

THE HOLY EUCHARIST

THE FIRST SUNDAY IN LENT

February 18, 2024

11:00 AM





LAND ACKNOWLEDGMENT & WELCOME

Saint Mark's Cathedral acknowledges that we gather on the traditional land of the first people of Seattle, the Duwamish People, who are still here, and we honor with gratitude the land itself and the life of all the Coast Salish tribes.

QUESTIONS?

Please ask. Ushers (wearing the purple welcome lanyards) can answer your questions or concerns, or provide a hearing assist device. All-gender restrooms are available in the northwest stairwell and on the 5th floor of Cathedral House, accessible by elevator or southwest stairwell.

NEW TO SAINT MARK'S?

Welcome to Saint Mark's Cathedral. Wherever you are on your spiritual journey, you are welcome here! We invite you to complete a newcomer form, visit <u>saintmarks.org/newcomers</u> or connect with one of the clergy.

ABOUT THE LITURGY

Worship lies at the heart of the Christian life. It is in worship that we express our theology and define our identity. We encounter God within worship and are formed and transformed as the people of God. One of the hallmarks of the Episcopal Church is its liturgical worship. Liturgy literally is "the work of the people," and refers to the patterns, forms, words, and actions through which public worship is conducted.

A brief organ voluntary offered a few minutes before the hour bids all to keep silence for prayer and preparation.

PRELUDE An Wasserflüssen Babylon, BWV 653a

I. S. Bach

("By the rivers of Babylon we sat down and wept when we remembered you, O Zion")

LAND ACKNOWLEDGMENT

THE GREAT LITANY

musical setting by Peter R. Hallock

A bell bids all to kneel as able, and remain kneeling throughout the Litany. For those unable to kneel, a profound bow is an appropriate posture.



Cantor O God the Father, Creator of heaven and earth,



Assembly Have mercy upon us.

Cantor O God the Son, Redeemer of the world,

Assembly Have mercy upon us.

Cantor O God the Holy Ghost, Sanctifier of the faithful,

Assembly Have mercy upon us.

Cantor O holy, blessed, and glorious Trinity, one God,

Assembly Have mercy upon us.

Cantor Remember not, Lord Christ, our offenses, nor the offenses of our forebears; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy preserve us for ever.



Assembly Spare us, good Lord.

Cantor From all evil and wickedness; from sin; from the crafts and assaults of the devil; and from everlasting damnation,



Assembly Good Lord, deliver us.

Cantor From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice; and from all want of charity,

Assembly Good Lord, deliver us.

Cantor From all inordinate and sinful affections; and from all the deceits of the world, the flesh, and the devil.

Assembly Good Lord, deliver us.

Cantor From all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and commandment,

Assembly Good Lord, deliver us.

Cantor From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine,

Assembly Good Lord, deliver us.

Cantor From all oppression, conspiracy, and rebellion; from violence, battle, and murder; and from dying suddenly and unprepared,

Assembly Good Lord, deliver us.

Cantor By the mystery of thy holy Incarnation; by thy holy Nativity and submission to the Law; by thy Baptism, Fasting, and Temptation,

Assembly Good Lord, deliver us.

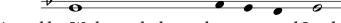
Cantor By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension; and by the Coming of the Holy Ghost,

Assembly Good Lord, deliver us.

Cantor In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgment,

Assembly Good Lord, deliver us.

Cantor We sinners do beseech thee to hear us,
O Lord God; and that it may please
thee to rule and govern thy holy
Church Universal in the right way,



Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to illumine all bishops, priests, and deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living, they may set it forth, and show it accordingly,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to bless and keep all thy people,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to send forth laborers into thy harvest, and to draw all humankind into thy kingdom,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to give to all people increase of grace to hear and receive thy Word, and to bring forth the fruits of the Spirit,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to bring into the way of truth all such as have erred, and are deceived,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to give us a heart to love and fear thee, and diligently to live after thy commandments,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee so to rule the hearts of thy servants, the President of the United States, and all others in authority, that they may do justice, and love mercy, and walk in the ways of truth

