

 Mary Magdalene Apostle
Catholic Community

•*Making Catholicism relevant* •*Restoring women's ordination* •*Living the change we envision*



Sunrise in the Arctic

"Melt the Frozen, Warm the Chill"*

**Worship Aid ~ Lent 2026
February 22, 2026 ~ First Lent**

**"Melt the Frozen, Warm the Chill" is a line from the "Veni Sancte Spiritus", an ancient Latin Hymn known as the "Golden Sequence." ascribed to Stephen Langton, Archbishop of Canterbury (1228). The petition is aimed to soften hardened hearts and to bring spiritual warmth to the soul.*

Welcome & Announcements

GONG

Good evening. Welcome to Mary Magdalene, Apostle, Catholic Community based in San Diego, California, on the land that the Kumeyaay people have tended for generations. My name is... one of your lectors this evening. Suzie Knapp is our in-person presider and homilist. Nancy Corran is our online presider. We gather in person and online as we begin our journey through Lent. Know that wherever you are and whoever you are, you are welcome here, just as you are.

We'd also like to welcome any visitors with us today. For those on YouTube, we greet you. For those on Zoom, please feel free to introduce yourselves on chat. For those visitors in person, if you feel comfortable, we invite you to stand and introduce yourselves and tell us where you are from.

[Pause for introductions]

If there are visitors, please indicate that the flow of the liturgy is in the worship aid booklet, and the songs are in the inserted white sheet.

For those of you joining us online, we invite you to join in our songs and communal responses in the worship aid located on our web-site. The link is also in the chat. You may wish to have bread and wine or something similar with you to share in our communion. After our liturgy concludes, we invite our online participants to stay online for some social time.

COMMUNITY ANNOUNCEMENTS

- For the next 8 Mondays, starting February 23 at 1pm on Zoom, our community is invited to participate in a discussion group as we read through the book, Calling In:
- **Please invite Sue Bruner forward to announce upcoming online and in-person "Play Dates"**
- To honor the quieter, thoughtful quality of the Lenten season, during the sign of the peace, we invite you to remain at your seat and offer a silent gesture of peace to those around you. We also ask that, at the close of Liturgy, just during Lent, we refrain from applause to help us carry the reflective tone of the season with us as we depart.
- Please see our bulletin for other community news and events.
- Donations may be placed in the basket outside the chapel doors. Online donations can be made through our website.

GONG

[moment of silence]

~ OPENING RITES ~

Opening Song - "Tree of Life and Awesome Mystery"

Haugen

Tree of Life and awesome mystery, in your death we are reborn;
though you die in all of hist'ry,
still you rise with every morn, still you rise with every morn.

We remember truth once spoken, love passed on through word
and deed; every person lost and broken wears Christ's body,
in their need, wears Christ's body, in their need.

Christ, you lead and we shall follow, stumbling though our steps
may be; one with you in joy and sorrow,
we the river, you the sea, we the river, you the sea.

Greeting

We begin our liturgy with the sign of our faith.

+ In the name of God who is the Journey, Who joins us along the way, and
inspires us to go in new directions... we pray, **Amen.**

May the grace of Jesus the Christ, the love of God, and the peace of the Holy Spirit be with you.
And also with you.

Kyrie

*And as we begin, we remember times this last week when the busyness of life distracted us
from contemplation and living our values...*

Ever-Present God, when we are reluctant to enter wilderness places, afraid to confront our true
selves,

Kyrie eleison, Kyrie eleison, Kyrie eleison.

Jesus the Christ, when our hunger for power, wealth, status, and personal security is greater
than our hunger for living as you lived,

Christe eleison, Christe eleison, Christe eleison.

Life-giving Spirit, when we do not trust that our gifts are life for the world,

Kyrie eleison, Kyrie eleison, Kyrie eleison.

Opening Prayer by Carmen I. Caltagirone

*Faithful and loving God, we treasure the gift of these forty days of Lent to quiet ourselves and
explore the inner chambers of our hearts. May these sacred days be a time when we seek and find
you there. Passionate God, may we find you even in our tears and in our pain and in whatever
troubles our hearts. Keep us from all that separates us from you. Be with us and in us. We pray in
Jesus' name... we pray...Amen.*

~ LITURGY OF THE WORD ~

First Reading

Gen 2:4, 7-9, 15-18, 21-22a, 25; 3:1-7

A Reading from the Book of Genesis

This is the account of the heavens and the earth when they were created, when God made the earth and the heavens...

God formed an earthling - a human being - from the soil of the earth. Into the earthling's nostrils, God breathed the breath of life; and the earthling became a living being.

