



A Service for the Young
and the Young at Heart

THE FIFTH SUNDAY IN LENT

17 MARCH 2024 AT 9:15 AM
The Cathedral of the Incarnation
Garden City, New York

Welcome to *Cathedral for Kids* - *A Mass for the Young and Young at Heart*

Everyone is welcome in God's house and we are glad you're here! Throughout this service, we are talking to God, and God is talking to us. In the Episcopal Church, we pray using our whole bodies - our minds, our voices, our hands, and our feet. Here are few of the ways we talk and we listen:

- ***When we sit...we open our ears and our hearts.*** Sitting helps us be comfortable so we are ready to receive God's Word and hear what God is speaking to our hearts.
- ***We also stand when we join our voices together in song.*** Few things make a community feel more welcoming than singing, and we invite you to participate fully in this Mass. Besides, singing together is fun!
- ***When we hear the names of the Father, Son, and Holy Spirit...we make the sign of the cross.*** We touch our foreheads, our chest, our left shoulder, and our right shoulder, making the sign of the cross on our bodies. Look for the + in your bulletin indicating when you can make the sign of the cross!
- In the season of Lent, we learn to make space for God. Our lives are often so full of stuff that we can't hear God's still, small voice speaking in our hearts. During the Lenten season, we make room in our lives so that we can hear God's voice guiding us, teaching us, and loving us each and every day.

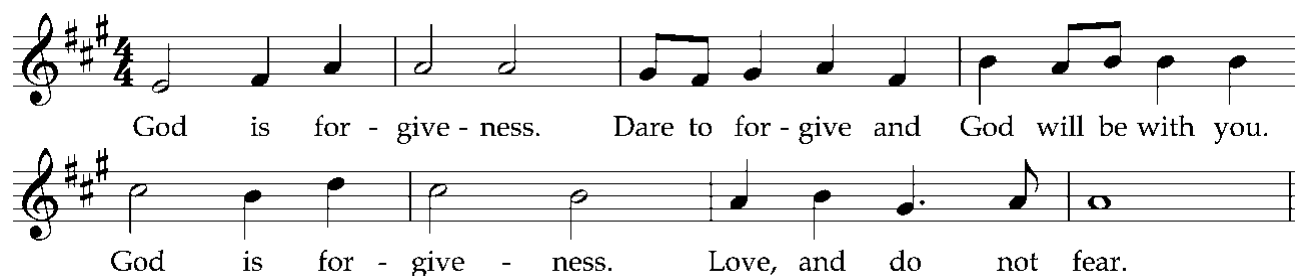
If you are new to the Cathedral and would like to know more about our programs and services, please look for the Welcome Table at the back of the Church, ask one of our members, or email us anytime at cathedral@incarnationgc.org.

GATHERING MUSIC

After a brief welcome, we begin our worship time together by joining our voices in several short refrains. Our music during this Season of Lent reminds us of the never-ending love and mercy of God. Please remain seated as we sing the first piece.

GOD IS FORGIVENESS

Taizé



O COME AND LET US SING *(please stand)*

Taizé



OPENING ACCLAMATION

Presider + Bless the Lord who forgives all our sins;

People **God's mercy endures for ever.**

THE PENITENTIAL ORDER

Stand or kneel as you are able

Deacon Let us confess our sins against God and our neighbor..

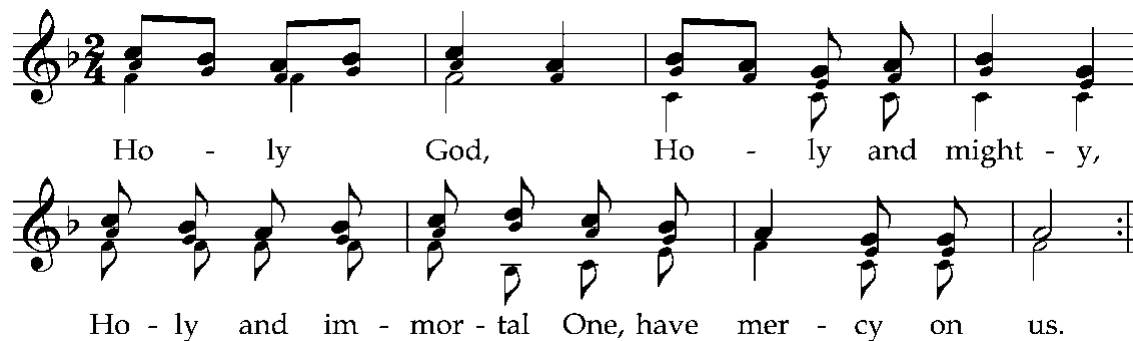
All **Most merciful God, we confess that we have sinned against you
in thought, word, and deed,
by what we have done, and by what we have left undone.
We have not loved you with our whole hearts.
We have not loved our neighbors as ourselves.
We are truly sorry and humbly repent.
For the sake of your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

