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Sunrise in the Arctic

"Melt the Frozen, Warm the Chill"*

**Worship Aid ~ Lent 2026
March 1, 2026 ~ Second Sunday in 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. Whether you are joining us online or in person, welcome to Mary Magdalene the Apostle Catholic Community based in San Diego, CA, on the unceded territories of the many tribes and bands of the Kumeyaay nation, our neighbors on whose land we have made our home.

My name is... one of your lectors this evening. Jane Via is our in-person presider and homilist. Nancy Corran is our online presider. We gather in person and online as we journey together 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.

For these 6 weeks of Lent, to honor the quieter, contemplative quality of the 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, again just during Lent, we refrain from applause to help us carry a reflective tone with us as we depart. We appreciate that this *temporary* change may at first feel awkward given our community's natural exuberance, love, gratitude, and joy, but the intention of the practice, supported by the liturgy committee, is that we might find joy in silence and new Lenten insight in stillness.

COMMUNITY ANNOUNCEMENTS

- Tomorrow, **Monday March 2 at 1pm**, we will begin our Zoom conversation about the book [Calling In: How to Start Making Change with Those you'd Rather Cancel](#) by [Loretta Ross](#). We will be discussing the Prologue and Chapter 1. The Zoom link is in the bulletin and will be sent by email.
- **March 6, 2026** is the first Friday of March. Once again, we will gather to pray a contemporary version of the rosary at **9:30 am**. All are welcome to join us in this collective prayer for the world. The prayer text and zoom connection will be sent out the week of the first Friday.
- **Next Sunday, March 8**, as we "Spring Forward" we return to a 5pm Liturgy start time.
- The Centering Prayer Group is holding an in-person only Lenten Retreat on the GLC Campus on **Tuesday March 10th, from 9:30 am - 3:30 pm**. All are invited to attend any portion of the day, which will include Centering Prayer, Harp Meditation, Community Sharing, and a Contemplative Reading of Scripture. Please see the bulletin for further detail and contact Diane Langworthy with any questions or to RSVP.
- Directly after Liturgy, on **March 15**, Sue will lead us in a "play-date", which will include some light movement and music for 20 minutes. And on **Monday, March 23, from 1-3pm**, we will make Easter Cards to be included in meals distributed by Catholic Worker.
- 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 – “Come and Find the Quiet Center”

Murray & McKendree

Come and find the quiet center in the crowded life we lead,
find the room for hope to enter, find the frame where we are freed:
clear the chaos and the clutter, clear our eyes, that we can see
all the things that really matter, be at peace, and simply be.

Silence is a friend who claims us, cools the heat and slows the pace,
God it is who speaks and names us, knows our being, touches base,
making space within our thinking, lifting shades to show the sun,
raising courage when we're shrinking, finding scope for faith begun.

In the Spirit let us travel, open to each other's pain,
let our loves and fears unravel, celebrate the space we gain:
there's a place for deepest dreaming, there's a time for heart to care,
in the Spirit's lively scheming there is always room to spare!

Greeting

We begin our liturgy with the sign of our faith.

+ In the name of God who is the Journey, who companions us along the way,
and who inspires us 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 [Sung Responses]

And as we begin, we remember those times we ignored or sought to avoid our inner work...

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

Holy Mystery, as we gather, we embrace more consciously our inner journeys, even our individual Exodus through the wilderness. We search for the home of our best selves. Be our strength on the journey. Lift us up when we stumble and fall. Redirect us when we lose our way. Journey with us, we pray...Amen.

~ LITURGY OF THE WORD ~

First Reading

Ex 24:1a, 9-12, 15-18a; 34:28-29

A Reading from the Book of Exodus

God said to Moses, "Come up the mountain, to Me. Bring Aaron, Nadab, and Abihu, and the seventy elders..."

They went up the mountain and saw the God of Israel. Under God's feet, there appeared to be a pavement of sapphire stone, as clear as the sky itself. God did not raise a hand against them. They saw God; and they ate and they drank.

Then God said to Moses, "Come up to Me on the mountain's top, and wait there. I will give you tablets of stone, and laws, which are for the people's instruction."

Moses climbed farther up the mountain. Then, a cloud covered the mountain. The glory of God settled on Mount Sinai. The cloud covered the mountaintop for six days. On the seventh day, God called to Moses from the midst of the cloud. To the Israelites below, the glory of God looked like a consuming fire on top of the mountain. But Moses entered the midst of the cloud on the top of the mountain.

Moses was on the mountain for forty days and forty nights. He neither ate bread nor drank water. He wrote on hewn tablets the words of the covenant; the ten "words", the ten commandments.

When Moses came down from Mount Sinai with the two tablets of the covenant, he was not aware that the skin of his face was radiant because he had spoken with God.

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:

The musical score is written in treble clef with a key signature of one flat (Bb). It consists of five lines of music with the following lyrics and chords:

Line 1: Let the re - fin - ing Fire of your Love
Chords: A (omit 3), Dm, Am7, Dm

Line 2: reach the hid - den pla - ces with - in o - pen
Chords: Bb, Dm, C

Line 3: hearts. For - give us and
Chords: Dm, A (omit 3), Dm

Line 4: let the deep re - gret of our souls
Chords: Dm7, G, Dm

Line 5: rise up as con - trite of - frings.
Chords: Am, Dm

***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 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 Tim 1:2a, 6-10

A Reading from the Second Letter to Timothy

My Timothy, my dear child...

