

SAINT PAUL'S EPISCOPAL CHURCH

*We believe that God is healing and restoring the world,
and that we are recipients of and participants in that healing and restoration.*



SUNDAY, MARCH 5, 2023
THE SECOND SUNDAY IN LENT

415 SOUTH 18TH ST., MOUNT VERNON WA 98274-4658

360-424-1822

E-MAIL: STPAULMV@COMCAST.NET

WEBSITE: WWW.STPAULSMV.ORG

A Penitential Order: Rite II

WELCOME to St. Paul's! We are grateful for your prayers and presence on this day in the life of the parish community. We hope that your worship with us will be both inspirational and spiritually nurturing. Please feel free to participate in the worship service as much or as little as you wish. Everyone is welcome to receive Holy Communion at the Lord's table.

Our worship service takes place here and online; it is also being recorded for later viewing. Fee free to greet one another as is your custom as you gather. When we are ready to start, our Angels Aloft will sound an opening bell. This signals those gathered that our service is now being recorded. Please maintain quiet and turn your attention to our opening activities at this time.

Opening Bell

Welcome

Celebrant

Announcements

Member of Vestry

Prelude

Land Acknowledgement

Celebrant

We acknowledge that we are on the traditional lands of the Coast Salish peoples who have reserve treaty rights to this land, including the Upper Skagit and Skagit Tribes who have stewarded this land throughout the generations. We thank these caretakers of this land, who have lived, and continue to live, here since time immemorial.

Mission Statement

Presider and People:

- 1 We believe that God is healing and restoring the world, and that we are recipients of and participants in that healing and restoration.**

Please stand as you are able.

Opening Hymn

Sing Praise to God Who Reigns Above



1 Sing praise to God who reigns a - bove, the God of all cre -
2 What God's al-might - y power hath made, his gra - cious mer - cy
3 Let all who name Christ's ho - ly Name give God all praise and



a - tion, the God of power, the God of love, the God of
keep-eth; by morn - ing glow or eve - ning shade his watch - ful
glo - ry; let all who know his power pro - claim a - loud the



our sal - va - tion; with heal - ing balm my soul he fills, and
eye ne'er sleep-eth. With - in the king - dom of his might, lo!
won - drous sto - ry! Cast each false i - dol from its throne, the



ev - ery faith - less mur - mur stills: to God all praise and glo - ry.
All is just and all is right: to God all praise and glo - ry.
Lord is God, and he a - lone: to God all praise and glo - ry.

Penitential Order

Presider: Bless the Lord who forgives all our sins.

People **His mercy endures for ever.**

Presider: Jesus said, "The first commandments is this: Hear, O Israel: The Lord your 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 commandment greater than these." *Mark 12:29-31*

Confession and Absolution

Presider: Let us confess our sins against God and our neighbor.

Silence may be kept.

Presider and People

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.

Presider speaks an Absolution.

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

The Collect

Presider: The Lord be with you.

People: **And also with you.**

Presider: Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

The Liturgy of the Word

Please be seated.

A Reading from Genesis 12:1-4a.

The Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the Lord had told him; and Lot went with him.

Lector: The Word of the Lord.

People: **Thanks be to God.**

Psalm 121



My help comes from the Lord, the ma-ker of heav-en and earth.

I lift up my / eyes to the hills; *
from / where is my help to come?
My help / comes from the Lord, *
the / ma-ker of heav'n and earth. [ANTIPHON]

He will not / let your foot be moved *
and he who watches over you / will not fall asleep.
Behold, he who keeps / watch over Israël *
shall neither / slum-ber nor sleep; [ANTIPHON]

The Lord himself / watches over you; *
the Lord is your shade / at your right hand,
So that the sun shall not / strike you by day, *
-- / nor the moon by night. [ANTIPHON]

The Lord shall preserve / you from all evil; *
it is he / who shall keep you safe.
The Lord shall watch over your going / out and your coming in, *
from this time / forth for evermore. [ANTIPHON]



A Reading from Romans 4:1-5, 13-17.

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Lector: The Word of the Lord.

People: Thanks be to God.

Gradual Hymn

Jesus, Lover of My Soul

Here & next page.