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to make wars to cease in all the world; to give to all nations unity, peace, and concord; and to bestow freedom upon all peoples,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to show thy pity upon all prisoners and captives, the homeless and the hungry, and all who are desolate and oppressed,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to give and preserve to our use the bountiful fruits of the earth, so that in due time all may enjoy them,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to inspire us, in our several callings, to do the work which thou givest us to do with singleness of heart as thy servants, and for the common good,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to preserve all who are in danger by reason of their labor or their travel,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to preserve, and provide for, all women in childbirth, young children and orphans, the widowed, and all whose homes are broken or torn by strife,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to visit the lonely; to strengthen all who suffer in mind, body, and spirit; and to comfort with thy presence those who are failing and infirm,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to support, help, and comfort all who are in danger, necessity, and tribulation,



Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to have mercy upon all humankind,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy holy Word,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to strengthen such as do stand; to comfort and help the weak-hearted; to raise up those who fall; and finally to beat down Satan under our feet,

Assembly We beseech thee to hear us, good Lord.

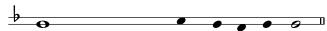
Cantor That it may please thee to grant to all the faithful departed eternal life and peace,

Assembly We beseech thee to hear us, good Lord.

Cantor That it may please thee to grant that, in the fellowship of Mary, Mark, and all the saints, we may attain to thy heavenly kingdom,

Assembly We beseech thee to hear us, good Lord.

Cantor Son of God, we beseech thee to hear us.



Assembly Son of God, we beseech thee to hear us.

Cantor O Lamb of God, that takest away the sins of the world,



Assembly Have mercy upon us.

Cantor O Lamb of God, that takest away the sins of the world,



Assembly Have mercy upon us.

Cantor O Lamb of God, that takest away the sins of the world,



Assembly Grant us thy peace.

Cantor O Christ, hear us.



Assembly O Christ, hear us.

Cantor Lord, have mercy upon us.



Assembly Christ, have mercy upon us.

Cantor Lord, have mercy upon us. ◆



The Lord be with you. And also with you. Let us pray.

ALMIGHTY GOD, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

All Amen.

Please be seated for the readings.

THE LITURGY OF THE WORD

The first reading is usually drawn from the Hebrew Scriptures, inviting us to trace our heritage in God's historical covenant with the People of God.

READING Genesis 9:8-17

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

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

Assembly Thanks be to God.

The Psalm is a sung response to the previous reading. Psalms are the songbook of the Hebrew Scriptures. They express every emotion known to humankind.

PSALM Psalm 25:1-9 ◆ St. Helena Psalter

Plainsong, Tone I.7

The cantor introduces the Antiphon, all repeat it. The cantor chants the verses, all repeat the Antiphon as indicated.



Ad te, Domine, levavi

To you, O God, I lift up my soul; my God, I put my trust in you; * let me not be humiliated, nor let my enemies triumph over me.

Let none who look to you be put to shame; *
let the treacherous be disappointed in their schemes. ANTIPHON

Show me your ways, O God, * and teach me your paths.

Lead me in your truth and teach me, *
for you are the God of my salvation;
in you have I trusted all the day long. ANTIPHON

Remember, O God, your compassion and love, * for they are from everlasting.

Remember not the sins of my youth and my transgressions; * remember me according to your love and for the sake of your goodness, O God. ANTIPHON

Gracious and upright are you; * therefore you teach sinners in your way.

You guide the humble in doing right * and teach your way to the lowly.

All your paths are love and faithfulness *
To those who keep your covenant and your testimonies. ANTIPHON

This reading, taken from the New Testament, is typically from a letter (epistle) to the early Church, the Acts of the Apostles, or the Revelation to John.

