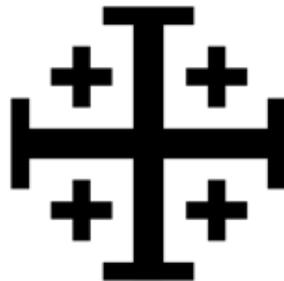


**THE ORDER FOR THE ADMINISTRATION  
OF  
THE LORD'S SUPPER  
*or*  
HOLY COMMUNION,  
COMMONLY CALLED  
THE HOLY EUCHARIST**

**Anglican Standard Text**

**March 20, A.D. 2022  
Third Sunday of 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 For - ty days and for - ty nights thou wast fast - ing in the wild;  
 2 Should not we thy sor - row share and from world - ly joys ab - stain,  
 3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!  
 4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;  
 5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.  
 2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?  
 3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!  
 4 round us, too, shall an - gels shine, such as min - is - tered to thee.  
 5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smytton (1922-1979), alt.

Music: *Aus der Tiefe ruft ich*, melody alt. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889)

## THE ACCLAMATION

*for Lent*

*Celebrant* Bless the Lord who forgives all our sins.

*People* **His mercy endures forever.**

## 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 in G major (one sharp) and 4/4 time. It consists of five staves of music. 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 focus on the words "mercy upon us".

## 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.

Heavenly Father, you have made us for yourself, and our hearts are restless until they rest in you: Look with compassion upon the heartfelt desires of your servants, and purify our disordered affections, that we may behold your eternal glory in the face of Christ Jesus; 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

### Exodus 3:1-15

Now Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian, and he led his flock to the west side of the wilderness and came to Horeb, the mountain of God. <sup>2</sup> And the angel of the LORD appeared to him in a flame of fire out of the midst of a bush. He looked, and behold, the bush was burning, yet it was not consumed. <sup>3</sup> And Moses said, "I will turn aside to see this great sight, why the bush is not burned."

<sup>4</sup> When the LORD saw that he turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." <sup>5</sup> Then he said, "Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground." <sup>6</sup> And he said, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

<sup>7</sup> Then the LORD said, "I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings, <sup>8</sup> and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the place of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. <sup>9</sup> And now, behold, the cry of the people of Israel has come to me, and I have also seen the oppression with which the Egyptians oppress them. <sup>10</sup> Come, I will send you to Pharaoh that you may bring my people, the children of Israel, out of Egypt." <sup>11</sup> But Moses said to God, "Who am I that I should go to Pharaoh and bring the children of Israel out of Egypt?" <sup>12</sup> He said, "But I will be with you, and this shall be the sign for you, that I have sent you: when you have brought the people out of Egypt, you shall serve God on this mountain."

<sup>13</sup> Then Moses said to God, “If I come to the people of Israel and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?” <sup>14</sup> God said to Moses, “I am who I am.” And he said, “Say this to the people of Israel: ‘I am has sent me to you.’” <sup>15</sup> God also said to Moses, “Say this to the people of Israel: ‘The LORD, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you.’ This is my name forever, and thus I am to be remembered throughout all generations.

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

## Psalm 103:1-12

- <sup>1</sup> Praise the LORD, O my soul, \* and all that is within me, praise his holy Name.
- <sup>2</sup> Praise the LORD, O my soul, \* and forget not all his benefits:
- <sup>3</sup> Who forgives all your sin \* and heals all your infirmities,
- <sup>4</sup> Who saves your life from the pit \* and crowns you with mercy and loving-kindness,
- <sup>5</sup> Who satisfies you with good things, \* renewing your youth like an eagle’s.
- <sup>6</sup> The LORD executes righteousness and judgment \* for all those who are oppressed with wrong.
- <sup>7</sup> He showed his ways to Moses, \* his works to the children of Israel.
- <sup>8</sup> The LORD is full of compassion and mercy, \* long-suffering and of great goodness.

<sup>9</sup> He will not always chide us, \*neither will he keep his anger forever.

<sup>10</sup> He has not dealt with us according to our sins, \* nor rewarded us according to our wickedness.

<sup>11</sup> For as the heavens are high above the earth, \* so great is his mercy also toward those who fear him.

<sup>12</sup> As far as the east is from the west, \* so far has he set our sins from us.

