

# **Return to God**



**with all your heart**

**The Holy Eucharist in the season of Lent 2023**

**10:00 am**

**St. Paul's Episcopal Church  
Diocese of the Central Gulf Coast  
Foley, AL**

## The Season of Lent

The word *lent* comes from an Old English word which simply means *spring*. In other languages the name of this season is related to the numeric term for *forty* which relates better to its purpose.

Lent commemorates the forty days that Our Lord spent in fasting and prayer after his baptism by John. It echoes the forty years that the Children of Israel spent in the desert journeying toward their promised land. It is a time of preparation to celebrate the miracle of Easter.

The tradition of each person having their own *Lenten Rule* is connected with Lent being the time when converts to the faith prepared to be baptized at Easter. Those already baptized undertake self examination and self denial in preparation for renewing their Baptismal Vows at the Easter liturgy.

Sunday worship during Lent has a character of penitence and is more somber than at other times of the year. In the sermons and hymns of Lent one hears a great deal about sin and repentance. Music tends to be simple and in a minor key. Following ancient custom during Lent we refrain from using flowers and the word *alleluia*. We exchange silver communion vessels for ones made from pottery.

The liturgical color of Lent is purple which is meant to be a color of sorrow and a reminder of the royal robes placed on Christ after his trial.

Our Lenten liturgy begins with a silent procession and the Penitential Order which includes the recitation of the Decalogue (Ten Commandments).

Lent is traditionally a time when people take advantage of the Sacramental Rite of Confession. Confessions are heard any time by appointment with the Rector.

# The Holy Eucharist

*Before the service speak to God.  
During the service let God speak to you.  
After the service speak to one another.*  
*St. Chad's, Shrewsbury*

## Announcements

## Prelude

**Silent Entrance** *The People stand at the ringing of the bell.*

## Penitential Acclamation

*Presider* Blessed be the God of our salvation.

*People* **Who bears our burdens and forgives our sins.**

**The Decalogue** *The People kneel as they are able.*

Hear the commandments: I am the Lord your God who brought you out of bondage. You shall have no other gods but me.

**Amen. Lord have mercy.**

You shall not make for yourself any idol.

**Amen. Lord have mercy.**

You shall not invoke with malice the Name of the Lord your God.

**Amen. Lord have mercy.**

Remember the Sabbath Day and keep it holy.

**Amen. Lord have mercy.**

Honor your father and your mother.

**Amen. Lord have mercy.**

You shall not commit murder.

**Amen. Lord have mercy.**

You shall not commit adultery.

**Amen. Lord have mercy.**

You shall not steal.

**Amen. Lord have mercy.**

You shall not be a false witness.

**Amen. Lord have mercy.**

You shall not covet anything that belongs to your neighbor.

**Amen. Lord have mercy.**

**Invitation to Confession**

If we say that we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. *1 John 1:8, 9*

Let us humbly confess our sins against God and our neighbor.

*Silence is kept for a time.*

*Presider and People*

**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. Amen**

**Absolution** *the Priest stands and faces the People*

In the mercy of almighty God, Jesus Christ was given to die for us, and for his sake God forgives us all our sins. As a called and ordained minister of the Church of Christ, and by his authority committed to me, I declare to you the entire forgiveness of your sins, in the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

*The People stand as they are able*

*Cantor or Choir*      *All*      *Cantor or Choir*

Lord, have mer - cy.    Lord, have mer - cy.    Christ, have mer - cy.

*All*      *Cantor or Choir*      *All*

Christ, have mer - cy.    Lord, have mer - cy.    Lord, have mer - cy.

Setting: From the Litany of the Saints; adapt. Richard Proulx (b. 1937)

**The Word of God**

**The Collect of the Day** see weekly insert

**The Lessons** see weekly insert

**Gospel Verse** *The People stand as they are able*



Re - turn to God with all your heart, the Source of grace and  
mer - cy; Come, seek the ten - der faith-full-ness of God.

**Sermon**

**The Nicene Creed**

**We believe in one God the Father, the Almighty,  
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only 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: by the power of the Holy  
Spirit**

**he became incarnate from 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.**

**With the Father and the Son he is worshiped and glorified.**

**He 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.**

### **Prayers of the People**

With confidence in God's merciful loving kindness we pray for our needs and the needs of others saying: Lord, hear our prayer.

