



•*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 22, 2026 ~ Fifth 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. Jane Via is our homilist and in-person presider. 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 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 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.
- Also tomorrow, Monday, March 23rd from 1:00 to 3:00 pm, in the Garden Room, you are invited to make Easter Cards for our neighbors who are served by the Catholic Workers. We will be making up to 150 cards. We have all the supplies you will need, but feel free to bring any supplies you might have.
- 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 – “Beyond The Days”

Manalo

*Beyond the days of hope and mystery we see a light of faith renewed,
and in our longing we thirst for guidance to walk with you day by day.*

Forty days and nights, you guide the steps of our journey.
May your presence be felt in the whisper of your voice. **R**

Not on bread alone are we to walk on this journey.
Speak the words that give life to the yearnings of our hearts. **R**

In your hands, O God, we feel the touch of your guidance.
Keep us safe in your care: may your gentleness be there. **R**

On our Lenten path we see the dawn of a new day.
Be our vision of hope; be the promise of our lives. **R**

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

Holy Mystery, as we gather for liturgy tonight we confront the collision between modern consciousness and ancient consciousness, the modern obsession with facts and evidence and the ancient focus on storytelling and meaning. May our liturgy open our minds to grasp reality that is not physical but real, the reality of You. We pray in Jesus' name...Amen.

~ LITURGY OF THE WORD ~

First Reading

Ezekiel 37:1-14

A Reading from the Prophet Ezekiel

The hand of God was upon me, and I was carried away by the Spirit, and set down in a valley full of bones. God led me up and down and all around them. There were very many bones lying in the valley, and they were very dry. God asked me, "Human One, can these bones live?" I answered, "You alone know that." Then God said to me, "Prophecy to these bones! Say to them, 'Dry bones, hear God's word!'" God said this to the bones, "I am now going to make breath enter you, and you shall live. I will put sinews upon you and will make flesh grow on you. I will cover you with skin and put breath in you so that you will live. And you will know that I am God."

I prophesied as told. A sound started up, as I was prophesying, a noise, a rattling like thunder, and the bones came together, bone joining bone. I looked. There were sinews on them, and flesh was growing on them. God said to me, "Prophecy to the winds, prophecy Human One, and say to the wind, 'Come from the four winds, O Spirit, and breathe upon these dead that they may come to life.'" I thus prophesied, and the spirit came into them, and they stood on their feet, a vast multitude.

God said to me, "Human One, these bones are the whole house of My people. They keep saying 'Our bones are dry, our hope has gone, we are cut off.' Therefore, prophecy! Say to them, 'The God-Who-Is says this: Look! I am going to open your graves. I will raise you from your graves, My people, and I will bring you back. You will know that I am your God when I open your graves and bring you up from them. You are My people. I will put My spirit in you, and you will live. Then you will know that I, God, have spoken, - and thus it is accomplished, declares your 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) and a 3/4 time signature. It consists of five staves of music with lyrics underneath. Chords are indicated above the notes.

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.

Chords: A (omit 3), Dm, Am7, Dm, Bb, Dm, C, Dm, A (omit 3), Dm, Dm7, G, Dm, Am, Dm.

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

Romans 8:6-9, 11

A Reading from Paul's Letter to the Romans

You know that, in your flesh, you will die. Yet the Spirit within you endures and yields life and peace. In our humanness, we can find ourselves hostile to God and others. Those who forget that their bodies are a Temple of the Holy Spirit - that God's own breath is in them - ignore God. But you know that the Spirit of God dwells in you.

If the Spirit of the One who raised Jesus from the dead dwells in you, that One will also give Life to your mortal bodies through the Spirit that dwells in 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

John 11:1-3, 5-8, 11-45

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

A Reading from the Gospel attributed to John

Glory to you, O God.

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed Jesus with perfume and wiped his feet with her hair. Lazarus, who was ill, was her brother. So, his sisters sent a message to Jesus, "Rabbi, the one whom you love is dying."

Jesus loved Martha and her sister and Lazarus. When Jesus heard that Lazarus was ill, he remained for two days in the place where he was. Then, he said to his disciples, "Let us go back to Judea." The disciples said to him, "Rabbi, the religious leaders were just trying to stone you, and you want to go back there?"

Jesus said to his disciples, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." The disciples responded, "Respectfully, Teacher, if he's fallen asleep, he will be all right, and well rested when he wakes." Jesus had been speaking about the death of Lazarus, but the disciples thought he was referring to sleep. Then Jesus told them plainly, "Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let's go to him." Thomas, who was called the Twin, said to the other disciples, "Let's also go to die with him."

When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, some two miles away, and many religious leaders and Judeans had come to Martha and Mary to console them.

When Martha heard that Jesus was coming, she went out to meet him. Mary stayed at home. Martha said to Jesus, "Teacher, if you had been here, my brother wouldn't have died; but I know that God will give you whatever you ask." Jesus said to her, "Your brother will rise again." Martha said to Jesus, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live; and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, I believe that you are the Messiah, God's Chosen One, the one coming into the world."

After Martha said this, she went back to the village and spoke to her sister, Mary, privately. “The Teacher is here,” she said, “and is asking for you.” When Mary heard this, she got up quickly and went to Jesus. Now Jesus had not yet entered the village but was still at the place where Martha had met him. Those who had been with Mary in the house comforting her noticed how quickly she got up and went out. They followed her, supposing she was going to the tomb to mourn there.

