

*FOURTH SUNDAY OF LENT
LAETARE (REJOICE)
March 10 2024*



During Lent we keep silence in the Assembly Room prior to the liturgy to provide an opportunity for quiet meditation.



Holy Wisdom Monastery

*4200 County Road M
Middleton, WI 53562
<https://HolyWisdomMonastery.org>
608.836.1631*

Gather in Silence

Call to Prayer *(sing the Kyrie two times)*

Ky - ri - e e - le - i - son,

Chri - ste e - le - i - son, Ky - ri - e e -

le - i - son, e - le - i - son, e - le - i - son.

Greeting

Penitential Rite

Presider Let us pray, first in silence.

Silence for reflection and self-examination.

Gracious God, source of all life,
and Holy One of mercy and grace,
hear our prayer:

**All We come before you in need of healing:
the healing of our bodies and souls,
the healing of our relationships,
the healing of our pride and fear
and apathy, the healing of the earth and
all your creatures.**

**We know that with you, nothing is
impossible, not even our healing.
Not even the restoration of the whole
world.**



An Invitation to celebrate Holy Week with the Sisters

Holy Wisdom Monastery March 24, 31, 2024

*(The daily prayer of the Monastic Community is open to the public.
It takes place in the Oratory downstairs.)*

Palm Sunday March 24

Morning Prayer 8:00 AM Sunday Assembly 9:00 AM,
Blessing of Palms, Procession, reading of the Passion of Jesus and
Eucharist.

Liturgy of the Hours Tuesday and Wednesday

Centering Prayer at 7:35 AM, 4:55 PM
Morning Prayer 8:00 AM, Mid Day Prayer 11:45 AM,
Evening Prayer 4:30 PM

Holy Thursday March 28

Morning Prayer 8:00 AM , Mid Day Prayer at 11:45 AM
Social and Hors d' oeuvres begins at 5:00 PM (Bring a delicious
treat to share!) Assembly Liturgy begins at 6:00 PM, Liturgy of the
Word, Foot Washing, Eucharist, clearing of the Altar, prayer and
meditation, The offering today will go to help local food pantries.

Good Friday March 29

Morning Prayer 8:00 AM, Mid Day Prayer 11:45 AM,
Commemoration of the Passion of Jesus begins at 3:00 PM Through
the veneration of the Cross and prayers of Intercession we respond to
the passion of Jesus.

The Great Vigil of Easter March 30

Morning Prayer 8:00 AM, Mid Day Prayer 11:45 AM
Vigil Liturgy begins at 7:00 PM, Hospitality follows (Bring a deli-
cious treat to share) in the Monastery Dining Room. Tonight we
hear the stories of salvation, we bless new fire and water and break
bread together.

Easter Sunday March 31

Morning Prayer 8:00 AM, Evening Prayer 4:30 PM
Sunday Assembly 9:00 AM, We proclaim the Risen Christ in Scrip-
ture, song, Baptismal renewal and Eucharist. Hospitality follows in
the Monastery Dining Room.

**We pray that sharing your life,
we and our world will be healed,
and so we will be freed to serve and love
and dream and be,
as Jesus calls us.**

Amen.

All join in singing the Kyrie

Dismissal of Children

Opening Prayer

Liturgy of the Word

First Reading

Numbers 21:4-9

Following the readings:

Reader The Word of Salvation
All Thanks be to God

*A time of silent reflection follows each reading
as we practice the Benedictine value of listening.*

Psalm 137

Let My Tongue Be Silenced

Let my tongue be silenced, if
ev - er I for - get you!

1. *By the streams, of Babylon,
we sat and wept remembering Zion.
On the willows of that land we hung our harps.*
2. *There our captors asked of us the hymns of Zion.
Our tormentors cried out "sing for us!"*
3. *How shall we sing God's song in a foreign land?
If I forget you, Jerusalem, let my right hand be forgotten.*
4. *Let my tongue be silenced if ever I forget you.
If I prize not Jerusalem above all joy.*

Second Reading

Ephesians 2:1-10

Lenten Gospel Acclamation

God Let My Heart

God let my heart be good soil, o-pen to the seed of your word.

