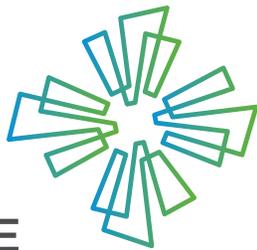


GRACE
CATHEDRAL



Our vision A spiritually alive world
Our mission Reimagining church with courage, joy and wonder



Wednesday in Holy Week

17 April 2019

6 p.m. The Office of Tenebrae

Welcome to Grace Cathedral



Welcome to this sacred place where we are reimagining church with courage, joy and wonder. Every year we choose a theme to help us explore new ideas and to listen for God's calling. **In 2019 our theme is the Year of the Body.** Our body is the way we meet the world and the world meets us. Although we share much that is in common, our bodies are each unique and particular, and every body is worthy of respect. We believe that God participated in the world through a body.

So we will be examining how we care for bodies, how we treat different kinds of bodies and how we are part of the earth's body. This year we will dance together, eat together and study what it means for Christians to understand the church as the Body of Christ.

We invite you to be part of this body, this joyful community, even if your visit is short. How is God inviting you to be more truly alive today? What are our bodies saying to us?

May God bless you in this holy place!

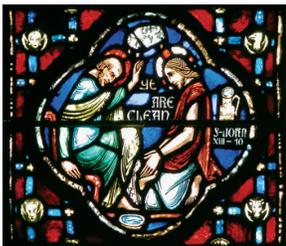
- The Very Rev. Dr. Malcolm Clemens Young, Dean of Grace Cathedral

Preparing for Holy Week



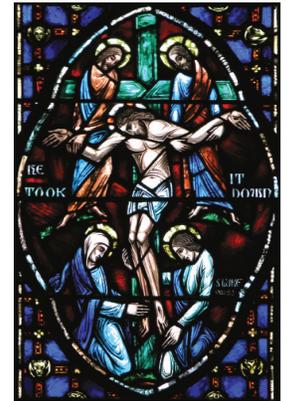
Triduum, the Great Three Days, celebrates in fullness the holy mysteries that undergird our weekly Sunday worship: Jesus, through his incarnation and ministry, through his betrayal, death and resurrection, has triumphed over all the separates humankind from God.

Maundy Thursday marks Christ's institution of the Eucharist, interpreted through the lens of John's Gospel and foot washing. Our share in the Body and Blood of Christ is not only a source of spiritual nourishment, but also our pledge of mutual service and love. In the Maundy Thursday liturgy, the penitential character of Lent is put away, and the Gloria returns. In the reading from Exodus, we hear the commandment to celebrate the Passover, rooting our own salvation in Jewish history. Portions of Psalm 116 enjoin us to "lift up the cup of salvation" as part of an act of thanksgiving to God who has "rescued our life from death." The Gospel that is proclaimed is then brought to life as we wash one another's feet. Following the celebration of the Eucharist, the organ falls silent. The consecrated Bread is transferred to the Altar of Repose, where it remains until tomorrow. The altar is stripped, as the choir chants Psalm 22 to ancient tones. Portions of Jesus' last words to his disciples, are read. There is no blessing or dismissal, as these three days form one seamless liturgy.



Where the Passion account on Palm Sunday varies according to a 3-year cycle, on **Good Friday**, we hear from the Gospel of John. "The Son of Man is lifted up," an oft-repeated refrain of the text, grounds our worship in mystery and paradox: Jesus' "lifting up" is at once his crucifixion and death, and his resurrection and return to the Father.

Even as we lament and mourn Jesus' death, we venerate his power over death, for "by virtue of [the] cross, joy has come to the whole world." We call upon God's power in the Solemn Collects, an extended bidding for the well-being of the whole created order. Good Friday is unique among Holy Days: our nourishment is drawn from the reserve sacrament and the Eucharist is not celebrated.