1 Je - sus, Lov - er of my soul, let me to thy bos - om
2 O - ther ref - uge have I none, hangs my help - less soul on
3 Plen-teous grace with thee is found, grace to cleanse from ev - ery

Jesus, Lover of My Soul

cont'd.

fly, while the near - er wa - ters roll, while the tem - pest
thee; leave, ah! leave me not a - lone, still sup - port and
sin; let the heal - ing streams a - bound, make and keep me

still is high: hide me, O my Sa - vior, hide,
com - fort me! All my trust on thee is stayed;
pure with - in. Thou of life the foun - tain art,

till the storm of life be past; safe in - to the
all my help from thee I bring; cov - er my de -
free - ly let me take of thee: spring thou up with -

ha - ven guide, O re - ceive my soul at last.
fense - less head with the sha - dow of thy wing.
in my heart, rise to all e - ter - ni - ty.

Presider: The Holy Gospel of Our Lord Jesus Christ According to John 3:1-17.

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

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things?

“Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

Presider: The Gospel of the Lord.

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

The Nicene Creed

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.

The Peace | La Paz

Presider: The peace of the Lord be always with you. | La paz del Señor sea siempre con vosotros.

People: And also with you. | **Y con tu espíritu.**

Celebrations and Thanksgiving of Life

Offertory Hymn

God So Loved the World

by St. Paul's Choir

Your gifts are much appreciated.

If you are joining this live stream, you may mail your offering/pledge to 415 S. 18th Street, Mount Vernon, WA 98274. You can also make payments online at www.stpaulsmv.org

Doxology

Praise God from whom all blessings flow
Praise God all creatures here below
Praise God above ye heavenly hosts
Creator, Christ, and Holy Ghost. Amen.

Intinction:

Also know as, dipping the bread in the wine, is not available at this time. If you do not wish to drink from the common cup, please cross your arms in front of our chest as the chalice bearer approaches. The full grace of the sacrament is received with only the bread.

All who seek God and a deeper life in Christ are welcome to come forward for communion or blessing. Glutenfree wafers are available. The assembly is invited to stand for the Eucharistic Prayer.

Presider: The Lord be with you.

People: **And also with you.**

Presider: Lift up your hearts.

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

Presider: Let us give thanks to the Lord our God.

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

Presider: God of all power, Ruler of the Universe, you are worthy of glory and praise.

People: **Glory to you for ever and ever.**

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

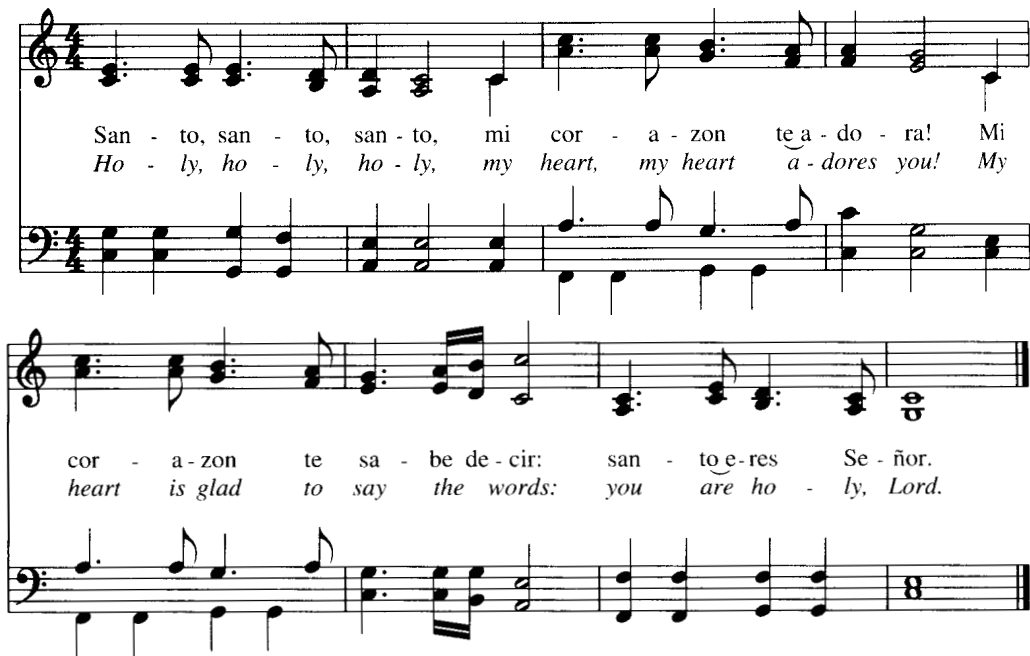
Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By his blood, he reconciled us.

