

**THE ORDER FOR THE ADMINISTRATION
OF
THE LORD'S SUPPER
or
HOLY COMMUNION,
COMMONLY CALLED
THE HOLY EUCHARIST**

Anglican Standard Text

**March 6, A.D. 2022
First Sunday of Epiphany**



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.

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine,

Good Lord, deliver us.

From all oppression, conspiracy, and rebellion; from violence, battle, and murder; and from dying suddenly and unprepared,

Good Lord, deliver us.

By the mystery of your holy incarnation; by your holy nativity and submission to the Law; by your baptism, fasting, and temptation,

Good Lord, deliver us.

By your agony and bloody sweat; by your Cross and passion; by your precious death and burial,

Good Lord, deliver us.

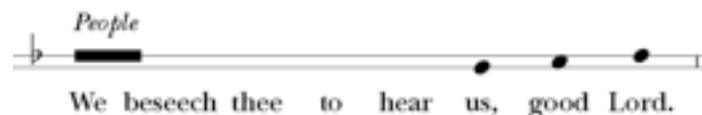
By your glorious resurrection and ascension; by the sending of the Holy Spirit; by your heavenly intercession; and by your coming again in power and great glory,

Good Lord, deliver us.

In all times of tribulation; in all times of prosperity; in the hour of death, and in the day of judgment,

Good Lord, deliver us.

We sinners beseech you to hear us, O Lord God: That it may please you to rule and govern your holy Church universal in the right way,



(This same response is sung after the petitions that follow)

To illumine all Bishops, Priests, and Deacons, with true knowledge and understanding of your Word; and that, both by their preaching and living, they may show it accordingly,

We beseech you to hear us, good Lord.

To send forth laborers into your harvest; to prosper their work by your Holy Spirit; to make your saving health known unto all nations; and to hasten the coming of your kingdom,

We beseech you to hear us, good Lord.

To give all your people increase of grace to hear your Word with humility, to receive it with pure affection, and to bring forth the fruit of the Spirit,

We beseech you to hear us, good Lord.

To bring into the way of truth all who have erred and are deceived,

We beseech you to hear us, good Lord.

To give us a heart to love and fear you, and diligently to keep your commandments,

We beseech you to hear us, good Lord.

To bless and keep all your people,

We beseech you to hear us, good Lord.

That it may please you to rule the hearts of your servant Joe, the President/Sovereign/Prime Minister, and all others in authority, that they may do justice, and show mercy, and walk humbly before you,

We beseech you to hear us, good Lord.

To bless and guide all judges, giving them grace to execute justice, and to maintain truth,

We beseech you to hear us, good Lord.

To bless and keep our armed forces by sea, and land, and air, and to shield them in all dangers and adversities,

We beseech you to hear us, good Lord.

To bless and protect all who serve their communities by their labor and learning,

We beseech you to hear us, good Lord.

To give and preserve for us and for others the bountiful fruits of the earth, so that at the harvest we all may enjoy them,

We beseech you to hear us, good Lord.

To make wars to cease in all the world, and to give to all nations unity, peace, and concord,

We beseech you to hear us, good Lord.

That it may please you to show mercy on all prisoners and captives; refugees, the homeless, and the hungry; and all those who are desolate and oppressed,

We beseech you to hear us, good Lord.

To preserve all who are in danger by reason of their work or travel,

We beseech you to hear us, good Lord.

To strengthen the bonds of those in Holy Matrimony; to uphold the widowed and abandoned; and to comfort all whose homes are torn by strife,

We beseech you to hear us, good Lord.

To protect the unborn and their parents, and to preserve all women in childbirth;

We beseech you to hear us, good Lord.

To care for those who have lost children or face infertility, and to provide for young children and orphans,

We beseech you to hear us, good Lord.

To visit the lonely and those who grieve; to strengthen all who suffer in mind, body, or spirit; and to comfort with your presence those who are failing and infirm,

We beseech you to hear us, good Lord.

To support, help, and deliver all who are in danger, necessity, and tribulation,

We beseech you to hear us, good Lord.

To have mercy upon all people,

We beseech you to hear us, good Lord.

That it may please you to give us true repentance; to forgive us all our sin, negligence, and ignorance; and to endue us with the grace of your Holy Spirit to amend our lives according to your holy Word,

We beseech you to hear us, good Lord.

To forgive our enemies, persecutors, and slanderers, and to turn their hearts,

We beseech you to hear us, good Lord.

