



Grace Episcopal Church

3601 Russell Rd. Alexandria, Virginia 22305

www.gracealex.org 703.549.1980

Choral Tenebrae


Wednesday, April 1, 2026 – 7:00 pm



For as long as there is sufficient light, you may wish to follow the chanting of the psalms in The Book of Common Prayer. During the chanting of the psalms, candles in the hearse and at the altar, as well as the lights in the nave, are gradually extinguished. You may remain seated throughout the service.

WELCOME TO GRACE EPISCOPAL CHURCH

We are pleased to welcome you to Grace Church. If you are joining us for the first time, please send us a message at welcome@gracealex.org, so we can get to know you. We can also add you to our mailing list by request. We're glad to have you join with us in worshipping God in the beauty of holiness, something which is central to our identity at Grace. We hope you will join with us in sharing the love of God with this world that needs healing. Assisted listening devices are available for use during worship. Please see an usher if you'd like to use one.

 Please silence your cell phones during worship.

Our Mission Statement

To Love, Proclaim, and Serve God

through life-giving liturgical worship + joyful community + empowering others

Contacting Grace

Please feel free to contact our staff.

Our office hours are Monday to Thursday 9 am – 3 pm, and 9 am – 12 pm on Fridays.

(Mother Anne is out of the office on Mondays & Mother Emma & Father Jon are out of the office on Fridays)

Staff

Betsy Bamford

Jane Avery

Nursery Workers (part-time)

The Rev. Emma Brice

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The Rev. Dr. Anne Michele Turner

Rector

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25-26 Seminarians (*Virginia Theological Seminary*)

Seth Wise Buck

The Rev. Gabriel (Gabe) Oakes

Miranda Peters

IN NEED OF PASTORAL CARE?

Clergy and staff are available for pastoral care. Please call the church office at (703) 549-1980 if you're ill or need pastoral care. For emergencies after hours, please call the **After-hours Emergency Number: (703) 261-9079**, and the priest on call will assist you.

HOME COMMUNION

Home Communion is available upon request for parishioners who desire this service by Eucharistic Visitors every Sunday. Home Communion will be in one form, Bread only. To request Home Communion, parishioners are asked to contact the Parish Office by telephone at 703-549-1980 no later than 12 pm on the Wednesday prior to the Sunday on which they would like to receive Home Communion.

CHORAL TENEBRAE

The ministers enter the church in silence and proceed to their places.

The Office then begins immediately with the Antiphon on the first Psalm. It is customary to sit for the Psalmody.

FIRST NOCTURN

ANTIPHON

Zeal for your house has eaten me up; the scorn of those who scorn you has fallen upon me.

PSALM 69:1-23

- 1 Save me, O God, *
for the waters have risen up to my neck.
- 2 I am sinking in deep mire, *
and there is no firm ground for my feet.
- 3 I have come into deep waters, *
and the torrent washes over me.
- 4 I have grown weary with my crying;
my throat is inflamed; *
my eyes have failed from looking for my God.
- 5 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 never stole?
- 6 O God, you know my foolishness, *
and my faults are not hidden from you.
- 7 Let not those who hope in you be put to shame through me,
Lord GOD of hosts; *
let not those who seek you be disgraced because of me,
O God of Israel.
- 8 Surely, for your sake have I suffered reproach, *
and shame has covered my face.
- 9 I have become a stranger to my own kindred, *
an alien to my mother's children.
- 10 Zeal for your house has eaten me up; *
the scorn of those who scorn you has fallen upon me.
- 11 I humbled myself with fasting, *
but that was turned to my reproach.
- 12 I put on sack-cloth also, *
and became a byword among them.
- 13 Those who sit at the gate murmur against me, *
and the drunkards make songs about me.
- 14 But as for me, this is my prayer to you, *
at the time you have set, O LORD:
- 15 "In your great mercy, O God, *
answer me with your unfailing help.

- 16 Save me from the mire; do not let me sink; *
let me be rescued from those who hate me
and out of the deep waters.
- 17 Let not the torrent of waters wash over me,
neither let the deep swallow me up; *
do not let the Pit shut its mouth upon me.
- 18 Answer me, O LORD, for your love is kind; *
in your great compassion, turn to me."
- 19 "Hide not your face from your servant; *
be swift and answer me, for I am in distress.
- 20 Draw near to me and redeem me; *
because of my enemies deliver me.
- 21 You know my reproach, my shame, and my dishonor; *
my adversaries are all in your sight."
- 22 Reproach has broken my heart, and it cannot be healed; *
I looked for sympathy, but there was none,
for comforters, but I could find no one.
- 23 They gave me gall to eat, *
and when I was thirsty, they gave me vinegar to drink.