By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Presider and People:



San - to, san - to, san - to, mi cor - a - zon te a - do - ra! Mi
Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My

cor - a - zon te sa - be de - cir: san - to e - res Se - ñor.
heart is glad to say the words: you are ho - ly, Lord.

And so, Loving God, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, 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."

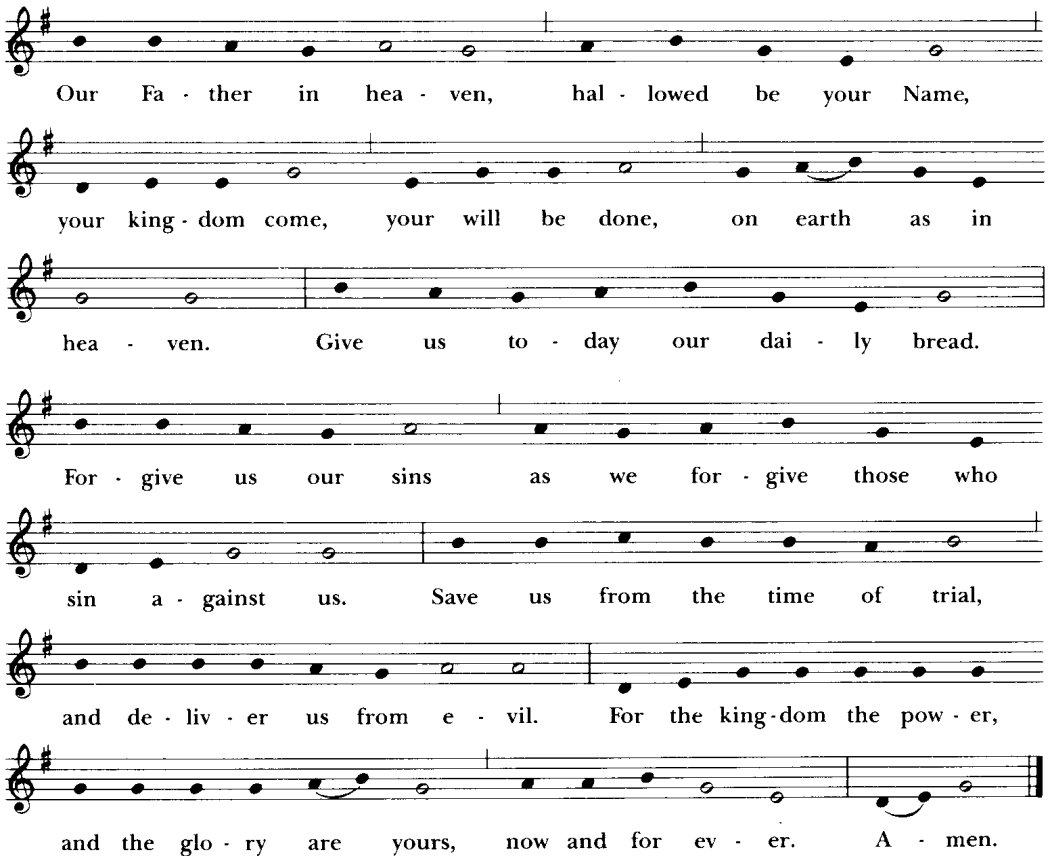
Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,
We celebrate his death and resurrection, as we await the day of his coming.

Lord God of our Spiritual Ancestors: God of Abraham, Sarah, Hagar, Isaac, Rebecca, Jacob, Rachel and Leah; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, O God, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

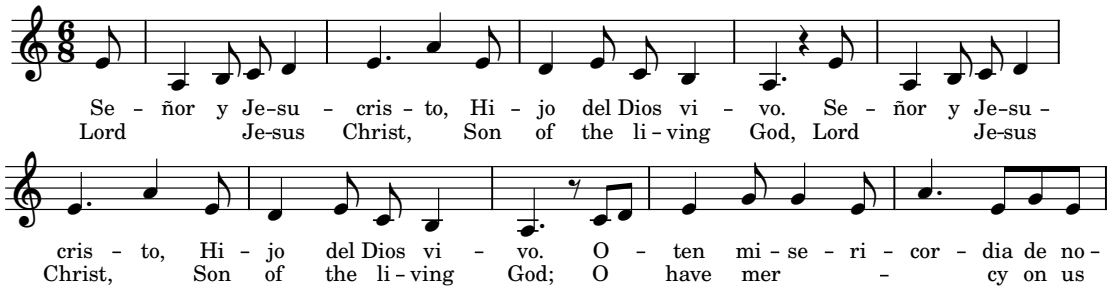
Presider: As our Savior Christ has taught us, we now pray:



