

**The Second Sunday of Lent
March 1, 2026**



Holy Wisdom Monastery

*When arriving for Sunday Assembly, please observe
silence in the Assembly Room at least 10 minutes before
we begin. Thank you.*

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Middleton, Wisconsin 53562
608.836.1631

HolyWisdomMonastery.org

*Please join us for **Coffee and Conversation** in the dining
room following Sunday Assembly today*

Gathering

Kyrie Eleison



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 fears,
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.**

Today's Ministers:

Presider	Sally Bowers
Homilist	Leora Weitzman
Sacristan	Diane Smith
Lectors	Ed Emmenegger Rita Emmenegger
Greeters	Colleen Settles Valerie Vervoort, Jules Lee,
Communion	Julie Melton Anne Schoenemann Melissa Markquart Roberta Felker Sandy Adams
Bread Baker	Alison McKee
Cantor	Sarah Wilkins Gibart
Technology	Tony Gibart
Worship/Music	Bill Frederick
Child Care	Nichole Rasmus Charles Bradley
Cover photo	Anonymous

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"Kyrie" by Marty Haugen, GIA Publications, Psalm 33
"Let Your Mercy Be On Us" by Marty Haugen,
GIA Publications, "God Let My Heart" by Handt Hanson,
Prince of Peace Pub. Changing Church, Inc.
"Mass Of Charity And Love" by Steven C. Warner,
World Library Publications, "O God Who Gives Us Life
And Breath" by Carl P. Daw Jr, Hope Publications, Tune,
IN NOMINI DEI, by Sally Ann Morris, GIA Publications.

We are honored to be hosting a blood drive on Thursday, May 28th from 9am-2pm here at Holy Wisdom Monastery! All it takes is about an hour of your time from registration to ending your donation and enjoying a snack. Every 2 seconds someone in the U.S. needs blood. Only 3 out of 100 Americans donate. There is a major blood shortage. Blood cannot be manufactured so we depend on the kindness of people such as yourselves to be willing to roll up your sleeve. There will be a sign up sheet at the welcome desk. Please consider signing up. We need a commitment of 30 people for the Red Cross to do this event. Any questions? Please call Rita Emmenegger at 608-712-7761.

Poetic Contemplation and the Divinity Within: March 28, 8 am to 4 pm. Join carpenter-priest William Beers and philosopher-poet John Koethe as they explore the meanings of being human in the contemporary world, contemplating the imagination, memory, and mourning in the creation of meaning. The poems of John Koethe in *Cemeteries and Galaxies* (2025) will anchor the conversation. This is a deep and rich opportunity to deepen your contemplative awareness of the world and the divinity within. More details and registration can be found on the monastery website.

Taize prayer will be offered at the Monastery on Friday March 20h beginning at 11am with the choir and instrumentalists. All are invited to join us for prayer, and then please join the sisters for a simple soup lunch in the dining room. Keep watch for more details to come!

The Saint John's University Men's Chorus is coming to Holy Wisdom Monastery on Sunday March 29th at 2:00 PM. They are a select tenor-bass voice touring ensemble of the College of Saint Benedict and Saint John's University. In addition to several performances each year on campus and singing at every home football game, the Men's Chorus tours regionally and nationally and they are led by [Dr. Bradley Miller](#). A free will offering will be accepted—no ticket is required.

**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)

Opening Prayer

Liturgy of the Word

Reading

Genesis 12:1-4a

Following each reading,

Reader The Word of Salvation

All Thanks be to God

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

Psalm 33

Let Your Mercy Be On Us

Refrain

Let your mer - cy be on us, O God,
as we place our trust in you.

1. Your words O God are truth indeed, and all your works are ever faithful. You love justice and right, your compassion fills all creation.
2. See how the eye of God is watching, ever guarding all who wait in hope, to deliver them from death and sustain them in time of famine.

3. Exult, you just in our God, for praise is the song of the righteous. How happy the people of God, the ones whom God has chosen.
4. Our soul is waiting for God, for God is our help and our shield. May your kindness O God be upon us who place our hope in you.

Reading

Romans 4:1-5, 13-17

Gospel Acclamation

God Let My Heart Be Good Soil

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.

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

Gospel

John 3:1-17

Before the Gospel,

Reader A reading from the holy Gospel
according to Matthew

All Glory to you, O Christ

Balance and Moderation: Conversations About Our Benedictine Life The next series of conversations begins this week with virtual and in-person opportunities to contemplate readings about balance in the Rule of Benedict and to reflect on them together. In these ways we weave our shared way of life. Learn how the rhythm of balance in Benedictine life - work, study, prayer, rest - can bring depth and peace to your days. Virtual 6:30-8pm on March 5; in-person Sundays, 10:30-11:30am on March 8; More information and registration on the Monastery website.

The artistry of Sunday Assembly members

Sandy Wojtal-Weber and David McKee are featured in the new exhibit in the Gathering Area. Hidden Glimmers: Weaving Contemplative photography and Haiku bring Sandy's photography and David's haiku together in a personal and contemplative way. The opening reception will be Friday, March 13 from 6 - 8pm. Light refreshments will be served, and David and Sandy will share insights regarding their individual work and their collaboration for this exhibit. Please register for this event on the monastery website.