God let my heart be good soil, where love can grow and peace is un-der-stood.

When my heart is hard, break the stone a - way. When my heart is cold,

warm it with the day. When my heart is lost, lead me on your way.

Oh , let my heart, Oh , let my heart, God let my heart be good soil.

Gospel:

John 3:14-21

Before the Gospel,

Reader A reading from the holy Gospel according to Mark

All Glory to you, O Christ

Following the Gospel,

Reader The holy Gospel

All Praise to you, O Jesus Christ

Homily

General Intercessions *Response: God of Mercy, hear our prayer.*

Sign of Peace

Today: Childcare Ministry during Assembly is available in the Hospitality room in the second and fourth Sunday's of the month.

Today's Ministers:

President: Terry Larson

Homilist: Jim Penczykowski

Lectors: Alan Joranlien, Roberta Felker

Greeters: Charles and Susanna Bradley, Bob Weiss

Communion: Jane Ahlstrom, Wayne Sigelko

Jeanie and Steve Tomasko

Cantor: Anna Purnell

Sacristan: Marge Ferstl

Technology: Mike Crawford

Children's Ministry: Julie Melton, Nancy Shinnors

Dir Worship: Bill Frederick



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“Kyrie” by: Marty Haugen, GIA Publications, Psalm 137 ” Let My Tongue Be Silenced” by: Jeanne Cotter, GIA Publications, God Let My Heart be good soil” by: by: Handt Hanson, Prince of Peace Publishing Changing Church, Inc., “Mass of Charity and Love, Paul Benoit, Steven C. Warner, World Library Publications, “Mass of the Holy Cross Lamb of God” by: David Clarke Isele, “Tree of Life,” by: Aaron Thompson,, WLP World Library Publications.

Get involved at Holy Wisdom - Become a Volunteer!

Kitchen Volunteer - Interested in being a regular volunteer in the kitchen? Contact Toby at: tgrabs@holywisdommonastery.org

Event Planning - Interested in helping to plan a Summer Event to engage all of our community members as well as invite new ones? Please let Erin know etrondson@holywisdommonastery.org

R&GH Greeter - Volunteer as a Retreatant Greeter. This is a new position where we hope to extend a warm welcome and hospitality for our Retreat & Guest House Guests. Let Toby know of your interest tgrabs@holywisdommonastery.org

Prairie Volunteer - Volunteers meet every Wednesday morning to roll up their sleeves and help Amy conduct restoration work. Interested? Contact Amy: aalstad@holywisdommonastery.org

Trail Monitoring – Help us keep our hiking trails inviting. Trail monitors walk a section of the Holy Wisdom trails and report any issues they encounter to staff. Interested? Contact Amy: aalstad@holywisdommonastery.org

Friends of Wisdom Prairie Note Cards are for sale in the gathering space. They feature lovely pictures of the prairie. Envelopes for payment are available next to the card display and can be deposited in the donation box under the TV screen. We appreciate your support and know you will enjoy seeing the pictures as you send the note cards to loved ones. Cost is \$3 for one, or \$10 for four.

Sunday Assembly Choir will rehearse today following Assembly!

Communion to the homebound As you heard Steve Zwettler's announcement last Sunday, we are seeking a few people who are willing to take communion to members of Sunday Assembly who are ill or are homebound. It is not hard to do, as a matter of fact it is a gift you are bringing them, and you will be filled spiritually by participating in the beautiful act. We will train you! Contact Jane Ahlstrom (608)222-5139 or at janeahlstrom@sbcglobal.net

Childrens Ministry Children ages 6-9 are invited for some learning and prayer time during the Liturgy of the Word. Once dismissed we will go downstairs to the room next to the Library. If you need to get your child early, take the elevator down, go toward the Library. We are in the room just to the right. The Hospitality room will be available if little ones need space to stretch.. Contact Sarah Wilkin Gibart sjwilkin09@gmail.com with questions or to offer your help!

