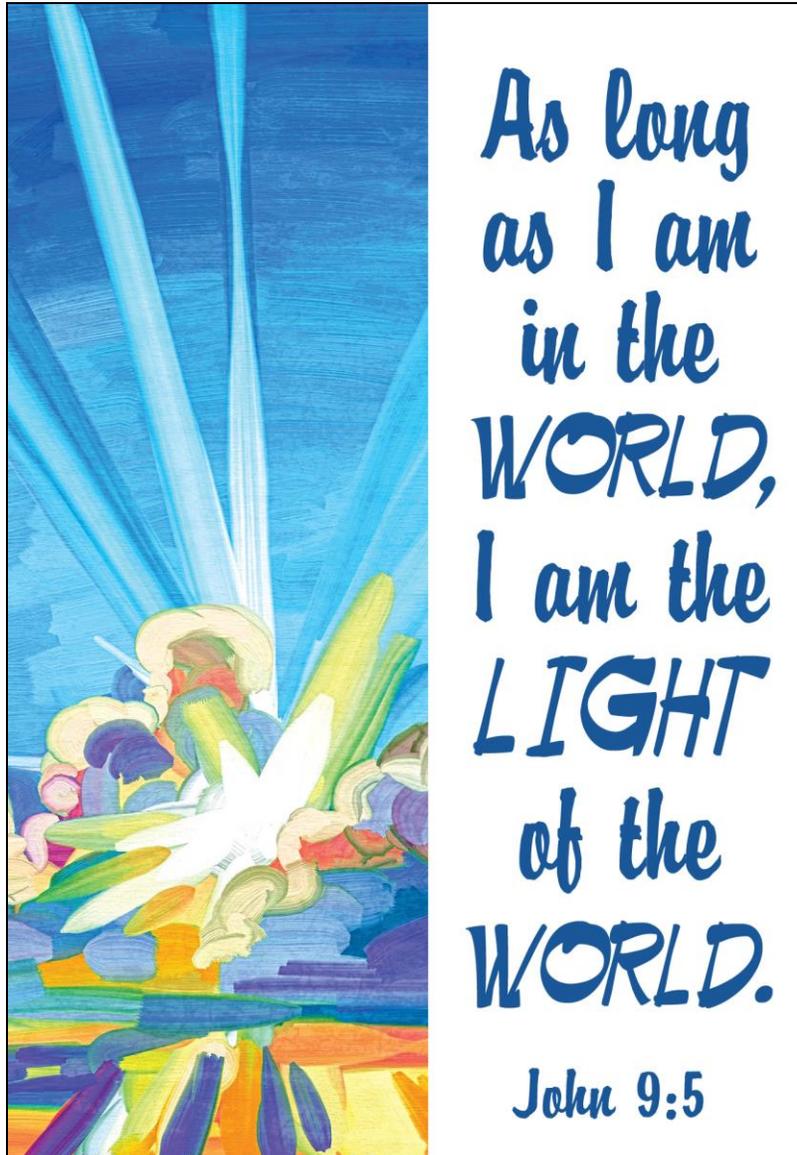


TRINITY CATHEDRAL  
OF THE DIOCESE OF NEW JERSEY



**MARCH 19, 2023 – FOURTH SUNDAY IN LENT – YEAR A**  
**8:30 AM - THE HOLY EUCHARIST: RITE ONE**  
**CELEBRANT – THE VERY REV. RENÉ JOHN**  
**PREACHER – KIMME CARLOS**

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

WELCOME! We're honored that you're worshipping with us today. Masks are optional within the Cathedral buildings (with the exception of the Academy Pre-School.) Please use the hand sanitizer that is provided throughout the building before and after touching any surfaces, and remain 6 feet apart from people not in your immediate household.

If you're not familiar with our Episcopal worship service, we hope this will help. For sanitary purposes, all of our prayers are printed in this bulletin.

Thank you for helping us to remain as safe as possible while enjoying in-person worship. "This is how we love one another!"

*Please stand as indicated and be seated for lessons*

## Liturgy of the Word

### Prelude

*Dr. Kerry Heimann, organ*

*All stand, as able*

**Processional Hymn      Hymnal # 490  
vs. 1 & 3**

**I Want to Walk as a Child of the Light**

1  
I want to walk as a child of the light.  
I want to follow Jesus.  
God set the stars to give light to the world.  
The star of my life is Jesus.

3  
I'm looking for the coming of Christ.  
I want to be with Jesus.  
When we have run with patience the race,  
we shall know the joy of Jesus.