READING 1 Peter 3:18-22

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

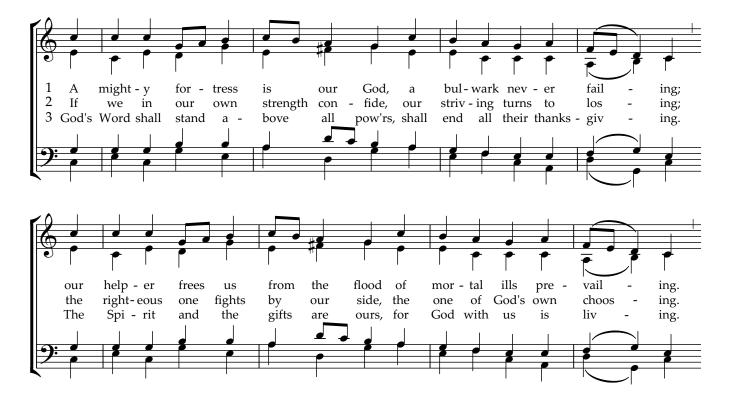
Reader Hear what the Spirit is saying to God's people.

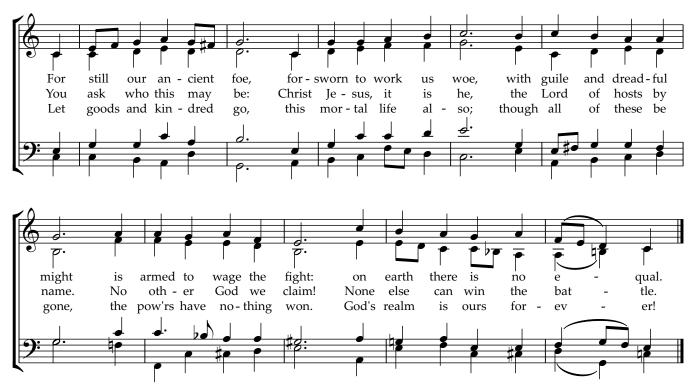
Assembly Thanks be to God.

The sequence hymn or Gospel acclamation moves us toward the summit of the Liturgy of the Word—the reading of the Holy Gospel. Gospel means "good news"—specifically the "good news of Jesus Christ."

All stand, as able.

SEQUENCE HYMN A mighty fortress is our God





Words: Martin Luther, tr. Frederick H. Hedge, alt.; Copyright 2006 Augsburd Fortress Music: *Ein feste Burg*, Martin Luther, harm. J. S. Bach. Public Domain.

This reading is taken from one of the four Gospels (Matthew, Mark, Luke, and John), which depict the life, teachings, death, resurrection, and ascension of our Lord Jesus Christ. We stand for the Gospel reading to show the particular importance placed on Jesus's words and actions.

THE HOLY GOSPEL Mark 1:9-15

Deacon The Holy Gospel of our Lord Jesus Christ according to Mark.

Assembly Glory to you, Lord Christ.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Deacon The Gospel of the Lord.

Assembly Praise to you, Lord Christ.

HOMILY

The Reverend Canon Linzi Stahlecker

Following the homily, the assembly is invited into a period of silence, reflecting on the scriptures and sermon. Please stand, as able, when the Presider stands as the liturgy continues.

The word "creed" comes from the Latin "credo" for "I believe." First formulated at the Council of Nicaea in 325 CE and confirmed in 381 CE, the Nicene Creed is said at the Holy Eucharist and reflects what Christians believe regarding the relationship between the Father, Jesus, and the Holy Spirit: The Holy Trinity.

THE NICENE CREED

The Book of Common Prayer (1979), p. 358

We believe in one God, the Father, the Almighty, Maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God. begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary; and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead,

and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead, and the life of the world to come. Amen.

The exchange of peace within the gathered community is an ancient Christian practice. It is a sign of reconciliation, love, and renewed relationships prior to coming to God's table for Eucharist.

THE PEACE

Presider The peace of the Lord be always with you. *Assembly* And also with you.

THE LITURGY OF THE TABLE

Having listened to the Word of God, affirmed our faith, confessed our sins, received forgiveness, and shared in the peace, we are prepared for the mystery and miracle of the Holy Communion. At the offertory, we gratefully offer back to God some of what God has given us, symbolically in the bread and wine, and in the money we give.

