



**THE WAY OF LOVE**  
*Practices for Jesus-Centered Life*

THE FOURTH SUNDAY IN LENT  
SUNDAY, MARCH 10, 2024

**PRAY: DWELL INTENTIONALLY WITH GOD EACH DAY**

## LENT IS A SEASON SET APART . . .

**Liturgy:** There are several significant liturgical changes. We open with the Kyrie (see the song on the facing page to learn what this means), the Penitential Order and confession. This emphasizes that Lent is a time for turning and re-turning to God. There is no Gloria and no speaking of the word "alleluia!" in Lent. We will hear these words on Easter Day! Finally, after the Post-communion prayer, the priest will offer a Solemn Prayer, instead of the usual blessing. This prayer changes with each week of Lent.

**Colors:** We replace the green of Epiphany with purple and burlap. Purple is the color of humility, penance, and wisdom that comes from inward discernment. It is also the color of royalty. The extreme differences between the two (humility and royalty) express one of the great lessons of Lent: Christ as the servant-king and our attempt to be as such to the world as well. In penitential theology, purple is the color of inward reflection, which is one of the important things we are called to do each Lent in preparation for Easter. Burlap is a rough and simple cloth. It signifies the fasting, doing without, of Lent. (Attribution: <https://doers.org/liturgical-colors-of-the-church/>)

**Seating:** Our chairs are turned to face one another. This stark contrast from our usual forward facing chair arrangement wakes us up to the Lent as a season of penitence. In Lent, we seek to turn to God more fully. We face one another to confess our need for God and the ways in which we have not loved God and our neighbors with our whole hearts.

**Baptismal Font:** The baptismal bowl is removed and Christ's cross replaces it. This serves as a reminder that "the spiritual grace of our baptism is union with Christ in his death and resurrection" (Book of Common Prayer, Catechism, p. 858).

**Music:** Several musical changes mark the lenten season. We do not open with a rousing gathering hymn, but with the Kyrie, asking God for mercy. Each offertory hymn in Lent speaks to the Way of Love practice highlighted in Forum, in the bulletin, and in preaching. Finally, musical selections tend to be more solemn and meditative in Lent.

**The Way of Love In Lent:** The journey through Lent into Easter is a journey with Jesus. Each week in our lenten liturgy, we will focus on one of the seven ancient practices for a Jesus-centered life: Turn, Pray, Learn, Bless, Rest, Go and Worship.

This week, we focus on Pray: Dwell Intentionally with God Each Day .

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*We love pictures and videos, and we love sharing what we do on social media. When attending our events or services, you agree to our using pictures of you and any children in your charge on social media and elsewhere. If you prefer not to be included in photos or video, please inform a staff member or usher.*

*Please be seated and silent for the prelude as it prepares our minds and souls for the worship to come.*

**PRELUDE** 10:30am only

**THE CALL**  
**R. VAUGHAN WILLIAMS**

**TINA SAYERS, SOLO**

Come, my Way, my Truth, my Life; Such a Way, as gives us breath;  
Such a Truth, as ends all strife; Such a Life, as killeth death.

Come, my Light, my Feast, my Strength; Such a Light, as shows a feast:  
Such a Feast, as mends in length: Such a Strength, as makes his guest.

Come, my Joy, my Love, my Heart: Such a Joy, as none can move:  
Such a Love, as none can part: Such a Heart, as joys in love.

*The congregation stands.*

**A PENITENTIAL ORDER**

*The congregation joins in singing "Kyrie eleison, Christe eleison," which is Greek for "Lord have mercy, Christ have mercy." Cantor sings the verses. The altar party enters.*



**OPENING ACCLAMATION**

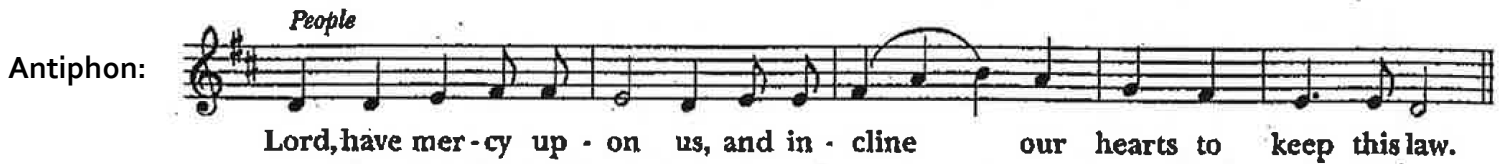
Presider            Bless the Lord who forgives all our sins.

