

THE ORDER FOR THE ADMINISTRATION
OF

THE LORD'S SUPPER

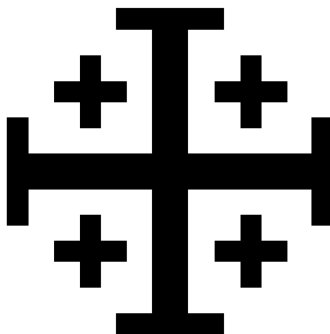
or

HOLY COMMUNION,
COMMONLY CALLED
THE HOLY EUCHARIST

Anglican Standard Text

February 25, A.D. 2024

2nd Sunday in Lent



Welcome!

Thanks for joining us for worship today. Our name, Emmaus, is taken from a place and event near Jerusalem on the afternoon of Easter. Jesus met up with two disciples fleeing the city, dejected. They didn't recognize him, so along the way, he explained the Old Testament to them—how it pointed to him. Then, they invited him in to a house in the town of Emmaus. When he broke the bread at table, their eyes were opened and they recognized him. Thinking back, they realized their hearts burned within them as he explained the Scriptures to them. That is our hope for each Sunday as we gather for worship—that we would encounter Jesus in Scripture and the breaking of bread.

Please leave your name, phone, and email at the guest register in the entryway or narthex. We will get back to you.

For young children, age three and under, feel free to use the nursery in the rear corner. It's hooked up with sound so a parent can hear what's happening in church.

Children age four and up are welcome in Children's Church during the 10:30 service. They go to C.C. after a children's sermon and return for communion with their family.

We serve Sacred Food and Drink here...please don't bring beverages or snacks into church during worship (kids excepted).

Please turn off your cell phones.

A deacon calls the people to prepare themselves for worship.

The people kneel, and observe a time of silent prayer.

Preparatory Prayers for Individuals

Be present, be present, o Jesus, our High Priest, as you were present with your disciples, and be known to us in the breaking of bread; who live and reign, with the Father and the Holy Spirit, now and forever. Amen.

They may be said or sung.

Celebrant Lord have mercy upon us.

People **Christ have mercy upon us.**

Celebrant Lord have mercy upon us.



1 The glo - ry of these for - ty days we
2 A - lone and fast - ing Mo - ses saw the
3 So Dan - iel trained his mys - tic sight, de -
4 Then grant us, Lord, like them to be full
* 5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all
2 lov - ing God who gave the law; and to E - li - jah,
3 liv - ered from the li - ons' might; and John, the Bride - groom's
4 oft in fast and prayer with thee; our spi - rits strength - en
5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.
2 fast - ing, came the steeds and char - i - ots of flame.
3 friend, be - came the her - ald of Mes - si - ah's name.
4 with thy grace, and give us joy to see thy face.
5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. By permission of Oxford University Press. Music: *Erhalt uns, Herr*, melody from *Geistliche Leiden*, 1543; harm. Johann Sebastian Bach (1685-1750).

THE ACCLAMATION

Celebrant: Bless the Lord who forgives all our sins.

People: **His mercy endures for ever.**

THE COLLECT FOR PURITY

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

THE SUMMARY OF THE LAW

Hear what our Lord Jesus Christ says:

You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and great commandment. And the second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.

MATTHEW 22:37-40

THE TRISAGION

First time - Cantor

Second time - Ladies

Third time - All

INTRO $\text{♩} = 64$ $E\flat 5$

CHORUS 1a $E\flat$ $E\flat$ sus $E\flat$ $E\flat$ $A\flat 2/C$

Ho - ly God, Ho - ly and might -

6 $B\flat(4)$ $E\flat/G$ $A\flat$ $B\flat(4)$ Cm $Fm7$ $B\flat(4)$ $E\flat$

y, Ho - ly Im - mor - tal One, have mer - cy, have mer - cy on us.