ANTIPHON

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

PSALM 70

- 1 Be pleased, O God, to deliver me; *
O LORD, make haste to help me.
- 2 Let those who seek my life be ashamed
and altogether dismayed; *
let those who take pleasure in my misfortune
draw back and be disgraced.
- 3 Let those who say to me "Aha!" and gloat over me turn back, *
because they are ashamed.
- 4 Let all who seek you rejoice and be glad in you; *
let those who love your salvation say for ever,
"Great is the LORD!"
- 5 But as for me, I am poor and needy; *
come to me speedily, O God.
- 6 You are my helper and my deliverer; *
O LORD, do not tarry.

ANTIPHON

Arise, O God, maintain my cause.

PSALM 74

- 1 O God, why have you utterly cast us off? *
why is your wrath so hot against the sheep of your pasture?
- 2 Remember your congregation that you purchased long ago, *
the tribe you redeemed to be your inheritance,
and Mount Zion where you dwell.
- 3 Turn your steps toward the endless ruins; *
the enemy has laid waste everything in your sanctuary.
- 4 Your adversaries roared in your holy place; *
they set up their banners as tokens of victory.
- 5 They were like men coming up with axes to a grove of trees; *
they broke down all your carved work with hatchets
and hammers.
- 6 They set fire to your holy place; *
they defiled the dwelling-place of your Name
and razed it to the ground.
- 7 They said to themselves, "Let us destroy them altogether." *
They burned down all the meeting-places of God
in the land.
- 8 There are no signs for us to see;
there is no prophet left; *
there is not one among us who knows how long.
- 9 How long, O God, will the adversary scoff? *
will the enemy blaspheme your Name for ever?
- 10 Why do you draw back your hand? *
why is your right hand hidden in your bosom?
- 11 Yet God is my King from ancient times, *
victorious in the midst of the earth.
- 12 You divided the sea by your might *
and shattered the heads of the dragons upon the waters;
- 13 You crushed the heads of Leviathan *
and gave him to the people of the desert for food.
- 14 You split open spring and torrent; *
you dried up ever-flowing rivers.
- 15 Yours is the day, yours also the night; *
you established the moon and the sun.
- 16 You fixed all the boundaries of the earth; *
you made both summer and winter.
- 17 Remember, O LORD, how the enemy scoffed, *
how a foolish people despised your Name.
- 18 Do not hand over the life of your dove to wild beasts; *
never forget the lives of your poor.
- 19 Look upon your covenant; *
the dark places of the earth are haunts of violence.

- 20 Let not the oppressed turn away ashamed; *
 let the poor and needy praise your Name.
- 21 Arise, O God, maintain your cause; *
 remember how fools revile you all day long.
- 22 Forget not the clamor of your adversaries, *
 the unending tumult of those who rise up against you.

VERSICLE AND RESPONSE

- V. Deliver me, my God, from the hand of the wicked:
 R. **From the clutches of the evildoer and the oppressor.**

All stand for silent prayer. The appointed Reader then goes to the lectern, and the people are seated.

LESSON ONE

Lamentations 1:1-5

Aleph. How solitary lies the city, once so full of people: How like a widow has she become, she that was great among the nations! She that was queen among the cities has now become a vassal.

Beth. She weeps bitterly in the night, tears run down her cheeks; among all her lovers she has none to comfort her; all her friends have dealt treacherously with her; they have become her enemies.

Gimel. Judah has gone into the misery of exile and of hard servitude; she dwells now among the nations, but finds no resting place; all her pursuers overtook her in the midst of her anguish.

Daleth. The roads to Zion mourn, because none come to the solemn feasts; all her gates are desolate, her priests groan and sigh; her virgins are afflicted, and she is in bitterness.

He. Her adversaries have become her masters, her enemies prosper; because the Lord has punished her for the multitude of her rebellions; her children are gone, driven away as captives by the enemy.

Jerusalem, Jerusalem, return to the Lord your God!

RESPONSORY: *In monte Oliveti*

Healey Willan (1880-1968)

On the Mount of Olives Jesus prayed to the Father:

Father, if it be possible, let this cup pass from me. The spirit indeed is willing, but the flesh is weak.