People              **God's mercy endures forever.**

**THE DECALOGUE** At 8am, the antiphon is spoken. At 10:30, congregation sings the antiphon.

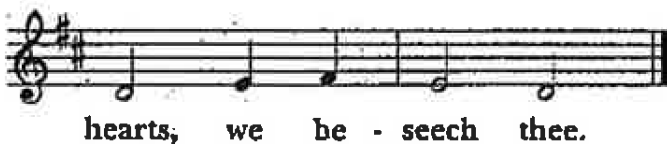
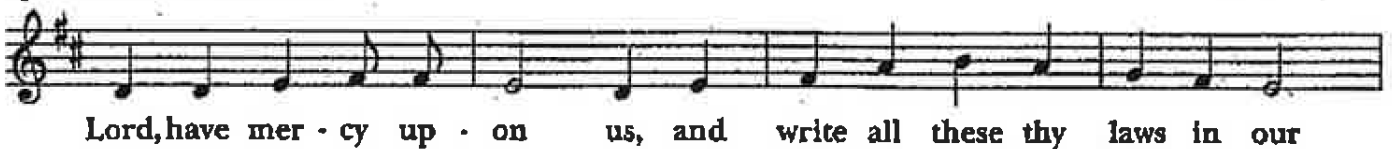
*The people stand or kneel.*

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



You shall not make for yourself any idol. (a)  
You shall not invoke with malice the Name of the Lord your God. (a)  
Remember the Sabbath Day and keep it holy. (a)  
Honor your parents. (a)  
You shall not commit murder. (a)  
You shall not commit adultery. (a)  
You shall not steal. (a)  
You shall not be a false witness. (a)  
You shall not covet anything that belongs to your neighbor.

*After the 10th Commandment*



## CONFESSION OF SIN

Deacon Let us humbly confess our sins unto Almighty God.

*Silence is kept.*

People **Almighty and most merciful God,  
we have erred and strayed from your ways like lost sheep,  
we have followed too much the devices and desires of our  
own hearts,  
we have offended against your holy laws,  
we have left undone those things which we ought to  
have done,  
and we have done those things which we ought not to  
have done.  
But you, O Lord, have mercy upon us,  
spare those who confess their faults,  
restore those who are penitent,  
according to your promises declared unto humankind  
in Christ Jesus our Lord;  
and grant, O most merciful Creator, for his sake,  
that we may hereafter live a godly, righteous, and sober life,  
to the glory of your holy Name. Amen.**

Presider The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit.

People **Amen.**

## THE COLLECT OF THE DAY

Presider The Lord be with you.

People **And also with you.**

Presider 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.

People **Amen.**

## WE HEAR THE SACRED STORIES *Seated*

### THE FIRST LESSON

Reader

A reading from the Book of Numbers.

21:4-9

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

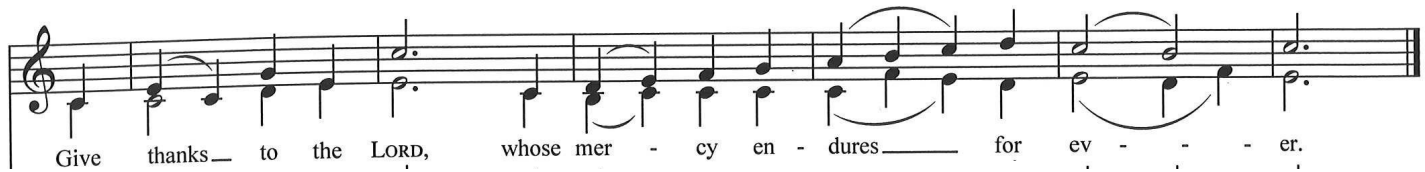
People

The Word of the Lord.