CHORUS 1b

12 **I** **2** F F sus F F $B\flat 2/D$

Ho - - ly God, Ho - ly and might -

ENDING

17 $C(4)$ F/A $B\flat$ $C(4)$ Dm $B\flat 2$ $C(4)$

y, Ho - - ly Im - mor - tal One, have mer - cy, have mer - cy, have

22 $B\flat 2/D$ C sus/ E C/E $Gm7$ $C(4)$ $F5$

mer - cy. Have mer - cy, have mer - cy on us.

28

THE COLLECT OF THE DAY

The Celebrant says to the People

The Lord be with you.

People **And with your spirit.**

Officiant Let us pray.

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 that may happen to the body, and from all evil thoughts that 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.**

CHILDREN'S BLESSING

Children are invited forward for a blessing. Children age three through fourth grade are invited to children's church. They return at the peace to join their families for communion.

**Praise the Lord oh my soul
And forget not all His benefits**

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Old Testament Reading

Genesis 22:1-14

After these things God tested Abraham and said to him, “Abraham!” And he said, “Here I am.”² He said, “Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains of which I shall tell you.”³ So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac. And he cut the wood for the burnt offering and arose and went to the place of which God had told him.⁴ On the third day Abraham lifted up his eyes and saw the place from afar.⁵ Then Abraham said to his young men, “Stay here with the donkey; I and the boy will go over there and worship and come again to you.”⁶ And Abraham took the wood of the burnt offering and laid it on Isaac his son. And he took in his hand the fire and the knife. So they went both of them together.⁷ And Isaac said to his father Abraham, “My father!” And he said, “Here I am, my son.” He said, “Behold, the fire and the wood, but where is the lamb for a burnt offering?”⁸ Abraham said, “God will provide for himself the lamb for a burnt offering, my son.” So they went both of them together.⁹ When they came to the place of which God had told him, Abraham built the altar there and laid the wood in order and bound Isaac his son and laid him on the altar, on top of the wood.¹⁰ Then Abraham reached out his hand and took the knife to slaughter his son.¹¹ But the angel of the LORD called to him from heaven and said, “Abraham, Abraham!” And he said, “Here I am.”¹² He said, “Do not lay your hand on the boy or do anything to him, for now I know that you fear God, seeing you have not withheld your son, your only son, from me.”¹³ And Abraham lifted up his eyes and looked, and behold, behind him was a ram, caught in a thicket by his horns. And Abraham went and took the ram and offered it up as a burnt offering instead of his son.¹⁴ So Abraham called the name

of that place, “The LORD will provide”; as it is said to this day, “On the mount of the LORD it shall be provided.”

Reader: The word of the Lord. *People:* **Thanks be to God.**

Psalm 16:6-12

⁶ The LORD himself is the portion of my inheritance and of my cup; *
you shall maintain my lot.

⁷ The boundaries have fallen for me in pleasant places; *
indeed, I have a goodly heritage.

⁸ I will thank the LORD for giving me counsel; *
my heart also chastens me in the night season.

⁹ I have set the LORD always before me; *
he is at my right hand; therefore I shall not fall.

¹⁰ Therefore my heart is glad and my soul rejoices. *
My flesh also shall rest in hope.

¹¹ For you shall not leave my soul in the grave, *
neither shall you allow your Holy One to see corruption.

¹² You shall show me the path of life; in your presence is the fullness of
joy, *
and at your right hand there is pleasure for evermore.

**Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end. Amen**

Epistle Reading

Romans 8:31-39

What then shall we say to these things? If God is for us, who can be against us? ³² He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? ³³ Who shall bring any charge against God's elect? It is God who justifies. ³⁴ Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. ³⁵ Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? ³⁶ As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." ³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, ³⁹ nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Reader: The word of the Lord. *People:* **Thanks be to God.**

We'll sing verse 1.

May the Mind of Christ My Savior



1. May the mind of Christ my Sav-ior live in me from day to day,
2. May the Word of God dwell rich-ly in my heart from hour to hour,
3. May the peace of God my Fa-ther rule my life in ev-ery-thing,
4. May the love of Je - sus fill me as the wa - ters fill the sea;
5. May his beau-ty rest up - on me as I seek the lost to win,



by his love and pow'r con - trol - ling all I do and say.
so that all may see I tri - umph on - ly through his pow'r.
that I may be calm to com - fort sick and sor - row - ing.
him ex - alt - ing, self a - bas - ing, this is vic - to - ry.
and may they for - get the chan - nel, see - ing on - ly him.

