







SAINT MARTIN'S EPISCOPAL CHURCH

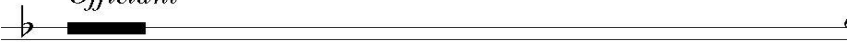

SUNG MASS RITE 1 + 10:30 AM + FIRST SUNDAY IN LENT


*Please note that today's Mass begins in silence. There is no organ voluntary, no opening hymn.
Please stand as the altar party enters to begin the Great Litany. The Litany is read at the 8:15 Mass.*


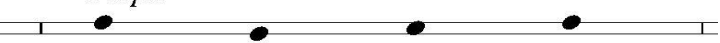
Officiant  *People* 
O God the Father, Creator of heaven and earth, Have mer - cy up - on us.

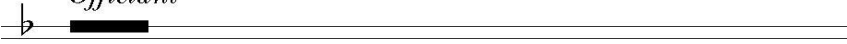
Officiant  *People* 
O God the Son, Redeemer of the world, Have mer - cy up - on us.

Officiant  *People* 
O God the Holy Ghost, Sanctifier of the faith - ful, Have mer - cy up - on us.

Officiant  *People* 
O holy, blessed, and glorious Trinity, one God, Have mer - cy up - on us.

Officiant 
Remember not, Lord Christ, our offenses, nor the offenses of our forefathers; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy

 *People* 
preserve us for ev - er. Spare us, good Lord.

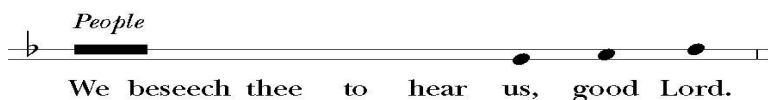
Officiant 
From all evil and wickedness; from sin; from the crafts and assaults of the


devil; and from everlast - ing dam - na - tion,

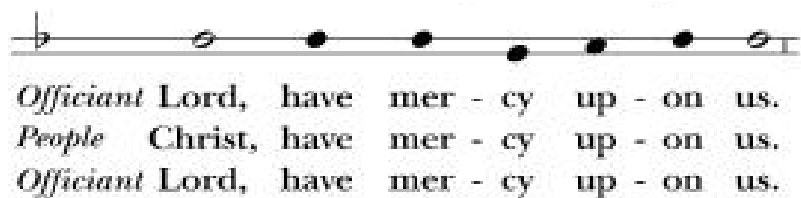
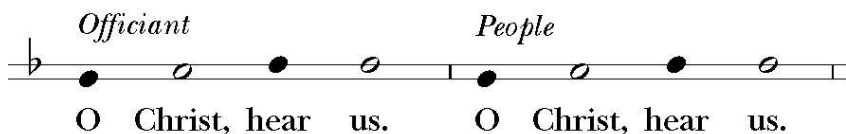
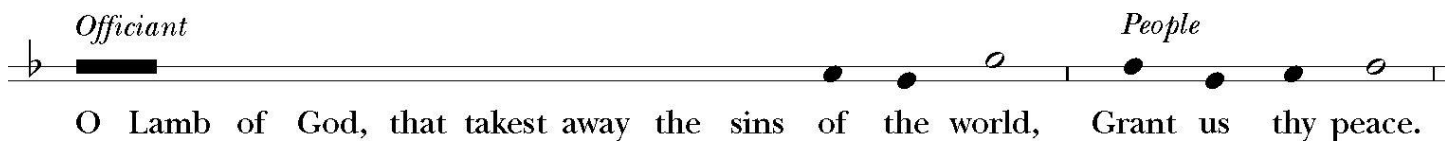
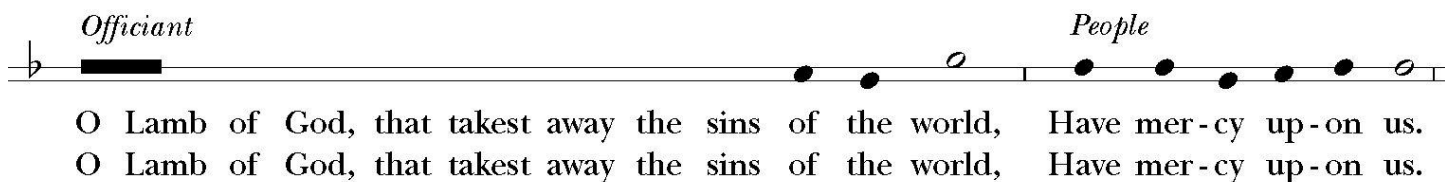
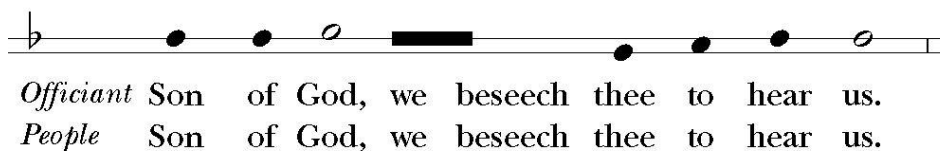
People 
Good Lord, de - liv - er us.

