



•*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 15, 2026 ~ Fourth 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 peace, we invite you to offer a sign of peace to one another 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. The intention of these practices is to embrace Lenten silence. In so doing, our ears are opened to other voices, perhaps those long-silenced.

### **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.
- **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.
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### **GONG**

*[moment of silence]*

## ~ OPENING RITES ~

### Opening 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.

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.

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.

### 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

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

*we pray...Amen.*

## ~ LITURGY OF THE WORD ~

**A Reading from First Book of Samuel**

Although he was of low position, God chose David to replace Saul as Ruler of Israel, saying, "Pay no attention to appearances and stature. God does not see as humans see. People look at the outward appearance. God looks at the heart." From that day Saul kept a jealous eye on David and wanted him dead.

Now, Michal, Saul's daughter, loved David. When Saul heard of this, he was pleased. He thought, "Yes, I will give her to him. She can be the snare, so that it won't be my hand that is against him, but the hand of the Philistines." (This was the second time Saul said to David, "Today, you shall become my son-in-law." On one other occasion, David refused because his lineage was not royal and he did not deem himself worthy.) Saul gave instructions to his servants, "Have a private word with David, and say, 'See how the Ruler is delighted with you, and all of his servants love you. It's time for you to marry into the royal family.'"

David again refused, saying, "Is becoming the king's son-in-law a trivial matter to you? I have neither wealth nor position." When the servants reported this, Saul said, "Tell David this: 'The ruler desires no other bride-price except the foreskins of one hundred Philistines.'" David was very pleased at the prospect of marrying Michal. With these terms, he could do so with honor. Saul, however, was counting on David's death at the hand of the Philistines.

No time was lost before David made ready, galvanized his fighting force and went to war against the Philistines. David killed two hundred Philistines, brought back their foreskins and counted them out before Saul. Saul, then, had to sanction the marriage between Michal and David.

Having failed in using Michal as bait, Saul decided that he would take it upon himself to kill David. Saul sent messengers to David's house to guard it, planning to kill him in the morning. Michal warned her husband, "If you don't escape tonight, you'll be a dead man tomorrow!" Michal then let David down through the window so that he was able to flee and escape to safety. Michal then took their household god, laid it on the bed, put a tress of goats' hair at the head of the bed, and covered it with a blanket.

When Saul sent officers to apprehend David, Michal said, "He's sick." Saul sent the officers back to see David, with the words: "Bring him to me on his bed, so that I can kill him!" When the messengers entered, they found the statue in the bed, with the goat's hair at its head. Saul asked Michal, "Why have you deceived me like this? You let my enemy get away, assisting his escape!" Michal replied to Saul, "David threatened me, saying 'Let me go! Or shall I kill you?'"

Hear what the Spirit is saying to the People of God.

***Thanks be to God.***

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.***

The image shows a musical score for a sung psalm response. It consists of five staves of music in G major, 3/4 time. The lyrics are written below the notes. The chords are indicated above the staff: A (omit 3), Dm, Am7, Dm, Bb, Dm, C, Dm, A (omit 3), Dm, Dm7, G, Dm, Am, Dm. The lyrics are: Let the re - fin - ing Fire of your Love reach the hid - den pla - ces with - in o - pen hearts. For - give us and let the deep re - gret of our souls 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 John 2:7-10

### A Reading from the First Letter of John

Beloved, I am writing no new commandment to you but an old commandment, one you have had from the beginning. This ancient commandment is the word that you have heard. Yet I do write a new command to you since you are experiencing it anew. This word of love, the commandment to love one another, is seen in the Christ and in and among you. The chaos of our times is already yielding to clarity, to enlightenment.

Whoever says they know and understand this commandment, and yet hates another, remains ignorant, blind to its meaning. Whoever chooses to love gains full understanding. Nothing will cause that person to stumble or fall.

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 9:1-3, 5-17, 24-41

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

A Reading from the Gospel attributed to John

***Glory to you, O God.***

As Jesus walked along, he saw someone who had been blind from birth. The disciples asked Jesus, "Rabbi, was it this person's sin that caused the blindness or that of the parents?" "Neither," Jesus answered. "It wasn't because of anyone's sin - not this person's nor the parents'. It was so God's

works might be made visible through this child of God... While I am here, I must make God visible in the world.” With that, Jesus spat on the ground, made mud with his saliva and smeared it on the eyes of the one born blind. Then Jesus said, “Go. Wash in the pool of Siloam”, which means “sent”. So, the person went off to wash and returned, able to see.

Neighbors, and those who had gotten used to seeing the blind beggar, began to ask, “Isn't this the one who used to sit and beg?” Some said “yes.” Others said “no”, that the one who had been healed only looked like the beggar. But the one whose vision had been restored said, “Yes. I am the one who was blind and a beggar.” Then the people asked, “Then how were your eyes opened?”

“The one they call Jesus made mud and smeared it on my eyes and told me to go to Siloam and wash. When I went and washed, I was able to see.”

“Where is Jesus?” they asked. “I don't know”, came the reply. Then they took the one-born-blind to the Pharisees. It was on the Sabbath that Jesus made the healing mud paste for the one born blind. The Pharisees asked how the person came to see. The person again answered, “Jesus put mud on my eyes. I washed it off. Now I can see.” This prompted some Pharisees to say, “This Jesus is not from God because he doesn't keep the Sabbath.” Others argued, “But how could a sinner perform signs like these?” They were sharply divided. They asked again, “What do you have to say about Jesus? After all, he opened your eyes!” The one born blind said, “Jesus is a prophet”.