THE HOLY GOSPEL

Deacon: The Holy Gospel of Our Lord Jesus Christ, according to St. Mark

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

Mark 8:31-38

And he began to teach them that the Son of Man must suffer many things and be rejected by the elders and the chief priests and the scribes and be killed, and after three days rise again. ³² And he said this plainly. And Peter took him aside and began to rebuke him. ³³ But turning and seeing his disciples, he rebuked Peter and said, “Get behind me, Satan! For you are not setting your mind on the things of God, but on the things of man.” ³⁴ And calling the crowd to him with his disciples, he said to them, “If anyone would come after me, let him deny himself and take up his cross and follow me. ³⁵ For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel’s will save it. ³⁶ For what does it profit a man to gain the whole world and forfeit his soul? ³⁷ For what can a man give in return for his soul? ³⁸ For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of Man also be ashamed when he comes in the glory of his Father with the holy angels.”

Deacon: The Gospel of the Lord. *People:* **Praise to you, Lord Christ.**

We’ll sing verse 2 found on page 10.

THE SERMON

Fr. Theron Walker

THE NICENE CREED

Let us confess our faith in the words of the Nicene Creed:

Celebrant and People

We believe in one God,

**the Father, the Almighty,
maker of heaven and earth,
of all that is, visible and invisible.**

We believe in one Lord, Jesus Christ,

**the only-begotten 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 Holy Spirit and 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],
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.**

THE PRAYERS OF THE PEOPLE

The deacon says,

Let us pray for the Church and for the world.

Reader Almighty and everliving God, we are taught by your holy Word to offer prayers and supplications and to give thanks for all people. We humbly ask you mercifully to receive our prayers. Inspire continually the universal Church with the spirit of truth, unity, and concord; and grant that all who confess your holy Name may agree in the truth of your holy Word, and live in unity and godly love.

Reader Lord, in your mercy: *People* **Hear our prayer.**

We pray that you will lead the nations of the world in the way of righteousness; and so guide and direct their leaders, especially (_____), that your people may enjoy the blessings of freedom and peace. Grant that our leaders may impartially administer justice, uphold integrity and truth, restrain wickedness and vice, and protect true religion and virtue.

Reader Lord, in your mercy: *People* **Hear our prayer.**

Give grace, heavenly Father, to all Bishops, Priests, and Deacons, *and especially to your servant(s)* _____ that by their life and teaching, they may proclaim your true and life-giving Word, and rightly and duly administer your holy Sacraments. And to all your people give your heavenly grace, especially to this Congregation, (_____), those celebrating birthdays (_____), anniversaries (_____), in our diocese (_____) and in our community (____); that with reverent and obedient hearts we may hear and receive your holy Word, and serve you in holiness and righteousness all the days of our lives.

Reader Lord, in your mercy: *People* **Hear our prayer.**

Prosper, we pray, all those who proclaim the Gospel of your kingdom throughout the world, *especially* _____, and strengthen us to fulfill your great commission, making disciples of all nations, baptizing them and teaching them to obey all that you have commanded.

Reader Lord, in your mercy: *People* **Hear our prayer.**

For our brothers and sisters in Christ who are persecuted for their faith, especially in _____.

Reader Lord, in your mercy: *People* **Hear our prayer.**

For soldiers of this nation deployed to fight for the sake of righteousness and freedom, and for those who bear the wounds of combat: _____.

Reader Lord, in your mercy: *People* **Hear our prayer.**

We ask you in your goodness, O Lord, to comfort and sustain all who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity [especially _____].

Reader Lord, in your mercy: *People* **Hear our prayer.**

Almighty and Holy God, the author and sustainer of all life, in sorrow and repentance for the scourge of abortion and any practices which promote or hasten unnatural death, we appeal to Your mercy and love for the lives of all people and families; the born and unborn, wanted and unwanted, capable or limited, healthy or suffering; that Your perfect will be fulfilled and life ever be cherished as a gift from You, to the Glory of God, our Master, Redeemer, and Friend.