Presider Almighty God, have mercy on you, + forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

HOLY GOD

Ukrainian chant

Sung once by the cantor and repeated TWICE by ALL



COLLECT OF THE DAY

Presider The Lord be with you

People **And also with you.**

Presider Let us pray.

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

After the Collect, all sit for the reading

PROCLAIM AND RESPOND TO THE WORD OF GOD

THE FIRST READING

Jeremiah 31:31-34

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, "Know the LORD," for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

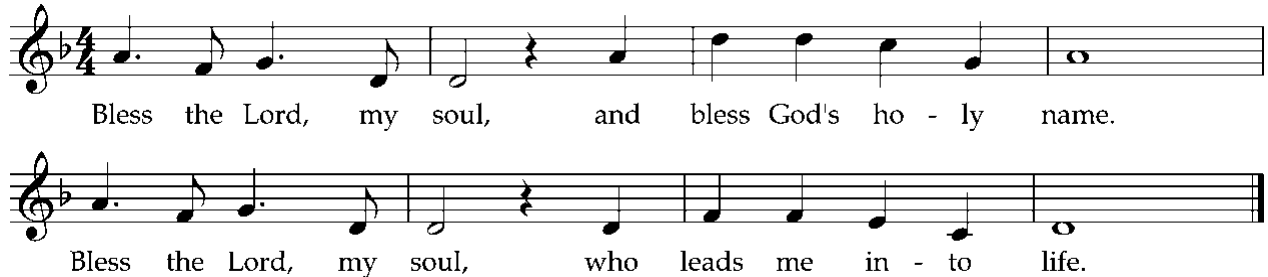
The Word of the Lord.

People **Thanks be to God.**

GOSPEL ACCLAMATION (*all stand and sing the refrain*)

Taizé

All young people are invited to the front to hear the Word of God.



THE HOLY GOSPEL

John 12:20-26

Deacon The Holy Gospel of Our Lord Jesus Christ According to John.

People **Glory to you, Lord Christ.**

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

The Gospel of the Lord.

People **Praise to you, Lord Christ.**

THE SERMON (*please be seated*)

After the Sermon, we stand to sing as the children return to their places.



WE PRAY FOR THE WORLD AND THE CHURCH Fred Rogers, 1992

Deacon We offer our prayers for the Church and for the world.

At the end of each prayer, offer your own prayers silently to God.

Dear God, please inspire our hearts to come ever closer to You. We pray for those people who know us and accept us as we are. Those people who encourage us to see what's really fine in life.

We pray for all the people of Your world, our sisters and brothers whose names we may not know but whose lives are ultimately precious in Your sight. With all our hearts, we pray for all Your children everywhere - yes, everywhere.

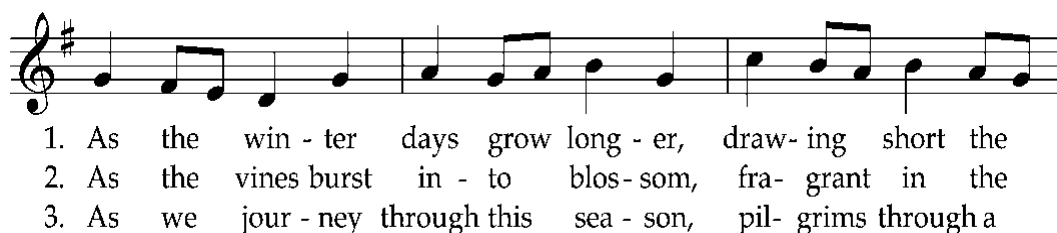
And finally we offer our strengths and our weaknesses, our joys and our sorrows to Your never-ending care. Help us to remember all through our lives that we never need to do difficult things alone, that Your presence is simply for the asking and our ultimate future is assured by Your unselfish love.