Preparation of the Gifts

A basket is available on the table to receive your donations. Thank you for your generosity! The gifts of Bread, wine and offering are received by the presider on our behalf.

EUCCHARISTIC PRAYER

Assembly responses are in BOLD

Presider: May The Holy one be with you.

ALL: **And also with you.**

Lift up your hearts.

We lift them up to our God.

Let us give thanks to the God of all.

It is right to give God thanks and praise.

From the desert dust of broken lives,
we give you praise, O Source of life, through Jesus.

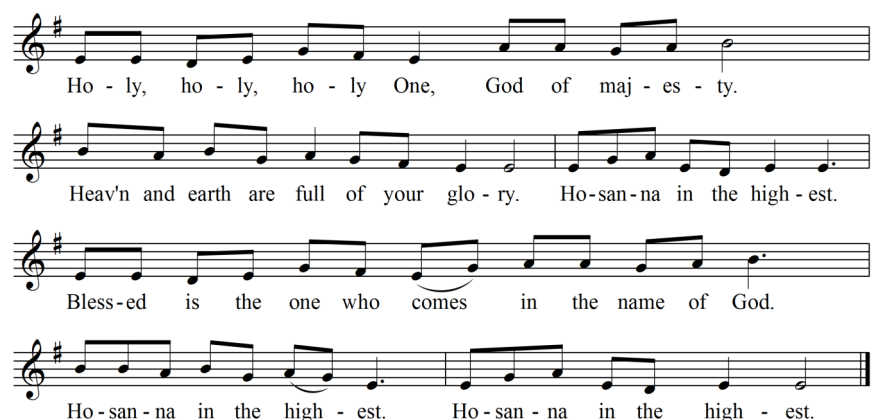
**This is the season of our repentance,
the time when we gaze into the face of the
suffering Jesus and we see in ourselves
our own selfishness, our pride
and our slowness to respond
to your call for justice, mercy and peace.**

**You dwell within us,
and bid us bend our stubborn and fearful wills
to form us into
the Body of Christ,
your instruments of peace to all the world.**

Your Spirit prepares us to be refreshed
in the waters of renewal.

We fix our gaze upon the love and wisdom of the cross
and give you thanks for the gift of reconciliation.

O God ever near,
we join our voices with all of creation
to sing your praise:



Ho - ly, ho - ly, ho - ly One, God of maj - es - ty.
Heav'n and earth are full of your glo - ry. Ho-san-na in the high - est.
Bless-ed is the one who comes in the name of God.
Ho-san-na in the high - est. Ho-san-na in the high - est.

Ever faithful One,
despite our wanderings and our sin, you never
abandon us. In Jesus,
we feel your comforting and loving presence
Inspiring us to newness of life.

God of all mercy,
may the transforming power of your Spirit
bless these gifts of bread and wine, and bless
us.

May our sharing at this table
be our offering of love,
and may our daily lives
become the continued presence of Jesus in the
world.

Announcements

Taize' Prayer will be celebrated here at the Monastery this Wednesday **March 13th beginning at 11AM.** This will take the place of Mid day prayer. Prayer in the spirit of the Taize' Community is a meditative form of common prayer. Gathered in the presence of Christ, we sing uncomplicated, repetitive songs, allowing the mystery of God to become tangible through the beauty of simplicity and invoking the Holy Spirit to enter our prayer. There will also be a brief meditation given by Patti LaCross. Please come, and bring a friend as well!

Holy Week Silent Retreat March 28-31 Again this year, an opportunity to immerse yourself in an extended retreat, silence, and meditative preparations so that your presence to the rhythms of Holy Week may be fulsome and focused. Attend the liturgies with the sisters, rest, and share a depth experience of the mysteries of this week in a community of people seeking the same. The theme of the meditations (optional) will be "they hear my voice." There will be opportunities for spiritual guidance, companioned silence, time on the prairie. Facilitated by Pam Shellberg. Registration deadline is March 21. More information and registration at:

<https://holylwisdommonastery.org/event/holy-week-silent-retreat/>

Join Sunday Assembly! Have you been worshipping with us frequently over the last few months? We hope that you've found a spiritual home with us and invite you to consider becoming a member of Sunday Assembly. It's simple! Find a Gold membership form at the Monastery entrance, fill it out, and return in the collection basket, or send by mail, or sign up on our website!