Reader Lord, in your mercy: *People* **Hear our prayer.**

We remember before you all your servants who have departed this life in your faith and fear, [especially _____,] that your will for them may be fulfilled; and we ask you to give us grace to follow the good examples of [_____, and] all your saints, that we may share with them in your heavenly kingdom.

Reader Lord, in your mercy: *People* **Hear our prayer.**

The Deacon concludes with this or some other appropriate Collect.

Heavenly Father, grant these our prayers for the sake of Jesus Christ, our only Mediator and Advocate, who lives and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

THE CONFESSION AND ABSOLUTION OF SIN

The Deacon or other person appointed says the following

All who truly and earnestly repent of your sins, and seek to live in love and charity with your neighbors, and intend to lead the new life, following the commandments of God, and walking in his holy ways: draw near with faith and make your humble confession to Almighty God.

Silence

The Deacon and People kneel as able and pray

**Almighty God, Father of our Lord Jesus Christ,
maker and judge of us all:**

**We acknowledge and lament our many sins and offenses,
which we have committed by thought, word, and deed
against your divine majesty,
provoking most justly your righteous anger against us.**

**We are deeply sorry for these our transgressions;
the burden of them is more than we can bear.**

Have mercy upon us,

**Have mercy upon us, most merciful Father;
for your Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may evermore serve
and please you in newness of life,
to the honor and glory of your Name;
through Jesus Christ our Lord. Amen.**

The Bishop or Priest stands and says

Almighty God, our heavenly Father, who in his great mercy has promised forgiveness of sins to all those who sincerely repent and with true faith turn to him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

THE COMFORTABLE WORDS

The Deacon may then say one or more of the following sentences, first saying

Hear the Word of God to all who truly turn to him.

Come to me, all who labor and are heavy laden, and I will give you rest.

MATTHEW 11:28

God so loved the world, that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life.

JOHN 3:16

The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners.

1 TIMOTHY 1:15

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only, but also for the sins of the whole world.

1 JOHN 2:1-2

THE PEACE

The peace of the Lord be always with you.

And with your spirit.

Then the Ministers and People may greet one another in the Name of the Lord.

THE OFFERTORY

The deacon says a fitting passage of Scripture.

The ushers present the bread and wine to the deacon. The ushers will pass the offertory baskets.

1 Lord, who through-out these for - ty days for us didst fast and pray,
 2 As thou with Sa - tan didst con - tend, and didst the vic - tory win,
 3 As thou didst hun - ger bear and thirst, so teach us, gra - cious Lord,
 4 And through these days of pen - i - tence, and through thy Pas - sion - tide,
 5 A - bide with us, that so, this life of suf - fering o - ver - past,

1 teach us with thee to mourn our sins, and close by thee to stay.
 2 O give us strength in thee to fight, in thee to con - quer sin.
 3 to die to self, and chief - ly live by thy most ho - ly word.
 4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
 5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898). Music: *St. Flavian*, melody from *Day's Psalter*, 1562; adapt. and harm. Richard Redhead (1820-1901).

When the altar is prepared, the ushers present the people's offering of money, with the children at 10:30, and we sing...

Priest: All things come from you O Lord.

People: **And of your own, have we given you.**

THE SURSUM CORDA

The People remain standing. The Celebrant faces them and sings or says

The Lord be with you.

People **And with your spirit.**

Celebrant Lift up your hearts.

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

Celebrant Let us give thanks to the Lord our God.

People **It is right to give him thanks and praise**

The Celebrant continues

It is right, our duty and our joy, always and everywhere to give thanks to you, Father Almighty, 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. 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 SANCTUS

WOMEN: Holy, holy, holy Lord

God of power and might;

MEN: Holy, holy holy Lord

God of power and might;

WOMEN: Heaven and Earth are full of Your glory;

MEN: Heaven and Earth are full of Your glory;

ALL: Hosanna in the Highest!