When Mary reached the place where Jesus was and saw him, she fell at his feet and said, “If you had been here, my brother wouldn't have died.” When Jesus saw her weeping, and the Judeans who had come with her weeping, he was deeply moved in spirit. “Where have you laid him?” he asked. “Come and see,” they replied. And Jesus wept. Then the Judeans said, “See how he loved him!” But some of them said, “Couldn't he who opened the eyes of the one born blind have kept this man from dying?”

Jesus, still deeply moved, came to the tomb. It was a cave with a stone laid across the entrance. “Take away the stone,” he said. “Rabbi”, said Martha, the sister of the dead man, “there will be a stench by this time. He's been dead for four days.” Then Jesus said, “Didn't I tell you that if you believe, you will see God's glory?” So, they took away the stone.

Then Jesus prayed and said, “Loving God, I thank You that You have heard me. I know that You always hear me. I say this out loud for the benefit of the people standing here, that they may believe You sent me.” Then Jesus called in a loud voice, “Lazarus, come out!” The dead man came out, his hands and feet bound with strips of linen, and a cloth wrapped around his face. Jesus said to them, “Untie him, and let him go.”

After this, many of the mourners who had come to visit Mary and had seen what Jesus did, believed in him.

The Gospel of God.

Praise to you, Jesus the Christ.

Homily

+Jane Via

Prayers of the Faithful 03-22-2026

5th Sunday in Lent - Laetare! Rejoice!

“You are my people. I will put my Spirit in you, and you will live.” “Didn't I tell you that if you believe, you will see God's glory?” Despite all the pains of humanity in our troubled times, in resurrection hope let us ask for all that we and all creation need.

Our response: Come from the four winds, O Spirit.

All: Come from the four winds, O Spirit.

That with Ezekiel we might prophesy as we are told, and know that God will bring new life and spirit even to dried-up bones and hearts ... we pray ...

All: Come from the four winds, O Spirit.

Jesus wept at the tomb of Lazarus and he weeps now, with us, for all who are facing war and ruin ... and so we pray ...

All: Come from the four winds, O Spirit.

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: Come from the four winds, O Spirit.

That our giving of thanks together – our Eucharist – will overflow into renewed generosity toward all our neighbors in need, wherever they may be ... we pray ...

All: Come from the four winds, O Spirit.

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: Come from the four winds, O Spirit.

For those who are so beaten down by life in these times of violence and chaos that they cannot envision resurrection and new life ... we pray as Jesus said we should ...

All: Come from the four winds, O Spirit.

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: Come from the four winds, O Spirit.

[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: Come from the four winds, O Spirit.

Prayer to Conclude POF

Cosmic One, we do not have Your vision and cannot know the impact of our prayers. We send these forth, nonetheless, as affirmations of You and Your cosmic glory, We pray...Amen.

Offertory Song – “Eat This Bread”

Berthier/Brunelle

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.***

I am the bread of life.

The true bread sent from our God.

Your ancestors ate bread in the desert.

But this is the true bread from heaven.

Anyone who eats this bread

Will live forever

~ 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

Holy Love, We offer these simple, material gifts of bread and wine as symbols of our awareness of Your invisible presence within us, of our oneness with You. May sharing them heighten our recognition that we are one with one another and all life. May consuming them nurture our faith in resurrection and transformed life beyond death. 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 Christ I, 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.

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 "Be Not Afraid"

Dufford

You shall cross the barren desert but shall not die of thirst.
You shall wander far in safety though you do not know the way.
You shall speak your words in foreign lands and all will understand.
You shall see the face of God and live.

***Be not afraid. I go before you always.
Come, follow me. And I will give you rest.***

If you pass through raging waters in the sea, you shall not drown.
If you walk amid the burning flames, you shall not be harmed.
If you stand before the darkest night and death is at your side,
Know that I am with you through it all. **(R)**

Blessed are your poor, for God's reign shall be theirs.
Blest are you that weep and mourn, for one day you shall laugh.
And if people do insult and hate you all because of me,
blessed, blessed are you. **(R)**

Closing Prayer

*Incomprehensible Holy Mystery, we move from Lent into rituals of remembrance of the final days of Jesus' life. May we hold before us the lamp of resurrection faith. We cannot see it. It is not physical. But, because of Jesus, we know resurrection is real. May the lamp of resurrection faith shed a new light of hope in our hearts as we honor Jesus' briefest triumph, and his violent suffering and death. We pray... **Amen.***

Closing Blessing

*May our capacity to hear the cries of the poor have been heightened by our Lenten journey.
May we see the face of Jesus in the eyes of the hungry.
May we call more often on the spirit of justice.
May we sing openly the song of freedom for all the oppressed.
May we loosen the bonds of despair and distress.
And may we go forth in sober anticipation of Holy Week and Triduum...
trusting that ritual, prayerfully enacted, can transform our hearts again.
Let the church say... **Amen***

Sending Forth

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

Closing Song – "Do Not Fear to Hope"

Cooney

***Do not fear to hope though the wicked rage and rise.
Our God sees not as we see; success is not the prize.
Do not fear to hope, for though the fight is long,
The race shall not be to the swift, the fight not to the strong.***

Look to God ,when vic-to-ry, seems out of jus-tice' sight.
Look to God, whose loving hand, brought forth the balance of the day and of the night. **R**

Look to God, when reason fails, and terror reigns in our sight.
Look upon, the crucified, and look beyond into Easter's dawning light. **R**

Bridge:

*Hope is for a pilgrim people, searching for a promised land.
Hope is like a rose in winter or an open hand.
It celebrates the light of morning while working in the dark and cold.
It gathers us together to share what we've been told. **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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