**Thanks be to God.**

## THE PSALM OF THE DAY *At 8am, spoken.* 107

*The congregation sings the antiphon one time through before the spoken verses.*



- 1 Give thanks to the Lord, for he is good,  
and his mercy endures for ever.
- 2 Let all those whom the Lord has redeemed proclaim  
that he redeemed them from the hand of the foe.
- 3 He gathered them out of the lands;  
from the east and from the west,  
from the north and from the south. **ANTIPHON**
- 17 Some were fools and took to rebellious ways;  
they were afflicted because of their sins.
- 18 They abhorred all manner of food  
and drew near to death's door. **ANTIPHON**
- 19 Then they cried to the Lord in their trouble,  
and he delivered them from their distress.
- 20 He sent forth his word and healed them  
and saved them from the grave. **ANTIPHON**
- 21 Let them give thanks to the Lord for his mercy  
and the wonders he does for his children.
- 22 Let them offer a sacrifice of thanksgiving  
and tell of his acts with shouts of joy. **ANTIPHON**

## THE SECOND LESSON

Reader A reading from the letter to the Ephesians.

2:1-10

At one time you were like a dead person because of the things you did wrong and your offenses against God. You used to live like people of this world. You followed the rule of a destructive spiritual power. This is the spirit of disobedience to God's will that is now at work in persons whose lives are characterized by disobedience. At one time you were like those persons. All of you used to do whatever felt good and whatever you thought you wanted so that you were children headed for punishment just like everyone else.

However, God is rich in mercy. He brought us to life with Christ while we were dead as a result of those things that we did wrong. He did this because of the great love that he has

for us. You are saved by God's grace! And God raised us up and seated us in the heavens with Christ Jesus. God did this to show future generations the greatness of his grace by the goodness that God has shown us in Christ Jesus.

You are saved by God's grace because of your faith. This salvation is God's gift. It's not something you possessed. It's not something you did that you can be proud of. Instead, we are God's accomplishment, created in Christ Jesus to do good things. God planned for these good things to be the way that we live our lives.

The Word of the Lord.

People

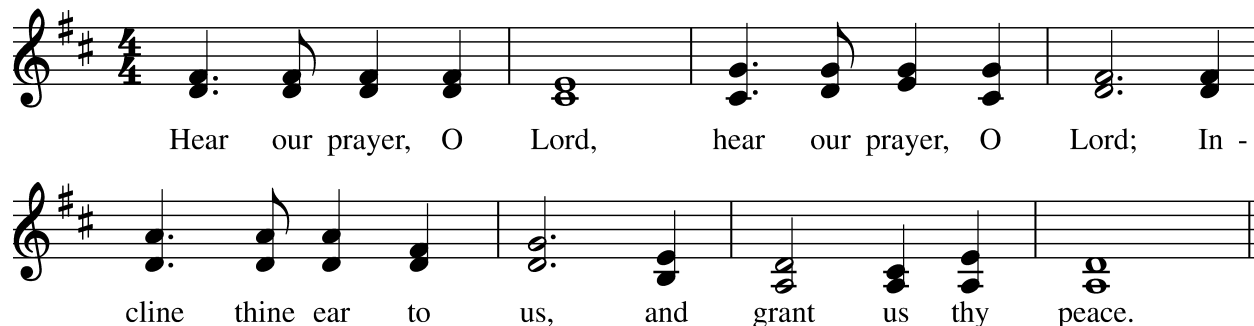
**Thanks be to God.**

### **GOSPEL ANTIPHON** *Stand*

### **HEAR OUR PRAYER, O LORD**

**LEVAS 249**

*Sung twice.*



### **THE GOSPEL**

Deacon

The Holy Gospel of our Lord Jesus Christ according to John.

3:14-21

People

**Glory to you, Lord Christ.**

Jesus said, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."



The Gospel of the Lord.