MEN: Blessed, blessed is He who comes

in the name of the Lord

WOMEN: Blessed, blessed is He who comes

in the name of the Lord

MEN: Hosanna!

WOMEN: Hosanna!

ALL: Hosanna! In the highest

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THE PRAYER OF CONSECRATION

The People kneel or stand. The Celebrant continues

All praise and glory is yours, O God our heavenly Father, for in your tender mercy, you gave your only Son Jesus Christ to suffer death upon the Cross for our redemption. He made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and he instituted, and in his Holy Gospel commanded us to continue, a perpetual memory of his precious death and sacrifice, until his coming again.

So now, O merciful Father, in your great goodness, we ask you to bless and sanctify, † with your Word and Holy Spirit, these gifts of bread and wine, that we, receiving them according to your Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

On the night that he was betrayed, our Lord Jesus Christ took bread; and when he had given thanks, he broke it, and gave it to his disciples, saying, "Take, eat; this is my Body, which is given for you: Do this in remembrance of me." †

Likewise, after supper, Jesus took the cup, and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for 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 in remembrance of me." †

Therefore, O Lord and heavenly Father, according to the institution of your dearly beloved Son our Savior Jesus Christ, we your humble servants celebrate and make here before your divine Majesty, with these holy gifts, the memorial your Son commanded us to make; remembering his blessed passion and precious death, his mighty resurrection and glorious ascension, and his promise to come again.

And we earnestly desire your fatherly goodness mercifully to accept this, our sacrifice of praise and thanksgiving; asking you to grant that, by the merits and death of your Son Jesus Christ, and through faith in his Blood, we and your whole Church may obtain forgiveness of our sins, and all other benefits of his passion.

And here we offer and present to you, † O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice. We humbly pray that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of your Son Jesus Christ, be filled with your grace and heavenly benediction, and be made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, because of our many sins, to offer you any sacrifice, yet we ask you to accept this duty and service we owe, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord.

By him, and with him, and in him, in the unity of the Holy Spirit, all honor and glory is yours, Almighty Father, now and for ever. **Amen.**

THE LORD'S PRAYER

And now as our savior Christ has taught us, we are bold to pray:

Officiant and People

**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 FRACTION

If the consecrated Bread was not broken earlier, the Celebrant breaks it now.

A period of silence is kept.

Celebrant: Christ our Passover Lamb has been sacrificed, once for all upon the Cross.

People: **Therefore let us keep the feast.**

THE PRAYER OF HUMBLE ACCESS

Celebrant and People together may say

**We do not presume to come to this your table, O merciful Lord,
trusting in our own righteousness,
but in your abundant and great mercies.**

**Apart from your grace,
we are not worthy so much as to gather up
the crumbs under your table;
but you are the same Lord
whose character is always to have mercy.**

**Grant us, therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ,
and to drink his blood,
that our sinful bodies may be made clean by his body,
and our souls washed through his most precious blood,
and that we may evermore dwell in him, and he in us. Amen.**

THE AGNUS DEI

INTRO (♩. = ca. 53)
Capo 2: (D)

E (G/D) (A/D)
E A/E B/E

(Kbd)

Melody (D) (G/D) (A/D) (D)
E A/E B/E E

Lamb of God, you take a - way — the sins of the world,

Harmony (cue notes final time)

1, 2 (G/D) (A/D) (D)
A/E B/E E

have mer - cy — on us.

Final (G/D) (A/D) (D) (G/D) (A/D) (D add9)
A/E B/E E A/E B/E E add9

grant us peace. —

Music: Mass of Restoration; Josh Blakesley, b. 1976, and Leland G. "Grae" McCullough, IV, b. 1986, © 2012, Joshua Blakesley and Leland G. "Grae" McCullough, IV. Published by OCP. All rights reserved.

THE MINISTRATION OF COMMUNION

Facing the People, the Celebrant may say the following invitation

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.]

