

## Religion, and the Struggle for Integrity.

A few years ago, Orbis offered to sell Tom copies of his book at a highly discounted price. In keeping with his oblate promise, he would like to donate over 200 copies of the book to Holy Wisdom and its several communities. One of those communities is Sunday Assembly. On the remaining Sundays during Lent, Tom will place books on the counter in the monastery's gathering space. Everyone is invited to take one or more copies. They make great gifts!

### Join the sisters for Holy Week

#### **Palm Sunday March 29**

Morning Prayer at 8:00 am in the downstairs Oratory  
Sunday Assembly gathers at 9:00 am for the blessing of the palms, Palm Sunday Procession, the reading of the Passion of Jesus and breaking and sharing of bread.

#### **Liturgy of the Hours Tuesday March 31, and Wednesday April 1**

In the downstairs Oratory  
Centering Prayer begins at 7:35 am and again at 4:55 pm  
Morning Prayer 8:00 am, Midday Prayer at 11:45 am, and Evening Prayer at 4:30 pm.

**Holy Thursday April 2** Centering Prayer 7:35 am followed by Morning Prayer at 8:00 am, Midday Prayer at 11:45 am, in the downstairs Oratory. Assembly Liturgy begins at 6:00 pm, with the Liturgy of the Word, Foot Washing, breaking and sharing of bread, clearing of the Altar, and prayer and meditation. The offering today will go the help local food pantries.

**Good Friday April 3** Centering Prayer at 7:35 am followed by Morning Prayer at 8:00 am, Midday Prayer at 11:45 am in the downstairs Oratory. The Commemoration of the Passion of Jesus begins at 3:00 pm with the veneration of the Cross, prayers of intercession, and we respond to the Passion Narrative of Jesus.

**Holy Saturday, The Easter Vigil, April 4** Centering Prayer at 7:35 am followed by Morning Prayer at 8:00 am, Midday Prayer at 11:45 am in the downstairs Oratory. The Liturgy of the Easter Vigil begins at 7:00 pm. On this night, we proclaim the Risen Christ in scripture, in song, in baptism and baptism renewal, and we bless new fire, water, and breaking and sharing of bread together. Hospitality will follow in the Monastery dining room. Please bring a delicious treat to share as we celebrate the end of the Lenten fast.

**Easter Sunday April 5** Morning Prayer at 8:00 am, Evening Prayer at 4:30 pm in the downstairs Oratory. Sunday Assembly will gather at 9:00 am to proclaim Christ risen in scripture, in song, in baptismal renewal and breaking and sharing of bread together. Hospitality will follow in the dining room! Please bring a treat to share!

## The Fourth Sunday of Lent (Laetare)

March 15, 2026



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



*Holy Wisdom Monastery*

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HolyWisdomMonastery.org

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

## Gathering

Kyrie Eleison



Ký-ri - e, e - lé - i-son, Chri - ste, e - lé - i-son,



Ký-ri - e, e - lé - i-son, e - lé - i-son, e - lé - 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 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.**

days. Check Weekly Wisdom for more information and register online.

### Today's Ministers:

Presider	David Couper
Homilist	Nancy Enderle
Sacristan	Marge Ferstl
Lectors	Mary Russell
	Alan Joranlien
Greeters	Diane and Jim Selinske
	John Whalen
Communion	Charles Bradley
	Kathy Woytych
	Ed Emmenegger
	Diane Smith
	Margaret Sommers
Bread Baker	Mary Russell
Cantor	Ann Baltas
Technology	Bill Rosholt
Worship/Music	Bill Frederick
Child Care	Nichole Rasmus
	Susanna Bradley
Cover photo	Allie Christensen

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"Kyrie" by Marty Haugen, GIA Publications, Psalm 23  
"Shepherd Of My Heart" by Rory Cooney,  
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, "Change Our Hearts" by Rory  
Cooney, OCP Publications

### A Gift from Tom Zanzig!

Twelve years ago, Tom Zanzig became an oblate of Holy Wisdom monastery. As part of his personal rule, he made a commitment to write a book about his understanding of spiritual transformation, with a promise to share the fruits of that with the monastery. He did write the book, and it was published by Orbis Books as **The Transformed Heart: Spirituality,**

**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.

**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.

**Palestinian Solidarity: March 22 10:15 am, Conference Room** following Sunday Assembly Manato Jansen will be sharing about boycotting and resilience resources related to us being in solidarity with Gaza/Palestine.

**Taize prayer will be offered** at the Monastery on Friday **March 20th 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. More details and registration can be found on the website!

### **Join us for a Holy Week Silent Retreat**

Anyone who would like to experience a deep and sustained silence in the quiet companionship of others is invited to the Holy Week Silent Retreat from **April 2-5, 2026**. For some, this retreat will be an opportunity to contemplate and participate in – with greater intention – the texts, liturgies and prayers of Holy Week. For all, it is an invitation to live the rhythms of monastic life in an extended retreat experience. Optional contemplative engagements (e.g. journal prompts, walking meditations and opportunities for artistic expression) will add depth to the experience, as will opportunities for lectio divina and shared reflections on the meaning and mystery of these

**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**

2 Chronicles 34:22-33

*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 23**

Shepherd Of My Heart

Refrain



Guide me, O shep-herd of my heart; lead me home-ward through the  
dark, in-to ev-er-last-ing day. Show me the way of truth and  
light; keep me al-ways in your sight. May my life nev-er  
part from the shep-herd of my heart.