Our Fa - ther in hea - ven, hal - lowed be your Name,
your king - dom come, your will be done, on earth as in
hea - ven. Give us to - day our dai - ly bread.
For - give us our sins as we for - give those who
sin a - gainst us. Save us from the time of trial,
and de - liv - er us from e - vil. For the king - dom the pow - er,
and the glo - ry are yours, now and for ev - er. A - men.

The Breaking of the Bread

The Fraction Song: *(Here & next page.)*



Se - ñor y Je-su - cris - to, Hi - jo del Dios vi - vo. Se - ñor y Je-su -
Lord Je-sus Christ, Son of the li - ving God, Lord Je-sus
cris - to, Hi - jo del Dios vi - vo. O - ten mi - se - ri - cor - dia de no -
Christ, Son of the li - ving God; O have mer - cy on us

so - tros pe - ca - do - res. O - ten mi - se - ri - cor - dia de no - so - tros pe - ca -
 sin - ners, O have mer - cy on us sin -

do - res.
 - ners.

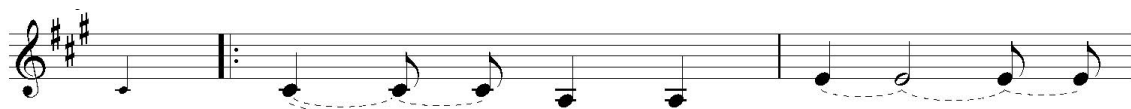
Presider: Christ our Passover is sacrificed for us;
 People: Therefore let us keep the feast.

Presider: The Gifts of God for the People of God.

Please be seated.

*Those present are invited to receive Holy Communion.
 You can approach the altar at the direction of the usher.*

*Those with us online, during these next moments of meditation,
 wherever you are, receive God's gifts to you.
 We share spiritual communion today.*



1 I am the bread of life;— they who
 2 (The) Bread that— I will give— is my
 3 (Un-) less— you eat— of the
 4 I am the re - sur - rec - tion, —
 5 (Yes,) Lord, — we be - lieve — that —



1 come to me shall not — hun - ger; they who be -
 2 Flesh for the life of the world, — and they who
 3 Flesh of the Son of — Man — and —
 4 I — am the — life. — They who be -
 5 you — are the — Christ, — the —



1 lieve in me shall not thirst. No one can come to
 2 eat — of this bread, they shall — live for
 3 drink — of his Blood, you shall not have life with -
 4 lieve — in me, e - ven — if they
 5 Son — of God who — has



1 me — un - less the — Fa - ther draw them.
 2 ev - er. — they shall — live for ev - er.
 3 in you. you shall not have life with - in you.
 4 die, — they shall — live for ev - er.
 5 come — in - to — the — world. —

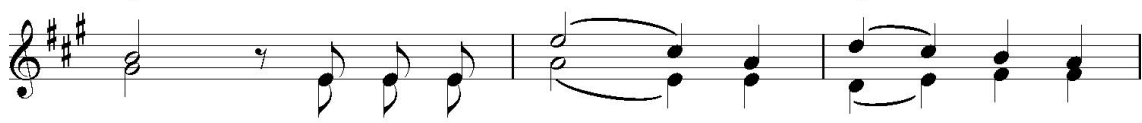
I Am the Bread of Life

cont'd.


Refrain



And I will raise them up, and I will raise them



up, and I will raise them up on the

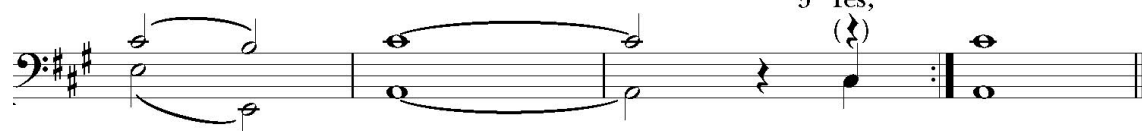


up, and I will raise them up on the



last day. _____

- 2 The
- 3 Un- day.
- 4 —
- 5 Yes,



Sending out of Eucharistic Visitors:

The Presider sends forth the Eucharistic Minister with a blessing:

Presider: We who are many are one body

People: **Because we all share one bread, one cup.**

Presider: In the name of God and of this congregation we send you forth, bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's body and blood.