From the depth of Good Friday's tomb emerges the light of the **Easter Vigil**. Kindled from the Great Fire, the church rejoices, "bright with a glorious splendor," praising Christ's resurrection. We hear the proclamation of God's saving acts in history: the Exodus, Creation, the Valley of Dry Bones. The Epistle recalls that we are baptized into Christ's death, which is also our share in his resurrection. The Great Vigil is the baptismal feast *par excellence*, and at Grace Cathedral, a time for adult baptism in particular. The alleluias from which we have fasted for 40 days are finally sung again, and the organ comes to life. Here we celebrate and partake in the Lamb's high feast. The Great Vigil and the Sacred Triduum concludes with a sung dismissal, sending us out into the night and the world as icons and servants of God's saving mission.



The Rev. Anna E. Rossi serves as Succentor, working in partnership with the Canon Precentor to steward the cathedral's worship life.

TENEBRÆ, the Latin word for “darkness” or “shadows” has for centuries been applied to the ancient monastic night-time and early morning services of the last three days of Holy Week, which in medieval times were celebrated on the preceding evenings. Apart from the chanting of the Lamentations (in which each verse is introduced by a letter of the Hebrew alphabet), the most conspicuous feature of the service is the gradual extinguishing of candles and other lights in the church until only a single candle, a symbol of our Lord, remains. Toward the end of the service this candle is hidden, typifying the apparent victory of the forces of evil. At the very end, a loud noise is made, symbolizing the earthquake at the time of the resurrection (Matthew 28:2), the hidden candle is restored to its place, and by its light all depart in silence.



“As at Tenebræ, one after another the lights are extinguished, till one alone—and that the highest of all—is left, so it is often with the soul and her guiding stars. In our early days there are many—parents, teachers, friends, books, authorities—but, as life goes on, one by one they fail and leave us in deepening darkness, with the increasing sense of the mystery and inexplicability of all things, till at last none but the figure of Christ stands out luminous against the prevailing night.”

– George Tyrrell SJ; quoted by Michael Marshall, *The Transforming Power of Prayer: From Illusion to Reality: The Mowbray 2011 Lent Book* (Bloomsbury Academic, 2011), citing Nicholas Sagovsky, *On God's Side* (Oxford University Press, 1990)

The Office of Tenebræ

WEDNESDAY IN HOLY WEEK • 17 APRIL 2019 • 6 PM

Please stand as the procession enters in silence.

INVITATORY

The people sit; sung by the choir in Latin.

Francis Poulenc

Choir Fear and trembling have come over me, and horror overwhelms me.
Be merciful to me, O God, be merciful, for I have taken refuge in you.
Hear my cry, O God; you are my crag and my stronghold.
Lord, let me not be ashamed for having called upon you.

- Psalms 55, 57, 61, 71 and 31 (translations from 1979 BCP Psalter)

PSALM 69: 1-6

Sung by all, seated.

chant: Plainsong

Choir first, then all repeat. **Antiphon 1:**

Zeal for your house has eat - en me up;
the scorn of those who scorn you has fal - len up - on me.

Choir Save / me, • O • God, *
for the waters have risen up // to • my • neck.

All I am sinking / in • deep • mire, *
and there is no firm ground / for • my • feet.

I have come / into • deep • waters, *
and the torrent washes // o•ver me.

**I have grown weary with my crying;
my throat /is • in•flamed; *
my eyes have failed from looking // for • my • God.**

Those who hate me without a cause are more than the hairs of my head;
my lying foes who would destroy / me • are • mighty. *
Must I then give back what I // ne•ver • stole?

**O God, you / know • my • foolishness, *
and my faults are not // hidden • from • you.**

All repeat the antiphon above.

The first candle is extinguished. A brief silence is kept.

All stand. Sung on a monotone.

Officiant Deliver me, my God, from the hand of the wicked;
People **From the clutches of the evildoer and the oppressor.**

Remain standing for silent prayer.

THE FIRST READING

All may sit.

Lamentations of Jeremiah 1:1-5

Cantor **ALEPH** How doth the city sit solitary,
that was full of people!

How is she become as a widow!
she that was great among the nations,
and princess among the provinces,
how is she become tributary!

BETH She weepeth sore in the night,
and her tears are on her cheeks:
among all her lovers she hath none to comfort her:
all her friends have dealt treacherously with her,
they are become her enemies.

