

St John's Episcopal Church

Ross, CA



The First Sunday in Lent: Morning Prayer

February 21, 2020, 10AM

Come hydrate your soul at St John's:

A community of connections across generations.

Connect to God through worship, service,
real life and tradition.

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A note on our worship: What is “Morning Prayer”?

For most of us, when we think of “church” we think of Sunday mornings with Holy Communion. However, before 1979, a service called “Morning Prayer” rather than the Eucharist was the usual Sunday morning liturgy in most Episcopal churches.

Morning and Evening Prayer, found in our Book of Common Prayer, have their origins in the ancient monastic practice of praying seven times a day (known as “praying the hours”). The genius of the Anglican Church during the Reformation was the insight that prayer was not just for monks and nuns but for all of us in the midst of daily life. The seven daily services for monks and nuns were compressed into just two services, Morning and Evening Prayer, which could be used by ordinary folks in the midst of the everyday.

Morning and Evening Prayer can be sung or said, and consist of a series of prayers and readings with the option of including hymns and a sermon.

Lent is often a season in which we fast from something in order to deepen our connection to God. While our pandemic fast from the eucharist is not voluntary, perhaps we can claim it as a fast we take on out of love for others. Perhaps this fast might allow us to feel our own hunger for God, to get in touch with our longing for an end to the pandemic, our longing for God’s saving help for all those who are suffering physically, emotionally, and economically.

During Lent, we fast from some things in order to feast on others. Morning Prayer is a great gift that invites us to linger with and meditate on scripture and to respond to it prayerfully. We hope that this form of worship allows you to feast on word and song in a new way.

Please do not hesitate to share with us your reflections on this experience.

You are invited to pray aloud with us, or join silently; to sing along or enjoy listening. Welcome - we are thankful for your presence!

Have a prayer request that you'd like to be shared (anonymously or with your name) on Sunday during the prayers? Would you like a blessing for a birthday, anniversary, or other occasion of thanksgiving?

During the service, please text your prayer request to (415) 275-0115 and it will be shared at the Prayers of the People.

The clergy ask that you include your name with your prayer so that we can follow up with you if you wish.

During the week, you are also welcome to submit prayer requests [here](#).

Please join in praying for the needs and concerns of our congregation by viewing our online [Prayer List](#).

Prelude

Canzona in G Minor

Domenico Zipoli (1688-1726)

Welcome

After the welcome announcement a bell will sound, signaling a few moments of prayer and silence.

Opening Hymn

Lord, who throughout these forty days

Hymnal 142, vv.1,3 (St. Flavian)

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

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

Opening Sentences

The Officiant says

Rend your hearts and not your garments. Return to the Lord your God, for the Holy One is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil.

Confession of Sin

The Presider continues

Let us confess our sins against God and our neighbor.

Silence.

Officiant and People together

God of all mercy,

we confess that we have sinned against you,
opposing your will in our lives.

We have denied your goodness in each other,
in ourselves, and in the world you have created.

We repent of the evil that enslaves us,
the evil we have done,

and the evil done on our behalf.

Forgive, restore, and strengthen us
through our Savior Jesus Christ,

that we may abide in your love and serve only your will. I.

Officiant

Almighty God have mercy on us, forgive us all your sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. *Amen.*

The Invitatory and Psalter

Officiant O God, let our mouths proclaim your praise.

People And your glory all the day long.

All Praise to the Holy and Undivided Trinity, one God: as it was in the beginning, is now, and will be for ever. Amen.

Presider Our God is full of compassion and mercy: O come let us worship.

