

## THE FIRST SUNDAY IN LENT

FEBRUARY 18, 2024, AT 11:15 AM  
& LIVESTREAMED ONLINE

## THE HOLY EUCHARIST

### THE WORD OF GOD

*Please keep a prayerful quiet as we prepare for worship.  
Our liturgy is drawn from a variety of resources. Please see endnotes for references.  
The People's responses are printed in bold.*

**Prelude** Sonata ottava Grave, Allegro, Grave, Allegro, Op. 1 Tomasino Albinoni  
Karen Abrams, oboe ~ Peter Clamp, violin ~ Martin Mangold, cello (1671–1751)

*Please stand as you are able.*

**Hymn 149** Eternal Lord of love, behold your Church *Old 124th*

#### Opening Acclamation

Blessed be the God of our salvation:  
**Who bears our burdens and forgives our sins.**

#### Opening Sentences

Create in me a clean heart, O God.  
**And renew a right spirit within me.**  
Cast me not away from your presence.  
**And take not your Holy Spirit from me.**  
Give me the joy of your saving help again.  
**And sustain me with your bountiful Spirit.**  
Glory to the Father, and to the Son, and to the Holy Spirit:  
**As it was in the beginning, is now, and will be for ever. Amen.**

—*Psalm 51:11-13*

#### Invitation to a Holy Lent

*The Presider invites the People to the observance of a holy Lent, saying*

Brothers, sisters, and siblings in Christ, since early days Christians have observed with great devotion the time of our Lord's passion and resurrection and prepared for this by a season of penitence and fasting. By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel, and so grow in faith and in devotion to our Lord. I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word.

*Silence is then kept for a time, all kneeling as they are able.*

*Presider and People* **Most holy and merciful God: We confess to you and to one another, and to the whole communion of saints in heaven and on earth, that we have sinned by our own fault in thought, word, and deed; by what we have done, and by what we have left undone.**

*Then the Presider continues*

We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

**Have mercy on us, O God.**

We have ignored your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit. **Have mercy on us, O God.**

We confess to you all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,  
**We confess to you, O God.**

Our self-indulgent appetites and ways, and our exploitation of other people,  
**We confess to you, O God.**

Our anger at our own frustration, and our envy of those more fortunate than ourselves,  
**We confess to you, O God.**

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,  
**We confess to you, O God.**

Our negligence in prayer and worship, and our failure to commend the faith that is in us,  
**We confess to you, O God.**

Accept our repentance, Almighty God, for the wrongs we have done: for our willful ignorance to human need and suffering, and our indifference to injustice and cruelty,  
**Accept our repentance, O God.**

For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us, **Accept our repentance, O God.**

For our waste and pollution of your creation, and our lack of concern for those who come after us,  
**Accept our repentance, O God.**

Restore us, Holy God, and let your anger depart from us;  
**Favorably hear us, for your mercy is great.**

Accomplish in us the work of your salvation,  
**That we may show forth your glory in the world.**

By the cross and passion of your Son our Lord,  
**Bring us with all your saints to the joy of his resurrection.**

*The Presider stands and, facing the people, says*

Almighty God, the Father of our Savior Jesus Christ, who desires not the death of sinners, but rather that they may turn from their wickedness and live, has given power and commandment to his ministers to declare and pronounce to his people, being penitent, the absolution and remission of their sins. He pardons and absolves all those who truly repent, and with sincere hearts believe his holy Gospel.

Therefore we beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do on this day, and that the rest of our life hereafter may be pure and holy, so that at the last we may come to his eternal joy; through Jesus Christ our Lord. **Amen.**

Ho - ly God, Ho - ly and Might - y, Ho - ly Im -  
mor - tal One, Have mer - cy up - on us. Ho - ly God,  
Ho - ly and Might - y, Ho - ly Im - mor - tal One, Have mer - cy  
up - on us. Ho - ly God, Ho - ly and Might - y,  
Ho - ly Im - mor - tal One, Have mer - cy up - on us.

### Collect of the Day

God be with you.

**And also with you.**

Let us pray.

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.**

### Reading *seated* Genesis 9:8-17

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

For the Word of God in scripture, for the Word of God among us, for the Word of God within us,  
**Thanks be to God.**

**Psalm 25:1-9**

Carl P. Daw, Jr. (b. 1944) and Kevin R. Hackett (b. 1956)

*The People sing the antiphon after it has been introduced by the Choir and where indicated in the text.*



To you, O God, I lift up my soul;  
my God, I put my trust in you; \*  
let me not be humiliated,  
nor let my enemies triumph over me.

Let none who look to you be put to shame; \*  
let the treacherous be disappointed in their schemes. *Antiphon*

Show me your ways, O God, \*  
and teach me your paths.

Lead me in your truth and teach me, \*  
for you are the God of my salvation;  
in you have I trusted all the day long. *Antiphon*

Remember, O God, your compassion and love, \*  
for they are from everlasting.