*Refrain*

In him there is no darkness at all.  
The night and the day are both alike.  
The Lamb is the light of the city of God.  
Shine in my heart, Lord Jesus.

*Refrain*

*Celebrant:* Blessed be the God of our salvation:

*People:*      **Who bears our burdens and forgives our sins.**

### The Penitential Order

*Celebrant:* If we say that we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

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

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

***Celebrant and People:***

**Most merciful God,**

**we confess that we have sinned against thee**

**in thought, word, and deed,**

**by what we have done,**

**and by what we have left undone.**

**We have not loved thee with our whole heart;**

**we have not loved our neighbors as ourselves.**

**We are truly sorry and we humbly repent.**

**For the sake of thy Son Jesus Christ,**

**have mercy on us and forgive us;**

**that we may delight in thy will,**

**and walk in thy ways,**

**to the glory of thy Name. Amen.**

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

*Remain standing; all say together*

**Kyrie**

**Lord, have mercy upon us.**

**Christ, have mercy upon us.**

**Lord, have mercy upon us.**

**The Collect of the Day**

*Celebrant:* The Lord be with you.

*People:* **And with thy spirit.**

*Celebrant:* Let us pray.

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 people are seated*

**First Reading**

**A Reading from the First book of Samuel (1 Samuel 16:1-13)**

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: Thanks be to God.**

*All remain seated to say*

### **Psalm 23**

**The Lord is my shepherd; \*  
I shall not be in want.  
He makes me lie down in green pastures \*  
and leads me beside still waters.  
He revives my soul \*  
and guides me along right pathways for his Name's sake.  
Though I walk through the valley of the shadow of death,  
I shall fear no evil; \*  
for you are with me;  
your rod and your staff, they comfort me.  
You spread a table before me in the presence of those  
who trouble me; \*  
you have anointed my head with oil,  
and my cup is running over.**

**Surely your goodness and mercy shall follow me all the days  
of my life, \*  
and I will dwell in the house of the Lord for ever.**

*Remain seated*

**Second Reading**

**A Reading from Paul's letter to the Church in Ephesus (5:8-14)**

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: Thanks be to God.**

*All stand, as able*

**Sequence Hymn**

**Hymnal # 339  
vs. 1**

**Deck Thyself, My Soul, with Gladness**

1  
Deck thyself, my soul, with gladness,  
leave the gloomy haunts of sadness,  
come into the daylight's splendor,  
there with joy thy praises render

unto him whose grace unbounded  
hath this wondrous banquet founded—  
high o'er all the heavens he reigneth,  
yet to dwell with thee he deigneth.

*Remain standing*

**The Gospel: John 9:1-41**

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

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

As Jesus walked along, he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.” When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man’s eyes, saying to him, “Go, wash in the pool of Siloam” (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask,

“Is this not the man who used to sit and beg?” Some were saying, “It is he.” Others were saying, “No, but it is someone like him.” He kept saying, “I am the man.” But they kept asking him, “Then how were your eyes opened?” He answered, “The man called Jesus made mud, spread it on my eyes, and said to me, ‘Go to Siloam and wash.’ Then 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 mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, “He put mud on my eyes. Then I washed, and now I see.” Some of the Pharisees said, “This man is not from God, for he does not observe the sabbath.” But others said, “How can a man who is a sinner perform such signs?” And they were divided. So they said again to the blind man, “What do you say about him? It was your eyes he opened.” 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 we do not know how it is that now he sees, 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 were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would 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 they said to him, “Give glory to God! We know that this man is a sinner.” He answered, “I do not know whether he is a sinner. One thing I do 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 also want to become his disciples?” Then 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, “Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.” They answered him, “You were born entirely in sins, and are you trying to teach us?” And they drove him out. Jesus heard that they had driven him out, and when he found him, he said, “Do you believe in the Son of Man?” He answered, “And who is he, sir? Tell me, so that I may believe in him.” Jesus said to him, “You have seen him, and the one speaking with you is he.” He said, “Lord, I believe.” And he worshiped him. Jesus said, “I came into this world for judgment so that those who do not see may see, and those who do see may become blind.” Some of the Pharisees near him heard this and said to him, “Surely we are not blind, are we?” Jesus said to them, “If you were blind, you would not have sin. But now that you say, ‘We see,’ your sin remains.”

The Gospel of the Lord.

