

BreakingBread@6



SECOND SUNDAY IN LENT AN ORDER FOR CELEBRATING THE HOLY EUCHARIST

MARCH 1, 2026

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*Cathedral Parish of the
Diocese of Tennessee (Episcopal)*

Live God's Love

*To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time to every purpose, under heaven*

A time to be born, a time to die
A time to plant, a time to reap
A time to kill, a time to heal
A time to laugh, a time to weep

A time to build up, a time to break down
A time to dance, a time to mourn
A time to cast away stones, a time to gather stones together

A time of love, a time of hate
A time of war, a time of peace
A time you may embrace, a time to refrain from embracing

A time to gain, a time to lose
A time to rend, a time to sew
A time for love, a time for hate
A time for peace, I swear it's not too late...

The word "Collect" comes from the Latin con lectione, or "with the readings." The Collect reflects the liturgical season and summarizes the message of the Bible readings in tonight's worship.

THE COLLECT OF THE DAY

Leader The Lord be with you.
People **And also with you.**
Leader Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

Please be seated.

THE OLD TESTAMENT LESSON – Genesis 12:1-4a

Now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the LORD had told him; and Lot went with him.

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**
The Psalms are the ancient songbook of the Jewish people.

PSALM 121

- 1 I lift up my eyes to the hills; *
from where is my help to come?
- 2 My help comes from the LORD, *
the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; *
the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.
- 7 The LORD shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and your coming in, *
from this time forth for evermore.

GOSPEL HYMN

We are one in the Spirit

Fr. Peter Scholtes, (c. 1960's)

We are one in the Spirit, we are one in the Lord
We are one in the Spirit, we are one in the Lord
And we pray that all unity will one day be restored

*And they'll know we are Christians by our love, by our love
Yes, they'll know we are Christians by our love*

We will walk with each other, we will walk hand in hand
We will walk with each other, we will walk hand in hand
And together we'll spread the news that God is in our land

We will work with each other, we will work side by side
We will work with each other, we will work side by side
And we'll guard each one's dignity and save each one's pride

All praise to the Father, from whom all things come
And all praise to Christ Jesus, His only Son
And all praise to the Spirit who makes us one

It is the Church's custom to stand while the gospel is read, as we honor the words and deeds of Jesus.

THE GOSPEL LESSON – John 3:1-17

Gospeller The Holy Gospel of our Lord Jesus Christ according to John.
People **Glory to you, Lord Christ.**

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see

the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”

Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things? “Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just 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, so that everyone who believes in him may not perish but may have eternal life. “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

Gospeller The Gospel of our Savior Jesus Christ.
People **Praise to you, O Christ.**

THE SERMON – The Reverend Canon Anna Russell Friedman
A moment of silence and reflection follows the sermon.

The Nicene Creed is a statement of what the Church believes about God. It was born out of the councils of Nicaea and Constantinople in the 4th century.

THE 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 whom all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
was incarnate from the Virgin Mary,
and was made truly human.
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.
who with the Father and the Son is worshiped and glorified.
who has spoken through the Prophets.**

**We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

The people are seated

THE PRAYERS OF THE PEOPLE

The Leader and People pray responsively

Father, we pray for your holy Catholic Church;
That we all may be one.

Grant that every member of the Church may truly and humbly serve you;
That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;
That they may be delivered from their distress.

Give to the departed eternal rest;
Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;
May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others.

Silence

The People may add their own petitions.

Leader

Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. **Amen.**

THE CONFESSION

Leader and People

**God of all mercy, we confess that we have sinned against you, opposing your will in our lives.
We have denied your goodness in each other, in ourselves, and in the world you have created.
We repent of all that enslaves us, for what we have done, and all that we have left undone.**

Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

Affirming the promise of God's mercy in Christ, the priest pronounces the Absolution as an assurance of forgiveness.

THE ABSOLUTION

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

THE PEACE

Shalom. Salam. La Paz del Senor.

Leader The peace of Christ be always with you.
People **And also with you.**

THE ANNOUNCEMENTS

Breaking Bread@6 is pet-welcoming. Animal companions are always invited to join us. We ask that your pet be on a leash, please. Spread the word!

THE HOLY COMMUNION



Please scan this QR code with your phone to leave your financial offering for the ministry of the Cathedral parish.

OFFERTORY

Ensemble

We have declared our praise to God in prayer and song, heard the words of God in scripture and proclamation, and now we are welcomed to the Table of the Lord. The Sursum Corda (Latin for "lift up your hearts") is one of the most ancient parts of the service, dating to the third century.

THE GREAT THANKSGIVING *(from Enriching Our Worship, Eucharistic Prayer 2)*

Leader God be with you.
People **And also with you.**
Leader Lift up your hearts.
People **We lift them to our God.**
Leader Let us give thanks to the Lord our God.
People **It is right to give God thanks and praise.**

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing. You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love. And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:

THE SANCTUS

The Sanctus (Latin for “Holy”) is a hymn based on the poem of creation in Isaiah 6:1-5. The Benedictus (Latin for “blessed”) is based on Matthew 21:9 and Luke 13:35.