In our deepest gratitude we offer this prayer. **Amen.**

PREPARE THE TABLE

Please be seated as we sing the Offertory Hymn. When the offering plate comes to you, pass it to your neighbor in the pew. Today's offering supports the many ministries of the Cathedral of the Incarnation.

OFFERTORY HYMN



hours of night; as our ea - ger ex - spect - a - ion
 morn - ing air, lift - ing spir - its with their sweet - ness,
 thirst - y land, quench us with your liv - ing pres - ence;

waits for Eas - ter's dawn ing light yearn - ing peo - ple,
 lur - ing hearts to thank - ful prayer. Lent - en peo - ple,
 guide us with your lov - ing hand. Wan - d'ring peo - ple,

here we gath - er, turn - ing watch - ful eyes to you: God who bless - es
 here we gath - er, seek - ing lives re - fresh - ed from sin. God who bless - es
 here we gath - er, called to rest a - long our way. God who bless - es

earth with spring - time, shine with - in our world a - new!
 earth with spring - time, bloom with - in our hearts a - gain!
 earth with spring - time, grant us peace and joy this day!

THE GREAT THANKSGIVING

Presider The Lord be with you.

People **And also with you.**

Presider Lift up your hearts.

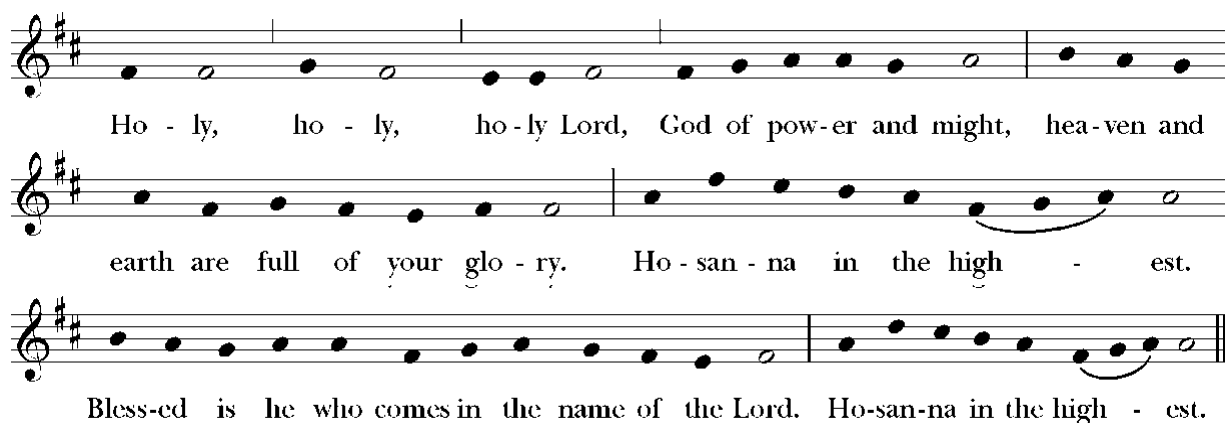
People **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

People **It is right to give our thanks and praise.**

It is a right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth, through Jesus Christ our Lord. And now we give you thanks because you give us the spirit of discipline, that we may triumph over evil and grow in grace, as we prepare to celebrate the paschal mystery with mind and heart renewed. And so we join the saints and angels in proclaiming your glory, as we sing:

SANCTUS



On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the New Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

All Christ has died. Christ is risen. Christ will come again.

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. Send your Holy Spirit upon these gifts. Let them be for us the Body and Blood of your Son. + And grant that we who eat this bread and drink this cup may be filled with your life and goodness.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and forever. **Amen.**

THE LORD'S PRAYER

Presider And now, as our Savior Christ has taught us, we are bold to say:

All **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,
forever and ever. Amen.

