The Holy Eucharist

The Third Sunday in Lent

March 23, 2025



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Prelude

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.

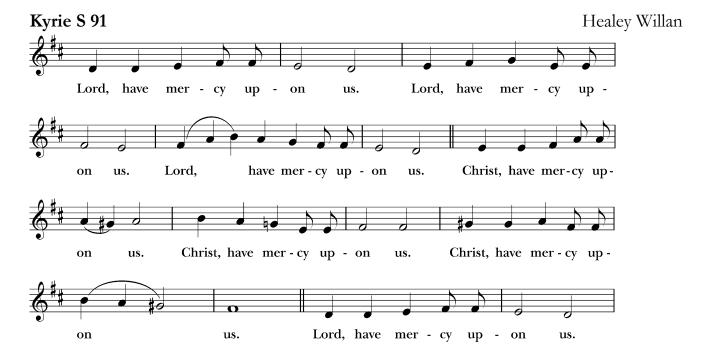
The Priest, stands and says

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





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

Celebrant People The Lord be with you.

And also with you.

Let us pray.

(BCP page 218)

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The people are seated.

Anthem (Carol Choir)

A Lenten Prayer, Robert Powell

Lord, I ask a blessing for my soul today; give me peace from heaven as I kneel and pray. Forty days did Jesus face temptation strong; give me strength to conquer, knowing right from wrong. I would be like Jesus turning from all sin, with His love to keep me true and faithful within. When I look to Jesus, he will show the way; help me come to meet Him, pure on Easter Day.

A reading from the book of Exodus

3:1-15

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the

Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you." God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations."

The Word of the Lord.

Thanks be to God.

Psalm 63:1-8

Book of Common Prayer, page 670

- 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.

A reading from the first letter of Paul to the Corinthians

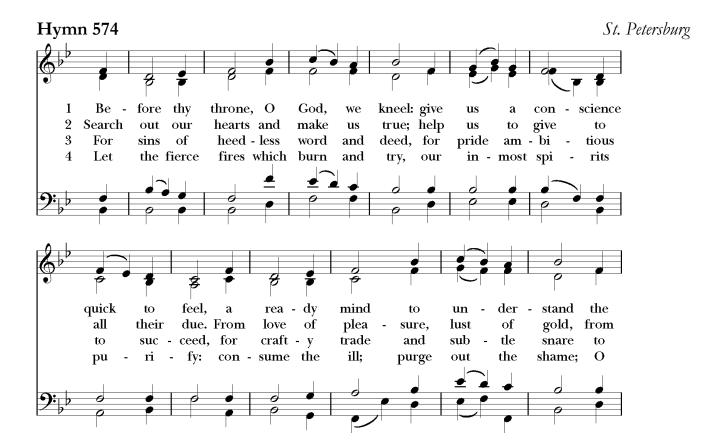
10:1-13

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless,

God was not pleased with most of them, and they were struck down in the wilderness. Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

The Word of the Lord.

Thanks be to God.





Words: William Boyd Carpenter (1841-1918), alt. Music: St. Petersburg, Dimitri S. Bortniansky (1751-1825)

The Holy Gospel of our Lord Jesus Christ according to Luke. *People* Glory to you, Lord Christ.

Luke 13:1-9

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did." Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.""

The Gospel of the Lord.

People Praise to you, Lord Christ.

The Sermon

The Rev. Emily Mellott

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

O Jesu Christ, meins Lebens Licht, J. S. Bach

O Jesu Christ, mein's Lebens Licht, mein Hort, mein Trost, mein' Zuversicht, auf Erden bin ich nur ein Gast und drückt mich sehr der Sünden Last. O Jesus Christ, my life's light, my refuge, my comfort, my confidence, on earth I am but a guest and sore oppressed by Sin's burden.

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.

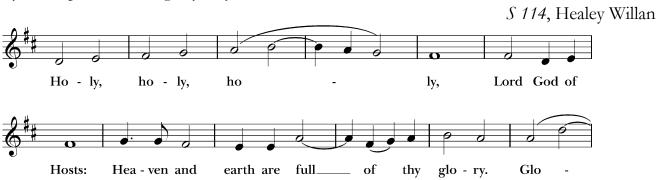
Lift up your hearts.

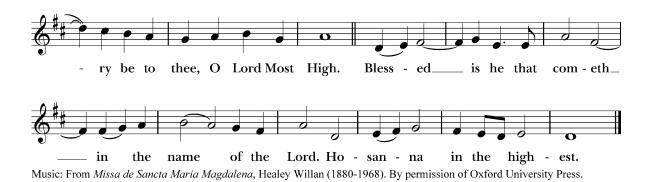
We lift them to the Lord.

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:





The people are encouraged to 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:

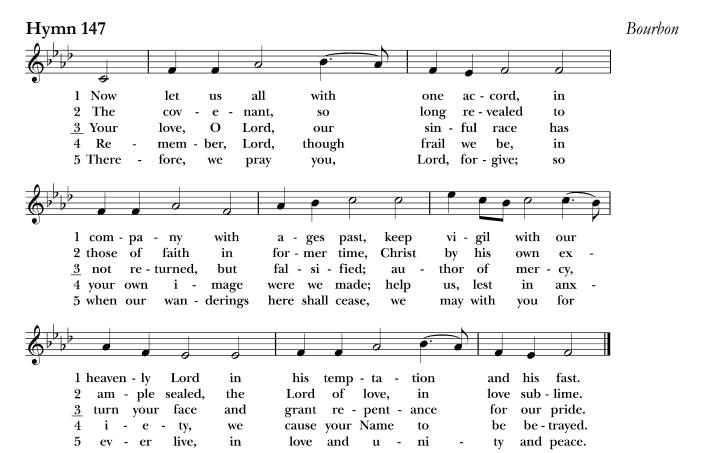
Motet (Coventry Choir)

Super Flumina Babylonis, Orlando di Lasso

Super flumina Babylonis, illic sedimus et flevimus, dum recordaremur tui, Sion. In salicibus in medio ejus, suspendimus organa nostra. By the streams of Babylon we sat down and wept when we remembered you, O Zion. Among the willows on its banks we hung our harps.



Words: John Brownlie (1859-1925) Music: Jesus, meine Zuversicht, melody Johann Cruger (1598-1662); harm. after The Chorale Book for England, 1863



Words: Att. Gregory the Great (540-604); tr. *Praise the Lord*, 1972, alt. James Quinn, SJ. Printed by permission of Geoffrey Chapman, a division of Cassell Ltd. Music: *Bourbon*, melody att. Freeman Lewis (1780-1859); harm. Thomas Foster (b. 1938).

Post communion prayer

Book of Common Prayer 339, adapted

The people may kneel or stand, according to personal preference.

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.



Words: Att. to John Fawcett (1739/40-1817). Music: Sicilian Mariners, Sicilian melody; first published *The European Magazine and London Review*, 1792, alt.

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.



Wendy Carber, Helen Anderson, Priscilla Knapp, Joan Willett, *Altar Guild*The God's Diversity Committee, *Hospitality*Maris Williams; Addy & Charlee Marcella, Peter Knerr, *Lectors*Stephen Meader; Michael Winterrowd, *Ushers*Lorraine Ryan, Bob Litsinger; Nancy Matthews, Kristina Van Name, *Chalice Bearers*Patrick Louie, Kathryn Bradley, *Acolytes*Bill McBride, *Tech Guild*Vernon Williams, *Music Director*The Rev. Emily Mellott, *Celebrant & Preacher*