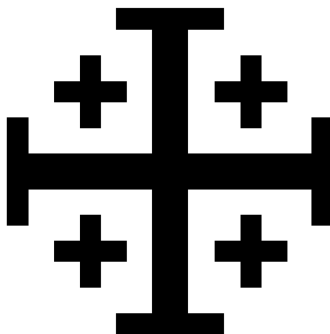


THE ORDER FOR THE ADMINISTRATION
OF
THE LORD'S SUPPER
or
HOLY COMMUNION,
COMMONLY CALLED
THE HOLY EUCHARIST

Anglican Standard Text

March 10, A.D. 2024

4th 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.

8:00 - Sing “Forty Days and Forty Nights”

The image shows a musical score for a hymn. It consists 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). The first system contains five numbered lines of lyrics. The second system also contains five numbered lines of lyrics. The music is written in a simple, homophonic style.

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 (1822-1870), alt. Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889).

10:30 - Choir: “Praise God From Whom All Blessings Flow”
(Tallis Canon Round)

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—THRICE HOLY

Cantor

Holy God, holy and mighty, holy immortal One
Have mercy, have mercy, on us.

Second time - Ladies

**Holy God, holy and mighty, holy immortal One
Have mercy, have mercy, on us.**

Third time - All

**Holy God, holy and mighty, holy immortal One
Have mercy, have mercy,
Have mercy, have mercy, on 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.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for 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.

Psalm 103:3

Praise the Lord oh my soul

And forget not all His benefits

Who forgives all your sins and heals all your diseases.

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Old Testament Reading

2 Chronicles 36:14-23

All the officers of the priests and the people likewise were exceedingly unfaithful, following all the abominations of the nations. And they polluted the house of the LORD that he had made holy in Jerusalem. ¹⁵ The LORD, the God of their fathers, sent persistently to them by his messengers, because he had compassion on his people and on his dwelling place. ¹⁶ But they kept mocking the messengers of God, despising his words and scoffing at his prophets, until the wrath of the LORD rose against his people, until there was no remedy. ¹⁷ Therefore he brought up against them the king of the Chaldeans, who killed their young men with the sword in the house of their sanctuary and had no compassion on young man or virgin, old man or aged. He gave them all into his hand. ¹⁸ And all the vessels of the house of God, great and small, and the treasures of the house of the LORD, and the treasures of the king and of his princes, all these he brought to Babylon. ¹⁹ And they burned the house of God and broke down the wall of Jerusalem and burned all its palaces with fire and destroyed all its precious vessels. ²⁰ He took into exile in Babylon those who had escaped from the sword, and they became servants to him and to his sons until the establishment of the kingdom of Persia, ²¹ to fulfill the word of the LORD by the mouth of Jeremiah, until the land had enjoyed its Sabbaths. All the days that it lay desolate it kept Sabbath, to fulfill seventy years. ²² Now in the first year of Cyrus king of Persia, that the word of the LORD by the mouth of Jeremiah might be fulfilled, the LORD stirred up the spirit of Cyrus king of Persia, so that he made a proclamation throughout all his kingdom and also put it in writing: ²³ “Thus says Cyrus king of Persia, ‘The LORD, the God of heaven, has given me all the kingdoms of the earth, and he has charged me to build him a house at Jerusalem, which is in Judah. Whoever is among you of all his people, may the LORD his God be with him. Let him go up.’”

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

Psalm 122

¹ I was glad when they said unto me, *
“We will go into the house of the LORD.”

² Now our feet are standing *
within your gates, O Jerusalem.

³ Jerusalem is built as a city *
that is at unity in itself.

⁴ For there the tribes go up, even the tribes of the LORD, *
as was decreed for Israel, to give thanks unto the Name of the LORD.

⁵ For there is the throne of judgment, *
even the throne of the house of David.

⁶ O pray for the peace of Jerusalem; *
they shall prosper that love you.

⁷ Peace be within your walls *
and plenteousness within your palaces.

⁸ For my brethren and companions' sakes, *
I will wish you prosperity.

⁹ Indeed, because of the house of the LORD our God, *
I will seek to do you good.

