



# Lent

I set my face  
unto the  
Lord God.

DANIEL 9:3

*Welcome! We come from many backgrounds, have varied points of view, and are in different places in our spiritual journey. We share a common desire to enter more deeply into the life God has for us in Christ Jesus.*

*Thank you for worshipping here today. We invite you to share in the bread and wine of communion with us at the Lord's Table. Wherever you are in your spiritual journey, you are welcome here.*

*Please join us after the service for refreshments and fellowship in the Parish House.*

If you are joining us today for the first time, please sign the register in the Narthex or complete the visitor's card located in each pew and place in the offering plate.

## **THE LENTEN SEASON**

Lent is a season of the Christian Year where Christians focus on simple living, prayer, and fasting in order to grow closer to God. Lent begins on Ash Wednesday and ends Easter Morning.

Ash Wednesday usually begins with a service where we recognize our mortality, repent of our sins, and return to our loving God. We recognize life as a precious gift from God, and re-turn our lives towards Jesus Christ. We may make resolutions and commit to change our lives over the next forty days so that we might be more like Christ.

Lent is a great time to "repent" -- to return to God and re-focus our lives to be more in line with Jesus. It's a 40 day trial run in changing your lifestyle and letting God change your heart.

# THE HOLY EUCHARIST

## THE WORD OF GOD

### Prelude:

*See Information Sheet*

### Announcements

Entrance: Silent Procession (1st Sunday—Stations of the Cross)

### A Penitential Order: Rite II

*Celebrant:* Bless the Lord who forgives all our sins;

*People:* ***His mercy endures for ever.***

### **The Decalogue: Contemporary**

Hear the commandments of God to his people:

I am the Lord your God who brought you out of bondage.

You shall have no other gods but me.

*Amen. Lord have mercy.*

You shall not make for yourself any idol.

*Amen. Lord have mercy.*

You shall not invoke with malice the Name of the Lord your God.

*Amen. Lord have mercy.*

Remember the Sabbath Day and keep it holy.

*Amen. Lord have mercy.*

Honor your father and your mother.

*Amen. Lord have mercy.*

You shall not commit murder.  
*Amen. Lord have mercy.*

You shall not commit adultery.  
*Amen. Lord have mercy.*

You shall not steal.  
*Amen. Lord have mercy.*

You shall not be a false witness.  
*Amen. Lord have mercy.*

You shall not covet anything that belongs to your neighbor.  
*Amen. Lord have mercy.*

*[The Celebrant may read one of the following sentences]*

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these." {*Mark 12:29-31*}

*[Or]*

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. {*1John 1:8,9*}

*[Or]*

Since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. {*Hebrews 4:14,16*}



## The Confession and Absolution:

*[The Celebrant continues]*

Let us confess our sins against God and our neighbor.

*[Minister and People all kneeling]*

Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name.     **AMEN.**

*[The Bishop when present, or the Priest, stands and says]*

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.     **AMEN.**

**Kyrie: S 96:**

**S 96**

Lord, have mercy

*Kyrie*

The Holy Eucharist II

Lord, have mer - cy. Lord, Lord, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy.

Christ, have mer - cy. Christ, Christ, have mer - cy. Lord,

Christ have mer - cy. Christ, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy. Lord,

Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy, have mer - cy.

Lord, have mer - cy, have mer - cy.

## The Collect of the Day [in Unison]

*See Scripture Insert [Contemporary]*

### The First Lesson

*See Scripture Insert*

[Before the lesson:]

Reader: A reading from the Book of .....

Hear what the Spirit is saying to God's People.

[After the lesson:]

Reader: The Word of the Lord.

People: **Thanks be to God.**

### The Psalm

*See Scripture Insert*

### The Second Lesson

*See Scripture Insert*

[Before the lesson:]

Reader: A reading from .....

Hear what the Spirit is saying to God's People.

[After the lesson:]

Reader: The Word of the Lord.

People: **Thanks be to God.**

### The Sequence Hymn

### The Gospel [All stand and face the Celebrant]

*See Scripture Insert*

Celebrant: The Holy Gospel of our Lord Jesus Christ according to .....