**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

### 1 Corinthians 10:1-13

For I do not want you to be unaware, brothers, that our fathers were all under the cloud, and all passed through the sea, <sup>2</sup>and all were baptized into Moses in the cloud and in the sea, <sup>3</sup>and all ate the same spiritual food, <sup>4</sup>and all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ. <sup>5</sup>Nevertheless, with most of them God was not pleased, for they were over- thrown in the wilderness. <sup>6</sup> Now these things took place as examples for us, that we might not desire evil as they did. <sup>7</sup> Do not be idolaters as some of them were; as it is written, “The people sat down to eat and drink and rose up to play.” <sup>8</sup> We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. <sup>9</sup> We must not put Christ to the test, as some of them did and were destroyed by serpents, <sup>10</sup> nor grumble, as some of them did and were destroyed by the Destroyer. <sup>11</sup> Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. <sup>12</sup> Therefore let anyone who thinks that he stands take heed lest he fall. <sup>13</sup> No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

*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 13:1-9

There were some present at that very time who told him about the Galileans whose blood Pilate had mingled with their sacrifices. <sup>2</sup> And he answered them, “Do you think that these Galileans were worse sinners than all the other Galileans, because they suffered in this way? <sup>3</sup> No, I tell you; but unless you repent, you will all likewise perish. <sup>4</sup> Or those eighteen on whom the tower in Siloam fell and killed them: do you think that they were worse offenders than all the others who lived in Jerusalem? <sup>5</sup> No, I tell you; but unless you repent, you will all likewise perish.”

<sup>6</sup> And he told this parable: “A man had a fig tree planted in his vineyard, and he came seeking fruit on it and found none. <sup>7</sup> And he said to the vinedresser, ‘Look, for three years now I have come seeking fruit on this fig tree, and I find none. Cut it down. Why should it use up the ground?’ <sup>8</sup> And he answered him, ‘Sir, let it alone this year also, until I dig around it and put on manure. <sup>9</sup> Then if it should bear fruit next year, well and good; but if not, you can cut it down.’”

*Deacon:* 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. Zac Nash

## 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.**

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 forever. **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). The ushers present the bread and wine to the deacon.*

1 My song is love un - known, my Sa - vior's love to me, love  
2 He came from his blest throne sal - va - tion to be - stow, but  
\*3 Some - times they strew his way, and his strong prais - es sing, re -  
\*4 Why, what hath my Lord done? What makes this rage and spite? He  
\*5 They rise, and needs will have my dear Lord made a - way; a

1 to the love - less shown that they might love - ly be. O  
2 men made strange, and none the longed - for Christ would know. But  
3 sound - ing all the day ho - san - nas to their King. Then  
4 made the lame to run, he gave the blind their sight. Sweet  
5 mur - der - er they save, the Prince of Life they slay. Yet

1 who am I that for my sake my Lord should take frail flesh, and die?  
2 O my friend, my friend in - deed, who at my need his life did spend.  
3 "Cru - ci - fy!" is all their breath, and for his death they thirst and cry.  
4 in - ju - ries! Yet they at these them - selves dis - please, and 'gainst him rise.  
5 stead - fast he to suf - fering goes, that he his foes from thence might free.

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

**Glory to the Father  
Glory to the Son  
Glory to the Holy Ghost  
World without end  
World without end**

*CCLI Song # 599682 Kemper Crabb CCLI License # 11021826*

*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 forever sing this hymn to proclaim the glory of your Name:

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 forever. **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.**

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.*

1 Rock of a - ges, cleft for me, let me hide my - self in thee;  
 2 Should my tears for ev - er flow, should my zeal no lan - guor know,  
 3 While I draw this fleet - ing breath, when mine eye - lids close in death,

let the wa - ter and the blood from thy wound - ed side that flowed,  
 all for sin could not a - tone: thou must save, and thou a - lone;  
 when I rise to worlds un - known and be - hold thee on thy throne,

be of sin the dou - ble cure, cleanse me from its guilt and power.  
 in my hand no price I bring, sim - ply to thy cross I cling.  
 Rock of a - ges, cleft for me, let me hide my - self in thee.

Words: Augustus Montague Toplady (1740-1778), alt. Music: Toplady, Thomas Hastings (1784-1872)

Rock Of Ages (New City Fellowship)

Verse 1

**Rock of Ages cleft for me  
Let me hide myself in thee  
Let the water and the blood  
From thy wounded side which flowed  
Be of sin the double cure  
Cleanse me from its guilt and power**

Verse 2

**Not the labors of my hands  
Can fulfill thy law's demands  
Could my zeal no respite know  
Could my tears forever flow  
All for sin could not atone  
Thou must save and thou alone**

Verse 3

**Nothing in my hand I bring  
Simply to the cross I cling  
Naked come to thee for dress  
Helpless look to thee for grace  
Foul I to the fountain fly  
Wash me Savior or I die**