To strengthen those who stand; to encourage the faint-hearted; to raise up those who fall; and finally to beat down Satan under our feet,

We beseech you to hear us, good Lord.

To grant to all the faithful departed eternal life and peace,

We beseech you to hear us, good Lord.

To grant that, in the fellowship of [_____ and] all the saints, we may attain to your heavenly kingdom,

We beseech you to hear us, good Lord.



Officiant Son of God, we beseech thee to hear us.

People Son of God, we beseech thee to hear us.



Officiant O Lamb of God, that takest away the sins of the world, *People* Have mer-cy up-on us.

O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.



Officiant O Lamb of God, that takest away the sins of the world, *People* Grant us thy peace.



Officiant O Christ, hear us. *People* O Christ, hear us.



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

People Christ, have mer - cy up - on us.

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

THE ACCLAMATION

for Lent

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 DECALOGUE

Deacon God spoke these words and said:

I am the Lord your God. You shall have no other gods but me.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not make for yourself any idol.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not take the Name of the Lord your God in vain.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon Remember the Sabbath day and keep it holy.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon Honor your father and your mother.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not murder.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not commit adultery.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not steal.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not bear false witness against your neighbor.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not covet.

People **Lord, have mercy upon us, and write all these,
your laws, in our hearts, we beseech you.**

EXODUS 20:1-17; DEUTERONOMY 5:6-21

The musical score is written on five staves in a single system. Each staff begins with a treble clef and a key signature of one sharp (F#). The lyrics are: "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. Lord, have mer - cy up - on us." The melody is simple and repetitive, with a final cadence on the last staff.

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.

O God, who before the passion of your only-begotten Son revealed his glory upon the holy mountain: Grant that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

CHILDREN'S SERMON

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

“We Must Follow the Lord”

(1978, Fiona Watson)

**We must follow the Lord in all His ways,
Today and every single day;
We must show Him that we love Him,
Our Saviour and our King.**

Old Testament Reading

Deuteronomy 26:(1-4),5-11

(“When you come into the land that the LORD your God is giving you for an inheritance and have taken possession of it and live in it, ²you shall take some of the first of all the fruit of the ground, which you harvest from your land that the LORD your God is giving you, and you shall put it in a basket, and you shall go to the place that the LORD your God will choose, to make his

name to dwell there. ³ And you shall go to the priest who is in office at that time and say to him, 'I declare today to the LORD your God that I have come into the land that the LORD swore to our fathers to give us.' ⁴ Then the priest shall take the basket from your hand and set it down before the altar of the LORD your God.)

⁵ "And you shall make response before the LORD your God, 'A wandering Aramean was my father. And he went down into Egypt and sojourned there, few in number, and there he became a nation, great, mighty, and populous.

⁶ And the Egyptians treated us harshly and humiliated us and laid on us hard labor. ⁷ Then we cried to the LORD, the God of our fathers, and the LORD heard our voice and saw our affliction, our toil, and our oppression. ⁸ And the LORD brought us out of Egypt with a mighty hand and an outstretched arm, with great deeds of terror, with signs and wonders. ⁹ And he brought us into this place and gave us this land, a land flowing with milk and honey. ¹⁰ And behold, now I bring the first of the fruit of the ground, which you, O LORD, have given me.' And you shall set it down before the LORD your God and worship before the LORD your God. ¹¹ And you shall rejoice in all the good that the LORD your God has given to you and to your house, you, and the Levite, and the sojourner who is among you.

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

Psalm 91 or 91:9-16

⁹Because you have said, “The LORD is my refuge,” *
and have made the Most High your stronghold,

¹⁰There shall no evil happen to you, * neither shall any plague
come near your dwelling.

¹¹For he shall give his angels charge over you, *
to keep you in all your ways.

¹²They shall bear you in their hands, * that you hurt not your foot
against a stone.

¹³You shall tread upon the lion and adder; * the young lion and the
serpent you shall trample under your feet.

¹⁴“Because he has set his love upon me, therefore I will deliver
him; *

I will lift him up, because he has known my Name.

¹⁵He shall call upon me, and I will hear him; * indeed, I am with
him in trouble; I will deliver him and bring him honor.

¹⁶With long life I will satisfy him, * and show him my salvation.”