OFFERTORY

An offering of money is received. Everyone participating in worship is invited to make an offering in gratitude for God's generosity. Together, these gifts make possible this community of welcome, reconciliation and service. Those worshiping in person may place their offering in baskets as they are passed through through the rows.

Visit <u>saintmarks.org/give</u>, or use the Venmo mobile app (@SaintMarksCathedralSeattle, or scan the code at right). If Venmo asks you for a four-digit code, enter **2076**.



ANTHEM Emendemus in Melius

Emendemus in Melius quae ignoranter peccavimus, ne subito praeoccupati die mortis quaeramus spatium poenitentiae et invenire non possumus. Attendite, Domine, et miserere, quia peccavimus tibi. Adiuva nos, Deus salutaris noster, et propter honorem nominis tuis libera nos.

words: Matins Respond on the First Sunday of Lent; MUSIC: William Byrd

Let us atone for the sins we have committed in our ignorance, lest, should the day of death suddenly overtake us, we seek time for repentance and cannot find it. Hear us, Lord, and have mercy, for we have sinned against you. Help us, O God of our salvation, and according to the honor of your name, deliver us.

In the Great Thanksgiving, we do what Jesus himself asked us: thank God and recall all that God has done for us in the life, death, and resurrection of Christ. The Great Thanksgiving, or Eucharistic Prayer, is a lengthy prayer with several intentions. We recount the story of Jesus at the Last Supper, where he took, blessed, broke, and gave bread and wine as sacraments of his body and blood. We begin the Great Thanksgiving with the Sursum corda, meaning "Lift up your hearts."

All stand, as able.

THE GREAT THANKSGIVING *Eucharistic Prayer C*, adapt.

The Book of Common Prayer (1979), p. 369

Presider The Lord be with you.

Assembly And also with you.

Presider Lift up your hearts.

Assembly We lift them to the Lord.

Presider Let us give thanks to the Lord our God.

Assembly It is right to give God thanks and praise.

Presider God of all power, Sustainer of the Universe, you are worthy of glory and praise.

Assembly Glory to you for ever and ever.

Presider At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

Assembly By your will they were created and have their being.

Presider From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the stewards of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Assembly Have mercy, dear God, for we are sinners in your sight.

Presider Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of Mary his mother, to fulfill your Law, to open for us the way of freedom and peace.

Assembly By his blood, Christ reconciled us. By Christ's wounds, we are healed.

Presider And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

The Sanctus (Holy, Holy, Holy) is the hymn of praise that never ceases before God and is based on Isaiah 6:3.



We recall God's acts of salvation history. The presider says the "Words of Institution" that Jesus said at the Last Supper. At the Memorial Acclamation we remember Christ's death, resurrection, and promise to return at the end of the age. During the prayer, the Holy Spirit is invoked to bless and sanctify the gifts of bread and wine.

Presider And so, Most gracious God, we who have been redeemed by Christ, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Savior.

On the night he was betrayed Jesus took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, Jesus took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

Assembly We celebrate his death and resurrection, as we await the day of his coming.

Presider God of our kindred and their generation: God of Abraham, Isaac and Jacob; Deborah, Hannah, and Rebecca; God and Father of our Savior Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in your Son's name.

Assembly Risen and ascended One, be known to us in the breaking of the Bread.

Presider Accept these prayers and praises, O God, Most Merciful, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation.

The Great Amen unites the congregation in one great voice as we concur with all that the presider has prayed. It is the only "AMEN" in all capitals found in the Book of Common Prayer, signifying the importance of the congregation's response.

All AMEN.

We pray together the prayer that Jesus taught his disciples to pray. The link between our daily bread and the spiritual food we receive in the Eucharist is an ancient connection.

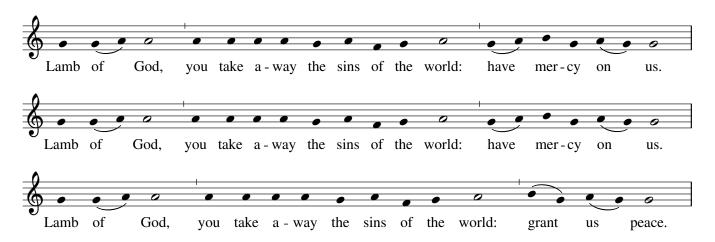
THE LORD'S PRAYER

All Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever.
Amen.