GIMEL Judah is gone into captivity because of affliction,
and because of great servitude:
she dwelleth among the heathen,
she findeth no rest:
all her persecutors overtook her between the straits.

DALETH The ways of Zion do mourn,
because none come to the solemn feasts:
all her gates are desolate:
her priests sigh, her virgins are afflicted,
and she is in bitterness.

HE Her adversaries are the chief,
her enemies prosper;
for the Lord hath afflicted her
for the multitude of her transgressions:
her children are gone into captivity before the enemy.

Jerusalem, turn to the Lord thy God.

THE FIRST RESPONSORY

Sung in Latin.

Francis Poulenc

Choir O vineyard, my chosen one. I planted thee.
How is thy sweetness turned into bitterness,
to crucify me and take Barabbas in my place?
I protected thee; I took the hard stones away from thy path,
and built a tower in thy defence.

- Third of the nine responsories for Matins of Good Friday

The second candle is extinguished. A brief silence is kept.

Choir first, then all repeat. **Antiphon 2:**

Let them draw back and be disgraced
 who take pleasure in my misfortune.

Choir Be pleased, O God, / to • de•liver me; *
 O LORD, make // haste • to • help me.

All Let those who seek my life be ashamed
 and altogeth- / er • dis•mayed; *
 let those who take pleasure in my misfortune
 draw back and // be • dis•graced.

Let those who say to me “Aha!” and gloat over / me • turn • back, *
 because // they • are a•shamed.

**Let all who seek you rejoice and be / glad • in • you; *
 let those who love your salvation say for ever,
 “Great // is • the • LORD!”**

But as for me, I am / poor • and • needy; *
 come to me speedi-//ly, • O • God.

**You are my helper and / my • de • liverer; *
 O LORD, // do • not • tarry.**

All repeat Antiphon 2, above.

The third candle is extinguished. A brief silence is kept.

All stand.

Officiant They divided my garments among them;
People They cast lots for my clothing.

Remain standing for silent prayer.

THE SECOND READING

All may sit.

Lamentations of Jeremiah 1:6-9

Cantor **VAU** And from the daughter of Zion
all her beauty is departed:
her princes are become like harts that find no pasture,
and they are gone without strength before the pursuer.

ZAIN Jerusalem remembered in the days of her affliction
and of her miseries
all her pleasant things that she had in the days of old,
when her people fell into the hand of the enemy,
and none did help her:
the adversaries saw her,
and did mock at her sabbaths.

HETH Jerusalem hath grievously sinned;
therefore she is removed:
all that honoured her despise her,
because they have seen her nakedness:
yea, she sigheth, and turneth backward.

TETH Her filthiness is in her skirts;
she remembereth not her last end;
therefore she came down wonderfully:
she had no comforter.
O Lord, behold my affliction:
for the enemy hath magnified himself.

Jerusalem, turn to the Lord thy God.

THE SECOND RESPONSORY

Sung in Latin.

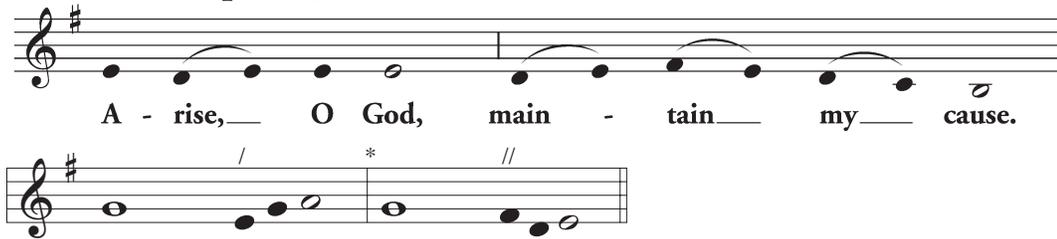
Poulenc

Choir There was darkness over the earth when the Jews crucified Jesus:
and about the ninth hour Jesus cried with a loud voice:
“My God, my God, why hast thou forsaken me?”
And he bowed his head and gave up the ghost.
Jesus cried with a loud voice and said,
Father, into thy hands I commend my spirit.
And he bowed his head and gave up the ghost.