People: **As you have been fed, now feed others in the name of Christ.**

Presider: Our prayers go with you, go in peace. **Amen.**

Post Communion Prayer

Presider: Let us pray.


Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

Prayer over the People

Closing Hymn


Lift High the Cross

Descant



Lift high the cross, the love of Christ pro - claim

Refrain



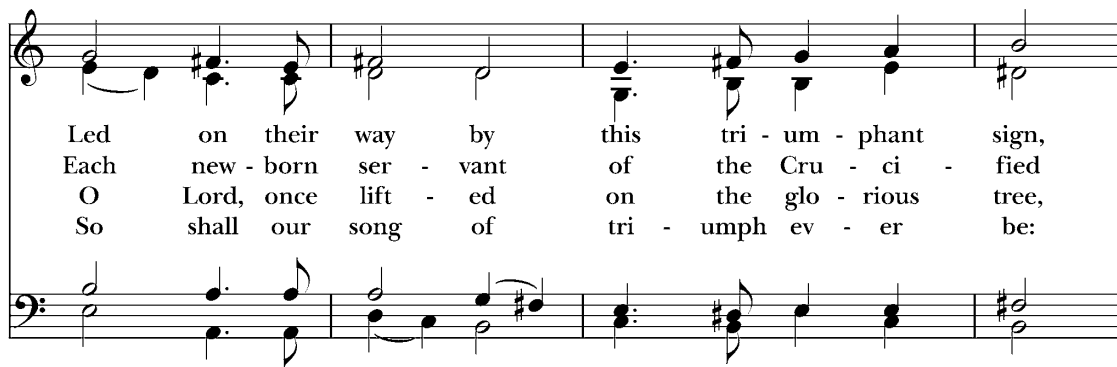
Lift high the cross, the love of Christ pro - claim



till all the world a - dore _____ his sa - cred Name.

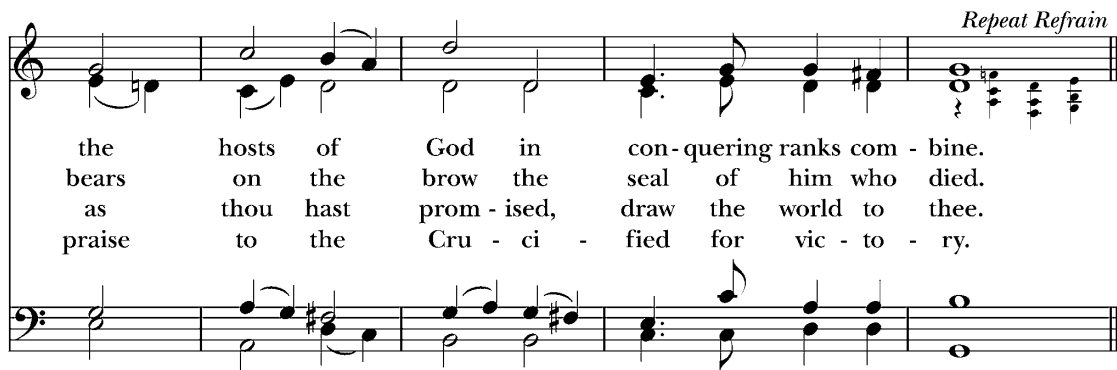


till all the world _____ a - dore _____ his sa - cred Name.



Led on their way by this tri - um - phant sign,
 Each new - born ser - vant of the Cru - ci - fied
 O Lord, once lift - ed on the glo - rious tree,
 So shall our song of tri - umph ev - er be:

Repeat Refrain



the hosts of God in con - quering ranks com - bine.
 bears on the brow the seal of him who died.
 as thou hast prom - ised, draw the world to thee.
 praise to the Cru - ci - fied for vic - to - ry.

Dismissal

Presider: Go in peace to love and serve the Lord.

People: **Thanks be to God.**

Offertory - Thank you for giving!