BREAK THE BREAD

The Presider breaks the bread.

Presider Christ our Passover is sacrificed for us.

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

Presider 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.

SHARE THE GIFTS OF GOD

The Gifts of God are for everyone. If you are a baptized Christian, we invite you to receive the host and drink from the cup by taking it into your hands. If you prefer to have your host dipped into the chalice (also called intinction), please offer your host to the chalice bearer who will dip it into the cup and place it on your tongue. If you do not wish to receive communion or you have not been baptized yet, we invite you to receive God's blessing. As you come forward, simply cross your arms in front your chest and the priest will bless you.

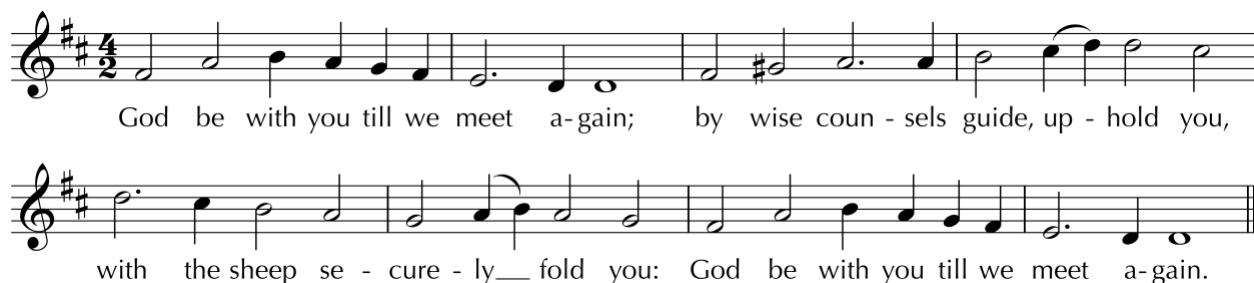
ANNOUNCEMENTS *(please remain seated)*

POST COMMUNION PRAYER *(please stand)*

Presider Let us pray.

All **Eternal God, heavenly Father,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart
Through Christ our Lord. Amen.**

HYMN OF PRAISE



BLESSING & EXCHANGE OF PEACE

Presider The blessing of God Almighty, + Father, Son, and Holy Spirit be with you now and forever more. **Amen.**

The peace of the Lord be always with you.

People **And also with you.**

Greet those around you in the name of the Lord. All are invited to Fellowship in Faith, an intergenerational formation and fellowship hour held in the Mercer School of Theology immediately following service.

Announcements

Fellowship in Faith & Confirmation Class – Today, March 17 from 10:15-11am at the Mercer School. It's also time to register for Family Communion Class! Led by Charles Janoff, this beloved 4-part course concludes with a special Family Communion Service on Sunday, May 5, at 9:30am. Class dates: April 7 (parents only), April 14, 21 & 28. To register, please check the eNews.

The Dean's Forum: Last Session in Lent – Today, March 17 from 10:15-11am in the Mercer Library. The Very Rev. Canon Mark Kowalewski joined the Cathedral as co-Vicar of Incarnation Chapel last fall after serving for nearly 20 years as co-Dean of St. John's Cathedral in LA. This Lent, he will lead us through his book, *Traveling Home, Tracking Your Way Through the Spiritual Wilderness*.

Cathedral's Got Talent – Last chance to register via the eNews (deadline is now March 25!) – Save the date for Cathedral's Got Talent, Saturday, May 4! We're planning an evening of entertainment, fun and fellowship that will feature Dean Michael Sniffen acting as host, acts showcasing the diverse talents of members of our church community, and a reception with light snacks following. Members of the Cathedral and all churches in the Central Nassau Deanery are invited to submit an act for consideration - all ages and genres are welcome.

Black Lives and Contemplation: Spring 2024 – Tuesdays, March 12 through April 30, 7pm-8:15pm Online. This introductory series to the Black diasporic contemplative tradition will focus on people of African descent in the United States. Our capacity for this series is 20 people. You must commit to attending at least 5 of the 8 sessions. Check our eNews for more info.