- Fifth of the nine responsories for Matins of Good Friday

The fourth candle is extinguished. A brief silence is kept.

Choir first, then all repeat. **Antiphon 3:**



Choir O God, why have you utterly / cast • us • off? *
 why is your wrath so hot against the sheep // of • your • pasture?

All Remember your congregation that you purchased / long • a • go, *
 the tribe you redeemed to be your inheritance,
 and Mount Zion // where • you • dwell.

Turn your steps toward the / end • less • ruins; *
 the enemy has laid waste everything // in • your • sanctuary.

Your adversaries roared in your / ho • ly • place; *
they set up their banners as // tokens • of • victory.

They were like men coming up with axes to a / grove • of • trees; *
 they broke down all your carved work with // hatchets • and • hammers.

They set fire to your / ho • ly • place; *
they defiled the dwelling-place of your Name
and razed it // to • the • ground.

All repeat Antiphon 3, above.

The fifth candle is extinguished. A brief silence is kept.

All stand.

Officiant If you should tear down this temple;
People **After three days I will raise it up again.**

Remain standing for silent prayer.

THE THIRD READING

All may sit.

Lamentations of Jeremiah 1:10-14

Cantor **YOD** The adversary hath spread out his hand
 upon all her pleasant things:
 for she hath seen that the heathen entered into her sanctuary,
 whom thou didst command
 that they should not enter into thy congregation.

CAPH All her people sigh, they seek bread;
 they have given their pleasant things
 for meat to relieve the soul:
 see, O Lord, and consider;
 for I am become vile.

LAMED Is it nothing to you,
all ye that pass by?
behold, and see if there be any sorrow
like unto my sorrow,
which is done unto me,
wherewith the Lord hath afflicted me
in the day of his fierce anger.

MEM From above hath he sent fire into my bones,
and it prevaieth against them:
he hath spread a net for my feet,
he hath turned me back:
he hath made me desolate
and faint all the day.

NUN The yoke of my transgressions is bound by his hand:
they are wreathed,
and come up upon my neck:
he hath made my strength to fall,
the Lord hath delivered me into their hands,
from whom I am not able to rise up.

Jerusalem, turn to the Lord thy God.

THE THIRD RESPONSORY

Sung in Latin.

Poulenc

Choir Sorrowful is my soul even unto death.
Stay here, and watch with me.
Now you shall see the mob that will surround me.
You shall take flight, and I shall go to be sacrificed for you.
The time draws near, and the son of man shall be delivered.

-Matthew 26:37-38, 51, 56

The sixth candle is extinguished. A brief silence is kept.

MISERERE MEI DEUS

Sung in Latin.

Gregorio Allegri

Choir Have mercy upon me, O God, after Thy great goodness
According to the multitude of Thy mercies do away mine offences.
Wash me thoroughly from my wickedness:
and cleanse me from my sin.
For I acknowledge my faults:
and my sin is ever before me.
Against Thee only have I sinned, and done this evil in thy sight:
that Thou mightest be justified in Thy saying,
and clear when Thou art judged.
Behold, I was shapen in wickedness:
and in sin hath my mother conceived me.
But lo, Thou requirest truth in the inward parts:
and shalt make me to understand wisdom secretly.

Thou shalt purge me with hyssop, and I shall be clean:
Thou shalt wash me, and I shall be whiter than snow.
Thou shalt make me hear of joy and gladness:
that the bones which Thou hast broken may rejoice.
Turn Thy face from my sins:
and put out all my misdeeds.
Make me a clean heart, O God:
and renew a right spirit within me.
Cast me not away from Thy presence:
and take not Thy Holy Spirit from me.
O give me the comfort of Thy help again:
and stablish me with Thy free Spirit.
Then shall I teach Thy ways unto the wicked:
and sinners shall be converted unto Thee.
Deliver me from blood-guiltiness, O God,
Thou that art the God of my health:
and my tongue shall sing of Thy righteousness.
Thou shalt open my lips, O Lord:
and my mouth shall shew Thy praise.
For Thou desirest no sacrifice, else would I give it Thee:
but Thou delightest not in burnt-offerings.
The sacrifice of God is a troubled spirit:
a broken and contrite heart, O God, shalt Thou not despise.
O be favourable and gracious unto Sion:
build Thou the walls of Jerusalem.
Then shalt Thou be pleased with the sacrifice of righteousness,
with the burnt-offerings and oblations:
then shall they offer young bullocks upon Thine altar. -Psalm 51

The seventh candle is removed. A brief silence is kept. All stand.