I remind you to fan into flame the gifts of God that you have, for which I laid hands on you in blessing. God did not give us a timid spirit, but a dynamic, loving spirit, and a spirit of self-discipline.

So, don't be embarrassed to speak up for the sake of Jesus the Christ, nor be ashamed of me, a prisoner for Jesus' sake. Rather, bear your share of hardship for the gospel with strength that comes from God.

It is God who made us whole and called us to this holy work. We were called by God's own desire and by grace. Remember it is God who works through you. This grace was given to us in the Cosmic Christ before time began. And now, through Jesus the risen Christ, our call has been made abundantly clear. The Christ is the one who destroyed death and brought life and immortality in its wake.

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 17:1-9

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

A Reading from the Gospel attributed to Matthew. ***Glory to you, O God.***

Six days after Jesus revealed to the disciples that, as the Christ, he must suffer many things, Jesus took Peter, James, and his brother, John with him, and led them up a high mountain by themselves. In their presence, Jesus was transfigured with a face that shone like the sun, and with clothes that became like a dazzling light.

Suddenly Moses and Elijah appeared, talking with the Christ. Then Peter said to Jesus, "Rabbi, it's good for us to be here. If you wish, I'll make three tents here, one for you, one for Moses, and one for Elijah."

While Peter was still speaking, a luminous cloud covered them with a shadow. From the cloud a voice said, "This is my Own, my Beloved, with whom I am well pleased. Listen to this One!"

When the disciples heard this, they fell prostrate, overcome by fear. Jesus came and touched them saying, "Rise! Do not be afraid." When they raised their eyes, they saw no one but Jesus. As they were coming down the mountain, Jesus commanded them, "Tell no one about the vision until after the Chosen One has been raised from the dead."

The Gospel of God.

Praise to you Jesus the Christ.

Homily

Jane Via

The Glory of God has broken through – on the mountain in the time of Moses, in the time of Jesus, and in our time. “Rabbi, it’s good for us to be here.” With that simple trust, let us call on God for everything that we and all creation need.

Our response: Rise! Do not be afraid.

All: Rise! Do not be afraid.

Knowing that it is good for us to be here, let us pray that this Lent brings us to ever greater openness to what God is doing in our world ... and so we pray ...

All: Rise! Do not be afraid.

That we remember that, despite nations being at war and countries in ruin, the Word of the Holy One will slowly break through the hearts of stone ... we pray ...

All: Rise! Do not be afraid.

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: Rise! Do not be afraid.

That we take to heart that the voice from the cloud, “This is my Own, my Beloved” is addressed to us as well ... we pray ...

All: Rise! Do not be afraid.

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: Rise! Do not be afraid.

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

All: Rise! Do not be afraid.

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: Rise! Do not be afraid.

[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: Rise! Do not be afraid.

Prayer to Conclude POF

We share the longings of our hearts with You, Ever Becoming One, that our journeys and our longings might be in harmony with Your divine unfolding. We pray...Amen.

Offertory Song – “In These Days of Lenten Journey”

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**

~ 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.

Incomprehensible Holy Mystery, we bring bread and wine to Your table, food for our inner journeys. We seek to be messengers of peace, love and realistic hope in our fragmented world. May this sacred meal be for us a sign of Your presence in and among us, recognition our individual and collective covenant with You, and a deepened awareness of our oneness with all that is. We pray...Amen.

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, the cup of Love. 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.

***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.

***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 - "In the Silence"

Sarah Kroger

In the silence of the heart you speak, and your mercy is the air we breathe.
You come to us in whispers and forgiveness sings.
In the silence of the heart you speak; God, you speak.

To the quiet of this room you come; We are captivated by this love.
You light these darkened corners, and we're overcome.
To the quiet of this room you come; God, you come.

In the stillness of our souls You know; You are hope that will not let us go.
You are the voice we follow; you lead us home.
In the stillness of our souls you know; God, you know.

Closing Prayer

Wise and Faithful Guide, we give thanks for the gift of this sacred meal, for Your presence among us, for one another and for all those who share our journeys. May we never lose awareness of our on-going becoming. May we never fail to wonder, at every stage of our lives, who we are meant to be. Shelter us on our journeys. Transfigure us with Your Love, we pray...Amen.

Closing Blessing

adapted from Ruth Duck

*Companioning Spirit,
May we become, more and more, persons of good will whose actions bear the mark of peace.
May we, more and more, make kind-hearted decisions and ever greater
compassion for others and ourselves.
May we be courageous when we face uncertainty.
May we always be drawn to the altar of unselfishness.
May we remember every day that we are continuing to become the person we are meant
to be. May we receive the gifts of wonder and awe as You draw us more fully
into Your holy love,
Let the church say...Amen*

Sending Forth

This Mass is ended.
Lent continues.
Thanks be to God.

Closing Song – “For the Healing of the Nations”

Kaan

For the healing of the nations, God, we pray with one accord.
For a just and equal sharing, of the things that earth affords.
To a life of love in action, help us rise and pledge our word.

Lead us forward into freedom, From despair your world release,
That, redeemed from war and hatred, all may come and go in peace.
Show us how through care and goodness, fear will die and hope increase.

All that kills abundant living, let it from the earth be banned:
Pride of status, race or schooling, dogmas that obscure do ban.
In our common quest for justice, may we hallow life's brief span.

You, Creating God, have written, Your great name on humankind
For our growing in your likeness, bring the life of Christ to mind;
That by our response and service, Earth its destiny may find.

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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