**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 10:4-13

For Christ is the end of the law for righteousness to everyone who believes. ⁵For Moses writes about the righteousness that is based on the law, that the person who does the commandments shall live by them. ⁶But the righteousness based on faith says, “Do not say in your heart, ‘Who will ascend into heaven?’” (that is, to bring Christ down) ⁷“or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). ⁸But what does it say? “The word is near you, in your mouth and in your heart” (that is, the word of faith that we proclaim); ⁹because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰For with the heart one believes and is justified, and with the mouth one confesses and is saved. ¹¹For the Scripture says, “Everyone who believes in him will not be put to shame.” ¹²For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. ¹³For “everyone who calls on the name of the Lord will be saved.”

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

Speak O Lord as we come to You
To receive the food of Your holy word
Take Your truth plant it deep in us
Shape and fashion us in Your likeness

THE HOLY GOSPEL

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

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

Luke 4:1-13

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness ²for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry. ³The devil said to him, “If you are the Son of God, command this stone to become bread.” ⁴ And Jesus answered him, “It is written, ‘Man shall not live by bread alone.’” ⁵ And the devil took him up and showed him all the kingdoms of the world in a moment of time, ⁶and said to him, “To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. ⁷If you, then, will worship me, it will all be yours.” ⁸ And Jesus answered him, “It is written,
“You shall worship the Lord your God, and him only shall you serve.””

⁹And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, ¹⁰for it is written,

““He will command his angels concerning you, to guard you,’ ¹¹ and
““On their hands they will bear you up, lest you strike your foot
against a stone.””

¹² And Jesus answered him, “It is said, ‘You shall not put the Lord
your God to the test.’” ¹³ And when the devil had ended every
temptation, he departed from him until an opportune time.

Deason: The Gospel of the Lord.

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

**That the light of Christ might be seen today
In our acts of love and our deeds of faith
Speak O Lord and fulfill in us
All Your purposes for Your glory**

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 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 Celebrant 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

Ascribe unto the LORD the honor due unto his Name; * bring offerings and come into his courts. Psalm 96:8.

Please leave your offering in the basket at the table in the narthex (entryway). You may also give through our app. The ushers present the bread and wine to the deacon.



1 O love, how deep, how broad, how high, how pass - ing
2 For us bap - tized, for us he bore his ho - ly
3 For us he prayed; for us he taught; for us his
4 For us to wick - ed hands be - trayed, scourged, mocked, in
5 For us he rose from death a - gain; for us he
6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of
2 fast and hun - gered sore; for us temp - ta - tions
3 dai - ly works he wrought: by words and signs and
4 pur - ple robe ar - rayed, he bore the shame - ful
5 went on high to reign; for us he sent his
6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.
2 sharp he knew; for us the tempt - er ov - er - threw.
3 ac - tions, thus still seek - ing not him - self, but us.
4 cross and death; for us gave up his dy - ing breath.
5 Spi - rit here to guide, to strength - en, and to cheer.
6 we a - dore for ev - er and for ev - er - more.

Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deus tourum militum*, from *Antiphoner*; 1753; adapt. *The English Hymnal*, 1906, alt.; harm. after Basil Harwood (1859-1949)

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

Glory Be to the Father

Glory be to the Father and to the Son and to the Ho-ly Ghost; as it was in the be-
gin-ning, is now, and ev-er shall be, world without end. A - men. A - men.

Priest. All things come from you O Lord.
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.**

