

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

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 are able to help yourself!
Bfrederick@holywisdommonastery.org

The Third Sunday of Lent March 8, 2026



Holy Wisdom Monastery

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.

4200 County Road M
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



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.**

Today's Ministers:

Presider	David Couper
Homilist	Jim Penczykowski
Sacristan	Sue and Charles Bradley, Margaret Sommers
Lectors	Roberta Felker Kathy Woytych
Greeters	Colleen Settles Bob and Paula Dinndorf, Colleen Settles
Communion	Steve and Jeanie Tomasko Abbie Loomis Jane Ahlstrom Susanna Bradley
Bread Baker	Mary Russell
Cantor	Patrick Terry
Technology	Mike Crawford
Worship/Music	Bill Frederick
Children's Ministry	Sarah Wikin Gibart, Julie Melton
Child Care	Nichole Rasmus Charles Bradley
Cover photo	Bill Frederick

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"Kyrie" by Marty Haugen, GIA Publications, Psalm 95
"If Today You Hear God's Voice" by Jeanne Cotter, 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, "When All The Stars Of Morning Sang" by Delores Dufner, OSB, OCP Publications

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.

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.

Palm Sunday Path: Resistance to White Christian Nationalism Pre-Event, "Songs of Hope, Songs of Resistance, **Friday March 13th 5:30 pm**, Orchard Ridge UCC Public Liturgy of Witness, Hope and Peace **March 29, 2:30 – 4pm**, King Street Corner of Capital Square Palm Sunday Path is a multi state effort to claim Christianity for the most vulnerable as written in Matthew 25. Join members & church leaders of other churches, and our Social Justice Committee of Sunday Assembly. Invite and bring your neighbors/friends.

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!

**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

Exodus 17:1-7

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 95

If Today You Hear God's Voice

If to - day you hear God's voice
 hard - en not your hearts.
 If to - day you hear God's voice
 hard - en not your hearts.

1. Sing joyful songs to our God, praise the mighty rock where we are safe. Come to worship God with thankful hearts and songs of praise.
2. God is the only God, Sovereign of all other gods, who holds the deepest part of the earth in God's hands, and the mountain peaks belong to God. The ocean praises God because God made it, and with God's own hands was formed the dry land.
3. Bow down and worship our God the Creator! The comforter is our God and we are the people the sheep God takes care of within the pasture. Listen for God's voice today.

Reading

Romans 5:1-11

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 4:5-42

Before the Gospel,

Reader A reading from the holy Gospel
according to Matthew

All Glory to you, O Christ

Sunday Assembly Choir will meet for Rehearsal today
March 8th 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.

Anointing of the Sick: Will take place on **Sunday March 22nd following Sunday Assembly in the Oratory.** 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. This sisters and all of us are all keeping you in prayer.

Balance and Moderation: Conversations About Our Benedictine Life This series of conversations gives us an opportunity 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. in-person today, Sunday, 10:30-11:30am on March 8; Please join us.

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.

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!

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.

Nametag board cleanup – During March please help us clean up the nametag board. If you are now using a wooden nametag, we ask that you take your plastic nametag off the board and either take it home or put it in the box below the nametags to recycle it. By the end of the month, we will clear space to store the wooden name badges there. Thank you for your help.

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.

The vision for Sunday Assembly is that "we seek to grow spiritually and joyfully through the transforming power of love and service as proclaimed in the Gospel". There are many ways one can share gifts and talents with our assembly. In a few short weeks we will join together in the liturgies of **Holy Week**, which is a very special time at Holy Wisdom. It is filled with beautiful rituals, powerful prayers and sacred music.

Think of how you might participate in one of these liturgies. We are seeking a **Cross Bearer** for Palm Sunday, Holy Thursday, and Easter Sunday, and well as an **assistant to the Presider** on Palm Sunday, Holy Thursday, and The Easter Vigil. Can you help with **Foot Washing** on Holy Thursday? Can you help with the **Easter Fire**? If you are willing to help in any way, please let Bill know at Bfrederick@holywisdommonastery.org

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 Sundays 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:



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 When All The Stars Of Morning Sang



1. When all the stars of morn - ing sang, O
2. To mark the months you made the moon; The
3. When time has run its fi - nal course, When



God, you laid earth's cor - ner-stone. When Je - sus rose from
chang - ing sea - sons come and go, And not for - ev - er
night has dawned e - ter - nal day, When win - ter blos - soms



death's em - brace, The sun in ra - diant
win - ter's chill. See, seeds a - sleep be -
last - ing spring, No long - er shall we



glo - ry shone. O re - cre - ate what sin has marred; Re -
neath the snow! O re - cre - ate what sin has marred; Re -
need to pray: O re - cre - ate what sin has marred; Re -



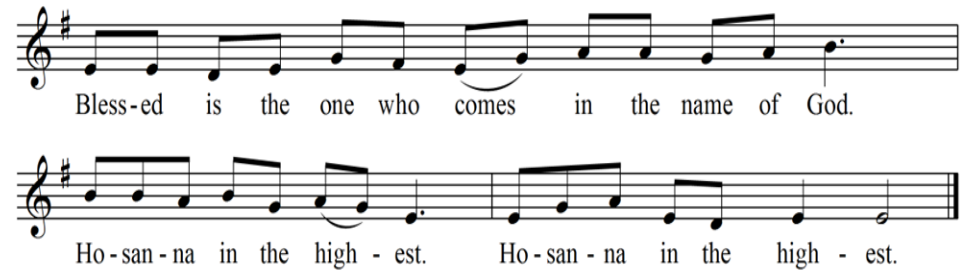
store our spir - its like the dawn. Re - new in us your
store our spir - its like the spring. Re - new in us your
store our spir - its by your breath. Trans - form us by your



gift of life And thrill our hearts to joy - ful song.
gift of life And teach our hearts once more to sing.
gift of grace And bring new life from pain and death.

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.