V. Watch and pray, that you may not enter into temptation.

R. **The spirit indeed is willing, but the flesh is weak.**

LESSON TWO

Lamentations 1:6-9

Waw. And from Daughter Zion all her majesty has departed; her princes have become like stags that can find no pasture, and that run without strength before the hunter.

Zayin. Jerusalem remembers in the days of her affliction and bitterness all the precious things that were hers from the days of old; when her people fell into the hand of the foe, and there was none to help her; the adversary saw her, and mocked at her downfall.

Heth. Jerusalem has sinned greatly, therefore she has become a thing uncleaned, and who honored her despise her, for they have seen her nakedness; and now she sighs and turns her face away.

Teth. Uncleanness clung to her skirts, she took no thought to her doom; therefore her fall is terrible, she has no comforter. "O Lord, behold my affliction, for the enemy has triumphed."

Jerusalem, Jerusalem, return to the Lord your God!

RESPONSORY: *Tristis est anima mea*

Healey Willan

My soul is very sorrowful, even to the point of death;

Remain here, and watch with me. Now you shall see the crowd who will surround me; you will flee, and I will go to be offered up for you.

V. Behold, the hour is at hand, and the Son of Man is betrayed into the hands of sinners.

R. **You will flee, and I will go to be offered up for you.**

LESSON THREE

Lamentations 1:10-14

Yodh. The adversary has stretched out his hand to seize all her precious things; she has seen the Gentiles invade her sanctuary, those whom you had forbidden to enter your congregation.

Kaph. All her people cry as they search for bread; they sell their own children for food to revive their strength. "Behold, O Lord, and consider, for I am now beneath contempt."

Lamedh. Is it nothing to you, all you who pass by? Behold and see if there is any sorrow like my sorrow which was brought upon me, which the Lord inflicted, on the day of his burning anger.

Mem. From on high he sent fire, into my bones it descended; he spread a net for my feet, and turned me back; he has left me desolate and faint all the day long.

Nun. My transgressions were bound into a yoke; by his hand they were fastened together; their yoke is upon my neck, he has caused my strength to fail. The Lord has delivered me into their hands, against whom I am not able to stand up.

Jerusalem, Jerusalem, return to the Lord your God!

RESPONSORY: *God So Loved the World*

John Stainer (1840-1901)

God so loved the world, that He gave His only-begotten Son, that whoso believeth in Him should not perish, but have everlasting life. For God sent not His Son into the world to condemn the world; but that the world through Him might be saved. Amen.

V. Surely, he has borne our griefs and carried our sorrows:

R. **And by his scourging we are healed.**

Lo, we have seen him without beauty or majesty,

With no looks to attract our eyes. He bore our sins and grieved for us, he was wounded for our transgressions, and by his scourging we are healed.

LAUDS

ANTIPHON

God did not spare his own Son, but delivered him up for us all.

PSALM 63:1-11

- 1 O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.
- 3 For your loving-kindness is better than life itself; *
my lips shall give you praise.
- 4 So will I bless you as long as I live *
and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, *
and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed, *
and meditate on you in the night watches.
- 7 For you have been my helper, *
and under the shadow of your wings I will rejoice.
- 8 My soul clings to you; *
your right hand holds me fast.
- 9 May those who seek my life to destroy it *
go down into the depths of the earth;
- 10 Let them fall upon the edge of the sword, *
and let them be food for jackals.
- 11 But the king will rejoice in God;
all those who swear by him will be glad; *
for the mouth of those who speak lies shall be stopped.

ANTIPHON

God did not spare his own Son, but delivered him up for us all.

PSALM 130

SIMPLIFIED ANGLICAN CHANT, S-414

Robert Knox Kennedy
(b. 1945)



Out of the depths have I called to you, O Lord;
Lord, hear my | voice; *
let your ears consider well the voice of my suppli | cation.
If you, Lord, were to note what is done a | miss, *
O Lord, who could | stand?

For there is for | giveness with you; *
therefore you shall be | feared.

I wait for the Lord; my soul | waits for him; *
in his word is my | hope.

My soul waits for the Lord,
more than watchmen for the | morning, *
more than watchmen for the | morning.

O Israel, wait for the | Lord, *
for with the Lord there is | mercy;

(2nd half) With him there is plenteous re|demption, *
and he shall redeem Israel from all their | sins.

ANTIPHON

O Death, I will be your death; O Grave, I will be your destruction.