Please come forward by row up the center to receive the Sacrament. All baptized Christians are welcome. Take and eat the bread, then take and drink the wine. You may drink from the COMMON CUP, dip your bread in the common cup, or drink from a single serving cup. If you are not baptized, it would be our pleasure to bless in the Lord's Name. Please come forward, cross your arms over your chest, and the priest will offer up a special prayer for you. If you need gluten free bread, let the priest know.

VERSE

♩ = 60 A^b E^b A^b B^b E^b/G A^b E^b/G Fm7 A^b/B^b

1. In Christ a - lone my hope is found, He is my light, my strength, my
2. In Christ a - lone, who took on flesh, full - ness of God in help - less
3. There in the ground His bod - y lay, Light of the world by dark - ness
4. No guilt in life, no fear in death, this is the pow'r of Christ in

E^b A^b E^b A^b B^b E^b/G A^b E^b/G Fm7 A^b/B^b

song; This Cor - ner - stone, this sol - id Ground, firm through the fierc - est drought and
babe! This gift of love and right - eous - ness, scorned by the ones He came to
slain; Then, burst - ing forth in glo - rious Day, up from the grave He rose a -
me; From life's first cry to fi - nal breath, Je - sus com - mands my des - ti -

E^b E^b/G A^b E^b/G B^bsus B^b E^b/G A^b Cm7

storm. What heights of love, what depths of peace, when fears are stilled, when striv - ings
save. Till on that cross as Je - sus died, the wrath of God was sat - is -
gain! And as He stands in vic - to - ry, sin's curse has lost its grip on
ny. No pow'r of hell, no scheme of man, can ev - er pluck me from His

² B^bsus B^b A^b E^b A^b B^b E^b/G A^b E^b/G Fm7 A^b/B^b E^b

cease. My Com - fort - er, my All in All, here in the love of Christ I stand.
fied. For ev - 'ry sin on Him was laid; Here in the death of Christ I live.
me; For I am His and He is mine, bought with the pre - cious blood of Christ.
hand; Till He re - turns or calls me home, here in the pow'r of Christ I'll stand!

THE POST COMMUNION PRAYER

After Communion, the Celebrant says

Let us pray.

Celebrant and People together say the following,

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, through this Sacrament, of your favor and goodness towards us:

that we are true members of the mystical body of your Son,

the blessed company of all faithful people;

and are also heirs, through hope, of your everlasting kingdom.

And we humbly ask you, heavenly Father,

to assist us with your grace,

that we may continue in that holy fellowship,

and do all the good works that 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, now and for ever. Amen.

People accompany their first three responses with a sweep of the arm towards the cross above the holy table, and their final response with a sweep towards heaven. From the Book of Common Prayer of Kenya.

Minister All our problems,

People **We send to the cross of Christ.**

Minister All our sins.

People **We send to the cross of Christ.**

Minister All the devil's works.

People **We send to the cross of Christ.**

Minister All our hopes,

People **We set on the risen Christ!**

THE BLESSING

1 O God beyond all prais-ing, we wor-ship you to-day
 2 The flower of earth-ly splen-dor in time must sure-ly die,
 3 Then hear, O gra-cious Sav-ior, ac-cept the love we bring,

and sing the love a-maz-ing that songs can-not re-pay;
 its fra-gile bloom sur-ren-der to you, the Lord most high;
 that we who know your fa-vor may serve you as our King;

for we can on-ly won-der at ev-ery gift you send,
 but hid-den from all na-ture the e-ter-nal seed is sown—
 and wheth-er our to-mor-rows be-filled with good or ill,

at bless-ings with-out num-ber and mer-cies with-out end.
 though small in mor-tal sta-ture, to hea-ven's gar-den grown:
 we'll tri-umph through our sor-rows and rise to bless you still:

The image shows a musical score for a hymn, consisting of two systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one flat (B-flat), and the time signature is 4/4. The lyrics are printed below the vocal lines.

We lift our hearts be - fore you and wait up - on your Word,
for Christ, your gift from heav - en, from death has set us free,
to mar - vel at your beau - ty and glo - ry in your ways,

we hon - or and a - dore you, our great and might - y Lord.
and we through him are giv - en the fi - nal vic - to - ry.
and make a joy - ful du - ty our sac - ri - fice of praise.