**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

Ephesians 2:1-10

And you were dead in the trespasses and sins ² in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— ³ among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. ⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— ⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast. ¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Reader: The word of the Lord.

People: **Thanks be to God.**

We'll sing verse 1.

1 Shep - herd of souls, re - fresh and bless thy cho - sen
2 We would not live by bread a - lone, but by thy
3 Be known to us in break - ing bread, and do not
4 Lord, sup with us in love di - vine thy Bo - dy

The first system of music features a treble and bass staff in G major. The vocal line begins with a quarter note G4, followed by quarter notes A4, B4, and C5. The piano accompaniment consists of a steady bass line of G2, B1, and D2, with a treble line of G4, B4, and D5.

pil - grim flock with man - na in the
word of grace, in strength of which we
then de - part, Sa - vior, a - which with
and thy Blood, that liv - ing bread, that

The second system continues the melody. The vocal line has a quarter note D5, followed by quarter notes C5, B4, and A4. The piano accompaniment features a treble line with a half note G4 and a quarter note A4, and a bass line with a half note G2 and a quarter note B1.

wil - der - ness, with wa - ter from the rock.
trav - el on to our a - bid - ing - place.
us, and spread thy ta - ble in our heart.
heaven - ly wine, be our im - mor - tal food.

The third system concludes the piece. The vocal line starts with a quarter note G4, followed by quarter notes F4, E4, and D4. The piano accompaniment has a treble line with a half note G4 and a quarter note F4, and a bass line with a half note G2 and a quarter note B1.

Words: James Montgomery (1771-1845), alt. Music: *St. Agnes*, melody John Bacchus Dykes (1823-1876); harm. Richard Proulx (b. 1937), after John Bacchus Dykes (1823-1876). Copyright © 1985, G.I.A. Publications.

THE HOLY GOSPEL

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

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

John 6:1-15

After this Jesus went away to the other side of the Sea of Galilee, which is the Sea of Tiberias. ² And a large crowd was following him, because they saw the signs that he was doing on the sick. ³ Jesus went up on the mountain, and there he sat down with his disciples. ⁴ Now the Passover, the feast of the Jews, was at hand. ⁵ Lifting up his eyes, then, and seeing that a large crowd was coming toward him, Jesus said to Philip, “Where are we to buy bread, so that these people may eat?” ⁶ He said this to test him, for he himself knew what he would do. ⁷ Philip answered him, “Two hundred denarii worth of bread would not be enough for each of them to get a little.” ⁸ One of his disciples, Andrew, Simon Peter’s brother, said to him, ⁹ “There is a boy here who has five barley loaves and two fish, but what are they for so many?” ¹⁰ Jesus said, “Have the people sit down.” Now there was much grass in the place. So the men sat down, about five thousand in number. ¹¹ Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated. So also the fish, as much as they wanted. ¹² And when they had eaten their fill, he told his disciples, “Gather up the leftover fragments, that nothing may be lost.” ¹³ So they gathered them up and filled twelve baskets with fragments from the five barley loaves left by those who had eaten. ¹⁴ When the people saw the sign that he had done, they said, “This is indeed the Prophet who is to come into the world!” ¹⁵ Perceiving then that they were about to come and take him by force to make him king, Jesus withdrew again to the mountain by himself.

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

We'll sing verse 3 found on poage 10..

THE SERMON

Bishop Ken Ross

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.

“Amazing Grace (My Chains Are Gone)”

Verse 1

**Amazing grace how sweet the sound
That saved a wretch like me
I once was lost but now I'm found
Was blind but now I see**

Chorus

**My chains are gone I've been set free
My God my Savior has ransomed me
And like a flood His mercy rains
Unending love amazing grace**

Verse 2

**'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed**

Chorus

Verse 3

**The Lord has promised good to me
His word my hope secures
He will my shield and portion be
As long as life endures**

Chorus

Verse 4

**The earth shall soon dissolve like snow
The sun forbear to shine
But God who called me here below
Will be forever mine**

Chorus

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.
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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.

G C Em D Dsus D Em D
 I am the Bread of Life; All who eat this Bread
 5 C Am G Gsus G Gsus G C Em
 will nev - er die. I am God's love re - vealed;
 11 D Dsus D Em D C Am 2nd time to Coda ⊕ G Gsus G Fine
 I am bro - ken that you might be healed.