People: **Glory to you, Lord Christ.**

[After the Gospel, the Celebrant says]

Celebrant: The Gospel of the Lord.

People: **Praise to you, Lord Christ.**

### The Sermon

**The Nicene Creed:** *[All stand and say together]*

*We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.*

*We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.*

*We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. AMEN.*



### **Prayer of Intercession for Lent**

(inspired by Psalm 145: 14) written by John Birch, and posted on his **Faith and Worship** website.

God of love  
hear the cry of those who yearn for love;  
fractured families, broken homes  
neglected, unwanted, alone.

God of love  
**hear our prayer**

God of justice  
hear the cry of those who yearn for justice;  
persecuted and oppressed,  
exploited, ill-treated, broken.

God of justice  
**hear our prayer**

God of peace  
hear the cry of those who yearn for peace;  
in battle zones and broken states,  
frightened, fearful, anxious

God of peace  
**hear our prayer**

God of healing  
hear the cry of those who yearn for healing;  
physical and spiritual  
hurting, weakened, depressed

God of healing  
**hear our prayer**

God of mercy  
hear the cry of those who yearn for mercy;  
convicted, in need of your Grace,  
contrite, humble, bowed down,  
God of mercy  
**hear our prayer**

God of abundance,  
remind us to be grateful for all of your many gifts,  
especially your presence in our lives.  
God of abundance  
**hear our prayer**

God, lover of all, bless those on our hearts this day,  
especially those on our prayer list, and those we name now silently or  
aloud.  
God of all,  
**hear our prayer.**

God, giver of life,  
We pray for those taking their first breath and for those breathing their last.  
We remember all who have died and risen in glory.  
God of life,  
**hear our prayer.**

*The Celebrant continues*

Jesus, teach us to be generous,  
to serve you as you deserve:  
to give without counting the cost,  
to fight needless of the wounds,  
to work and not seek for rest,  
to toil and not seek for reward,  
save the reward of knowing we are doing your will. **Amen.**

— St. Ignatius of Loyola. Posted on the [Canadian Foodgrains Bank](#) "Weekly Prayer"  
page from the [re-worshipblogspot.com](#) 8

**The Peace** *[All stand]*

*Celebrant:* The peace of the Lord be always with you.

*People:* **And also with you.**

*[Then the Ministers and People may greet one another in the name of the Lord.]*

**Birthday and Anniversary Blessings**

**Offertory**

**Doxology** *[Sung]*

**THE GREAT THANKSGIVING**

*[Eucharistic Prayer B—BCP 367]*

*[The people remain standing. The Celebrant faces them and says]*

*Celebrant:* The Lord be with you.

*People:* **And also with you.**

*Celebrant:* Lift up your hearts.

*People:* **We lift them to the Lord.**

*Celebrant:* Let us give thanks to the Lord our God.

*People:* **It is right to give him thanks and praise.**

*[Then, facing the Holy Table, the Celebrant proceeds]*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

*[Here a Proper Preface is sung or said on all Sundays, and on other occasions as appointed.]*

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

## Sanctus

Franz Peter Schubert, 1797-1828


9 Ho- ly, ho- ly, ho- ly Lord. God of power and might,


170

heaven and earth are full, full of your glory. Ho-

250

san- na in the high est. Ho- san- na in the high- est.

33.   
Bless-ed is he who comes in the name of the Lord. Ho-

41 



*[The people stand or kneel.]*

*Then the Celebrant continues*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

*[At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.]*

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you. This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

*[Celebrant and People]*

*We remember his death,*

*We proclaim his resurrection,*

*We await his coming in glory;*

*[The Celebrant continues]*

And we offer our sacrifice of praise, and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with [ ] and] all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

601

Amen

The musical score is written for a treble and bass staff in 4/4 time. The treble staff begins with a treble clef and a key signature of one flat (B-flat). The melody consists of quarter and eighth notes, with a final measure containing a half note and a whole note. The bass staff begins with a bass clef and a key signature of one flat. It provides a harmonic accompaniment with chords and single notes. The lyrics 'A - men. A - men. A - men.' are written below the treble staff, aligned with the notes. The final measure of the treble staff has a longer note value, corresponding to the final 'men.' in the lyrics.