Merciful God, after his baptism your Son, Jesus, went into the wilderness where he fasted and prayed. During this season of Lent we follow in his footsteps and with fasting and prayer seek to deepen our faith and to strengthen our relationship with you and our neighbors. Keep us steady in our Lenten journey, save us from temptation, and help us to trust in your never failing love.

**Lord, hear our prayer.**

In the beginning you created the world and filled it with your goodness. Human pride and sin damaged your creation. Help us to work to restore that which we have broken. Bless those who work for the welfare of the world and for peace among peoples and nations. Give us the hopeful vision of your creation restored where all of your children may dwell in peace and plenty.

**Lord, hear our prayer.**

Through water and the Spirit you call us to new life in Christ Jesus and by that same Spirit you empower us to continue Christ's work in the world which your Son came to save. We pray for your holy Church. Where we are weak, strengthen us. Where we are in error, correct us. Continue to guide our Bishops, priests, deacons, and lay people in the doing of your will.

**Lord, hear our prayer.**

Look with mercy on all those whose lives are marked by pain, exclusion, and persecution. Help us to share with them the living waters of the gospel, that their spiritual thirst may be quenched and they may know the fullness of your love given to us in Jesus.

**Lord, hear our prayer.**

Your will for all people is health and peace. We lift to you all who are sick, injured, or disabled in mind, body, or spirit, especially those whom we name in the silence of our hearts. *Silence is kept for a time.* Stretch forth your hand, heal them, restore them to fullness of life.

**Lord, hear our prayer.**

You are the source of all life and your Son, restored the gift of life to his friend Lazarus. We pray for those who have died whom we now name before you in our hearts. *Silence is kept for a time.* Let them hear your voice as you call to summon them from death into eternal life.

**Lord, hear our prayer.**

*The Presider concludes with a Collect*

## **The Peace**

*Presider* The Peace of Christ be always with you.

*People* **And also with you.**

*The People offer one another signs of Christ's peace.*

## **The Holy Eucharist**

*On the First Sunday in Lent the Exhortation is read (BCP p. 316). The People remain standing.*

### **Offertory Sentence**

**Offertory Hymn** *see weekly insert*

**Presentation** *The People stand as the offerings are brought to the Altar*

refrain

You sat-is-fy the hun-gry heart with gift of fin-est wheat: come give to us, O

verse

sav-ing Lord, the bread of life to eat. As when the shep-herd calls his sheep they

repeat refrain

know and heed his voice; so when you call your fam-ly Lord, we fol-low and re-joice.

### **The Great Thanksgiving**

*Presider* The Lord be with you.

*People* **And also with you.**

*Presider* Lift up your hearts.

*People* **We lift them up unto the Lord.**

*Presider* Let us give thanks to the Lord our God.

*People* **It is right to give God thanks and praise.**

*The Presider proceeds*

It is right, and a good and joyful thing, always and every where to give thanks to you, Father Almighty, Creator of heaven and earth.

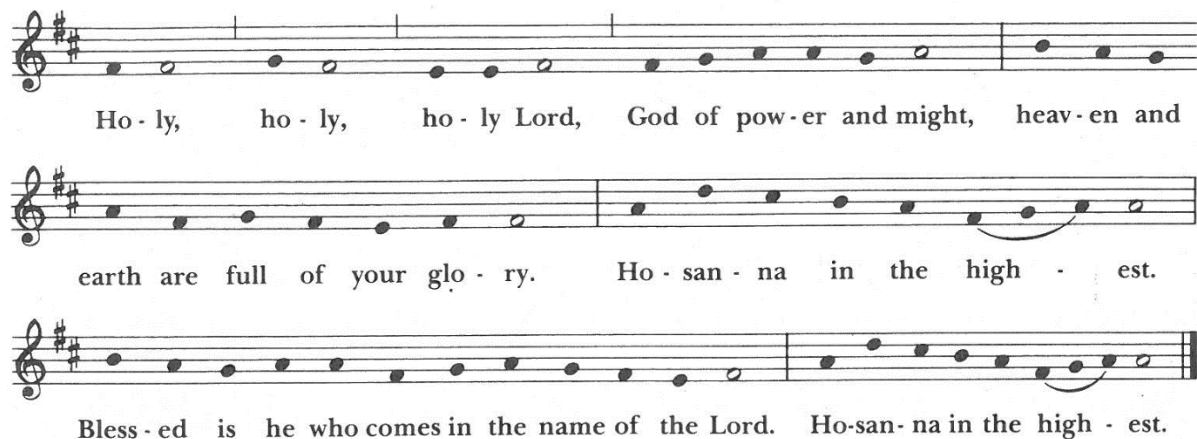
Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

*or this*

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:

*Presider and People*



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, heav - en and  
earth are full of your glo - ry. Ho - san - na in the high - est.  
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

Setting: From *New Plainsong*; David Hurd (b. 1950)

*The People remain standing or may kneel then the Presider continues*

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

*At the following words concerning the bread, the Presider is to hold it, or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.*

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: 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 for the remembrance of me."