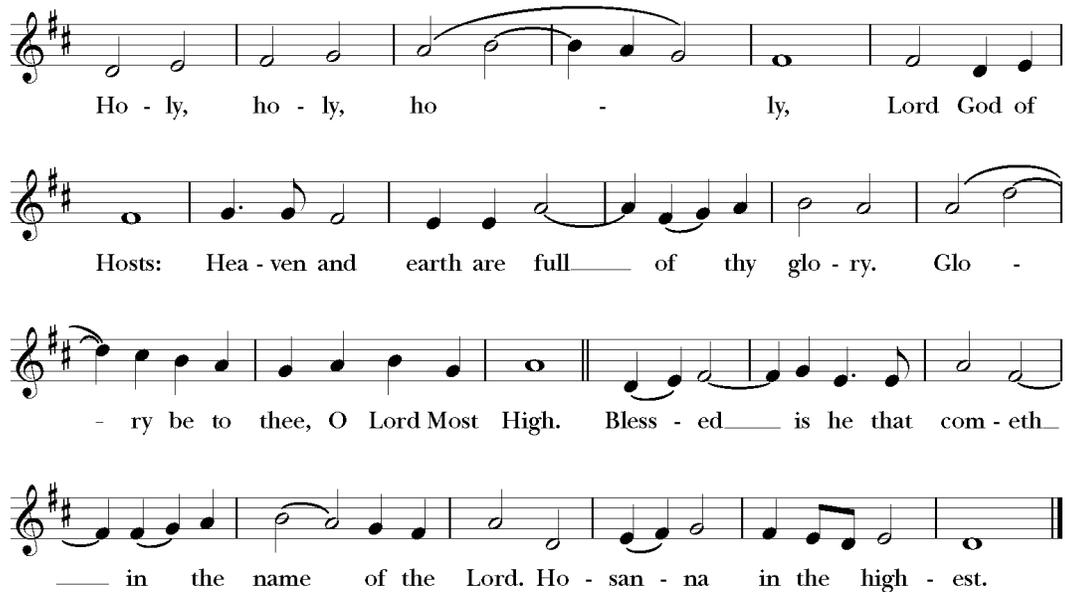
The Celebrant continues

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



Ho - ly, ho - ly, ho - ly, Lord God of
Hosts: Hea - ven and earth are full of thy glo - ry. Glo -
ry be to thee, O Lord Most High. Bless - ed is he that com - eth
in the name of the Lord. Ho - san - na in the high - est.

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,
forever 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

O Lamb of God, that ta - kest a -
way the sins of the world, have mer - cy up -
on us. O Lamb of God, that
ta - kest a - way the sins of the world, have
mer - cy up - on us. O Lamb of
God, that ta - kest a - way the sins of the
world, grant us thy peace.

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. The cups will be cleaned reverently as they held the blood of Christ.

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.

THE ACT OF SPIRITUAL COMMUNION

For those who cannot receive the Sacrament this day. The family prays together, or, if possible, each individual prays silently in their heart.

Dear Jesus, I believe that you are truly present in the Holy Sacrament. I love you above all things, and I desire to possess you within my soul, and since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself to you, together with all your faithful people, gathered around every altar of your Church, and I embrace you with all the affections of my soul. Never permit me to be separated from you. Amen.

1 A - maz - ing grace! how sweet the sound, that
 2 'Twas grace that taught my heart to fear, and
 3 The Lord has prom - ised good to me, his
 4 Through man - y dan - gers, toils, and snares, I
 *5 When we've been there ten thou - sand years, bright

1 saved a wretch like me! I once was lost but
 2 grace my fears re - lieved; how pre - cious did that
 3 word my hope se - cures; he will my shield and
 4 have al - rea - dy come; 'tis grace that brought me
 5 shin - ing as the sun, we've no less days to

1 now am found, was blind but now I see.
 2 grace ap - pear the hour I first be - lieved!
 3 por - tion be as long as life en - dures.
 4 safe thus far, and grace will lead me home.
 5 sing God's praise than when we'd first be - gun.

The melody may be sung in canon at distances of either two or three beats.

Words: John Newton (1725-1807), alt.; st. 5, John Rees (19th cent.) Music: *New Britain*, from *Virginia Harmony*, 1831; adapt. att. Edwin Othello Excell (1851-1921); harm. Austin Cole Lovelace (b. 1919) Copyright ©1974 by Abingdon Press. All rights reserved. Used with permission.

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 difficulties.
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 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. Copyright © by permission Oxford University Press. All rights reserved. Used with permission.
Music: *Erhalt uns, Herr*; melody from *Geistliche Lieder*, 1543; harm. Johann Sebastian Bach (1685-1750)

SERVING TODAY

| | | |
|-----------------------|---|------------|
| | 8:00 | 10:30 |
| Lector | Denise | Scott |
| Acolyte | Mary | Alice |
| Jr Acolyte | | Sam |
| Ushers | Thompson | Tom/Dave |
| Children's Church | | Cat Hoemke |
| Nursery: | | Emily |
| Prayer team | Cheryl | Ben |
| Flowers painted by | None during Lent. The picture in the niche was Laurie Gough in high school | |

THIS WEEK

Sunday: 8:00 & 10:30 Holy Eucharist; 9:30 Class, Choir
12:25 Bells; 5:00 Youth Group

Wednesday: Ash Wednesday 9:00 am Eucharist, 10:00 Class

Saturday: Church Planting Conference at Emmaus

EMMAUS' NEW WEB SITE AND APP

The Website: It's still at Emmausanglican.org, but it's now hosted and supported by a different company, called Subsplash. We chose it for our reasons, and discovered it's used by ACNA, and at least one other diocese. Of the many things this new provider does, it includes **On-line giving**. Many put their tithes and offerings on autopay through their bank, so we receive checks in the mail directly from banks. Others mail in their offerings, and of course many just bring a check. Few people carry check books or even cash these days, especially the younger generations. Many churches and non-profits have adopted this technology, so we're not going into uncharted waters here. Whether on the app or the website, you may do one-time gifts or set up automatic repeating gifts to any number of funds, from operations to the building. But the convenience does come at a cost. Thirty cents per transaction; automatic bank draws (ACH) come with a 1% fee, credit cards at 2.3%. The service will give you a way to cover the

processing cost if you'd like. Those small percentages add up, but we believe that by making it easier to give, the scales are tipped the right way. If you're happy with your current giving method, no need to change.