VERSE 1

Am Bm C D G Am Bm C
 1. All who eat of this heav - en - ly Bread, all who
 22 D G Am G D G D/F#
 drink this cup of the cov - e - nant; You will live for - ev -

28 Em C Am Dsus D D2(no3) D *D.C. al Coda*

er, for I will raise you up.

33 *Coda* G Gsus G Am Bm

healed.

C D G Am Bm C

2. No one who comes to Me shall ev - er hun - ger a - gain; No one who be -

0 D G Am G D G D/F#

lieves shall ev - er thirst. All that the Fa - ther draws shall come to

6 Em C Am Dsus D D2(no3) D *D.C. al Fine*

Me; And I will give them rest.

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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.

<i>Minister</i>	All our problems,
<i>People</i>	We send to the cross of Christ.
<i>Minister</i>	All our sins.
<i>People</i>	We send to the cross of Christ.
<i>Minister</i>	All the devil's works.
<i>People</i>	We send to the cross of Christ.
<i>Minister</i>	All our hopes,
<i>People</i>	We set on the risen Christ!

THE BLESSING

8:00 - *Choir*: “Praise God From Whom All Blessings Flow”
 (Tallis Canon)

10:30 - *Sing* “Forty Days and Forty Nights

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 Smytten (1822-1870), alt. Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.; harm. William Henry Monk (1823-1889).

SERVING TODAY

	8:00	10:30
Lector	Mary	Louise
Acolyte	Candi & Krstin	Holly
Chalice		Caroline
Jr Acolyte		Kimberlyn & Iain
Ushers	Thompson	Bazile
Prayer team	Cheryl	Hampton
Children's Church		Candi
Flowers		Lent
Hospitality		Open

THIS WEEK

Saturday	9:00	Bishop Ross, Clergy & Council
Sunday	8:00	Eucharist; 9:30 Q&A
	10:30	Eucharist; Q&A
Tuesday	5:00	Parish Council
Wednesday	9:00	Holy Eucharist; 10:00 Class;
	11:00	Finance Meeting
Saturday	8:00	MESS

LOOKING AHEAD

March 23	9:00-11:00	Choir Rehearsal
	11:00 - Noon	Liturgical Rehearsal
March 24	8:00 & 10:30	- Palm Sunday
March 28	7:00 pm	Maundy Thursday
March 29	Good Friday Noon:	Stations of the Cross
	7:00	Passion Gospel&Devotions at the Cross
March 30	9:00-Noon	Clean-up & Set-up for Easter
March 31	Easter Day—The	Passover of the Lord
	6:30 am	Vigil; 8:00 & 10:30 Holy Eucharist

Future Diocesan Home--Discernment

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 and Fr. Jim

March 17 - **Chapter 6**; & March 24 - Cja[ter 7

February 25: Chapter 4

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

March 13 - Chapter 5

March 17, Upcoming Anglicans for Life Chapter Meeting

Sunday, March 17, 2024 will be our Anglicans for Life Chapter meeting. The meeting will be held after the 10:30 service and a light lunch will be provided. Our main presentation will be listening to Abby Johnson's presentation at the recent Life Summit. The presentation is titled, "Navigating Beyond Roe in Life Affirming Ministry."

Abby Johnson is a former Planned Parenthood Director. She will share her testimony and discuss how we, as part of a life affirming movement, can better serve the needs of pregnant women amidst the reality of living beyond Roe in America. Johnson will share how we can model God's mercy, respond with grace, and bear witness to God's compassion in the hopes that others will know Him.

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	Received to Date
Buildings: \$10,264	0
Motorbikes: \$2,748	0
Seminarians: \$1,096	\$634 (58%)
Bishop's Education: \$1,237	0
Adult Education-Literacy: \$742	0
Chickens: \$350	\$616 (176%)
Goats: 2,060	0
As Needed	\$3,239
Grand Total \$18,497	\$4,490 (24%)

How to Give

You may give with a check, using pledge card to give by category or “as needed” at church. OR

Use the website or app – the categories are there and its Easy! **Deadline: Easter Sunday!**

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.