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

**Sermon**

**Kimme Carlos, Postulant**

*All stand, as able*

**Nicene Creed**

**We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.**

*Remain standing*

**The Prayers of the People**

*The Lector and People pray responsively*

*Deacon:* God has consecrated us in baptism's gracious waters to be a holy people. That we may be ever anointed with gladness, let us turn to our God in prayer, saying: God of all gladness, have mercy upon us.

*Lector:* We pray for the church, for an end to division and indignation, for all the people washed and sent by Christ, and for a renewal of God's fulfilling Spirit: God of all gladness,

***People:* Have mercy upon us.**

*Deacon:* We remember God's holy catholic church, including Michael, our Presiding Bishop and Primate; William, our Bishop; Sally, our Bishop-Elect; René, Dean of this Cathedral; Bruce, John, Peter and Noel, Priest Associates; Carol, Chris and Rachel, our Deacons, along with all other ministers in this congregation, lay and ordained; Justin, the Archbishop of Canterbury, and all Anglican Christians around the world, including the Anglican Church of Southern Africa; and for our brothers and sisters in this diocese, including David, Joe Morris and Sylvestre, retired Bishops; and The Rev. Dr. Franklin E. Vilas: God of all gladness,

***People:* Have mercy upon us.**

*Lector:* We pray for all who beg for life, for all baptismal candidates awaiting the pool of grace, and for hearts of devout faith: God of all gladness,

***People:* Have mercy upon us.**

*Lector:* We pray for all who are called to govern in justice and peace, for an end to all works of darkness, for all the peoples created in God's image, and for a Spirit of wisdom and mercy to rule the mighty: God of all gladness,

***People:* Have mercy upon us.**

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

***People:* Have mercy upon us.**

*Lector:* We pray for all condemned to die, for all victims of illegal arrest and oppression, for all who are tortured, for their families, and for all who work for liberation: God of all gladness,

***People:* Have mercy upon us.**

*Lector:* We pray for the forgotten and abandoned, for all who are in anguish, for the guilt-ridden, for all in need of the Spirit, for the sick, the grieving, and the dying, that they may be uplifted: God of all gladness,

***People:* Have mercy upon us.**

*Deacon:* We remember before you those who are sick, or in any other special need, especially the residents of Hamilton Grove Care and Rehabilitation Center; along with **the people of Ukraine and Russia, Elizabeth Nidweski, the Courtenay family, the Matthews family, Sen. John Fetterman, the Robinson family, Star Peters, Evelyn Durham, the Mahfood family, the Shorter family, the Stokes family, Victoria Jones, Bruce Willis, the**

**Willis family, the people of Greece injured in the train accident, John and Marianne Murvin, Rick and Sandy, the Chui family, President Carter and the Cater family, and all those affected by COVID-19: God of all gladness,**

***People:* Have mercy upon us.**

*Lector:* For all brothers and sisters, mothers and fathers, spouses and families, friends and companions, that there may be love and mutual reverence: God of all gladness,

***People:* Have mercy upon us.**

*Deacon:* We remember those with whom we give thanks, especially those who celebrate birthdays and anniversaries this week: **Christopher Vassos, Ronald W. Zilinski, Dr. Bernard Taylor, Benny & Frances Barksdale, Michael Tweh, Daniel Fryar-Kothare, Tammy A. Gibson, Jenifer Taylor and Brenda Pruitt.** God of all gladness,

***People:* Have mercy upon us.**

*Deacon:* We remember those who have died, especially **The Rt. Rev. John “Jack” Palmer Croneberger, Sueng Chul Choi,** and the victims of the ongoing wars around the world: God of all gladness,

***People:* Have mercy upon us.**

*Silence, as the people add their own petitions.*

*Celebrant:* We praise you, God of our hope, for all the children of light who have gone before us and now stand in your radiant countenance. Give us the light of Christ, that we may leap up in our darkness and rise from death at the last, into the life of gladness in Christ our Lord. **Amen.**

*Please remain in your pew for the Peace.*

**The Peace**

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

***People:* And with thy spirit.**

## **Holy Communion**

*Remain standing*

**Offertory Hymn**

**Hymnal # 493  
vs. 1, 2, 3 & 6**

**O For a Thousand Tongues to Sing**

1  
O for a thousand tongues to sing  
my dear Redeemer's praise,  
the glories of my God and King,  
the triumphs of his grace!

2  
My gracious Master and my God,  
assist me to proclaim  
and spread through all the earth  
abroad the honors of thy Name.

