corpus, natum ex Maria Virgine; vere passum, immolatum in cruce pro homine; cuius latus perforatum unda fluxit sanguine. Esto nobis praegustatum in mortis examine. O dulcis, O pie, O Jesu, Fili Mariae, miserere mei.

[Hail, true Body, born of the Virgin Mary, who truly suffered, sacrificed on the cross for mankind; from whose pierced side flowed water and blood. Be unto us a foretaste (of the heavenly banquet) in the hour of our death. O sweet, O gracious Jesus, Son of Mary, have mercy upon me.]

Presentation of the alms and oblations (*all stand*)

Celebrant: All things come of thee, O Lord,

People: And of thine own have we given thee.

Orate (*remain standing*)

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

Hymnal S 112

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

Celebrant: Lift up your hearts. *People:* 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 and Benedictus (*choir*)

W. Byrd

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. Hosanna in the Highest.

The Canon of the Mass (*Celebrant*)

ALL glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender
A 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
B 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-ov-er is sac-ri-fic'd for us.
People: There-fore let us keep the feast.

Agnus Dei (*choir*)

W. Byrd

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*) *Ludum fecit ex sputo Domino*

Mode VI

THE LORD SPAT UPON THE GROUND and made clay, and anointed mine eyes: and I went, and I washed, and I saw, and I believed in God.

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: Let us go forth in the name of Christ.

People: 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.

And the Word

(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 - yan 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

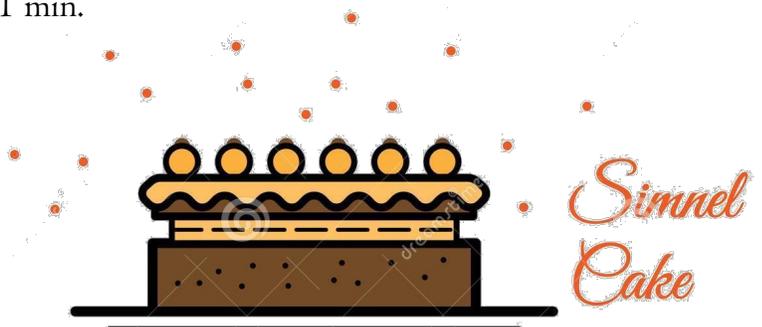
Bake at 300° for about 50 min. When cool, top with glaze (below).

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	

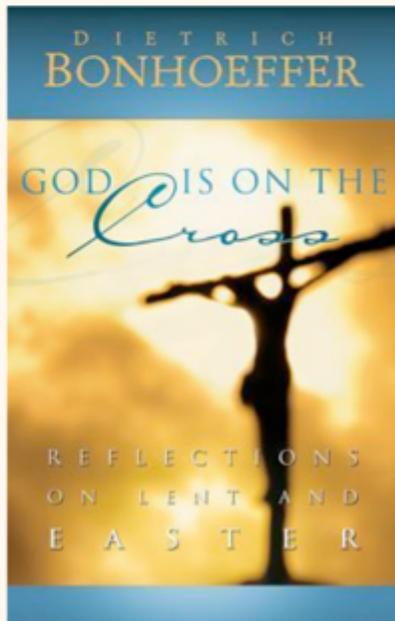
Almond Paste

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	





Join us for a Lenten program, continuing our exploration of Dietrich Bonhoeffer's work:



For each session we will gather for discussion at 5PM, and at 6 we will transition to the church for Stations of the Cross and the Exposition and Benediction of the Blessed Sacrament



February 20, 5PM
February 27, 5PM
March 6, 5PM

March 13, 5PM
March 20, 5PM
March 27, 5PM

All are Welcome!!!

at Grace Episcopal Church
55 New Park Avenue, Hartford CT



For a pdf of the book, email: mtr.marta@havenreligious.org

Come and Celebrate
The Feast of the Annunciation of Our Lord
to the Blessed Virgin Mary



Wednesday, March 25th, 2026
Solemn High Mass at 5:00 PM

Grace Episcopal Church
55 New Park Avenue
Hartford, CT 06106
Telephone 860-233-0825
www.gracehartford.org

GRACE NOTES

Sunday, March 15 *The Fourth Sunday in Lent ~ Laetare Sunday*

FOR PASTORAL ASSISTANCE

THE REV. ROWENA KEMP welcomes hearing from you. While she is away on medical leave, please don't hesitate to contact our Curate, The Rev. Marta Rivera Monclova (203-493-1066; marta@havenreligious.org) 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.