God planted a garden in Eden, in the east, and there placed the human whom God had formed. Out of the ground God made grow every tree that is delightful to look at and good for food, with the tree of life in the middle of the garden, and the tree of the knowledge of good and evil...

God settled the human being in the garden of Eden, to cultivate and care for it. God commanded the human being: "You may freely eat of every tree of the garden but, of the tree of the knowledge of good and evil, you shall not eat; for on the day that you eat of it you will die."

Then God said, it is not good that the human is only one. I will make a helper, a partner, for the human. So, God caused a deep sleep to fall upon the human. From the one human being, God took from its side while asleep and created a separate entity. Then they were two, woman and man... The man and the woman were both naked and they were not ashamed.

...

Now the serpent was the most astute of all the wild animals that God had made. The serpent said to the woman: "Did God really say, 'You shall not eat from any of the trees in the garden'?" The woman answered the serpent, "We may eat of the fruit of the trees in the garden. It is only about the tree in the middle of that garden that God said, 'You shall not eat it *or even touch it*, or you will die'." But the serpent said to the woman, "You will not die! God knows well that when you eat of it your eyes will be opened; and you will be like the gods, knowing good and evil.

The woman saw that the tree was good for food, that the tree was a delight to the eyes, and that the tree was desirable for gaining wisdom. So, she took of its fruit and ate. She also gave some to the man, who was with her, and he ate. Then the eyes of both were opened, and they knew they were naked. They sewed fig leaves together and made loincloths for themselves.

Hear what the Spirit is saying to God's people.

Thanks be to God.

Psalm

Lenten Psalm 83, Merrill, adapted; Sung Response, Ann Hidalgo

The sung psalm response is:

***Let the refining fire of your Love reach the hidden places within open hearts!
Forgive us; and let the deep regret of our souls rise up as contrite offerings.***

A (omit 3) Dm Am7 Dm
 Let the re - fin - ing Fire of your Love
 5 B^b Dm C
 reach the hid - den pla - ces with - in o - pen
 9 Dm A (omit 3) Dm
 hearts. For - give us and
 13 Dm7 G Dm
 let the deep re - gret of our souls
 17 Am Dm
 rise up as con - trite of - frings.

O Great Creator, do not keep silence.
 Do not withhold your peace or be still, O Giver of Life!
 Fear is rampant in the world.
 Those who rule by oppression rise up with power.
 They lay deceptive plans against the people.
 They consult together against freedom and justice.
 Crafty words belie intent as thousands reap dire consequence.
 Nations go to war and the innocent suffer!
 Yes, they conspire with one accord.
 Against Love they make a covenant.
 No institution is free from the insidious arm of corruption, at home and in fields afar.
***R: Let the refining fire of your Love reach the hidden places within open hearts!
 Forgive us; and let the deep regret of our souls rise up as contrite offerings.***

Who will succor those without shelter, children orphaned,
 all who starve, those cast aside by decisions based on greed?
 Who will speak up on their behalf?
 Let all with faith-filled hearts rise up with Love!
 Clothe us in the dress of your peace,
 in the stronghold of your mercy,
 that we might bear the power of Love.
 Let us walk in shoes of integrity and don the mantle of truth.
 Let us shed the tatters of envy and fear, the rags of anger and greed,
 and say, "We shall seek only the truth, the truth which will set us free!"
***R: Let the refining fire of your Love reach the hidden places within open hearts!
 Forgive us; and let the deep regret of our souls rise up as contrite offerings.***

O Beloved, let all that is unholy within us be cleansed,
erased as chalk from a slate.

As fire consumes the forest,
as the flame reaches up to the heavens,
let the refining fire of your Love
reach into the hidden places within open hearts!

Forgive us.

Let the deep regret of our souls rise up as contrite offerings.

Let the people seek your Word.

Let the nations turn from violence and destruction.

Let them know that You alone,

You who reign with Love

are the Most High over all the earth!

R: Let the refining fire of your Love reach the hidden places within open hearts!

Forgive us; and let the deep regret of our souls rise up as contrite offerings.

Second Reading

1 Thess 3:4-9, 12

A Reading from Paul's 1st Letter to the Thessalonians

When we were with you, we warned you that we were certain to suffer persecution; and that is, indeed, how it has turned out, as you have discovered. For this reason, when I could bear it no longer, I sent to find out about your faith. I was afraid that somehow the tempter had tempted you, and that all our work with you had been in vain.