Remember not the sins of my youth and my transgressions; \*  
remember me according to your love  
and for the sake of your goodness, O God. *Antiphon*

Gracious and upright are you; \*  
therefore you teach sinners in your way.

You guide the humble in doing right \*  
and teach your way to the lowly.

All your paths are love and faithfulness \*  
to those who keep your covenant and your testimonies. *Antiphon*

**Hymn 150** verses 1-3

Forty days and forty nights

*Aus der Tiefe rufe ich*

*Please stand as you are able. Verses 4 & 5 will be sung at the conclusion of the Gospel.*

**The Gospel** Mark 1:9-15

The Holy Gospel of our Savior Jesus Christ according to Mark.

**Glory to you, Lord Christ.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

The Gospel of the Lord.

**Praise to you, Lord Christ.**

**Hymn 150** verses 4 & 5

Forty days and forty nights

*Aus der Tiefe rufe ich*

**Sermon** The Rev. Susan Flanders

*Please be seated at the invitation of the preacher. A period of silence will be observed after the sermon.*

## **The Nicene Creed** *standing as you are able*

**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 of the Holy Spirit and 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**

*Intercessor* God of salvation, you call us to repentance and assure us of your forgiveness. In the holy season of Lent, we seek to reflect, repent, repair, and revive. Guide us into the beautiful possibilities of your kingdom. We see division, war, and violence; we seek your peace in all the world. We pray for the unity of the Church, for lives that show the Good News, and for care across boundaries and cultures.

Merciful God, **hear our prayer.**

In a world where some are hungry and some waste, remind us there is enough when we share. When some are excluded and some hoard power, help us to build harmony and justice. We confess our lack of care for your creation; show us how to love all you have made.

Merciful God, **hear our prayer.**

Our communities need healing, connection, and restoration. Help us in times of division; move us to name our wrongs to our neighbors; show us how to forgive as you forgive. Show us the gift of your healing peace. We pray for those who need mending in relationships, who are in danger, and who need physical healing. We pray especially for . . . and for those concerns we name now, aloud or in our hearts . . .

Merciful God, **hear our prayer.**

God of all goodness, we give thanks for the plentiful gifts you have given us. We pray in gratitude for . . . and for those blessings we name now, aloud or in our hearts . . .

Merciful God, **hear our prayer.**

We remember that we are from dust and to dust we will return. Welcome those who have died into the household of God, especially . . . and the departed we name now, aloud or in our hearts . . .

Merciful God, **hear our prayer.**

God, we know there is nothing that can drive us from your love. We repent of our wrongs, and we seek your guidance. We humbly ask for your healing, protection, presence, and love. May the fruit of your works be abundant in our life and in the world, through Jesus Christ our Savior. **Amen.**

## **Peace** *The Presider says to the People*

The peace of Christ be always with you.

**And also with you.**

*All greet one another in the name of Jesus Christ.*

## **Announcements**

# THE HOLY COMMUNION

## At the Offertory

*The Holy Spirit inspires us to give generously, to extend Christ's mission in this place and the wider world. Please visit <http://tinyurl.com/GivetoSCEC> to make your offering, or you can text to give using your phone. Text SCEC and AMOUNT to 73256 (QR code in Connections) and you will receive a text with instructions.*

## Anthem

A Hymn to God the Father

John Ness Beck (1930–1987)

The St. Columba Singers

Wilt thou forgive that sin, where I begun, which is my sin, though it were done before?  
Wilt thou forgive that sin through which I run, and do run still, though still I do deplore?  
When thou hast done, thou hast not done, for I have more.

Wilt thou forgive that sin, by which I won others to sin, and made my sin their door?  
Wilt thou forgive that sin which I did shun a year or two, but wallowed in a score?  
When thou hast done, thou hast not done, for I have more.

I have a sin of fear that when I've spun my last thread, I shall perish on the shore;  
swear by thyself, that at my death thy Son shall shine as he shines now, and heretofore.  
And having done that, thou hast done, I fear no more.

— Text: John Donne (1672–1631)

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*Please stand as you are able as the offering is brought forward and blessed.*

## The Great Thanksgiving

God be with you.

**And also with you.**

Lift up your hearts.