PSALM 150

1 Praise God in his holy temple; *
praise him in the firmament of his power.

2 Praise him for his mighty acts; *
praise him for his excellent greatness.

3 Praise him with the blast of the ram's-horn; *
praise him with lyre and harp.

4 Praise him with timbrel and dance; *
praise him with strings and pipe.

5 Praise him with resounding cymbals; *
praise him with loud-clanging cymbals.

6 Let everything that has breath*
praise the Lord.

Ant. O Death, I will be your death;
O Grave, I will be your destruction.

VERSICLE AND RESPONSE

V. My flesh also shall rest in hope:

R. **You will not let your holy One see corruption.**

*All stand. During the singing of the Canticle, the candles at the Altar,
and all other lights in the church, are extinguished.*

ANTIPHON

Now the women sitting at the tomb made lamentation, weeping for the Lord.

CANTICLE 16: *BENEDICTUS DOMINUS DEUS ISRAEL*

1 Blessed be the Lord, the God of Israel;
he has come to his people and set them free.

2 He has raised up for us a mighty savior,
born of the house of his servant David.

- 3 Through his holy prophets he promised of old,
that he would save us from our enemies,
from the hands of all who hate us.
- 4 He promised to show mercy to our fathers
and to remember his holy covenant.
- 5 This was the oath he swore to our father Abraham,
to set us free from the hands of our enemies,
- 6 Free to worship him without fear,
holy and righteous in his sight
all the days of our life.
- 7 You, my child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation
by the forgiveness of their sins.
- 9 In the tender compassion of our God
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

ANTIPHON

Now the women sitting at the tomb made lamentation, weeping for the Lord.

The remaining candle is taken from the stand.

The people kneel.

CHRISTUS FACTUS EST

Christ for us became obedient unto death, even death on a cross; therefore God has highly exalted him and bestowed on him the Name which is above every name.

THE LORD'S PRAYER

**Our Father, who art in heaven, hallowed be thy Name,
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.**

Silence.

PSALM 51

Arr. From T.L. Victoria

COLLECT (*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.

Following the collect, a noise is made, and the Christ candle is returned to the stand; by its light all depart in silence.

SERVING @ GRACE TODAY

Lector
Interim Music Director
Acolytes
Altar Guild Crew Leader

Wendy Wilmer
Josh Harrington
John Barker, Ramee Gentry
Kristine Hesse

2026 Holy Week & Easter Sunday @ Grace

**Nursery Care Provided*

Palm Sunday, March 29

7:30 am - Holy Eucharist
8:45 am - La Santa Eucaristía con Procesión *(in Spanish)**
9:00 am - Little Church with Eucharist*
9:30 am - Palm Cross Activity for all ages*
10:30 am - Festival Eucharist with Procession*
(Livestreamed)
5:00 pm - Contemplative Eucharist

Monday in Holy Week, March 30

7:00 pm - Holy Eucharist

Tuesday in Holy Week, March 31

7:00 pm - Holy Eucharist

Wednesday in Holy Week, April 1

7:00 pm - Choral Tenebrae led by our choir and
Josh Harrington, Interim Director of Music
(Livestreamed)

Maundy Thursday, April 2

12 Noon - Holy Eucharist
7:00 pm - Maundy Thursday Festival Eucharist
with foot-washing and stripping of the altar
(Livestreamed)
Prayer Watch follows until Midnight

Good Friday, April 3

7:30 am - Liturgy of the Day *(Livestreamed)*
12:00 - 1:00 pm - Stations of the Cross *(Livestreamed)*
1:00 - 1:30 pm - Silence / Music *(Livestreamed)*
1:30 - 3:00 pm - Liturgy of the Day *(Livestreamed)*
5:30 pm - Children & Family Service
7:00 pm - Via Crucis *(in Spanish)*

Holy Saturday, April 4

9:00 am - Holy Saturday Liturgy of the Day

Easter Vigil with Bishop Boursakos Saturday, April 4

8:00 pm - Easter Vigil with Baptism &
Confirmation/Reception* *(Livestreamed)*
Agape potluck meal will follow in the Auditorium

Easter Sunday, April 5

7:30 am - Holy Eucharist Rite I
8:45 am - La Santa Eucaristía *(in Spanish)**
9:00 am - Little Church with Eucharist*
9:45 am Easter Egg Hunt *
10:30 am - Festival Eucharist *(Livestreamed)*
Festive prelude starts at 10 AM
No 5 pm Service on Easter Sunday