However, Timothy has returned from you and has given us the good news of your abiding faith and your love. He tells us that you always remember us with delight and long to see us - just as we long to see you. For this reason, dear ones, your faith has been a great encouragement to us in the middle of our distress and persecution. It is the breath of life to us, knowing that you hold firm in God. How can we thank God enough for you, for all the joy we feel because of you!

May God make you increase and abound in love for one another and for all, just as we abound in love for you.

Hear what the Spirit is saying to God's people.

Thanks be to God.

Lenten Gospel Acclamation

Heritage Mass, Owen Alstott

Glory! Praise to the Word of God.

...for by your endless wisdom, Jesus,

You show us the way.

Gospel

Matthew 4:1-11

God is with you. ***And also with you.***

A Reading from the Gospel attributed to Matthew

Glory to you, O God.

After Jesus' baptism, he was led by the Spirit into the wilderness to be tempted by the Destroyer. Jesus fasted forty days and forty nights. Afterwards, he was hungry. The Tempter came and said to Jesus, "If you are the Chosen One of God, God's Own, command these stones to become loaves of bread." But Jesus answered, "It is written,

*'We do not live by bread alone,
but by every word that comes from the mouth of God.'*"

Then the Destroyer took Jesus to the holy city and placed him on the pinnacle of the Temple, saying, "If you are God's Chosen One, throw yourself down for it is written, 'God will command the angels concerning you', and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus responded, "Again it is written:
'Do not put your God to the test.'"

Once more, the Destroyer took Jesus to a very high mountain and showed him all the realms of the world and their splendor, saying, "All these I will give you, if you will fall down and worship me."

Jesus said, "Away with you, Satan, Accuser! for it is written:
'Worship God and serve God alone.'"

Then the Destroyer left Jesus; and behold, angels came and began to care for him.

The Gospel of God.
Praise to you, Jesus the Christ.

Homily

Suzie

Prayers of the Faithful 02-22-2026

1st Sunday in Lent

"Let us shed the tatters of envy and fear ... and seek only the truth, the truth which will set us free!" With the hope conveyed in this message from the Psalmist, let us call on God for everything that we and all creation need.

Our response: We do not live by bread alone.

All: We do not live by bread alone.

We are formed from the soil of the Earth, in truth from stardust, and we have within us the very Breath of God ... and so we pray ...

All: We do not live by bread alone.

That knowing that "we do not live by bread alone," we pour out more freely, during this Lent, our love, compassion, and service ... we pray ...

All: We do not live by bread alone.

Scripture commands us to treat foreigners the same as citizens, and to love them equally, remembering that we, too, were once foreigners. Let us work to make our country welcoming to migrants, immigrants, asylum seekers, and refugees ... we pray ...

All: We do not live by bread alone.

That the voice of the Holy One will soon break through the hearts of stone of world leaders who are responsible for violence, terror, and death ... we pray ...

All: We do not live by bread alone.

The Earth contains the dust of countless generations of our ancestors, as well as the blood of Jesus, and of our contemporaries killed in war. May this God-beloved Earth become for them and for us the garden of resurrection and new life ... we pray ...

All: We do not live by bread alone.

For all who are engaged in the Lenten change of minds and hearts, and for all who are not ... we pray as Jesus said we should ...

All: We do not live by bread alone.

Now it is time to bring to God the personal prayers and intentions of our hearts.

All who wish to share a prayer here in person, please come forward to the microphone. All who wish to share a prayer online, please raise your physical or digital hand and you will be called on in turn, or type your prayer in the chat and these will be read aloud.

We ask that your prayers be brief petitions, and in consideration of our diversity of perspectives, remember the universal needs of all people.

[After each petition:]

All: We do not live by bread alone.

[After all petitions have been spoken:]

We lift up all those living with illness, injury, loss, and suffering, those who have gone home in Holy Mystery, and all the prayers here today that have remained unspoken, deep in the silence of our hearts...

(Short pause)

For these intentions and for all the prayers remaining in the chat and in our community prayer book ... we pray ...

All: We do not live by bread alone.

Prayer to Conclude POF

adapted from Ruth Duck

Sacred Mystery, you know us through and through, you know the many choices we face each day. As you strengthened Jesus in the wilderness of temptation, so strengthen us, through your presence and Spirit, when we face temptation. Hear the prayers of our hearts today and guide us in our daily pursuit of peace and justice for all, we pray...Amen.