13

In silence, the Presider breaks the consecrated bread.

THE BREAKING OF THE BREAD



INVITATION TO COMMUNION

Presider The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

All may be seated for the time of Communion. All seeking God are welcome at Christ's Table.

Please follow the directions of the Liturgical Ministers. Bread and wine are distributed at standing stations at the head of three aisles. The bread will placed into your outstretched palm. If you prefer a gluten-free wafer, simply ask for one at the time of Communion. If you wish to receive a blessing instead, please cross your arms in front of your chest.

Intinction (dipping the bread in the wine) is not available at this time. If you do not wish to drink from the common cup, please cross your arms in front of your chest as you pass by the chalice. The full grace of the sacrament is received with only the bread.

VOLUNTARY Hide not thou thy face from us, O Lord

WORDS: Psalm 27:12; MUSIC: Richard Farrant

Hide not thou the face from us, O Lord, and cast not off thy servants in thy displeasure: for we confess our sins unto thee, and hide not our unrighteousness. For thy mercy's sake deliver us from all our sins.

HYMN 692 I heard the voice of Jesus say ◆ The Hymnal 1982

The Third Tune

After communion, the assembly is invited to remain seated for a period of silence, contemplating the gifts of God given and received.

From the earliest days of the Church, members of the congregation took bread to those who were ill or could not be present in person.

All stand, as able.

SENDING OF EUCHARISTIC VISITORS

Presider One body are we.

Assembly For, though many, we share one bread and one cup.

Deacon Go in peace, bearing holy gifts for holy people.

Before concluding the service, we give thanks to God for the gifts received, and the Presider pronounces a blessing in God's name upon the assembly. A closing hymn and the dismissal conclude the liturgy.

POSTCOMMUNION PRAYER

The Book of Common Prayer (1979), p. 366

Presider Almighty and everliving God,

All we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom.

And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord.

To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

SOLEMN PRAYER OVER THE ASSEMBLY

Deacon Let us bow down in the presence of God.

All bow their heads, and remain bowed as the Presider prays over the Assembly. All respond: Amen.

HYMN 147 Now let us all with one accord ◆ The Hymnal 1982 Bourbon

DISMISSAL The Deacon dismisses the assembly; all respond: **Thanks be to God.**

VOLUNTARY *Präludium in E minor*, BuxWV 142 Dietrich Buxtehude

MINISTERS OF THE LITURGY

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The Very Rev. Steven L. Thomasen

PREACHER

The Rev. Canon Linzi Stahlecker

DEACON

The Rev. Earl Grout

ASSISTING LAY MINISTER

Peter Synder

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Timothy Shore

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MUSICIANS

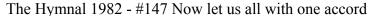
The Cathedral Choir, John Stuntebeck & Heather MacLaughlin Garbes, conducting; John Stuntebeck, organist

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^{*}The bracketed notes are to be treated as triplet groups.

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Words: Att. Gregory the Great (540-604); tr. *Praise the Lord*, 1972, alt. Copyright © by James Quinn, SJ. Printed by permission of Geoffrey Chapman, a divison of Cassell Ltd. Music: *Bourbon*, melody att. Freeman Lewis (1780-1859); harm. Thomas Foster (b. 1938) Copyright ©1984, Thomas Foster. All rights reserved. Used with permission.

- 1 Now let us all with one accord, in company with ages past, keep vigil with our heavenly Lord in his temptation and his fast.
- 2 The covenant, so long revealed to those of faith in former time, Christ by his own example sealed, the Lord of love, in love sublime.
- 3 Your love, O Lord, our sinful race has not returned, but falsified; author of mercy, turn your face and grant repentance for our pride.
- 4 Remember, Lord, though frail we be, in your own image were we made; help us, lest in anxiety,
- we cause your Name to be betrayed.

 5 Therefore, we pray you, Lord, forgive; so when our wanderings here shall cease,