The same response is sung to the petitions which may be found in the Book of Common Prayer, p. 149

We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church Universal in the right way,



The same response is sung to the petitions which may be found in the Book of Common Prayer, p. 150



Kyrie Eleison

Blue Hymnal S 91

The Lord be with you. ***And with thy spirit.*** Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. *Amen.*

Please be seated

A Reading from Genesis

God said to Noah and to his sons with him, “As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

The Word of the Lord. **Thanks be to God.**

Psalm 25:1-9 *Ad te, Domine, levavi (Simplified Anglican Chant, remain seated)*

- 1 To you, O LORD, I lift up my soul; my God, I put my **trust in you**; *
let me not be humiliated, nor let my enemies triumph **over me**.
- 2 Let none who look to you be put to **shame**; *
let the treacherous be disappointed in their **schemes**.
- 3 Show me your ways, O LORD, * and teach me your **paths**.
- 4 Lead me in your truth and **teach me**, *
for you are the God of my salvation; in you have I trusted all the day **long**.
- 5 Remember, O LORD, your compassion and **love**, * for they are from ever-**lasting**.
- 6 Remember not the sins of my youth and my trans-**gressions**; *
remember me according to your love and for the sake of your goodness, O LORD.
- 7 Gracious and upright is the LORD; * therefore he teaches sinners in his **way**.
- 8 He guides the humble in doing right and teaches his way to the **lowly**.
- 9 All the paths of the LORD are love and faithfulness
to those who keep his covenant and his **testimonies**.

A Reading from Paul's Epistle to the Romans

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

The Word of the Lord. *Thanks be to God.*

Please stand

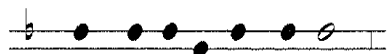
THE GOSPEL ACCLAMATION

The Alleluia is not sung during Lent. Instead, we will sing the following,



Verse: One does not live by bread alone, but on every word that comes forth from the mouth of God
(the acclamation is repeated)

THE GOSPEL The Holy Gospel of Our Lord Jesus Christ according to Mark



Glo - ry be to thee, O Lord.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." The Gospel of the LORD.



Praise be to thee, O Christ.

THE HOMILY

THE NICENE CREED

Prayer Book, 326

THE PEACE, WELCOME & NOTICES

Please stand to sing

THE OFFERTORY HYMN

When from Bondage We Are Summoned

Wonder, Love and Praise, 754

1. When from bond - age
 2. When our God names
 3. Through all stag - es
 4. We must not lose
 5. See the prize our

we are sum - moned out of dark - ness in - to light, we must
 us a peo - ple, Je - sus leads us by the hand through a
 of the jour - ney Christ is with us, night and day, with com -
 sight of Je - sus, who ac - cept - ed pain and loss, who, for
 God has prom - ised: end - less life with Christ our Lord. Now we

go in hope and pa - tience, walk by faith and not by sight.
 lone - ly, bar - ren de - sert to a great and glo - rious land.
 pas - sion for our weak - ness ev' - ry step a - long the way. Let us
 joy of love un - meas - ured, dared em - brace the shame - ful cross.
 fix our eyes on Je - sus, walk by faith in Je - sus' word.

throw off all that hin - ders; let us run the race to win! Let us

has - ten to our home - land and, re - joic - ing, en - ter in. in.

1. - 4. 5.

THE LITURGY OF THE ALTAR

God of mercy and compassion, your Word calls us home to faith and love.
accept all we offer you this day; through Christ our Lord. Amen.

Celebrant *People*
The Lord be with you. And with thy spi - rit.

Celebrant *People*
Lift up your hearts. We lift them up un - to the Lord.

Celebrant
Let us give thanks un - to our Lord God.

People
It is meet and right so to do.

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord, who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying:

Sanctus (Holy, Holy, Holy)

Blue Hymnal, S 114

(Kneel or Stand. The Eucharistic Prayer continues on page 334 in the Book of Common Prayer)

THE OUR FATHER

Prayer Book, 336

THE FRACTION

After a moment of silence, please sing

LAMB OF GOD

Blue Hymnal, S 158

THE PRAYER OF HUMBLE ACCESS

Prayer Book, 337

THE INVITATION TO COMMUNION

HOLY COMMUNION

COMMUNION HYMNS

1. Yield not to temp - ta - tion, For yield - ing is sin; _____
 2. Shun e - vil com - pan - ions, Bad lan - guage dis - dain; _____
 3. To him that o'er - com - eth, God giv - eth a crown; _____

1. Each vic - t'ry will help you, Some o - ther to win; _____
 2. God's name hold in rev - 'rence, Nor take it in vain; _____
 3. Through faith we will con - quer, Though oft - en cast down; _____

1. Fight, still pres - sing on - ward, Dark pas - sions sub - due; _____
 2. Be thought-ful and ear - nest, Kind - heart - ed and true; _____
 3. He who is our sav - ior, Our strength will re - new; _____

Look ev - er to Je - sus, He will car - ry you through. _____

Ask the sav - ior to help you, Com - fort, strength - en and keep you;

He is will - ing to aid you, He will car - ry you through. _____

Spirit of God, you moved over the waters, whisp'ring God's love to the whole of creation.
You breathe your life into God's sons and daughters. Giving us talents and your inspiration.