The APP: Emmaus Anglican (Colorado) is available at the google Play Store or the Apple App Store. There are a few "Emmaus Anglicans" out there. You'll recognize ours by "Colorado" and the familiar Jerusalem Cross. You can use the app to watch or listen to past sermons, get the calendar, message between members, and give. On the bottom of the screen will be a Giving Icon; tap that and enter a \$1 donation (you do not have to complete the donation) then set up your account with a name and email address and password. You can then back out of the app or go back to the home screen. If you wish to make a donation or set up a recurring gift, you can do so right away.

LENTEN STUDY
On The 10 Commandments
A Catechesis on the Decalogue
By Joshua Nelson

As Christians living in the modern and New Testament world, why should we learn the Ten Commandments?

The Ten Commandments are not just a list of rules from a by-gone era. They were, to Israel, and still are, to the Church, an intimate connection to mankind to protect, purify, perfect, and purpose His people.

These simple ten commands are for you. These instructions let us look at how God first connected to his people through written word and continues to connect to us today.

Sundays: 9:30-10:15 with Joshua Nelson

Wednesdays 10:00-11:00 w/ Fr. Theron Walker

Pick up your copy on the First Sunday of Lent.

Week 1: Sunday March 6 & Wed. 9th

Week 2: Sunday 13th & Wed. 16th
Week 3: Sunday 20th & Wed. 23
Week 4: Sunday 27th & Wed. 30th
Week 5: Sunday April 3 & Wed. 6th
Palm Sunday: No class.

BUILDING

The project seeks to address two main priorities which were determined through extensive parish surveying.

- 1) Dedicated space for Children's Ministry including Children's Church and Nursery.
- 2) Better separation of all the parts of the building so it can be used more effectively. Like, the bathrooms not in the entryway, doors between the entryway (narthex) and sanctuary, a larger kitchen opening to the outdoors.

The future of the intersection and its impact on our driveway. The town has proposed a new entrance on 5th Street. The Town's team is now waiting on approvals from CDOT (should hear sometime between Feb. 1 and 28). (still waiting as of 3-4).

Finances: We currently have **\$94,207** in the Building Fund.

Total construction w/ water detention is estimated at \$780,000.

Need: \$686,000.

The SIP is the next step with the County Building Department, and will involve Civil Engineering (fairly expensive). The SIP is dependent on what the Town will provide (in addition to the entrance, we're pushing for storm water run off pond on their property and their expense, and hook up to Town sewer (we have a septic tank and leach field).

HELP FOR UKRAINE WITH ANGLICAN RELIEF AND DEVELOPMENT

From Archbishop Beach

Sisters and Brothers in Christ,
Lenten Greetings in the Name of Christ Jesus! As we begin our Lenten pilgrimage, let us not ignore the humanitarian catastrophe unfolding before our eyes in Europe. Our hearts are breaking at the scenes of Ukrainians under attack from Russian forces with

bombs landing in neighborhoods, schools, and playgrounds. Many of us have family and friends living and working in Ukraine or serving with the local church.

As the crisis intensifies and Ukrainians fight for their lives, more and more Ukrainians are being displaced and made homeless. Others will be without basic necessities like water, shelter, and food as basic infrastructure is destroyed. The Anglican Relief and Development Fund (**ARDF**) has mounted a campaign to raise funds to help. We are currently partnering with those inside Ukraine and those working in bordering countries being overwhelmed with refugees.

Are you able to help? ARDF has received a \$100,000 challenge gift to match dollar for dollar the first \$100,000 received. This means your personal gift can be doubled.

Beyond giving financially to these efforts, your prayers are vital. Prayer really does make a difference! Pray for the Ukrainian people and their leaders, the Russian people and their leaders, the numerous Christian leaders and missionaries in the country, and for the hundreds of thousands of refugees. Ask God to intervene.