Please drop your offering in the church's mailbox or mail it to:

St. Paul's Episcopal Church

415 S. 18th Street

Mount Vernon, WA 98274

Serving Today:

9:30 a.m. Holy Eucharist

Presider:	The Reverend Paul Moore
Deacon:	Rev. Dennis Taylor, Rev. Vicki Johnson
Music Director:	David Sloat
Eucharistic Minister:	Andy Schuh
Greeters:	Don & Arlene Zimmerman
Lector(s):	Sandy McDougall, Carol Treston
Counters:	

St. Paul's Prayer Team prays daily for those on the prayer list.

Please email Penny Worrell at penny.worrell@gmail.com.

All music used during this service is licensed for online streaming through OneLicense.net #A-725912

Cover image: <https://sanctifiedart.org/image-licensing-library-lent/born-again>

Dear Parish Family, our cranky, cobbled-together sound system is no longer up to the task of broadcasting acceptable audio on Zoom for our Sunday worship. We are giving up Zoom worship for Lent. We apologize to all those kept at a distance from us by this. We hope to go back online by Easter.

Announcements for March 5, 2023

Welcome to our guests: We are so glad that you are worshipping with us today! Please put your name and contact information in our guest book so that we may get to know you better.

The Old Rugged Cross

It is set up in the back of the church. It will remain there during Lent. You are invited to write anything you would like to nail to the cross on a pink slip of paper, fold it, and nail it to the cross. Supplies and a hammer are located on a small table beside the cross.

2023 Lenten Meditations

St. Paul's Lenten Devotional - "Holy Manna" posted daily on our church Facebook:
[facebook.com/stpaulsmv](https://www.facebook.com/stpaulsmv)

If you prefer to receive it in your email daily, sign up at: http://leepurl.com/hi9_lb

Relief & Development's Lenten Devotions:

episcopalrelief.org/church-in-action/church-campaigns/lent

Who will win the Golden Halo? lentmadness.org/

Inquirer's Class

An Inquirer's Class for those interested in knowing more about the Episcopal Church will be offered on the afternoons of the Sundays of Lent by Zoom at 4:00 p.m. This class is designed for people considering membership. Interested parties should let Fr. Paul know. Link: <https://us02web.zoom.us/j/86752904134>

Lenten Soup & Supper

This year's Lenten Program will focus on cross-cultural relationships as a spiritual practice. The program begins at 6:00 p.m. on the Wednesdays of Lent, beginning March 1. A simple soup-and-bread meal will be served. There is a sign-up sheet on the church bulletin board in the Parish Hall for you to volunteer to bring food. The topics to be addressed are:

- 3/8 Loving others as self
- 3/15 Setting aside judgment
- 3/22 Learning to see
- 3/29 Joining hearts and minds

Support the Turkey-Syria Earthquake Response: Make a donation at episcopalrelief.org. Please make checks payable to Episcopal Relief & Development. Mail to: PO Box 7058, Merrifield, VA 22116-7058.

Welcome to Saint Paul's!

We hope that your worship with us will be both inspirational and spiritually nurturing. Please feel free to participate in the worship service as much or as little as you wish. The prayer book gives directions as to when we stand, sit, or occasionally kneel; these are guidelines. What is more important is that you bring your complete self to worship God.

Everyone is welcome to receive Holy Communion at the Lord's table. We use real wine in the cup. If you wish to receive only a blessing, simply cross your arms in front of you as the priest approaches. If you do not want to drink from the chalice, keep the piece of bread on your open palm, and present it to the chalice bearer, who will then dip the bread into the wine and place it on your tongue. Non-gluten bread is also available. Please inform us if this is your preference. We ask that those worshipping with us online reverently pray and meditate on God's grace and blessing whenever you observe the Eucharist being taken.



The Episcopal Diocese of Olympia	206-325-4200	https://ecww.org/
The Reverend Paul Moore <i>Rector</i>	254-368-6475	padrequiteno@gmail.com
The Reverend Dennis Taylor <i>Deacon / Faith Community Nurse</i>	360-661-1551	deacon2rn@comcast.net
David Sloat <i>Organist and Music Director</i>	713-834-4335	dsloat617@msn.com
St. Paul's Office <i>Parish Administrator</i> <i>Bookkeeper</i>	360-424-1822	stpaulmv@comcast.net spbookkeeper@comcast.net

If you would like to receive our e-news, please send a message to stpaulmv@comcast.net.