***We till the earth, we tend the ground, sowing hope and peace where none is found.
In selfless love, God's life abounds. We till the earth, we tend the ground.***

As God provides for every need, with grateful hearts, let us receive these gifts of love, and make return to bless the world, to bless the world. **R**

Where hardened hearts have turned to greed, trampling up on the fledgling seed, help us to tend each others' needs, open our eyes, open our eyes. **R**

~ LITURGY OF THE EUCHARIST ~

Our Eucharist

Blessed are you, God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made. It will become for us the bread of life.

Blessed be God forever.

Blessed are you, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become our spiritual drink.

Blessed be God forever.

Pray that our offering is one that God desires.

We are gathered in Your name. Be with us in our midst.

Prayer with Our Gifts.

Gracious God, the bread is broken, the wine is poured, and once again we are guests at your table. It is here that we can taste your precious food and drink and realize your love for us. As we enjoy the hospitality of your table, help us to cherish these moments of communion. Sustain us as we attempt to live for you and in your spirit each day...Amen.

Eucharistic Prayer

God dwells in you.

And also in you.

Let us give thanks to the life-giving Spirit of God.

We give God thanks and praise.

Presider

We thank You, Holy One, for all that has come into being; for cosmic unfolding; and for walking with us along the road of life. In gratitude we sing to You our great hymn of praise:

Sanctus

Heritage Mass, Owen Alstott

Holy, Holy, Holy, O God of Hosts.

Heaven and Earth are full of your glory.

Hosanna, hosanna in the highest!

Blessed are all who come in Your Name, O God.

Hosanna, hosanna in the highest!

Voice 1 (online):

In the fullness of Your time, You took on our humanity in Jesus the Christ, so that we might know our divinity.

Voice 2 (online):

In Jesus, you shared in every aspect of our life so that we might know you are God-with-us.

[Please extend your hand, palm up, toward the bread and wine]

Presider: Pour out your Spirit on these gifts, O God. May this bread and wine become in us the body and blood of Jesus. We remember that...

...on the night before Jesus died, while at supper with his friends, he took bread, said the blessing, broke the bread and gave it to them saying: "Take this, all of you, and eat. This is my body. Do this in memory of me."

[Pause]

In the same way, Jesus took the cup filled with wine. He gave You thanks, and gave the cup to his friends, saying: "Take this all of you and drink. This is my blood, the new covenant of God-with-you. Do this in memory of me."

Mystery of Faith [Sung]

Let us proclaim the mystery of our faith:

We pro - claim your Death, O Christ and pro - fess your
Res - ur - rec - tion un - til you come, un - til you come a - gain.

Presider: We remember all that has been done for us:

- Voice 3:** The journey of prayer and preaching
- Voice 4:** The path of healing and forgiveness
- Voice 5:** The road to the cross
- Voice 6:** The tomb
- Voice 7:** The resurrection
- Voice 8:** The ascension to You, O God,
- Voice 9:** And so we offer to You these gifts
from the gifts you have given to us and for us all.

Presider: We remember the communion of saints, here, now, and always.

*Through Christ, With Christ, In Christ,
In the unity of Sophia Spirit,
may all glory and honor be Yours, now and always.*

The Great Amen [Sung]

Heritage Mass, Owen Alstott

A-men. A-men. A-men!

~ COMMUNION RITE ~

Prayer of Jesus

Loreen Wilhelmy

Throughout the millenia, the prayer of Jesus, often known as the "Our Father," has been translated and rendered in many different ways. At this time, we invite you to join us in praying in the language and words most comfortable to you. We offer this contemporary sung version.

***Loving God, in whom is heaven.
May Your Name be honored everywhere.
May Your kin-dom come.
May the desire of Your heart for the world be done,
in us, by us and through us.
Give us the bread we need for each day.
Forgive us. Enable us to forgive others.
Keep us from all anxiety and fear.
For You reign in the power
that comes from love, which is Your glory,
forever and ever. Amen.***

Sign of Peace

May the peace of Christ, which surpasses all understanding, be with you.

And also with you.

Let us offer one another – and the whole world – a quiet sign of Christ's peace.

Lamb of God [Sung]

Heritage Mass, Owen Alstott

***Jesus the Christ, you call us to the Gospel of Love. Look kindly on us.
Jesus the Christ, you call us to the Gospel of Hope. Look kindly on us.
Jesus the Christ, you call us to the Gospel of Peace. Grant us peace.***

This is God's holy bread and wine for the transformation of God's holy people.

All: We are blessed to share in this sacred meal.

