

# The Holy Eucharist

## The First Sunday in Lent

March 9, 2025



**Trinity**  
Episcopal Church

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**Prelude**

*Have Mercy, Lord, My Sin Forgive, BWV 721, J. S. Bach*

*Please stand as the leaders of the service enter in silent procession.*

A PENITENTIAL ORDER

*Book of Common Prayer, page 351*

*Celebrant* Bless the Lord who forgives all our sins.

*People* **God's mercy endures for ever.**

God spoke these words, and said:

I am the Lord your God who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods but me.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

You shall not make for yourself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; you shall not bow down to them, nor worship them.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

You shall not take the Name of the Lord your God in vain.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

Remember the Sabbath day and keep it holy.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

Honor your father and your mother.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

You shall do no murder.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

You shall not commit adultery.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

You shall not steal.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

You shall not bear false witness against your neighbor.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

You shall not covet.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

*The Celebrant then says*

Let us humbly confess our sins to Almighty God.

*The people are invited to kneel. Silence may be kept.*

Almighty and most merciful Father,  
 we have erred and strayed from your ways like lost sheep,  
 we have followed too much the devices and desires of our own hearts,  
 we have offended against your holy laws,  
 we have left undone those things which we ought to have done,  
 and we have done those things which we ought not to have done.  
 But you, O Lord, have mercy upon us,  
 spare those who confess their faults,  
 and restore those who are penitent,  
 according to your promises declared to all people  
 in Christ Jesus our Lord;  
 and grant, O most merciful Father, for his sake,  
 that we may hereafter live a godly, righteous, and sober life,  
 to the glory of your holy Name. Amen.

*The Priest, stands and says*

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of the Holy Spirit. **Amen.**

*The people stand, as able.*

THE LITURGY OF THE WORD

*Book of Common Prayer, page 356*

**Kyrie S 91**

Healey Willan

Lord, have mer - cy up - on us. Lord, have mer - cy up -  
 on us. Lord, have mer - cy up - on us. Christ, have mer - cy up -  
 on us. Christ, have mer - cy up - on us. Christ, have mer - cy up -  
 on us. Lord, have mer - cy up - on us.



Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

*Celebrant* The Lord be with you.

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

Let us pray.

(BCP page 218)

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

### A reading from the book of Deuteronomy

26:1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

The Word of the Lord.

**Thanks be to God.**

- 1 He who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.
- 2 **He shall say to the LORD,**  
**"You are my refuge and my stronghold, \***  
**my God in whom I put my trust."**
- 9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,
- 10 **There shall no evil happen to you, \***  
**neither shall any plague come near your dwelling.**
- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.
- 12 **They shall bear you in their hands, \***  
**lest you dash your foot against a stone.**
- 13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent under your feet.
- 14 **Because he is bound to me in love, therefore will I deliver him; \***  
**I will protect him, because he knows my Name.**
- 15 He shall call upon me, and I will answer him; \*  
I am with him in trouble; I will rescue him and bring him to honor.
- 16 **With long life will I satisfy him, \***  
**and show him my salvation.**

**A reading from the letter of Paul to the Romans**

*10:8b-13*

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

The Word of the Lord.

**Thanks be to God.**

# Hymn 150

*Aus der Tiefe rufe ich*

1 For - ty days and for - ty nights thou wast fast - ing in the wild;  
 2 Should not we thy sor - row share and from world - ly joys ab - stain,  
 3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!  
 4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;  
 5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.  
 2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?  
 3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!  
 4 round us, too, shall an - gels shine, such as min - is - tered to thee.  
 5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smytton (1822-1870), alt.  
 Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889)

The Holy Gospel of our Lord Jesus Christ according to Luke.

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

*Luke 4:1-13*

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time."

The Gospel of the Lord.

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

**The Nicene Creed**

*Book of Common Prayer, page 358, adapted*

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:  
was incarnate from the Virgin Mary,  
and became truly human.

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,  
who with the Father and the Son is worshiped and glorified,  
who 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.

**Prayers of the People**

In this holy season of Lent, we pray to Christ our Lord for courage to give up the things we do not need, and to give ourselves completely to God.

Lord, give your Church the courage to give up our focus on our own interests, and to give more time to your mission in the world.