SERVING TODAY

	8:00	10:30
Lector	Dave N	Kevin
Acolyte	Kelsey	Ryan
Chalice		Marsha
Jr Acolyte		Bella & Iain
Ushers	Harper	Mike/Tom
Prayer team	Candi	Hampton
Children's Church		Louise
Flowers		Lent
Hospitality		Open

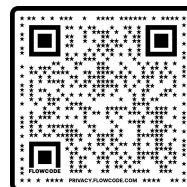
THIS WEEK

Sunday	8:00	Eucharist; 9:30 Choir & Class
	10:30	Eucharist' 5:00 Youth Group
Wednesday	9:00	Holy Eucharist; 10:00 Class;
	11:00	Finance Meeting
Friday	7:00	MESS
Thursday-Saturday:		ADSW Clergy Conference (Frs Theron, Jim, Joe)

LOOKING AHEAD

March 24	Palm Sunday
March 28	Maundy Thursday
March 29	Good Friday
March 31	Easter Day—The Passover of the Lord

To give, cash and checks are always welcome. Another option is this code that will take you to the Emmaus website to a secure giving portal.



Future Diocesan Home--Discernment

Diocese of the Southwest: Most of your clergy attended their Diocesan Synod, and we have held a Saturday retreat and had a Sunday visit from Bishop Stephen Tighe.

Diocese of the Rocky Mountains: There are a great options to learn about DRM:

- We Attended their Diocesan Synod (assembly) February 5 – 7 at Wellspring, Englewood.
- Check out their Website: <https://rockymountainanglican.org>
- Watch this Recording of their Bishop summarizing their history, mission, and values. <https://youtu.be/Y4nQHTkmQ04>
- Bishop's Annual Address 2024 https://youtu.be/I1jmiVUa94M?si=9SpwIES4SfO0_lcx
- Business Meeting 2024: <https://youtu.be/LFgb1mLaFyA?si=ThMOKdcI3LiD244d>
- Bishop Ross Scheduled to Visit Emmaus: March 9 (Saturday) and 10 (Sunday)
 - Saturday 9:00 am Morning Prayer w/ Parish Council and Clergy, then mutual Q&A till noon.
 - Sunday 8:00 am Bishop Ken preaching
 - 9:30-10:15 Q&A
 - 10:30 Bishop Ken preaching

Share Your Feedback: The Parish Council will distribute a short survey to get your feedback. We'll use the same format for reviewing the Diocese of the Rocky Mountains.

Decision: The Parish Council and Clergy will meet for worship and discernment to make our final decision on Saturday April 13, 9:00-12:00.

Lent Book Study
The Cross of Christ
by John R.W. Stott

Stott's book is a modern classic on the meaning of the cross. At the cross Stott finds the majesty and love of God disclosed, the sin and bondage of the world exposed. More than a study of the atonement, this book brings Scripture into living dialog with Christian theology. What emerges is a pattern for Christian life and worship, hope and mission. Stott was one of the great Evangelical Anglican authors, statesmen, scholar, and pastor of the 20th Century. This study will feed your heart and your mind. The book is widely available, including audio versions.

Sundays 9:30-10:15 with Fr. Adam, February 25, & March 3, 17, & 24

February 25: Chapter 4

Wednesdays 10:00-11:00 with Fr. Theron, February 14-May 22.

February 28: Chapter 3

Lent Outreach
Kapenguria Diocese Kenya

Observing a holy Lent includes the spiritual disciplines of self-examination and repentance; prayer, fasting, and almsgiving; and by reading and meditating on God's holy Word (BCP: 544). Our corporate focus for alms-giving and global mission at Emmaus is a missionary diocese in western Kenya. Each week, the Friday email features one aspect of this mission. Check out the brochure for more information on each initiative.

Total Requests

Buildings: \$10,264

Motorbikes: \$2,748

Seminarians: \$1,096

Bishop's Education: \$1,237

Adult Education-Literacy: \$742

Chickens: \$350

Goats: 2,060

Grand Total \$18,497