3  
Jesus! the Name that charms our fears  
and bids our sorrows cease;  
'tis music in the sinner's ears,  
'tis life and health and peace.

6  
Glory to God and praise and love  
be now and ever given  
by saints below and saints above,  
the Church in earth and heaven.

*Remain standing*

**The Great Thanksgiving:  
Eucharistic Prayer II**

*Celebrant:* The Lord be with you.

*People:* **And with thy spirit.**

*Celebrant:* Lift up your hearts.

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

*Celebrant:* Let us give thanks unto our Lord God.

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

*Then, facing the Holy Table, the Celebrant proceeds*

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Who dost bid thy faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by thy Word and Sacraments, they may come to the fullness of grace which thou hast prepared for those who love thee. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

*All say together*

**Holy, holy, holy, Lord God of Hosts:**

**Heaven and earth are full of thy glory.**

**Glory be to thee, O Lord Most High.**

**Blessed is he that cometh in the name of the Lord.**

**Hosanna in the highest.**

*All kneel or stand, as able*

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

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

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

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

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

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

***Celebrant and People:***

**Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our trespasses,**

as we forgive those  
who trespass against us.  
**And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.**

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

*Celebrant:* Christ our Passover is sacrificed for us;

*People:* **Therefore let us keep the feast.**

*All say together*

**Agnus Dei**

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

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

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

*The People may join in saying*

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. **Amen.**

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

*All baptized persons are welcome to receive Holy Communion.*

*All say together*

**Post-communion Prayer**

**Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with**

thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

## Announcements

Recessional Hymn

Hymnal # 567  
vs. 1 & 3

Thine Arm, O Lord, in Days of Old

1

Thine arm, O Lord, in days of old  
was strong to heal and save;  
it triumphed o'er disease and death,  
o'er darkness and the grave.  
To thee they went, the blind, the deaf,  
the palsied, and the lame,  
the leper set apart and shunned,  
the sick with fevered frame.

3

Be thou our great deliverer still,  
thou Lord of life and death;  
restore and quicken, soothe and bless,  
with thine almighty breath:  
to hands that work and eyes that see,  
give wisdom's heavenly lore,  
that whole and sick, and weak and strong,  
may praise thee evermore.

## Blessing

*Deacon:* Bow down before the Lord.

*Celebrant:* Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. **Amen.**

## Dismissal

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

*People:* **Thanks be to God.**

## Postlude

*Dr. Kerry Heimann, organ*

**TRINITY CATHEDRAL OF THE DIOCESE OF NEW JERSEY**  
**MARCH 19, 2023 ~ FOURTH SUNDAY IN LENT**



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



**ANNOUNCEMENTS**

The Lectors for the 10:00 am Mass on 3/26 are:  
**Youth for Family Sunday**

**This year's 7:30 pm Maundy Thursday Mass will be followed by a "modified" overnight vigil.** The last timeslot will be at 10:00 pm, beginning again at 6:00 am on Good Friday. There is a sign-up poster in the main hallway; please join us as you are able!

**There are Lenten calendars on the literature table in the main hallway: for adults, teens and children! Also, a lovely poster that can be colored as we walk through Lent.**

**IMPORTANT Time is running out to check your directory listing!** – Please see Willie Coleman, Usher, who has a copy of the most recent directory information we have for everyone. Please write in any changes to your listing (**or mark it "OK"**), and initial your changes. We will begin a new directory soon, and this process makes it much simpler. Thank you!

**Time is Hopping along – let's plan for the EASTER EGG HUNT!** We are hoping (?hopping?) to once again hold the Trinity Cathedral Easter Egg Hunt this year, April 9th! Can you help? We are looking for: Easter eggs (all sizes and colors), fillers (treats, small prizes, etc.), small baskets with handles (for the little ones who may have forgotten one on the day). Please drop off all donations at the Cathedral! Any questions? Please call Rose Cooper or E-mail her at [g.r.c@att.net](mailto:g.r.c@att.net)

**Please consider carrying a card listing your allergies or required medication (strictly optional!)** – There have been times when someone attending a service at the Cathedral has been in need of medical attention. The efforts of medical professionals would be aided greatly if information on patient allergies and medication was at hand, instead of relying on memory during a stressful time.

**Come visit us at the Altar Guild Shop!** – The Shop will be open on the 3<sup>rd</sup> Sunday of each month, after the 8:30 am and 10:00 am services. If you cannot be here on the 3<sup>rd</sup> Sunday, or need something before then, you can contact Shop Manager Joyce Gibbs-Spears and she will arrange to meet you.