...A second time the Pharisees summoned the one born blind and said, “Give glory to God for this deed, not that Jesus who is a sinner”. The one born blind said, “I don't know whether Jesus is a sinner or not. I only know that I was blind and now I see”. They persisted, “Exactly what happened? How were your eyes opened?”

“I already told you, but you won't listen to me. Why do you want to hear it all over again? Do you want to become disciples of Jesus too?”

They retorted scornfully, “You're the one who is Jesus' disciple. We're Moses' disciples. We know God spoke to Moses, but we have no idea where this Jesus comes from.” The one born blind retorted in turn, “That is what is so amazing! You are blind to where Jesus is from even though he opened my eyes! You say that God does not listen to sinners. You say God listens to those who are devout and who do the desire of God's heart. It is unheard of that anyone ever gave sight to a person blind from birth. If Jesus were not from God, he could never have done such a thing!” “What!” they exclaimed. “You are steeped in sin, and have been from birth, and you're teaching us?!” With that they threw out the accused.

When Jesus heard of the expulsion, he sought out the one whose sight had been restored and asked, “Do you believe in the Chosen One?” “Who is the Chosen One that I may believe?” Jesus replied, “The one you see before you; the Chosen One is speaking with you now.” The healed one said, “Yes, I believe,” and praised Jesus. Jesus said, “I came into this world to bring justice, so that those who are blind might see, and those who think they see right, become blind”.

Some Pharisees who were nearby heard this and said, “You're not calling us blind, are you?” To which Jesus replied, “If you were blind, there would be no sin in that. But since you say, ‘We see’, your sin remains.”

The Gospel of God.

***Praise to you, Jesus the Christ.***

“What do you have to say about Jesus? After all, he opened your eyes!” “I only know that I was blind and now I see.” Let us turn the eyes of our hearts to the Eternal Holy One, on this Laetare Sunday, when we are called to joyful hope, despite everything.

Our response: We were blind and now we see.

***All: We were blind and now we see.***

That at this mid-point of our Lenter observance we come to see that “Whoever chooses to love gains full understanding” ... we pray ...

***All: We were blind and now we see.***

That we remember that although nations are at war and countries in ruin, we are called to see differently and to embrace joyful hope, despite everything ... we pray ...

***All: We were blind and now we see.***

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 were blind and now we see.***

In thanksgiving for the winter rains that have greened up our fields and hillsides, and in gratitude for the Baptismal waters that have washed away our blindness ... we pray ...

***All: We were blind and now we see.***

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 were blind and now we see.***

In thanksgiving for what we have come to see, and for the times we have been unwilling to see ... we pray as Jesus said we should ...

***All: We were blind and now we see.***

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 were blind and now we see.**

[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 were blind and now we see.**

**Prayer to Conclude POF**

*we pray...Amen.*

### Offertory Song – “Bread of Life”

*Fisher*

Bread of life and cup of hope, we come as gift to you.  
Change our hearts; fill us with peace. Transform our lives a-new.  
Open our eyes so that we might see your presence in one another.  
Your life poured out in love today unites us all in you.

Loving God, Creator God, open our eyes to see  
the good that lives in each of us, that called the world to be,  
and when we fail to see the good, when friendships falter and crumble,  
give us the courage to forgive that we may live in peace.

Living Word, O Jesus Christ, your love shows us the way  
that we may live in harmony, and from you never stray.  
Wipe all oppression from our midst; give us a love for all people.  
Your song of justice sing in us, to live for peace today.

### ~ 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**

*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 "Now in This Banquet"

Haugen

***Now in this banquet, Christ is our bread; Here shall all hungers be fed.  
Bread that is broken, wine that is poured, Love is the sign of our God.***

You who have touched us and graced us with love,  
make us your people of goodness and light.

***Lenten chorus:***

***Christ, you can open hearts that are stone; Live in our flesh and our bone;  
Lead us to wonder, myst'ry and grace, One in your loving embrace.***

Let our hearts burn with the fire of your love,  
open our eyes to the glory of God.

***Lenten chorus:***

***Christ, you can open hearts that are stone; Live in our flesh and our bone;  
Lead us to wonder, myst'ry and grace, One in your loving embrace.***

God who makes the blind to see, God who raises us to life,  
Bring us dancing into day, lead your people in your way.

***Lenten chorus:***

***Christ, you can open hearts that are stone; Live in our flesh and our bone;  
Lead us to wonder, myst'ry and grace, One in your loving embrace.***

Hope for the hopeless, light for the blind,  
"Strong" is your name, God, "Gentle: and "Kind."

***Now in this banquet, Christ is our bread; Here shall all hungers be fed.  
Bread that is broken, wine that is poured, Love is the sign of our God.***

Closing Prayer

*we pray... Amen.*

Closing Blessing

*Let the Church say... Amen*

## **Sending Forth**

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

## **Closing Song - "I am the Vine"**

*Bob Hurd*

***I am the vine, you are the branches.  
Remain in me, you shall be fruitful.  
Love for the world, hope for the hopeless.***

If you love, then you must root yourself in Me.  
For the branch will bud and thrive, within the tree.

If you give, then you must give yourselves free-ly,  
As the riv-ers from mountains, run to the seas. **(R)**

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*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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