Pastoral Care Services are available to members of the Holy Wisdom Monastery communities. For more information or to receive care, contact Jane Ahlstrom at 608-222-5139 or janeahlstrom@sbcglobal.net.

A Special welcome to guests and visitors! Thank you for joining us today! We welcome you and hope that you will find a spiritual home with us. We would love to know that you were here! Please sign our guestbook on the table near the entrance.

For more information about Sunday Assembly, the monastery or the sisters' community see <https://HolyWisdomMonastery.org>.

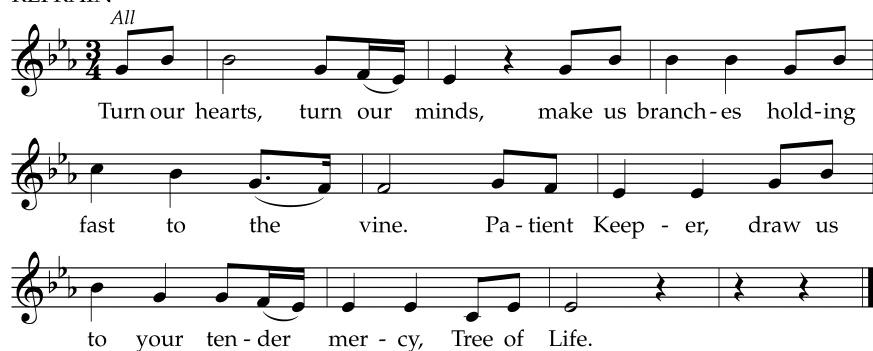
Gender Neutral Restrooms can be found in the Hospitality Room in the hallway just after the coat racks.

Communion Meditation

Turn Our Hearts

REFRAIN

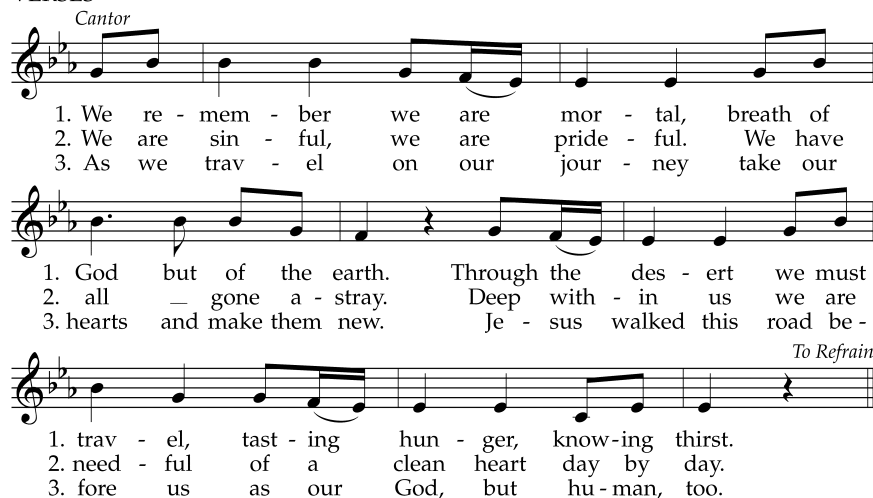
All



Turn our hearts, turn our minds, make us branch-es hold-ing
fast to the vine. Pa-tient Keep-er, draw us
to your ten-der mer-cy, Tree of Life.

VERSES

Cantor



1. We re-mem-ber we are mor-tal, breath of
2. We are sin-ful, we are pride-ful. We have
3. As we trav-el on our jour-ney take our

1. God but of the earth. Through the des-ert we must
2. all — gone a-stray. Deep with-in us we are
3. hearts and make them new. Je-sus walked this road be-

To Refrain

1. trav-el, tast-ing hun-ger, know-ing thirst.
2. need-ful of a clean heart day by day.
3. fore us as our God, but hu-man, too.