Jubilate

All people that on earth do dwell

Hymnal 377, vv. 1-2 (*Old 100th*)

Unison or harmony

The musical score is written for two voices (Soprano and Bass) and piano accompaniment. It is in the key of D major (one sharp) and 4/4 time. The score consists of three systems of music. Each system has a vocal line with two parts (1 and 2) and a piano accompaniment line. The lyrics are: '1 All peo - ple that on earth do dwell, sing to the Lord with 2 Know that the Lord is God in - deed; with - out our aid he cheer - ful voice: him serve with mirth, his praise forth us did us make: we are his folk, he doth us tell, come ye be - fore him and re - - joice. 2 feed, and for his sheep he doth us take.' The piano accompaniment consists of chords and simple melodic lines in the right and left hands.

1 All peo - ple that on earth do dwell, sing to the Lord with
2 Know that the Lord is God in - deed; with - out our aid he

1 cheer - ful voice: him serve with mirth, his praise forth
2 did us make: we are his folk, he doth us

1 tell, come ye be - fore him and re - - joice.
2 feed, and for his sheep he doth us take.

Psalm 25:1-9

Please join us in praying the Psalm aloud.

- 1 To you, O Lord, *
I lift up my soul;
- 2 my God, I put my trust in you; *
let me not be humiliated, nor let my enemies triumph over me.
- 3 Let none who look to you be put to shame; *
let the treacherous be disappointed in their schemes.
- 4 Show me your ways, O Lord, *
and teach me your paths.
- 5 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.
- 6 Remember, O Lord, your compassion and love, *
for they are from everlasting.
- 7 Remember not the sins of my youth and my transgressions; *
remember me according to your love
and for the sake of your goodness, O Lord.
- 8 Gracious and upright are you, O Lord; *
therefore you teach sinners in your way.
- 9 You guide the humble in doing right *
and teach your way to the lowly.

Praise to the Holy and Undivided Trinity, one God: as it was in the beginning, is now, and will be for ever. Amen.

The First Reading

Genesis 9:8-17

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."

Reader Hear what the Spirit is saying to God's people.
People Thanks be to God.

The Song of Mary (Magnificat)

Please join in praying the Magnificat together.

My soul proclaims the greatness of the Lord,
my spirit rejoices in you, O God my Savior, *
 for you have looked with favor on your lowly servant.
From this day all generations will call me blessed: *
 you, the Almighty, have done great things for me,
 and holy is your name.
You have mercy on those who fear you *
 from generation to generation.
You have shown strength with your arm *
 and scattered the proud in their conceit,
Casting down the mighty from their thrones *
 and lifting up the lowly.
You have filled the hungry with good things *
 and sent the rich away empty.
You have come to the help of your servant Israel, *
 for you have remembered your promise of mercy,
The promise made to our forebears, *
 to Abraham and his children for ever.

The Second Reading

Mark 1:9-15

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.”

Reader Hear what the Spirit is saying to God’s people.
People Thanks be to God.

The Sermon

The Rev. Heather Erickson

A brief period of silent prayer and reflection follows the sermon.

The Apostles' Creed

Officiant

Let us love one another that with one mind we may confess:

All

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only son, our Lord.

He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.

He suffered under Pontius Pilate,
was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven,
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,
the communion of saints,

the forgiveness of sins,
the resurrection of the body,

and the life everlasting. *Amen.*

Announcements

Offertory Anthem

Lead me, Lord

Samuel Wesley (1810-1876)

During this time of uncertainty, St. John's particularly needs your help to continue to offer care and support to our community. You can give online [here](#).

The Prayers

Officiant God be with you.
People And also with you.
Officiant Let us pray.

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 Suffrages

Help us, O God our Savior.
Deliver us and forgive us from our sins.
Look upon your congregation;
Give to your people the blessing of peace.
Declare your glory among the nations;
And your wonders among all peoples.
Do not let the oppressed be shamed and turned away;
Never forget the lives of your poor.
Continue your loving-kindness to those who know you;
And your favor to those who are true of heart.
Satisfy us by your loving-kindness in the morning;
So shall we rejoice and be glad all the days of our life

The Collects

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 for ever. *Amen.*

Gracious God, giver of life and health: Comfort your sick servants, and give your power of healing to those who minister to their needs, that all those for whom our prayers are offered, especially... may be strengthened in their weakness and have confidence in your loving care; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Eternal Lord God, you hold all souls in life: Give to your whole Church in paradise and on earth your light and your peace; and grant that we, following the good examples of those who have served you here and are now at rest, especially.... may at the last enter with them into your unending joy; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

Prayers texted into the service are added.