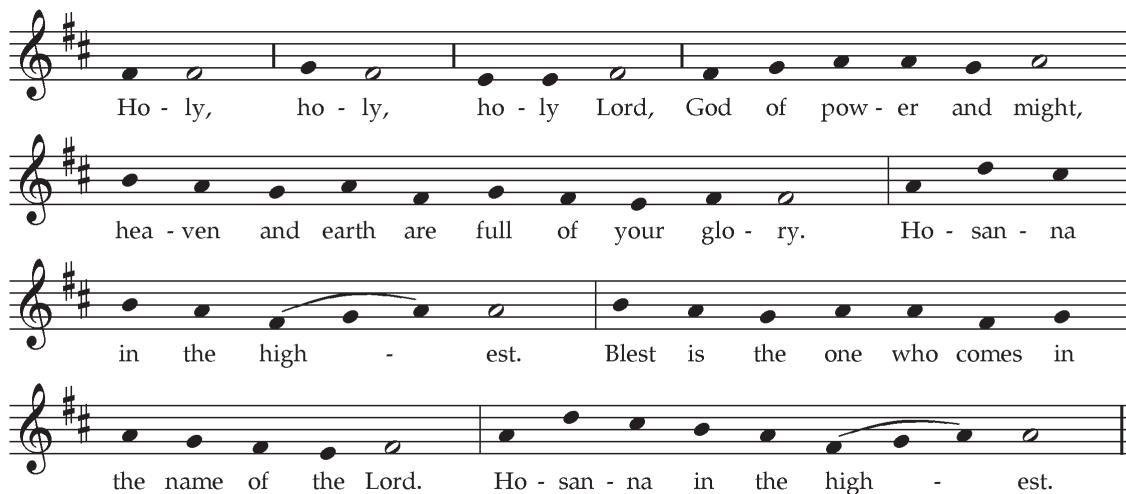
**We lift them to God.**

Let us give thanks to our Sovereign 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. You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again. 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 and Benedictus** *sung by all* From *New Plainsong Mass* arr. David Hurd



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,  
hea - ven and earth are full of your glo - ry. Ho - san - na  
in the high - est. Blest is the one who comes in  
the name of the Lord. Ho - san - na in the high - est.

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 Creator 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 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 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 all 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, O God, in this sacrifice of praise and thanksgiving. Recalling Jesus' 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 him. 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 your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. **AMEN.**

### The Lord's Prayer

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.**

### Breaking of the Bread

*The bread is broken and silence observed.*

### Fraction Anthem

From *New Plainsong Mass*

arr. David Hurd

Lamb of God, you take a - way the sins of the world:  
have mer - cy on us. Lamb of God, you take a - way the  
sins of the world: have mer - cy on us. Lamb of God,  
you take a - way the sins of the world: grant us peace.

## Invitation to Communion

The Gifts of God for the People of God. Whoever you are, wherever you find yourself on the journey of faith, you are welcome at Christ's table.

## Communion

*Christ welcomes all to communion. ■ Receive the bread in open and outstretched hands and sip the wine, guiding the chalice to your lips. ■ If you do not want to sip the wine, it is also perfectly appropriate to receive the bread only. We do not allow dipping the bread into the wine. ■ Respond to communion by saying "Amen." ■ If you prefer a blessing, cross your hands over your chest. ■ Gluten-free wafers are available at each communion station. ■ Baptism is offered several times a year; speak to a priest to learn more.*

## Anthem

A Prayer  
The St. Columba Singers

David Halls (b. 1963)

Day by day, dear Lord of thee three things I pray: to see thee more clearly,  
love thee more dearly, follow thee more nearly, day by day.

—Text: St. Richard of Chichester (1197–1253)

## Hymn 325

Let us break bread together

*Let Us Break Bread*

## Prayer after Communion *standing as you are able*

*Presider* Let us pray.

**Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.**

*Presider* As we are gathered, fed, and sent by God, let us ask ourselves: With whom can I share the Good News? Whom will I invite to join us at this table?

## Sending Forth of Eucharistic Ministers *when scheduled*

In the name of St. Columba's we send you forth bearing these holy gifts, that N. may share with us in the communion of Christ's body and blood.

**We who are many are one body, as we all share one bread, one cup.**

## Prayer over the People

*The People respond* **Amen.**

## Hymn 143

The glory of these forty days

*Erhalt uns, Herr*

## Dismissal

*The People respond* **Thanks be to God.**

## Postlude

Prelude and Fugue in E Minor, BWV 555

Johann Sebastian Bach  
(1685–1750)



### **Notes on Today's Liturgy**

The 40 days of Lent center on "the call to repentance and the assurance of forgiveness proclaimed in the gospel," as it is phrased in the Invitation to a Holy Lent. The season is observed through acts of self-examination and special devotion as we journey with Jesus toward the cross. You might choose to engage in a prayer practice, special reading, or meditation on Scripture.

During the season of Lent, the service begins with confession to center our worship and our lives in repentance. We omit the word "Alleluia" from the liturgy and we use unbleached linen vestments and altar coverings; these are simplifications akin to fasting and reminders of Jesus' 40 days in the wilderness.

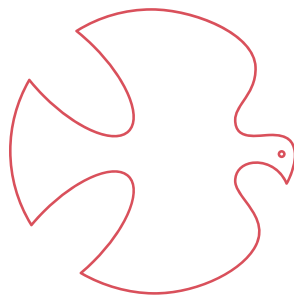
## Land Acknowledgement

We give thanks that we meet today on the traditional land of the first people of Nacotchtank, who had been its custodians for thousands of years, caring for and nurturing it. We pray for all who live on this land and pay our respects to the native leaders past, present, and emerging.

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