May the faithfulness of Jesus, journeying toward the cross, bring forgiveness to your people and help us to face the cost of proclaiming salvation.

Lord, meet us in our wilderness,

**give us strength and hear our prayer.**

Give your world the courage to give up war, bitterness, and hatred, and to seek peace.

May the passion and pain of Jesus inspire us to see the pain and passion of others, even our enemies, and to bring compassion instead of conflict throughout the world.

Lord, meet us in our wilderness,

**give us strength and hear our prayer.**

Give us the courage to give up quarrels, strife and jealousy in our families, neighborhoods, and communities.

May the presence of the risen Jesus, his body once broken and now made whole, bring wholeness and peace as we live with one another.

Lord, meet us in our wilderness,

**give us strength and hear our prayer.**

Give us the courage to give up our selfishness, so we can live for others, and give time, care, and comfort to the sick, the injured, the oppressed, and the lonely.

May the wounded hands of Jesus bring his healing touch, and the light of his presence, to fill the lives of all who are in trouble, pain, or need.

Lord, meet us in our wilderness,

**give us strength and hear our prayer.**

Give us the courage to give up our fear of death, and to rejoice with those who have died in faith.

May the feet of the risen Lord Jesus, once nailed to the cross, walk alongside the dying and bereaved, and lead us and all your Church through death to eternal life.

Lord, meet us in our wilderness,

**give us strength and hear our prayer.**

*The Celebrant adds a concluding prayer.*

## **Exchange of Peace**

*The Celebrant says to the people*

The peace of Christ be always with you.

*People*      **And also with you.**

*The Ministers and People greet one another in the name of the Lord.*

*Announcements may be made about matters of interest to the congregation.*



At 8 a.m. there is a collection plate near the entrance to make your weekly gift or regular pledge offering.

At 10 a.m., a collection of financial gifts for the work of the church is received during the singing of the anthem.

Or, at either service, scan the QR code to make a gift electronically.



## Offertory Anthem

*Agnus Dei, from "Messe Solennelle", Louis Vierne*

*Agnus Dei qui tollis peccata mundi, miserere nobis. Agnus Dei qui tollis peccata mundi, miserere nobis. Agnus Dei qui tollis peccata mundi, dona nobis pacem. Lamb of God, who takes away the sins of the world, have mercy on us. Lamb of God, who takes away the sins of the world, have mercy on us. Lamb of God, who takes away the sins of the world, grant us peace.*

## Hymn at the Presentation (sung at both services)

*Old Hundredth*

**Praise God, from whom all blessings flow;  
Praise God, all creatures here below;  
Praise God above, ye heav'nly host;  
Praise Father, Son, and Holy Ghost. Amen.**

## Eucharistic Prayer A (expansive)

*Book of Common Prayer p 361, adapted*

God be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

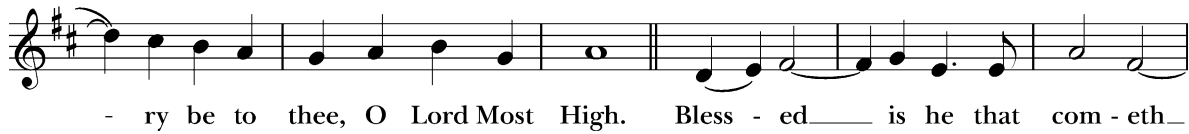
Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth. *[the priest adds a thanksgiving to God that is appropriate to the day or celebration, then continues:]* 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:

*S 114, Healey Willan*





Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

*The people kneel as able, as the Celebrant continues*

Holy and gracious God: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and maker of all.

Jesus stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Savior 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 Jesus 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, we proclaim the mystery of faith,

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through Jesus Christ our Savior. By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. **AMEN.**

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

**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 Celebrant breaks the consecrated Bread, then says*  
Alleluia. Christ our Passover is sacrificed for us;  
**Therefore let us keep the feast. Alleluia.**

*The Celebrant invites the people to communion, saying*  
The gifts of God, for the people of God.  
Take them in remembrance that Christ died for you,  
and feed on him in your hearts by faith, with thanksgiving.

*Those worshipping remotely are invited to offer a prayer for “spiritual communion”, printed below.*

### **A prayer for Spiritual Communion**

Jesus, I believe that you are truly present in the Holy Sacrament and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life, until by your grace, I come to your glorious kingdom and unending peace. Amen.