Verse 4

**While I draw this fleeting breath  
When my eyelids close in death  
When I soar to worlds unknown  
See thee on thy judgment throne  
Rock of ages cleft for me  
Let me hide myself in thee**

*CCLI Song # 323401 Augustus Montague Toplady | James Ward  
CCLI License # 11021826*

## 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 forever. 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

*The Priest gives the blessing.*

1 There's a wide-ness in God's mer - cy like the wide-ness of the sea;  
 2 There is no place where earth's sor - rows are more felt than up in heaven;  
 3 For the love of God is broad - er than the mea - sure of the mind;

there's a kind-ness in his jus - tice, which is more than lib - er - ty.  
 there is no place where earth's fail - ings have such kind - ly judg - ment given.  
 and the heart of the E - ter - nal is most won - der - ful - ly kind.

There is wel - come for the sin - ner, and more gra - ces for the good;  
 There is plen - ti - ful re - demp - tion in the blood that has been shed;  
 If our love were but more faith - ful, we should take him at his word;

there is mer - cy with the Sa - vior; there is heal - ing in his blood.  
 there is joy for all the mem - bers in the sor - rows of the Head.  
 and our life would be thanks - giv - ing for the good - ness of the Lord.

Words: Frederick William Faber (1814-1863), alt. Music: Brecher John Zundel (1815-1882), alt.

## SERVING TODAY

	8:00	10:30
Lector	Mary	Mike
Acolyte	Candi	Josh
Chalice		Art
Jr Acolyte		Sam
Ushers	Miller	Bazile
Children's Church		Louise
Nursery		Emily
Prayer team	Harmony	Ben
Flowers:	None during Lent. The picture in the niche was painted by Laurie Gough in high school.	

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## THIS WEEK

Sunday: 8:00 & 10:30 Holy Eucharist; 9:30 Class, Choir, 12:25 Bells  
Wednesday: 9:00 am Eucharist, 10:00 Class  
Friday: Ordination Discernment Event at Resurrection Fellowship  
Saturday: Ordination Discernment Event at Emmaus

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## EMMAUS' NEW WEB SITE AND APP

**The Website:** It's still at [Emmausanglican.org](http://Emmausanglican.org). The website has up to date service information, an introduction to the parish and our clergy, past sermons and more. It includes **On-line giving**. 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.) This convenience does come at a cost to the parish. Thirty cents per transaction, automatic bank draws (ACH) have a 1% fee, and credit cards have a 2.3% fee. The service does give you a way to cover the processing cost if you'd like. The small percentage fees add up however 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 is 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). Next, set up your account with a name, email address and password. You can then back out of the app or go back to the home screen. If you wish to donate or set up a recurring gift, you can do so right away.

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**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.

## **KENYA ALMSGIVING/OUTREACH**

One of the great spiritual practices and disciplines of LENT is almsgiving. This is godly generosity that goes beyond our normal tithes. Join in with us as we seek to share our abundance with Anglican believers in western Kenya, supporting their efforts of evangelism and development. Pick up a brochure to learn more. Fill out a pledge card and give with cash, check, or online with our app or website.

## **ORDINATION DISCERNMENT EVENT**

One of Emmaus' ministries for the International Diocese is to help in the discernment process of potential clergy. Supported by a local rector, candidates apply to the bishop. Upon the bishop's approval, a parish discernment team is formed, reporting to the Parish Council. (Joshua Nelson is just about to begin a nine-week parish discernment process under Deacon Deborah, along with Ben Contreras and Michael James). After the parish discernment, the parish council submits their approval (decision) to the bishop. After bishop's review and consent, the candidates meet with two priests and two deacons here in Colorado. We then send our recommendation back to the bishop for his final decision prior to ordination.

## **HOLY WEEK AND EASTER!**

**Saturday, April 9:**

Choir Practice 9:00-11:00  
Liturgy Practice 11:00-12:00  
Lunch provided by Emmaus  
Liturgical Training 12:30-1:30

**Palm Sunday, April 10:** 8:00 am and 10:30

*No Wednesday Communion or class*

**Maundy Thursday, April 14:** 7:00 pm

**Good Friday, April 15:** Noon—Stations of the Cross  
7:00 Liturgy of the Cross

**Saturday, April 16: 9:00 am:** Set Up for Easter

**Easter Sunday—The Feast of the Resurrection of our Lord**

6:30 The Great Vigil  
8:00 Holy Eucharist  
10:30 Holy Eucharist