



•*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
March 8, 2026 ~ Third 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 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. Nancy Corran is our homilist and online presider. Jane Via is our in-person 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 website. 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.

To honor the quieter, contemplative quality of the Lenten season, during the sign of the peace, we invite you to pass the peace in silence. We also ask that, at the close of Liturgy, 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 usual exuberance, but the intention of the practice is that we might find joy in silence and new Lenten insight in stillness.

COMMUNITY ANNOUNCEMENTS

- Every Monday at 1pm on Zoom, for several weeks, we are invited to participate in an a discussion group as we read through the book, *Calling In: How to Start Making Change with Those You'd Rather Cancel*. The Zoom link is in the bulletin and will be sent out weekly by email.
- The Centering Prayer Group is holding an in-person only Lenten Retreat on the GLC Campus this upcoming **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.
- **Please invite Sue Bruner forward to announce upcoming online and in-person "Play Dates"**
- 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 – “Blessed Be Your Name”

Redman

Blessed be Your name in the land that is plentiful,
Where Your streams of abundance flow; blessed be Your name.
Blessed be Your name when I’m found in the desert place,
When I walk through the wilderness; blessed by Your name.

***Every blessing You pour out I’ll turn back to praise.
When the darkness closes in, God, still I will say:
Blessed be the name of our God. Blessed be Your name.
Blessed be the name of our God. Blessed be Your holy name.***

Blessed be Your name when the sun’s shining down on me,
When the world’s all as it should be; blessed be Your name.
Blessed be Your name on the road marked with suffering;
Though there’s pain in the offering, blessed be Your name. **(R)**

You give and take away. You give and take away.
My heart will choose to say, “God, blessed be Your name.”

***Blessed be the name of our God. Blessed be Your name.
Blessed be the name of our God. Blessed be Your holy name. (Repeat)***

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 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 call to mind times this past week when our hearts were cold and our attitudes chilly...

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 One, In today's Scripture, we'll hear the challenges of desert life for the ancient nomadic Hebrews and the challenges facing early followers of Jesus, wanderers in their own way. We give thanks for the life of Miriam, the prophetess, who helped guide her people into freedom, and for the life of the Samaritan woman, who guided her people in the knowledge that God is not geographically bound. May the remembrance of these women inspire us in our times of trial, we pray...Amen.

~ LITURGY OF THE WORD ~

First Reading

Num 20:1-13

A Reading from the Book of Numbers

In the first month of the year, which was for the Hebrews the first month of Spring, the whole Israelite community arrived at the Desert of Zin. They stayed at Kadesh, which means "Holy Place." There, Miriam died and was buried. Miriam was a leader among the Israelites along with Aaron and Moses, her brothers.

Now, there was no water for the community in Kadesh. The people gathered in opposition to Moses and Aaron, for they thirsted for water. They quarreled with Moses and said, "Give us water to drink." The people complained, "If only we'd died when were in captivity in Egypt! Did you bring us, God's people, into this desert, so that we and our children and our livestock should die here? Why did you bring us up out of Egypt to this terrible place? It has no grain or figs, no grapevines or pomegranates. And there is no water to drink!"

Moses and Aaron went from the assembly to the entrance to the Tent of Meeting and fell prostrate, face down. The glory of God appeared to them. God said to Moses, "Take the staff and call the people together. Speak to the rock around which they will gather, and it will pour out its water. You will bring water out of the rock for the community, so that all and their livestock can drink."

So, Moses took the staff, which had remained in the Tent, just as God had commanded. Moses and Aaron gathered the assembly together around the rock. Moses said to them: "Listen, you rebels, must we bring you water out of this rock?" Moses raised his arm and struck the rock twice with his staff. Water gushed out. The entire community and their livestock drank. And so, from beneath the holy land where Miriam had been buried, waters flowed in a running stream for all to drink.

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 Bb 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

Rom 5:1-8

A Reading from Paul's Letter to the Church in Rome 5:1-8

We know that it's faith, not outward signs of religious affiliation, that makes us "right" with God. We have peace with God through Jesus the Christ...

And so, we rejoice in our tribulations, knowing that tribulation produces perseverance, perseverance produces character, and character produces hope. And this hope does not disappoint because God's love has been poured into our hearts through the Holy Spirit Who has been given to us.