*(From Saint Augustine’s Prayer Book, rev 2014., based on a prayer by St. Alphonsus de Liguori)*

### **Music at Communion:**

Motet (Coventry Choir)

Let Thy Merciful Ears, Thomas Mudd

Let thy merciful ears, O Lord, be open unto the prayers of thy humble servants; and that they may obtain their petitions make them to ask such things as shall please thee; through Jesus Christ our Lord. Amen.

Hymn 343

St. Agnes

1 Shep - herd of souls, re - fresh and bless thy cho - sen  
 2 We would not live by bread a - lone, but by thy  
 3 Be known to us in break - ing bread, and do not  
 4 Lord, sup with us in love di - vine thy Bo - dy

pil - grim flock with man - na in the  
 word of grace, in strength of which we  
 then de - part; Sa - vior, a - bide with  
 and thy Blood, that liv - ing bread, that

wil - der - ness, with wa - ter from the rock.  
 trav - el on to our a - bid - ing - place.  
 us, and spread thy ta - ble in our heart.  
 heaven - ly wine, be our im - mor - tal food.

Words: James Montgomery (1771-1854), alt. Music: St. Agnes, melody John Bacchus Dykes (1823-1876); harm. Richard Proulx (b. 1937), after John Bacchus Dykes (1823-1876) Copyright ©1985, G.I.A. Publications, Inc. All rights reserved. Used with permission.

## Post communion prayer

*Book of Common Prayer 339, adapted*

*The people may kneel or stand.*

Almighty and everliving God,  
we thank you for feeding us, in these holy mysteries,  
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  
of your favor and goodness towards us  
and that we are living members of the Body of Christ,  
of the blessed company of all faithful people,  
and heirs of your eternal kingdom.  
And now, O God, assist us with your grace,  
that we may continue in that holy fellowship,  
and do all such good works as you have prepared for us to walk in.  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be all honor and glory, world without end. Amen.

## Blessing

*The priest offers a blessing, and the people respond. Amen.*

## Hymn 690

*Cwm Rhondda*

1 Guide me, O thou great Je - ho - vah, pil - grim through this  
2 O - pen now the crys - tal foun-tain, whence the heal - ing  
3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;  
stream doth flow; let the fire and cloud - y pil - lar  
fears sub - side; death of death, and hell's de - struc - tion,

The image shows a musical score for Hymn 690. It consists of two systems of music. Each system has a treble clef staff and a bass clef staff. The treble staff contains the melody, and the bass staff contains the accompaniment. The lyrics are written below the treble staff. The key signature is one sharp (F#), and the time signature is common time (C). The lyrics are: 1 Guide me, O thou great Je-ho-vah, pil-grim through this; 2 O-pen now the crys-tal foun-tain, whence the heal-ing; 3 When I tread the verge of Jor-dan, bid my anx-ious bar-ren land; I am weak, but thou art might-y; stream doth flow; let the fire and cloud-y pil-lar fears sub-side; death of death, and hell's de-struction.

hold me with thy power - ful hand; bread of hea - ven,  
 lead me all my jour - ney through; strong de - liv - erer,  
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -  
 strong de - liv - erer, be thou still my strength and  
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.  
 shield, be thou still my strength and shield.  
 thee, I will ev - er give to thee.

Words: William Williams (1717-1791); tr. Peter Williams (1722-1796), alt. Music: *Cwm Rhondda*, John Hughes (1873-1932)

*Please remain standing while the procession exits the church in silence.*

**The Dismissal**

*The people are dismissed to go forth into the world.*

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



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Wendy Carber, Gayle Celentano, Priscilla Knapp, Inez Tokashiki, *Altar Guild*  
The Outreach Commission, *Hospitality*  
Stella Horton; Rafael Declet, *Lectors*  
Don Smith; Liz Louie, *Ushers*  
Hiro Moore, Nancy Matthews; Kristina Van Name, Lorraine Ryan, *Chalice Bearers*  
Patrick Louie, Connor Van Name, *Acolytes*  
Nancy Matthews, *Tech Guild*  
Vernon Williams, *Music Director*  
The Rev. Emily Mellott, *Celebrant & Preacher*