Join us for a Rite 1 Eucharist in the Chapel from **8:30am-9:15am** on the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month. This is a spoken Mass with hymns.

**Our Food Pantry needs help picking up food!** – This requires driving to the Food Bank 2 times per month, on Wednesdays at 9:00 am, loading food into the truck and bringing it back to the Cathedral. If you have a closed truck, you could use your own, or you could drive our rental vehicle. Volunteers must be able to lift about 25 pounds; help is available with loading & unloading. If you are considering this important volunteer ministry and would like more information, please call the office, or Ellen Wanser at (609) 610-7688.

**Our Weekly Zoom Check-in** - The Tuesday Cathedral Zoom meetings hosted by Nancy Hood-Boczar are held from 9:00 – 9:45 am. (Zoom Meeting I.D.:731 761 4097 - Password: unity)

To call in without using the Internet: (301) 715-8592 or (312) 626-6799 or (346) 248-7799

For more info. on how to join us, call or text Nancy at (267) 614-5746, or E-mail

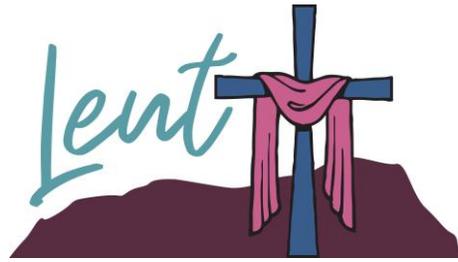
[shaktisocialwork4@hotmail.com](mailto:shaktisocialwork4@hotmail.com)

**Rosary Devotions** are conducted by the Society of Mary (SoM) via Zoom (phone access also available) every Thursday at 8:00 pm. If you would like to participate, please E-mail Erica Warner at [vassose@aol.com](mailto:vassose@aol.com) and she will send you guide sheets with the Zoom link (and telephone number if needed) so that you can join us virtually in these devotions. Please feel free to join us.

**The next Food Pantry distribution date is – Saturday, March 25<sup>th</sup> (2<sup>nd</sup> & 4<sup>th</sup> Saturdays this month)** from 9-11:00 am. All food contributions to the Pantry are welcomed. Please bring your donations to the Cathedral office during the week or leave them on the frontal case (the “stage”) in Synod Hall on Sundays. Also, monetary donations are always welcome as they enable us to purchase additional food from the Food Bank and local groceries. For more info., speak with Ellen Wanser. THANK YOU for your support.

**Each Thursday, we distribute hot dinners “to go” from 5:00–6:00pm at the Overbrook Avenue entrance** as a satellite location for the Trenton Area Soup Kitchen.

**The Cathedral is currently offering communion with both Christ’s Body and Blood.** You may choose to receive only the host at this time. Should you choose to receive the wine, one vessel will be offered for those who want to sip the wine from the common cup. Another vessel will be offered for those who wish to receive by intinction (the host dipped in the wine.) Please note only the Chalice Administrator will intinct the host. (Diocese of New Jersey revised protocols.)



### THIS WEEK'S CATHEDRAL SCHEDULE

- TODAY (3/19)**      **Lent IV ~ Altar Guild Shop open**  
**8:30 am**              **Rite I Eucharist in All Saints Chapel (in-person only)**  
**10:00 am**              **Rite II Eucharist in the Cathedral (+ livestreamed, when available)**  
11:30am -12:30pm Choir rehearsal
- Mon. (3/20)**  
6:30 pm                  Vestry meeting, via Zoom
- Tues. (3/21)**  
9 – 9:45 am              Weekly Zoom check-in  
11:30 am                  Trinity Strings rehearsal – SH
- Wed. (3/22)**  
6:30 pm                  “Lent from the Margins” Study Series, via Zoom
- Thurs. (3/23)**  
5:00 pm                  TASK Meals - SH  
8 – 8:30 pm              Rosary Devotions, via Zoom
- Sat. (3/25)**              Trinity Strings music classes  
9:00am – 2:00pm      Diocesan Committee on Black Ministry Vestry Workshop - SH  
9:00am – 11:00am      Food Pantry
- Sun. (3/26)**              **Lent V ~ Family Sunday**  
**10:00 am**              **Rite II Eucharist in the Cathedral (+ livestreamed, when available)**  
2:00 pm                  CAST presents “Let It Begin With Me”: a concert for Women’s History Month