God's Love was revealed in this: Jesus the Christ died for all those we perceive as unworthy of his death. Scarcely will one die for a good and righteous person! Even fewer would die for someone who has committed many evils. But God showed what Love is when Jesus died on the cross. God extends forgiveness to all because of Jesus' love for all.

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

John 4:5-30, 39-40

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

A Reading from the Gospel attributed to John

Glory to you, O God.

Jesus came to a Samaritan town called Sychar, near the plot of ground that Jacob and Rachel had given to their son, Joseph. Rachel and Jacob's well was there. It was the well where Rachel had been drawing water for her sheep when she first met Jacob who sojourned in that land.

Jesus, weary from his journey, sat down by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink". (The disciples had gone into the town to buy food.) The Samaritan woman said to him, "You are a Judean. I am a Samaritan and a woman. How can you ask me for a drink?" (Judeans were told not to share vessels, or even associate, with Samaritans.) Jesus answered her, "If you knew the gift of God, and who is saying to you, 'Give me a drink', you would have asked me for a drink. I would then have given you *living water*." The woman said to Jesus, "Sir, you have nothing to draw with and the well is deep. Where do you get that living water from? Are you greater than our ancestors Rachel and Jacob, who gave us this well, and drank from it themselves along with their children and their flocks?" Jesus responded, "Whoever drinks of this water will be thirsty again, but whoever drinks of the water that I will give them will never thirst. Indeed, the water I give will become in them a spring of water welling up to life everlasting." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'. You've had five husbands, and the one whom you care for now is not your husband. What you've said is true!" The woman replied, "Sir, I see that you are a seer, a prophet. You should know, then, that our ancestors worshipped on this mountain; but you Judeans say that the place people must worship is in Jerusalem." Jesus said to her, "Believe me, dear woman, the hour is coming when you will worship God neither on this mountain nor in Jerusalem... The time is coming, and is now here, when true worshippers will worship our Loving God in spirit and truth. Indeed, God seeks worshippers such as these. God is Spirit, and those who worship God must worship in spirit and truth." The woman said to Jesus, "I know that the Messiah is coming, the one called the Anointed, the Christ. The Messiah will tell us everything." Jesus said to her, "I am the Messiah, the one who is speaking with you."

Just then Jesus' disciples returned. They were astonished that he was speaking with a woman, but no one said to her, "What do you want?" or to Jesus, "Why are you speaking with her?" The woman left her water-jar and went back to the city. She said to the people, "Come and see someone who told me everything I have ever done! Could this be the Messiah?" They left the city and went to Jesus.

Many Samaritans from that city believed in him because of the woman's word and her testimony, "He told me everything I have ever done." When the Samaritans came to him, they asked him to stay with them; and he did. He stayed there two days.

The Gospel of God.

Praise to you, Jesus the Christ.

The desert, thirst, drought – in San Diego we know the deep significance of water. Now we are offered living water, bringing life everlasting. With these simple and profound images in mind, let us call on God for everything that we and all creation need.

Our response: Let us worship in spirit and truth.

All: Let us worship in spirit and truth.

After Miriam died, Moses and Aaron were unsure how to handle discord in their community, except to turn to God for help. That we might turn to the Holy One in the same way ... we pray ...

All: Let us worship in spirit and truth.

That through this Lenten observance we learn to fast from everything that brings harm to our fellow human beings, to all living things, and to the world in which we live ... we pray ...

All: Let us worship in spirit and truth.

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: Let us worship in spirit and truth.

Today is the 116th observance of International Women's Day, honoring gender equality and encouraging us to continue to build a world in which difference is valued and celebrated ... we pray ...

All: Let us worship in spirit and truth.

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: Let us worship in spirit and truth.

For those who treat us as foreigners to be avoided, and for those whom we have treated as unwanted foreigners ... we pray as Jesus said we should ...

All: Let us worship in spirit and truth.

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: Let us worship in spirit and truth.

[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: Let us worship in spirit and truth.

Prayer to Conclude POF

Holy One, send Your refreshing, healing, and renewing waters to the parched places in our lives. May our prayers be as buoys to all who suffer or are afraid. May our prayers be a well of hope for all who need hope. Like Miriam's rock, may our prayers bring life even where death seems to reign, we pray...Amen.