TEXT: Trad. liturgical text  
MUSIC: Anon. Danish

DANISH AMEN

*Celebrant:* And now, as our Savior Christ has taught us, we are bold to say,

**The Lord's Prayer**

*[Join hands and say together]*

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.**

## The Breaking of the Bread

[The Celebrant breaks the consecrated Bread. A period of silence is kept.]

**Celebrant:** Christ our Passover is sacrificed for us.

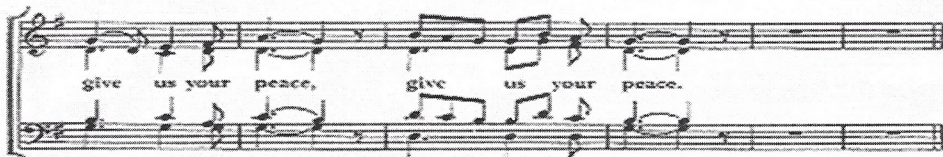
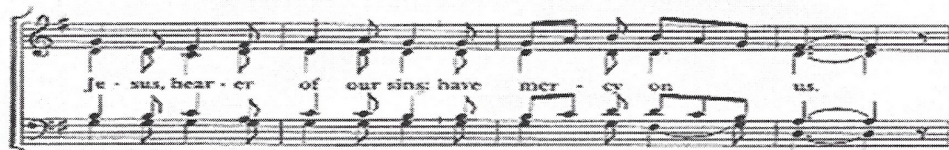
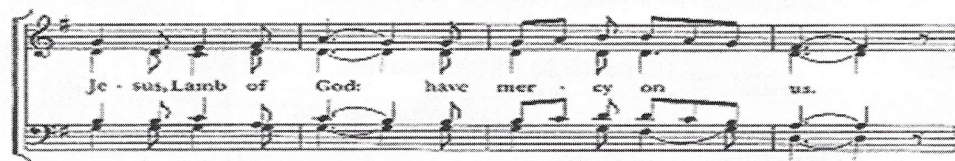
**People:** *Therefore let us keep the feast.*

**Agnus Dei (Jesus, Lamb of God):** [Celebrant and people singing]

**S 164**

**Fraction Anthem: Jesus, Lamb of God**

**The Holy Eucharist  
Agnus Dei**



Setting: From *Gesänge Messe*; Franz Peter Schubert (1797-1828); arr. Richard Frouls (c. 1937)



*Facing the people, the Celebrant says the following Invitation.*

**The Gifts of God for the People of God.**

*and may add:*      Take them in remembrance that Christ died for you, and  
                                 feed on him in your hearts by faith, with thanksgiving.

### **The Communion**

*In the Episcopal Church we believe that all baptized Christians  
are welcome to receive Communion at the Lord's Table.*

*Please come forward as you are able or  
ask an usher for Communion at your seat.*

*[The Celebrant and the communicants receive the Sacrament. The following or  
similar words are said to each at the distribution and each responds, saying  
Amen.]*

*Celebrant:*      The Body of Christ, the bread of heaven.

*People:*          **Amen.**

*Eucharistic Minister:* The Blood of Christ, the cup of salvation.

*People:*          **Amen.**

**Communion Hymn:** *[All sing]*

*See Information Sheet*

## **After Communion**

*Celebrant:* Let us pray.

*[Celebrant and People say together]*

***Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. AMEN.***

## **The Blessing of the Congregation**

*[The Celebrant blesses the people with these or other suitable words, the people respond with 'Amen']*

The peace of God, which passes all understanding keep your hearts and minds in the knowledge and love of God, and of His Son, Jesus Christ, and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be with you and remain with you always. **AMEN.**

## **Retiring Hymn:**

*See Information Sheet*

*Celebrant:* Go in peace to love and serve the Lord.

*People:* ***Thanks be to God.***

## **Postlude:**

*See Information Sheet*



Please return to the ushers.

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*"To know Christ and make Him known"*