Prayer After Communion

Blessing and Sending Forth

Postlude

On the night before he died,

Jesus was at table with his friends.

He took bread, gave thanks to you,

broke it, and gave it to them saying:

"Take this, all of you, and eat it.

This is my body which is given for you.

Do this in memory of me."

At the end of the meal,

Jesus took the cup of wine.

Again he gave you thanks,

gave the cup to his friends and said:

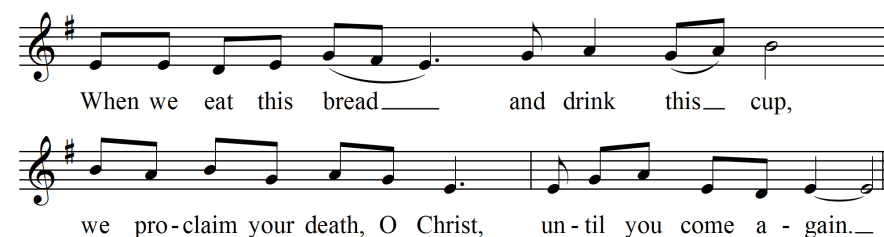
"Take this, all of you, and drink..

This is the cup of my blood poured out for people
everywhere for the reconciliation of all.

This is a new and everlasting covenant.

Do this in memory of me."

(Let us proclaim the mystery of faith)



When we eat this bread___ and drink this___ cup,
we pro-claim your death, O Christ, un-til you come a-gain.---

Searcher of hearts,

move us this day to take up deeds of courage.

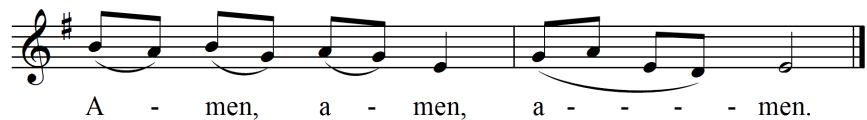
**Help us to lay aside our selfishness and fear
and to go forth into a starving, empty world,
bearing the fruits of this table:
the food of human caring
and the drink of loving compassion.**

**Open our ears to hear the cries of the forgotten poor,
the silent dread of the abandoned.
May we hear your voice among them,
to serve you in their midst.**

We pray with Benedict, and Scholastica,
with all holy people of every time and place
and all our beloved dead, whose memory we
hold lovingly in our hearts.

**With these and with all creation
we raise our voices in gratitude
for your gift of renewal and hope
the blessing of forgiveness and peace
Given to us in the example of Jesus.**

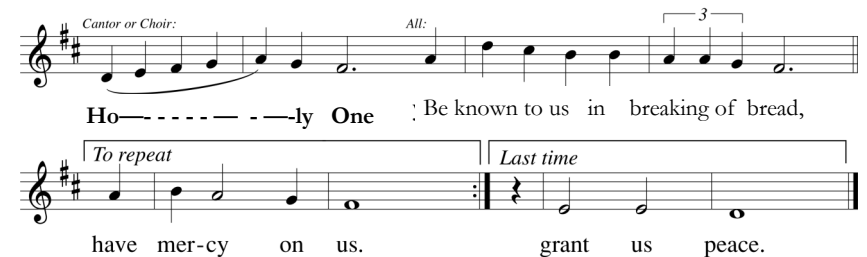
Through Christ, with Christ, in Christ,
in the unity of the Holy Spirit,
all glory and honor are yours, of God of life,
forever and ever.



Prayer of Jesus

**Holy One, our only home
blessed be your name.
May your day dawn, your will be done,
here as in heaven.
Feed us today,
and forgive us as we forgive each other.
Do not forsake us at the test,
but deliver us from evil.
For the glory, the power and the mercy are yours,
now and forever. Amen.**

BREAKING OF THE BREAD



VS 2: Light of God, VS 3: God of Life

Presider The bread which we break,
is it not communion in the body of Christ?
The cup of blessing which we share,
is it not communion in the blood of Christ?

All **So all of us are one body,
all who share the one bread and drink
from the one cup.**