Spirit of God, by the prophets you sought us, calling us back from our pride-filled behavior.
Through chosen leaders you reached us and taught us, by your own gift we were given our Savior.

Spirit of God, like a dove you once rested, showing God's joy on the day Christ was baptized.
You sent Christ out to the hills to be tested, through you he called us to see God with new eyes.

Spirit of God, like a mighty wind blowing: Suddenly Christians stopped hiding and fearing
You gave them courage and love overflowing, so they proclaimed you to all in their hearing.

Help us to see you, still calling and caring, help us to know you among us, creating.
Spirit of God, give us courage and daring — To share God's love with a world that is waiting.

Please kneel

**POST-COMMUNION PRAYER
LENTEN PRAYER OVER THE PEOPLE & DISMISSAL**

Prayer Book, 339

Please stand

HYMN *Lord, Who throughout these Forty Days*

Blue Hymnal , 142

SERVING TODAY

Thurifer: Michael Maloney Crucifer: Fausto Beleno
Lay Eucharistic Minister: Chris Bockus Lector: Shannon Hobby
Choir: Alison Jandak, Beth Hixenbaugh, Jane Maloney, Rob Vernon
Organist: Kathy Shanklin Celebrant: Father Rob Laws

OPPORTUNITIES TO GROW DURING LENT

Mondays 6:30 pm	St. Anthony's Rosary for Healing Rosary (Juanita H's home)
7 pm	Bible Study: (Juanita H's. home-)
Wednesdays 6 pm	Mass in the Lady Chapel.
Fridays 6 pm	Stations of the Cross in the Nave

SACRAMENTAL CONFESSION- always available by appointment. Contact Father Rob+

Confirmation Classes to Begin during Lent

Youth and adults who would like to receive the Sacrament of Confirmation, or adults who were Confirmed in another church with apostolic succession and would like to be received into the Episcopal Church by the bishop, should register to attend these classes. Registration forms and more information may be found in the narthex and on the parish website.

Food Bank Donations

The Food Bank is always in need of food donations, especially during these cold days. All non-perishable items are needed. Consider picking up an extra jar of peanut butter, canned tuna, soup, or other items when you do your grocery shopping, and place them in the blue bin at the top of the stairs leading to the choir loft.

Please check the weekly email newsletter for more information about upcoming activities and events. If you are not receiving the newsletter, please send an email to the parish office and they will help you sign up.

Prayer Intentions for this Mass

Elaina, Adam, Brent, Anna Rose, Ryan and his family, Celeste, Joe, Paige, Maureen, Bozeno, Helios, Sonia, Bob, Julia, Anna, Nicole, Dusty, Nory, Anthony, Jeff, Debbie, Ian, Pat, Dillon, Mary, Evelyn, Michael, Helen, and Leona

Looking for Ideas to Enrich Your Lenten Journey?

Take a Leap Towards Empathy! SNAP Challenge 2024

Take a Leap Towards Empathy, this Lent by putting yourself in the shoes of a food insecure family for one week. Join us in completing the **SNAP Challenge - February 22nd through 29th (or during any other week of Lent)**. Share in the experience of a family who relies solely on SNAP Benefits (formerly known as Food Stamps) to pay for their groceries.

You will gain greater empathy for those suffering from food insecurity by limiting your own grocery budget for the week. The average individual will receive **\$5.89 a day** from SNAP Benefits to purchase food. This means **a family of four** will only receive **\$164.92 a week** for groceries. The USDA anticipates a family of four to spend **\$224** a week on their lowest budget, the "**Thrifty**" grocery budget. This is **nearly \$60 more** than SNAP Benefits allots.

The challenge will open your eyes to the nearly impossible challenge presented to those facing food insecurity of feeding your family healthy and nutritious foods on the suffocating budget allowed by SNAP Benefits. While this may be a voluntary weeklong lifestyle change for you, it is the reality of life for others.

Before or after your meals, offer a prayer of gratitude for the blessings God has given you. Pray for those in our community and the world who live in poverty and do not have enough food to eat. Ask for the grace to be generous and share more of your blessings with others. At the end of the challenge, donate the difference between what you spent during the challenge and what you normally spend on food to the Food Bank.

Nurture Your Mind and Spirit through Reading

Reading is an act of prayer. Reading is a form of meditation and self care. Nurture your spirit this Lent by spending a few extra moments a day reading. Here are a few suggestions:

A Different Kind of Fast: Feeding Our True Hungers in Lent by Christine Valters Paintner
Tarry Awhile: Wisdom from Black Spirituality for People of Faith, by Selina Stone
Unburdened: A Lenten Journey Toward Forgiveness, by Carol Penner

Classics:

The Screwtape Letters, by C.S. Lewis
The Dark Night of the Soul, by St. John of the Cross,
New Seeds of Contemplation, by Thomas Merton
My Life with the Saints, by James Martin, SJ