Officiant and People

Almighty God, Giver of all mercies, we your servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. *Amen.*

Blessing for the Rev. Heather Erickson

Birthdays, Anniversaries and Occasions of Thanksgiving

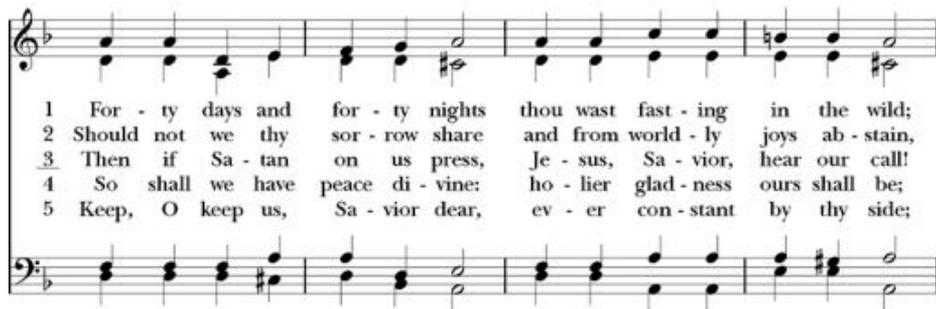
All those celebrating birthdays, anniversaries and occasions of thanksgiving are invited to come forward.

Today, tomorrow and always we rejoice in the hands of God.
May God's powerful hands support you.
May God's guiding hands lead you.
May God's loving hands enfold you.
We rejoice in the hands of God. *Amen.*

Closing Hymn

Forty days and forty nights

Hymnal 150, vv.1-2 (*Aus der Tiefe rufe ich*)



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.

Dismissal

Presider

Let us bless the Lord.

People

Thanks be to God.

Postlude

Versos in D Minor

Domenico Zipoli (1688-1726)

St John's Episcopal Church

Our Vision:

St. John's will be a spiritual home that welcomes all, loves and respects all, and serves all in Christ's name

Our Mission:

We pray, worship and celebrate the Gospel

Responding to the needs of our communities

While building relationships to support us on our journey of faith

Bishop of California:	The Rt. Rev. Marc Handley Andrus
Rector:	The Rev. Chris Rankin-Williams <i>crw@stjohnsross.org</i>
Associate Priest:	The Rev. Heather Erickson <i>heather@stjohnsross.org</i>
Assisting:	The Revs. Skip Fotch, Jan Hickman West, and Bill Rankin
Deacon:	The Rev. Dr. Joanna Benskin
Director of Music:	Dr. David Montgomery
Choir section leader:	Betsy Bennett-Smith <i>david@stjohnsross.org</i>
Church Administrator:	Virginia Kosydar <i>virginia@stjohnsross.org</i>
Youth Minister:	Tom Fregoso <i>tom@stjohnsross.org</i>
Director of Children's Ministry:	Sandra Pathik <i>sandra@stjohnsross.org</i>
Treasurer:	Susan Aley
Director of Stewardship:	Emily McFarland <i>emily@stjohnsross.org</i>
Bookkeeper:	Henry Auriti <i>bookkeeper@stjohnsross.org</i>
Vestry:	<i>President:</i> The Rev. Chris Rankin-Williams <i>Senior Warden:</i> Jennifer Jones <i>Junior Warden:</i> Kathryn Supinski Genny Biggs, Joannie Ericson, Maya Farhoud, Becky Hlebasko, Kerry Hoeveler, Paul Kaplan, Tim McCandless, Alden Mills, Mike O'Brien, Chris Russell, Jaco Sadie