Neighbors Being Neighbors on Easter – Saturday, March 30. NBN is once again hosting Easter breakfast on Jackson Street on Holy Saturday morning at 10am. We will serve a hot breakfast, coffee, juice and treats to be enjoyed over the holidays. As in the past, donations of Easter baskets or Easter goodies are most welcome. Anyone interested in helping to serve breakfast or donating items for the breakfast please contact Chris Scott at 516-445-7648 or cbscott88@verizon.net. Any Easter basket items can be left in the Cathedral now through Palm Sunday.

Deanery-Wide Bible Study Initiative – Join the Central Nassau Deanery for weekly Bible Study via Zoom on Wednesdays at 7pm. Please sign up via our website and we will send you the Zoom link.

The Barbara C. Harris Scholarship is Now Accepting Applications – The Diocese of Long Island's Reparations Committee is now accepting applications for the Barbara C. Harris Scholarships for the 2024-2025 academic year. Information about the scholarship can be found at www.dioceseli.org/reparations. The deadline for applications is March 31, 2024.

Sacramental Bread and Wine for the month of March is given in loving memory of our mother, Fran Siegmann for her birthday by her daughters Ruth and Lorraine.

We pray for those who have died, especially Buchi Agu, nephew of Roland Agu, and for those grieving the death of a loved one, that they may find comfort and peace.

Cathedral Connect is our ministry of welcome and connection at the cathedral. Newcomers and long-time members alike are encouraged to contact Fr. Dan Ade at dade@IncarnationGC.org if they are interested in learning more about life at the cathedral.

For further information, please sign up for our eNews every Friday morning at incarnationgc.org/connect/e-news or email us at Cathedral@IncarnationGC.org

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THE CATHEDRAL LEADERSHIP

THE CHAPTER

The Right Reverend Lawrence C. Provenzano, D.D., *Bishop of Long Island*

The Very Reverend Dr. Michael Sniffen, PhD, *Dean of the Cathedral*

The Rev. Canon Eddie Alleyne, The Rev. Adam Bucko, Ms. Mia Jealous-Denk, Mr. Michael Eng, Ms. Tamara Harris, Dr. Lorna Lewis, Rev. Canon John Merz, Ms. LaVerne Mitchell, The Rev. Gideon Pollach, The Rev. Canon Kate Salisbury, Mr Dennis Walcott.

THE EXECUTIVE COMMITTEE

Ms. Tamara Harris, *Warden*, Ms. Rebecca Maines, *Warden*
Canon Charles Janoff, Esq., *Chancellor*, Mr. Michael Eng, *Treasurer*. Mr. Kyle Sabo

THE CATHEDRAL COUNCIL

Ms. Caroline Costello, Ms. Trish Craine,
Ms. Norma Jones, Ms. Brenda Kennedy, Mr. Matthew Mohan,
Ms. Carol O'Rourke, Mr. Keith Okrosy,
Ms. Martha Ripp, Ms. Carolyn Ver Pault,

THE CLERGY AND STAFF

The Reverend Canon Eddie Alleyne, *Sub Dean and Canon for Cathedral Life*

The Reverend Adam Bucko, *Director of the Center for Spiritual Imagination*

The Reverend Canon Kate Salisbury, *Canon for Christian Education*

The Very Reverend Canon Mark Kowalewski, *Vicar – Incarnation Chapel*

The Very Reverend Canon Daniel Ade, *Vicar – Incarnation Chapel*

The Reverend Denise Althea Galloway, *Deacon - Director of Outreach*

The Reverend Canon Dr. Bruce Griffith, ThD, *Canon in Residence*

Canon Larry Tremsky, *Director of Music*

Mr. Raphael Vogl, *Associate Organist/Choirmaster*

Ms. Arleen Breen, *Cathedral Administrator*

Mrs. Lisa Knudsen, *Administrative Assistant*

Ms. Caroline Cosgrove, *Assistant to the Dean and
Administrator of the Center for Spiritual Imagination*

WEEKDAY LITURGIES AT CATHEDRAL OF THE INCARNATION

TUESDAY - THURSDAY Eucharist at 12:00 in the Cathedral



*From the Brooklyn Bridge to Montauk Point
A house of prayer for Long Island*