Offertory Song – “Flow River Flow”

Hurd

***Flow river flow, flow over me.
O living water, Poured out for free;
O living water, flow over me.***

Our hearts shall see, and we shall find a voice;
Then we shall leap for joy.
Rivers will flow into dry and barren desert,
Flowers bloom in splendor, glory fill the land. **(R)**

Whoever drinks the water I will give
Will never thirst again.
The drink I give is an ever-flowing river,
Welling up within you to give abundant life. **(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

God, Giver of Life, we thank you for these gifts, reminders of Your presence within us welling up into abundant life. As we eat this bread and drink this cup, may our hungers be fed, and our thirst, satisfied, we pray..

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...

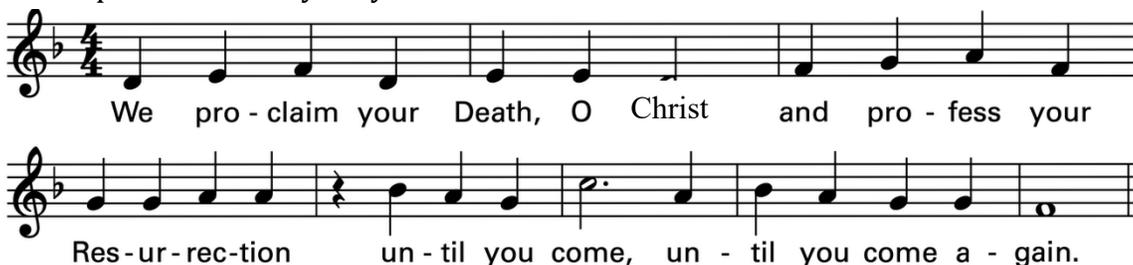
...on the night before Jesus died, while at supper with his friends, he took bread, said the blessing, broke the bread and gave it to them saying: "Take this, all of you, and eat. This is my body. Do this in memory of me."

[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 "Healing Waters"

Trevor Thomson

***Healing waters, flow over me.
Living water, refreshing me.
Mys-t'ry's ocean, transforming me.
Healing water, renew me.***

Flow through my heart, O God.
Come live inside my heart.
Come fill my heart with your
compassion.
You are the water of life.
You are the breath of heaven,
Together we renew cre-a-tion, God. **R**

Wash us in waters of love;
heal us, reveal we're holy,
for only you can heal all, God.
Wash over us, O Love.
Refresh our thirsty souls
for you alone can make us whole, O God.
R

Eat This Bread, Taizé chant
*Eat this bread, drink this cup,
come to me and never be hungry.
Eat this bread, drink this cup,
trust in me and you will not thirst.*

Closing Prayer

*Holy Love, in this meal we have shared, give us the strength of Miriam to lead people through waters and to waters, that they - and we - might know life to the full. In the broken bread, remind us to give thanks even in affliction, trusting that hope in Love, never disappoints. Having drunk from the cup, give us the courage to lift up our voices to defend the wronged Samaritan Women of our times that they, in turn, may be lifted up to positions of authority and influence, we pray...
Amen.*

Closing Blessing

excerpts from Pope Leo's Prayer for Disarmament and Peace

*God of Life...
You who greeted your disciples saying, "Peace be with you,"
grant us the gift of your peace
and the strength to make it a reality in history.*

*Melt hearts frozen by hatred, resentment, and indifference,
so that we may become instruments of reconciliation.*

*Enlighten the leaders of the nations,
so they may have the courage to abandon projects of death...
and place the lives of the most vulnerable at the center.*

*May every kind word, every gesture of reconciliation,
and every choice for dialogue be seeds of a new world.*

*Let the Church say... **Amen***

Sending Forth

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

Closing Song – “How Can I Keep from Singing”

Gutfreund

My life flows on in endless song above earth's lamentation.
I hear the real though far off hymn that hails a new creation.

***No storm can shake my inmost calm while to that rock I am clinging.
Since love is all in heaven and earth, how can I keep from singing?***

Through all the tumult and the strife, I hear the music ringing.
It sounds and echoes in my soul; how can I keep from singing?

What though the tempest 'round me roar, I hear the truth, it liveth;
What though the darkness 'round me close, songs in the night it giveth.

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.mmac.org/donate>.

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