Officiant My flesh shall also rest in hope;
People **You will not let your holy one see corruption.**

All stand for silent prayer.

A loud noise is made, recalling the earthquake at the crucifixion.
The remaining candle is brought from its hiding place and replaced.

Officiant Almighty God, we pray you graciously to behold this your family,
for whom our Lord Jesus Christ was willing to be betrayed,
and given into the hands of sinners, and to suffer death upon the cross.

The ministers and people depart in silence.

Special Events

Alexander String Quartet: Seven Last Words of Christ



Friday, April 19 • 7:30 p.m.

Considered by the composer to be one of his most important works, the celebrated ASQ and Dean Emeritus Alan Jones will present Haydn's reflection on Good Friday. Free and open to all.

Easter Extravaganza Featuring our Children's Chorus

Sunday, April 21 • 3 p.m.

Created for the young and young at heart and presented by Presto! Opera, this performance includes music, dance, storytelling and prayer about Easter. Free and open to all.

spiritual practice

Inhabiting Grace: Becoming a Christian at Grace Cathedral

Sunday, April 28 • 9:30 a.m.

Come to deepen your faith and prepare for adult baptism or confirmation. Contact the Rev. Kristin Saylor at kristins@gracecathedral.org.

good friday offering

Offering for the Diocese of Jerusalem



We support the crucial peacemaking and community development work of the Episcopal Diocese of Jerusalem. Its schools, hospitals and clinics are among the best and serve in Christ's name to minority Christian and mostly Muslim communities in Israel, Palestine, Syria, Lebanon and Jordan. For more information visit episcopalchurch.org/goodfridayoffering.

congregational life

Women in Community

Saturday, April 27 • 4 p.m. • Private Residence



Come meet and join women from Grace for conversation and community at the home of Joanne Compean. To RSVP or for more information, contact Joanne Compean at (415) 819-8003 or joannejcompean@gmail.com.

stewardship

2019 Truth & Light Campaign



Our stewardship goals are to engage 500 households and to raise \$1.1 million. Thanks to a generous match and new pledging congregants, we now have 429 households and nearly \$956,000

in pledges. We hope everyone in our warm-hearted congregation will help us reach our goal. Pledge cards are in the back of the cathedral or go to gracecathedral.org/donate.

music, arts, ideas

Unearthed, an Artwork by Jim Hodges



Opening on Monday, April 22 • Cathedral

Artist Jim Hodges will premiere his bronze-cast monumental uprooted tree stump, which after its residency at Grace Cathedral will be replanted in a field sown with grass. A series of concerts will be offered during the May to September residency.

The Spring Forum Returns with Jonathan Foley

Sunday, April 28 • 9:30 a.m. • Gresham Hall

The world-renowned environmental scientist on seeking substantive solutions to global warming, with the goal of reaching drawdown, in honor of Earth Day.

San Francisco Girls Chorus: Unearthed



Saturday, May 4 • 7:30 p.m. • Cathedral

In celebration of Jim Hodges' *Unearthed*, this Grammy Award-winning ensemble featuring the unique and compelling sound of young women's voices, will perform a program of choral masterworks drawing from plainchant to the most challenging and nuanced contemporary works. Free and open to all.

justice and outreach

Gun Buy Back



Saturday, April 27 • 9:30 a.m.- 12 p.m. • Bayview Mission

Grace Cathedral and Bayview Mission are partnering with the SFPD and other community organizations to sponsor another Gun Buy Back.

