

The Decalogue

Hear the commandments of God to his people: I am the Lord your God who brought you out of bondage. You shall have no other gods but me.

Amen. Lord have mercy.

You shall not make for yourself any idol.

Amen. Lord have mercy.

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

Amen. Lord have mercy.

Remember the Sabbath day and keep it holy.

Amen. Lord have mercy.

Honor your father and your mother.

Amen. Lord have mercy.

You shall not commit murder.

Amen. Lord have mercy.

You shall not commit adultery.

Amen. Lord have mercy.

You shall not steal.

Amen. Lord have mercy.

You shall not be a false witness.

Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbor.

Amen. Lord have mercy.

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

Celebrant Let us confess our sins against God and our neighbor.

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.**

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

Kyrie *Spoken 3 times at 8 AM and sung at 10 AM*

Hymn S-96

Lord have mercy
Christ have mercy
Lord have mercy

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Let us pray.

The Collect

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.**

The First Lesson

Deuteronomy 26:1-11

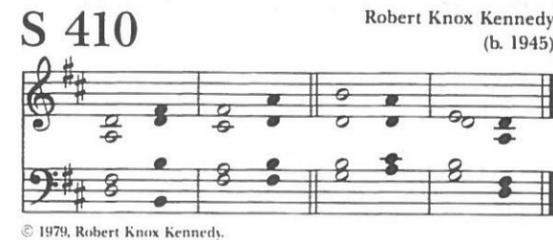
When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket 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.

Lector The Word of the Lord.

People **Thanks be to God.**

Psalm *The Psalm is spoken at 8 AM and the congregation sings the entire Psalm as a chant (S 410) at 10 AM.*

Psalm 91:1-2, 9-16



- 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.

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.

The Second Lesson

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."

Lector The Word of the Lord.

People **Thanks be to God.**

Sequence *Silent sequence at 8 AM and sung at 10 AM.*

Lord, who throughout these forty days (*St. Flavian*)

Hymn 142

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

People **Glory to you, Lord Christ**

The Gospel of the Lord

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.

Celebrant The Gospel of the Lord.

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

The Sermon

The Rev. Beth Franklin

The Nicene Creed

BCP Pg. 358

The Prayers of the People

Begin by singing the following response 3 times.

Em C6 D G6 Am B Em
O Lord, hear my prayer, O Lord, hear my prayer. Come and listen to me. O

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Response

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Response

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Response

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

Response

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

Response

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Response

The Peace

Celebrant The Peace of the Lord be always with you.
People And also with you.

Announcements

Preparation of the Table

Offertory

Presentation of Offerings

Sung, verse 4 and 5 only.

Just as I am (*Woodworth*)

Hymn 693 (text follows)

Just as I am, thou wilt receive; wilt welcome, pardon, cleanse, relieve, because thy promise I believe, O Lamb of God, I come, I come. Just as I am, thy love unknown has broken every barrier down; now to be thine, yea, thine alone, O Lamb of God, I come, I come.

The Great Thanksgiving (Eucharistic Prayer B)

BCP Pg. 367

Sanctus

Spoken at 8 AM and sung at 10 AM

Hymn S 125

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Eucharistic Prayer Continues

The Lord's Prayer

The Breaking of the Bread

Communion

Gluten free wafers are available, ask the priest at the altar rail.

Communion Hymn

Shepherd of souls, refresh and bless (*St. Agnes*)

BCP pg. 368

BCP pg. 364

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Hymn 343

Post Communion Prayer

BCP pg. 365

Blessing

Recessional *Silent recession at 8 AM, accompanied by Hymn at 10 AM.*

If thou but trust in God to guide thee (*Wer nur den lieben Gott*)

Hymn 635

Dismissal

BCP pg. 366

Postlude

Sonata

Freixanet

Announcements

About Our Prayers of the People Music: For Lent we are using Form IV of the Prayers of the People; however, instead of the traditional responses to the prayers we will be using Taizé music. Taizé is an ecumenical Christian community in France which uses repetitive music as a meditation on the word of God. During this season of Lent, we invite you to sing one of their songs with us as the response for the Prayers of the People.

Save the Date for "A Lenten Encounter with Spiritual Art": Our Parish Hall is soon to be transformed by a selection of spiritually themed work by contemporary artist Elise Ritter, an Arlington resident and the recipient of more than a dozen awards. A reception and brief talk with Elise is scheduled for March 17, at 4:00 p.m. All are invited!

The Way of Love: Practices for Jesus Centered Life: Like most other things in life, faith takes practice. This Lenten season, we will begin to examine *The Way of Love*, an intentional commitment to daily Christian practices that shape our lives. We invite you to join a small group with fellow parishioners committed to experimenting with one of three habits: Learn, Pray, Worship. Each group discussion will include time for bible study, sharing of victories and learnings, as well as practical steps to let these practices intentionally shape our days. Our program begins the week of 11 March and ends the week of 8 April. Groups will meet: Monday evenings at 7:30 PM, beginning with Evening prayer or Tuesday mornings at 11 AM, ending with noonday prayer.

Daring Way Workshop: April 5 and 6: Join us for a weekend long retreat and introduction to the research of Dr. Brené Brown. Each session will use The Daring Way™ curriculum, a highly experiential methodology based on the research of Dr. Brown. During the process we explore topics such as vulnerability, courage, shame, and worthiness. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, and lead. The Rev. Beth Franklin, Certified Daring Way™ Facilitator, will lead the retreat. Cost is \$25 and scholarships are available upon request. Participation is limited to 10 individuals. Please email Beth to sign up. Further information is available at www.thedaringway.com



ST. MICHAEL'S EPISCOPAL CHURCH ARLINGTON, VA

Sunday, 10 March 2019

First Sunday in Lent

Welcome!

Welcome if this is your first time with us! Welcome if you've been with us for a long time. You honor us with your presence, and we look forward to knowing you better. The root of the word *liturgy* is "the work of the people." Meaning all that happens in the sanctuary with the community who gathers works because of your participation. The beautiful thing about this invitation to participate is that, who we are and what we bring is enough because God meets us here! So don't worry about "doing" anything "right." Whether you've been to Episcopal services since you were a baby, or this is your first, we hope you'll worship in the way that is most comfortable to you. The service instructions about standing, kneeling, and other directions are intended to help clue you into the habits of this particular community.

The words of our worship service are lifted from the Episcopal (and before that Anglican) tradition. The thing that sets us apart from other denominations is our dedication to Common Prayer. These same words have been used for hundreds of years by people all over the world, and are still used today. The hope of finding ourselves in the midst of this ancient tradition is that we might both learn from those who have come before, and add our own voices to the heavenly chorus.

Sounds from children, young and old, are a valuable part of our prayer life – not a distraction from it! Families are encouraged to sit in the front of the sanctuary, allowing children as many opportunities to follow along and participate as possible. We offer children's chapel for those who would prefer an offering specifically catered to children. We also have a nursery that operates as a co-op model available to families. Please ask our ushers for more information.

The BCP stands for the Book of Common Prayer, which is the red book found on the shelf in the pews. *The 1982 Hymnal* contains songs of our tradition, which may be found on the shelf in the pews.

Order of Worship

Prelude

O Sacred Head Now Wounded

arr. Timothy Flynn

Procession *Silent procession at 8 AM, accompanied by Hymn at 10 AM*

The sinless one to Jordan came (*Solemnis haec festivitas*)

Hymn 120

The Penitential Order: Rite II

Celebrant

Bless the Lord who forgives all our sins.

People

His mercy endures for ever.