1. My Shepherd is our God, for nothing shall I want, Green are the pastures where I'm led to repose. Near waters still and deep, God will refresh my soul, I am led onward in ways true to the name.

2. If I should walk one day, into the vale of darkness, no evil shall I fear with God at my side. There with your crook and staff you give me strength and comfort, you spread a banquet in the sight of my foes.

3. You anoint my head with oil, my cup is overflowing, goodness and kindness crown the days of my life. Within our God's own house, I dwell in peace forever, within the house of God, my soul is at rest.

## Reading

Ephesians 5:8-14

## 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 9:1-41

**Sunday Assembly Choir** will meet for Rehearsal today March 15th 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](mailto:janeahlstrom@sbcglobal.net).

**Anointing of the Sick:** will take place on **Sunday March 22nd following Sunday Assembly in the Sunday Assembly Room.** If you are in need of the healing presence of the Holy Spirit, this sacrament is for you. Please come and allow the presence of the community bless you. The sisters and all of us are all keeping you in prayer.

**Are you a Carpenter or someone who works with wood?** If so, please see Bill or contact him [Bfrederick@holywisdommonastery.org](mailto:Bfrederick@holywisdommonastery.org) (608)821-1154. We have a simple project, we need help with!

**Do you know how to knit or crochet?** We are seeking a group of people who are willing to get together and create "prayer shawls" for our Pastoral Care team, that we can give to the homebound, or those who are sick, or someone just in need of our prayers. Please reach out to Bill and let him know if you are interested. [Bfrederick@holywisdommonastery.org](mailto:Bfrederick@holywisdommonastery.org) (608)831-1154.

**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!

**Seeking instrumentalists for Holy Week:** Do you play the Oboe, Violin, Cello, or Trumpet? Let Bill know if you know someone who might be willing or if you know someone we could ask, please let Bill know! [Bfrederick@holywisdommonastery.org](mailto:Bfrederick@holywisdommonastery.org) (608)821-1154.



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:



## Reception of Communion

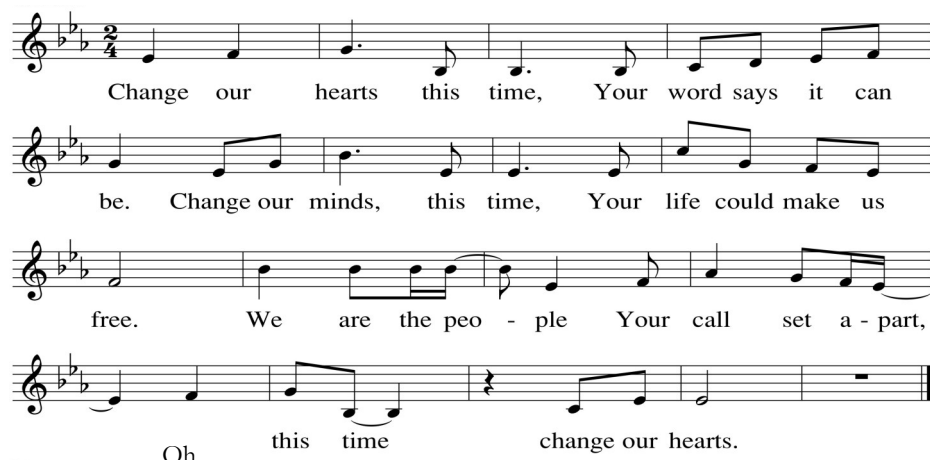
*Our Communion bread is gluten-free. All are welcome to receive Communion. Come to any one of the four locations in the room. Two stations are behind the Table, one at the side exit, and one near the organ. The **Cup of Wine, in the glass cup** will be distributed behind the Table, as will the **grape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

## Prayer after Communion

## Blessing and Sending Forth

## Hymn of Praise

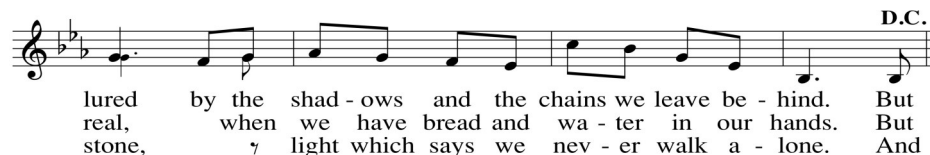
## Change Our Hearts



### Verses



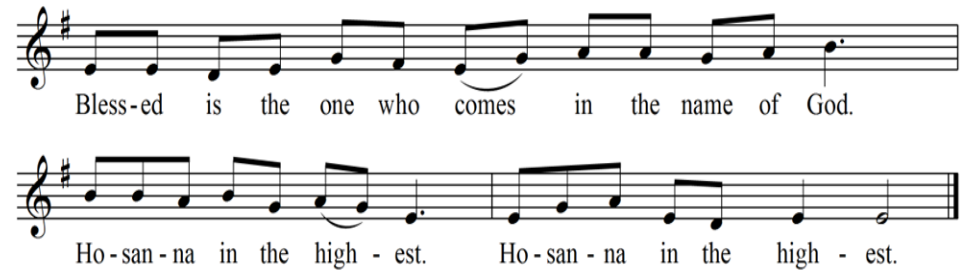
1. Brought by your hand to the edge of our dreams.
2. Now as we watch you stretch out your hands,
3. Show us the way that leads to your side,



D.C.

## 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.**

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."

## BREAKING OF BREAD



Lamb of God be known to us in break ing of bread, have mer-cy on us.



Lamb of God be known to us in break-ing of bread, Grant us peace.

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.**

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.