You can help us end gun violence by donating funds to help remove guns from our streets. Donate at gracecathedral.org/buyback.

cathedral worship

Sunday

Nursery	8 a.m.-1 p.m.
Eucharist	8:30 a.m.
Sunday School	10:45 a.m.
Choral Eucharist	11 a.m.
Evensong	3 p.m.
Evening Eucharist	6 p.m.

Monday - Friday

Morning Prayer	9 a.m.
Holy Eucharist	12:10 p.m.
Evening Prayer	5:15 p.m.

Tuesday

Yoga	6:15 p.m.
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Wednesday

The Vine	6:30 p.m.
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Contemporary Worship

Thursday

Holy Eucharist	7:30 a.m.
Choral Evensong	5:15 p.m.

Saturday

Morning Prayer	9 a.m.
Evening Prayer	3 p.m.

Holy Week and Easter

SUNDAY, APRIL 14 PALM SUNDAY

8:30 A.M. Intergenerational Pilgrimage
A family-friendly service of walking prayers.

11 A.M. Palm Sunday Eucharist
A grand palm procession and reading of the Passion.

6 P.M. Stations of the Cross
An ancient walking meditation drawn from the practice of Christians in the Holy City of Jerusalem.

WEDNESDAY, APRIL 17 6 P.M. Tenebrae
A simple, powerful choral service sung by the Choir of Men and Boys as the shadows of Holy Week lengthen.

THURSDAY, APRIL 18 6 P.M. Maundy Thursday
This service recalls the Last Supper and includes foot washing, Holy Eucharist and music by the Cathedral Camerata.

FRIDAY, APRIL 19 Good Friday
3 P.M. This choral service is a meditation on the Cross and the death of Jesus, with prayers for the world.

7:30 P.M. The Alexander String Quartet performs Joseph Haydn's *Seven Last Words of Christ*

SATURDAY, APRIL 20 9 P.M. The Great Vigil
Beginning entirely in darkness, the Great Vigil is gradually illuminated by kindling new fire as we celebrate Christ's Resurrection.

SUNDAY, APRIL 21

8:30 A.M. Choral Eucharist
A joyful service with hymns by the Men of the Choir, organ music and a sermon.

11 A.M. Choral Eucharist with brass and timpani
Hymns and chants are accompanied by the Grace Cathedral Choir of Men and Boys alongside brass and timpani.

6 P.M. Evening Eucharist
A simpler, more reflective service of prayer, readings, singing, a sermon and Holy Communion.

FUN FOR FAMILIES

EASTER EXTRAVAGANZA
with our Children's Chorus
SUNDAY, APRIL 21 3 P.M.
This festive performance is free and open to all.

when we're open

Cathedral: Open daily 8 a.m. - 6 p.m. (Thursday open 7 a.m.).

Columbarium: Sunday 9:30 - 10:30 a.m. and 12:30 - 1:30 p.m.

Docents generally available: Monday - Friday 1 - 3 p.m. • Saturday 11:30 a.m. - 1:30 p.m.
Sunday after the 11 a.m. service (meet at the font).



Get connected, stay connected

Follow us on Facebook (@gracecathedralsf), Instagram (gracecathedral), YouTube (Grace Cathedral San Francisco), Twitter (@gracecathedral) and follow our dean on Twitter (@MalcolmYoung). Sign up for Cathedral Highlights, our weekly events email, or for congregation updates at gracecathedral.org/connect.

Listen to sermons and podcasts online

Listen to the 11 a.m. Sunday Eucharist sermon, *The Forum* series and our new podcast, *Above the Fog*, at gracecathedral.org/podcasts or wherever you get your podcasts.

Prayer Requests

To request prayers of thanksgiving or intercession, email prayer@gracecathedral.org. Every day, our prayer team tends to the concerns of the community and remembers those who have died.

Cathedral Clergy and Program Staff

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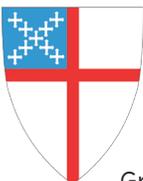
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The Very Rev. Dr. Alan Jones, Dean Emeritus



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Grace Cathedral is an Episcopal Church, a member of the worldwide Anglican Communion.



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