Therefore we proclaim the mystery of faith:

*Presider and People*

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

*The Presider continues*

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. 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.

*People* **AMEN.**

*Presider*

And now, as our Savior Christ hath taught us, we are bold to say,

**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 Breaking of the Bread**

*The Presider breaks the consecrated Bread. A period of silence is kept.*

*Presider* Christ our Passover is sacrificed for us;

*People* **Therefore let us keep the feast.**

### **Anthem at the Breaking of the Bread**

Lamb of God, you take a - way the sins of the world:  
 have mer - cy on us. Lamb of God, you take a - way the  
 sins of the world: have mer - cy on us. Lamb of God,  
 you take a - way the sins of the world: grant us peace.

**Prayer of Humble Access** (Said by all.)

**We do not presume to come to this your Table, O merciful Lord, trusting in our own righteousness, but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your Table. But you are the same Lord whose property 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 we may evermore dwell in him, and he in us. Amen.**

**The Invitation to Communion**

*Presider* 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.

**The Communion of the People**

**Communion hymn** see weekly insert

**Post Communion Prayer**

**Almighty and everliving God,  
 we thank you for feeding us with the spiritual food  
 of the most precious Body and Blood of your Son our Savior Jesus Christ;  
 and for assuring us in these holy mysteries  
 that we are living members of the Body of your Son,  
 and heirs of your eternal kingdom.  
 And now, Father, send us out to do the work you have given us to do,  
 to love and serve you as faithful witnesses of Christ our Lord.  
 To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

**Solemn Collect for Lent**

O God of unchangeable power and eternal light: Look favorably on your whole Church, that wonderful and sacred mystery; by the effectual working of your providence, carry out in tranquility the plan of salvation; let the whole world see and know that things which were cast down are being raised up, and things which had grown old are being made new, and that all things are being brought to their perfection by him through whom all things were made, your Son Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

### **Lenten Benediction**

*Presider* Bow down before the Lord.

*Lent 1*

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

*Lent 2*

Keep this your people, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

*Lent 3*

Look mercifully your people, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

*Lent 4*

Look down in mercy, Lord, on your people and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. **Amen.**

*Lent 5*

Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord. **Amen.**

**Hymn** *see weekly insert*

### **Dismissal**

*Presider* God's grace has nourished us to continue our journey.

*People* **We will press on toward the call of Christ.**

*Presider* Our journey is one of service to all.

*People* **May we see the face of Christ in all whom we serve.**

*Presider* Go in peace to love and serve the Lord.

*People* **With thankful hearts we will go**

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**Lord, have mercy**

Mason Martens

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**Gospel Acclamation- Return to God**

Marty Haugen *Now the Feast and Celebration*

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**You Satisfy the Hungry Heart**

Omar Westendorf

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**Sanctus**

Mason Martens

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**Lamb of God**

David Hurd *New Plainsong*

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**Lenten Schedule of Worship and Formation**

**Sundays in Lent**

7:30 am and 10:00 am- The Holy Eucharist

9:00 am Formation for all ages

**Wednesdays in Lent**

10:30 am Bible Study

Noon Holy Eucharist and Rite of Healing

6:00 pm Soup and Sandwich Supper

(Fish Fry March 29<sup>th</sup>)

6:30 pm Evening Worship

6:45 pm Lenten Program

(Water in the Gospel of John)

Or

Time to work on Lenten art project

## **Serving God's People at St. Paul's**

The Right Rev. Russell Kendrick

Bishop of the Diocese of the Central Gulf Coast

The Rev. Dr. Brent Norris

Pastor

Penny Seawell

Parish Administrator

Katie Goodson

Director of Formation

Diedre Cowart

Director of Music

### **Vestry**

Charles Cotton, Sr. Warden

Al Cowart, Jr. Warden

Trixie Foley

Meg Scott

Ian Hantz

Beverly Roberts

Cinde Pettey

Karen Walters

Howard Krauss

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Katherine Allen, Clerk