Leader and People

Ho-ly, ho-ly, ho-ly Lord, God of pow-er, God of might:
heav-en and earth are full of your glo-ry. Ho-san-na in the high-est.
Bless-ed is he who comes in the name of the Lord. Ho-san-na
in the high-est. Ho-san-na in the high-est.

The Leader continues

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”

As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: “Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made. In the fullness of time bring us, with all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. *AMEN.*

THE LORD’S PRAYER *(Contemporary version)*

The Lord’s Prayer is the prayer that Jesus taught his disciples to pray, and has been a part of Eucharistic liturgies since the early centuries of the church’s history.

Leader As our Savior Christ has taught us, we now pray,

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

The Breaking of the Bread reminds us of the sacrificial death of Christ on the cross. "This is my Body, which is given for you." (Luke 22:19-20)

THE BREAKING OF THE BREAD

Celebrant The gifts of God for the people of God.

THE SACRAMENT IS DISTRIBUTED

If you wish to receive the sacrament by intinction please leave the Bread in your hand. The chalice bearer will dip the Bread in the Wine and return it to your hand. You may also receive a blessing from the priest instead of the Bread and Wine. Let the priest know if you would like a low-gluten wafer.

THE POST-COMMUNION PRAYER

(attributed to Francis of Assisi)

Leader Let us pray.

People **Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.**

We joyfully end our time of worship with the priest's Blessing, and the declaration of God's never-ending love and favor toward his people. The Dismissal sends us out from this place to love and serve others in the name of Christ.

SOLEMN PRAYER OVER THE PEOPLE

The Leader says

Bow down before the Lord.

The people kneel or stand and the Leader says

Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord. **Amen.**

CLOSING SONG

Keep on the sunny side

Carter Family

There's a dark and a troubled side of life
There's a bright and a sunny side too
Though we meet with the darkness and strife
The sunny side we also may view

Refrain

*Keep on the sunny side, always on the sunny side
Keep on the sunny side of life
It will help us every day, it will brighten all the way
If we keep on the sunny side of life*

Oh, the storm and its fury broke today
Crushing hopes that we cherish so dear
Clouds and storms will in time pass away
The sun again will shine bright and clear

Let us greet with a song of hope each day
Though the moments be cloudy or fair
Let us trust in our Savior always
To keep us, every one, in His car

THE DISMISSAL

Leader Go in peace to love and serve our Creator.
People **Thanks be to God.**

PRAYERS

Today we give thanks for the birth of new babies especially Malcolm Harold Clayton grandson of Ellen and Jay Clayton; William Davis Hopper son of Will and Kaitlyn Hopper and grandson of Christy and William Hooper; and Wells David Sheesley son of Buck and Anna Sheesley and grandson of Ken and Katy Sheesley.

We pray for our parishioners especially Benjamin, Jojo, Jim, Phyllis, Kevin, Jan, Susan, Paul, Peggy, Melanie, Janet, Jim, Dee, Stacey, Steve, Mimi, Roger, Jerry, Betsy, David, Lennon, Bobby, Shona, and John.

We also pray for the families and friends of parishioners especially Rob, Colin, Darci, Patty, Rusty, Sarah, Dart, Dianne, Alyssa, Susan, Olinka, Michael, Liam, Mitzi, Aiden, Chang, Xandre, Ben and Emma Porter and their babies, Allison, Kenneth, Charm, Sandi, Bruce, Amy, Andy, Betty, Heather, Nichole, and Staci.

We pray for those who have died, especially the Honorable John Brown, husband of Anne Brown; Dr. Mildred Leake Day, grandmother of Marjory Day; Jerry Hall, grandfather of Kenneth Edel and great-grandfather of Julie; Robert Murray, father of Sharon Edel and grandfather of Julie; Eric Pratt husband of Bonnie Pratt and father of Geoffrey Pratt; Kathryn Ward, grandmother of Gina Williams and great-grandmother of Zach Williams; and Marny Yenser, mother of Vicki Estrin.

WORSHIP LEADER

The Reverend Richard K. Wineland,
Associate Rector for Evangelism and Parish Life

PREACHER

The Reverend Canon Anna Russell Friedman,
Canon and Associate Rector for Family Ministries

MUSICIANS

Michele Gourley, *dulcimer and vocal*
Lee Armstrong Wineland, *piano*

TECHNICAL DIRECTOR

Roger Rhoads



CATHEDRAL VESTRY

2027

Susan Barge
Sam Bessey (*Senior Warden*)
Ellie Teal Gardner
Anna Grimes
David Paine

2028

Maura Black Sullivan
Lawrence Blank-Cook (*Junior Warden*)
Deaver Collins
Gina Lodge
Keith Simmons

2029

Brian Jackson
Caroline Rossini
Catherine Sawyer
Sheri Sellmeyer
Joseph Watson

Ellen Wright (*Clerk*)
Trey Tally (*Treasurer*)

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The liturgy used this evening is from Enriching Our Worship.

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A Center for the Community of the Cross of Nails

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