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:* Sarah, *Archbishop of Canterbury designate*; Sean, *Presiding Bishop*; Jeffrey and Laura, *Bishops of ECCT*; Rowena, Jerry, Annika, and Joseph, our priests, Marta, our curate, and The Reverend Stacey Kohl, *Secretary of the Diocese and Convention*, today's celebrant.
- *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. Peter's, Hebron; St. James', Higganum; All Saints', Ivoryton; bishops, the Commons staff & parish employees. *The Anglican Church of Kenya.*
- *World & Community Concerns:* For peace throughout the world, especially in the Middle East between the US, Iran, Israel, and Gaza, and in Nigeria, Sudan, the Congo and Somalia; 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, William, Noel, James, Ryan, Michael, Karl, Alec, Jeff, David, Tom, Michael, and Charles.
- *Sick or in need:* Rowena; Nihal; Sid; Ken T; Walter & Claudia; Stephen & Ratana; Peter; Veronica & the Rovetti Family; Lucy; Paulo Junior; Felix & Carmen; Mark; Jerry; Tom & Elaine; Ellen; Sally; Errol, Norma & the Kemp Family; Barbara; Nigel, Kraig & Deidre; Mary; Josephine, Melissa, Jaden, Tay, Soraya & Rapael; Linda, Tiffany & the Galarza Family; Tom; Kristen & Quintin; Julia, Mike, André & Maria; Soncia; Tom; Gail; Camden; Joan; David; Neil; Lea; Megin; Kathy; Patti; Delores; Nancy; Marcolina; Sr. Linda; Leonard; Joy; Cori and the Mackey Family; Judy; Jane; Bill, Carolyn & Susan; McJohn; Doreen; Ted; Kanata; Betty & John; Mary & Lou; Nelda Sue; Diane; Michael; Mark & Diane; Jean; and all victims of natural and man-made disasters.
- *The Deceased:* We pray for the repose of Willie Anthony Waters, The Rev. Pam Strobel, The Rev. Jane Stickney, and all soldiers and civilians killed in war or civil strife, and in memory of Charles & Anne Ripley, Shira Sangamuang, Elizabeth McNulty, Lloyd Odell, Mary Jane Bowman, John Staffeld, and Bob May & Les Killen, in whose memories the flowers are given (*by Dr. Barbara Galbreath*).

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

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<https://www.facebook.com/GECHartford> ; <https://www.youtube.com/@GraceEpiscopalHartford>

THIS WEEK AT GRACE

Sunday, March 15 *The Fourth Sunday in Lent ~ Laetare Sunday*

VISITATION BY THE REVEREND STACEY KOHL, SECRETARY OF THE DIOCESE & CONVENTION

8:00 a.m.: Low Mass

10:30 a.m.: Solemn High Mass (also on *YouTube*), followed by coffee hour

Tuesday, March 17 *Lenten Feria*

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

Wednesday, March 18 *Lenten Feria*

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

7:00 p.m.: Choir Rehearsal

Thursday, March 19 *SAINT JOSEPH*

9:30 to 11:00 a.m.: "A Place of Grace" food pantry distribution

Friday, March 20 *Lenten Feria*

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

5:00 p.m.: **LENTEN BIBLE STUDY** ~ Bonhoeffer's *God Is On the Cross*

5:45 p.m.: **LENTEN ORGAN MEDITATION** (also on *YouTube*)

6:00 p.m.: **STATIONS OF THE CROSS** (also on *YouTube*)

Sunday, March 22 *The Fifth Sunday in Lent*

8:00 am: Low Mass

10:30 a.m.: Solemn High Mass (also on *YouTube*)



Visit "[Grace Episcopal Church, Hartford CT](#)" on FACEBOOK & "[@GraceEpiscopalHartford](#)" on YOUTUBE

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

† LENTEN PROGRAMS 2026 †

FRIDAYS IN LENT, continuing March 20th

5:00 P.M. Please join us for our Lenten discussions ~ Dietrich Bonhoeffer's ~

"GOD IS ON THE CROSS ~ REFLECTIONS ON LENT AND EASTER"

5:45 P.M. **LENTEN ORGAN MEDITATION** (*also on YouTube*)

6:00 P.M. **STATIONS OF THE CROSS AND BENEDICTION** (*also on YouTube*)



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.