People

**Praise to you, Lord Christ.**

## **GOSPEL ANTIPHON**

**HEAR OUR PRAYER, O LORD**

*Sung once. See previous page for music and lyrics.*

## **SERMON**

**THE REV. LAURIE ANZILOTTI**

*After the sermon, silence is kept for a time.*

## **THE NICENE CREED** *Stand*

Deacon

We affirm our faith in the One, Holy and Living God.

People

**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 human. 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

*Prayer changes people. Prayer is not about changing God, but about changing us more into the likeness of God. Collectively and individually we offer the hopes and desires of our hearts to God. The Deacon, when present in the liturgy, offers the prayers for those who are sick or have asked our prayers.*

Deacon                We pray to the Eternal One for the courage to give ourselves in service to Christ. *Silence is kept for a time.*

*After each petition, intercessor says, "Eternal One, we ask you," to which all respond, "**Give us strength and hear our prayer.**"*

*Presider offers a collect, a prayer meant to gather the intentions of the people in a succinct prayer.*

*Please see our parish Prayer Lists, which can be found on the blue announcement sheet for additional biddings and concerns. If you would like to make a prayer request, please complete our Prayer Request Form which can be accessed on our website or at the back of the church and placed in the office plate.*

## THE PEACE

Presider            The peace of the Lord be always with you.

People              **And also with you.**

Presider            Let us share with one another a sign of Christ's peace.

*We invite you to take a moment and extend the peace of God to the members of your household and then to people in the world that you love and struggle to love.*

## ANNOUNCEMENTS *Seated*

**THE OFFERTORY**    *8:00am only*

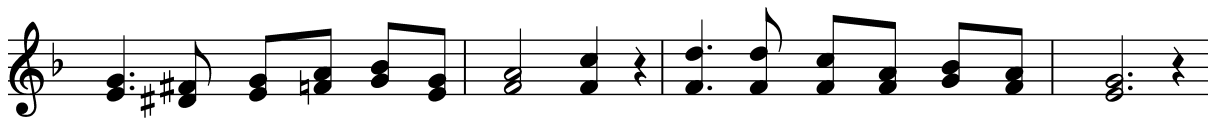
**WHAT A FRIEND WE HAVE IN JESUS**  
**ALAN JACKSON**



1. What a friend we have in Je - sus, All our sins and griefs to bear!
2. Have we tri - als and temp - ta - tions? Is there trou-ble an - y - where?
3. Are we weak and heav - y lad - en, Cum-bered with a load of care?



1. What a priv - i - lege to car - ry Ev - 'ry-thing to God in prayer!
2. We should nev - er be dis - cour - aged, Take it to the Lord in prayer.
3. Pre - cious Sav - ior, still our ref - uge, Take it to the Lord in prayer.



1. Oh, what peace we of - ten for - feit, Oh, what need-less pain we bear,
2. Can we find a friend so faith - ful who will all our sor - rows share?
3. Do thy friends de-spise, for - sake thee? Take it to the Lord in prayer.



1. All be - cause we do not car - ry Ev - 'ry-thing to God in prayer!
2. Je - sus knows our ev - 'ry weak - ness, Take it to the Lord in prayer.
3. In his arms He'll take and shield thee, Thou wilt find a sol - ace there.

*As the ushers bring forth the offering, all stand.*

**1 CHRON. 29:14**

Presider All things come from you , O Lord,

People And we have given you only what comes from your hand.

## THE GREAT THANKSGIVING

Presider The Lord be with you.

People **And also with you.**

Presider Lift up your hearts.

People **We lift them to the Lord.**

Presider Let us give thanks to the Lord our God.

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

Presider It is truly right, and good and joyful, to give you thanks all-holy God, source of life and fountain of mercy.