Mar. 4 Centering Prayer Group 7:00-8:00 pm, RGH 10 Time for silent prayer/meditation with a group, includes walking meditation between periods of seated meditation. (Contact Barb Abbott, 608-284-7424)

Meet the author & greet our Children's Ministry team

After Sunday Assembly today, March 1, come to the table in the greeting area and meet spiritual guide and oblate, Christina Roberts, author of "My Spiritual Journey: A Contemplative Activity Book for Kids." Copies of this beautiful new book will be available to peruse and purchase. We also invite you to see how Children's Ministry is growing our hospitality to families through Children's Prayer, Family Gatherings, and more. This growth is only made possible by our dedicated and loving volunteers, of which you may want to become one too - we want to connect with you! Please talk to Nichole Rasmus, nrasmus@holywisdommonastery.org, to get involved.

Announcements

Silence during Lent During the Sundays of Lent we will once again be observing silence in the Assembly Room each Sunday when we gather for Eucharist. Like its counterpart, hospitality, silence is rooted in the Benedictine tradition of respect for others. It is a way for us to be mindful of one another as we gather together for prayer, reflection and worship.

Sunday Assembly Choir will meet for Rehearsal today March 1st at 10:30 AM

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

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. Gold membership forms can be found at the monastery entrance. Just fill it out and return in the collection basket next Sunday, send by mail, or sign-up through our website. If you are a guest or visitor please sign our guestbook at the table near the entrance so we know you were here.

Holy Wisdom Monastery is partnering with the LGBTQ Outreach center here in Madison, by collecting non perishable foods and hygiene items. This will be an ongoing effort for us! Please bring items like canned chicken, tuna and other proteins, canned chili, soups, peanut butter, shelf sustainable meals, pasta, rice, cereal and other grains, deodorant, toothbrushes, toothpaste, shampoo, conditioners, toilet paper, lotions, razors and shaving cream etc. It is simple—purchase the items and drop them off in the drop box right here at Holy Wisdom each week. Thanks for your generosity!

Following the Gospel,

Reader The holy Gospel

All Praise to you, O Jesus Christ

Homily

Intercessions

Response: God of mercy, hear our prayer

Sign of Peace

Presentation 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 our offering are brought to the altar.

Prayer Over The Gifts

R/. Amen

Eucharistic Prayer for the First Sunday of Lent

Presider

May God be with you.

All

And also with you.

Presider

Lift up your hearts!

All

We lift them up to our God

Presider

Let us give thanks to the God of all.

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 salvation.

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 love and light!



Heav'n and earth are full of your glo - ry. Ho-san-na in the high - est.

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

Reception of Communion

*Our Communion bread is gluten-free. All are welcome to receive Communion. Come to any one of the four locations in the room. Two stations are behind the Table, one at the side exit, and one near the organ. The **Cup of Wine, in the glass cup** will be distributed behind the Table, as will the **grape juice in the pewter cup**.*

Prayer after Communion

Blessing and Sending Forth

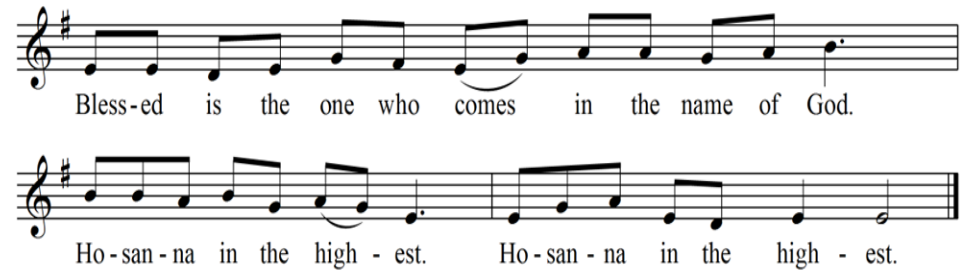
Hymn of Praise O God Who Gives Us Life And Breath



1. O God, who gives us life and breath, who
2. O God, who calls your peo - ple out, to
3. O God of cov - e - nant and law, re -
shapes us in the womb, who guards our lives from
ven - ture and to dare, to plumb the bleak a -
vealed in cloud and flame, your might - y deeds e -
birth to death, then leads us from the tomb: De -
byss of doubt and find you e - ven there: When
voke our awe; we dare not speak your name. Yet
liv - er us from fears that kill the life we have from
we des-pair in wan - der - ing through wastes of emp - ty
we by faith are drawn to you and will your peo - ple
you. Help us to know your Spir - it still is
lies, Re - fresh us with the liv - ing spring of
prove, as on our hearts you write a - new the
mak - ing all things new.
hope that nev - er dies.
cov - e - nant of love.

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.**



Mass of Charity and Love. Tune adapted from CHRISTIAN LOVE, Paul Benoit, 1983-1979, Steven C. Warner, arr. ©1960, 2010, World Library Publications. All rights reserved. Reprinted with permission. alt.

Ever faithful One,
despite our wanderings and our sins,
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.
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.**



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?

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 a 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 eyes to the cries of the
forgotten poor,
the silent dread of the abandoned.
May we who hear your voice
among them,
serve you in their midst.

**We pray with Mary, with Benedict,
and Scholastica,
and all holy people of every time and place,
whose memory we hold lovingly in our
hearts. With all these and with
every creature who hopes for the
blessings of forgiveness and peace,
we raise our voices in gratitude
for the gift of renewal and hope,
that has been 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 is yours O loving God,
forever and ever.



A - men, a - men, a - men.