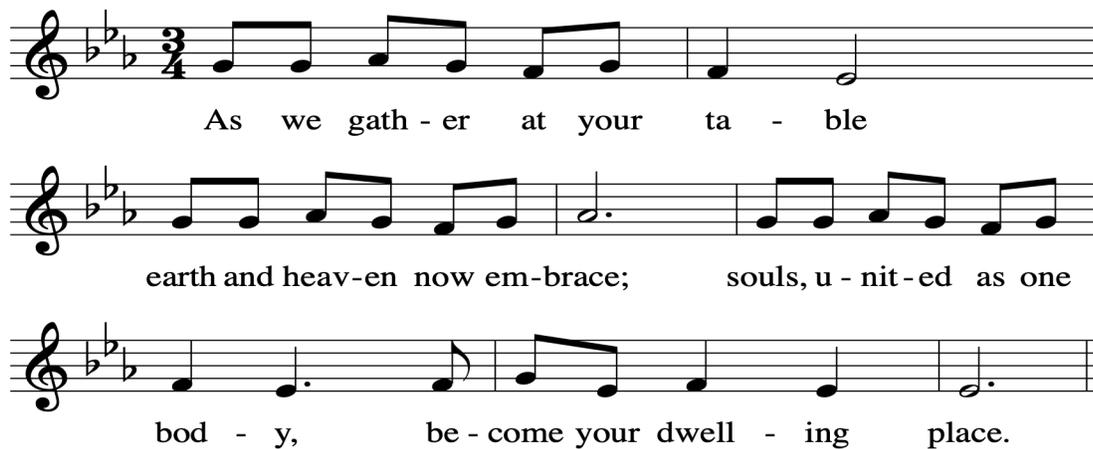
All are invited and welcome to receive the gluten free eucharistic bread and the consecrated red wine or white grape juice. Whenever and wherever we gather, we are the church and God is with us. May all who share in this communion be united in the Body of Christ that knows no bounds. Amen.

Communion Song "As We Gather at Your Table"

Alonso

Refrain: (melody line below)

***As we gather at your table, earth and heaven now embrace;
Souls, united as one body, become your dwelling place.***



As we gath - er at your ta - ble
 earth and heav-en now em-brace; souls, u - nit-ed as one
 bod - y, be - come your dwell - ing place.

Life and death now joined together.
 Saints and angels gathered 'round.
 In this feast you join creation
 To show where love is found. **R.**

Through our joy and through our sorrow
 Through our laughter and our tears
 You draw near to feed your people.
 And calm our every fear. **R.**

Lead us onward from this table.
 Eyes on heaven, fixed on grace.
 Let us be your body broken.
 Reflections of your face. **R.**

Closing Prayer by Carmen I. Caltagirone

God of Mystery, we journey with Jesus during this Lenten Season with the certain hope that you will re-create our world so that all people will live in peace and justice. Call us out of the wilderness of apathy and help us to reach out to people in need of hope and love. Hear the longings of our hearts and the cries of those who yearn to live in peace and justice. May Easter burst into a world waiting to be re-created. We pray in Jesus' name...

Closing Blessing

adapted from Ruth Duck

Let us go into the world in faith!
 Trusting God to lead us, trusting people to receive us.
 Let the Church say... **Amen**

Let us go into the world with hope!
With God's presence before us and human dreams to carry us.
Let the Church say... Amen

Let us go into the world with love!
Serving with humility and laboring with courage through the example of Jesus the Christ.
Let the Church say... Amen

Let us go in Faith, Hope and Love!
Let the Church say... Amen

Sending Forth

This Mass is ended.
Our Lenten journey has begun.
Thanks be to God.

Closing Song - "In These Days of Lenten Journey"

Ricky Manalo

***In these days of Lenten journey, we have seen and we have heard,
the call to sow justice in the lives of those we serve.***

We open our eyes to the hungry and see the faces of Christ.
As we nourish all the people who hunger for food, may our faith in our God be renewed. **R**

We open our ears to the weary and hear the cry of the poor.
To the voices that echo the song of despair we will show our compassion and care. **R**

We call on the spirit of justice and pray for righteousness' sake.
We will sing for the freedom of all the oppressed; we will loosen the bonds of distress. **R**

We are grateful that you have joined us for worship today.

At Mary Magdalene Apostle Catholic Community, we embrace the dream of a transformed Roman Catholic Church. Financial support is essential to breathe life into this dream and to keep it alive for future generations. To underscore our commitment, we provide a full-time paid living wage for a womanpriest (currently shared among our three co-pastors) as well as a variety of social justice activities. We give a percentage of our Sunday offering each quarter of the year to a community nonprofit organization whose work furthers our shared values. To participate in the work of our MMACC community, please visit <http://www.mmacc.org/donate>.

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