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.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

*Say at 8am:* **Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.**

**Hosanna in the highest.**

*Sing at 10:30am:*

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

Presider

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

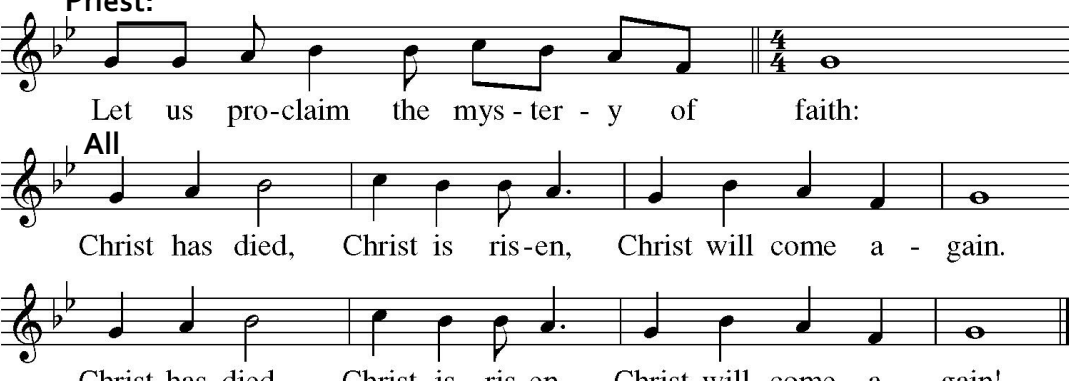
Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus 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 poured out for you and for all for the forgiveness of sins.

Whenever you drink it, do this for the remembrance of me."

**Priest:**



Let us pro-claim the mys-ter-y of faith:

**All**

Christ has died, Christ is ris-en, Christ will come a - gain.

Christ has died, Christ is ris-en, Christ will come a - gain!

Presider

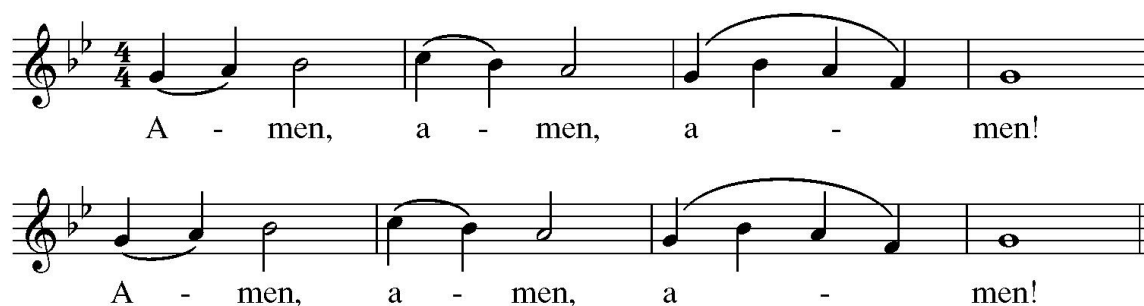
Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ.

Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world.

Bring us into the everlasting heritage of your daughters and sons, that with the Blessed Mary, St. Francis, St. Clare, and all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever.

## AMEN



## THE LORD'S PRAYER

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

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 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.**

## FRACTION ANTHEM

At 8am, spoken.

All                    O Lamb of God, that takes away the sins of the world, have mercy upon us.  
O Lamb of God, that takes away the sins of the world, have mercy upon us.  
O Lamb of God, that takes away the sins of the world, grant us peace.

At 10:30am, sung.

The musical score is written for a Cantor and an All group. It is in the key of D major (one sharp) and 2/2 time. The lyrics are as follows:

**Cantor:** Je - sus, Lamb of God,  
**All:** you take a-way the sins of the world:  
have mer - cy, have mer - cy on us.

**Cantor:** 1. Bread of life and sav - ing cup,  
2. King of kings and Lord of lords, you take a - way the  
3. Lov - ing Sav - ior, Prince of peace,  
sins of the world: have mer-cy, have mer-cy on us.

**Cantor:** Je - sus, Lamb of God,  
**All:** you take a-way the sins of the world:  
have mer - cy, and grant us your peace.

Presider            God's holy gifts for God's holy people.

*Our bread is gluten-, dairy- and nut-free. This Eucharistic table does not belong to the Episcopal Church or to St. Francis'. This is God's table, and all are welcome. In the Episcopal Church, we receive both the bread and wine, the Body and Blood of Jesus. If you choose not to receive communion, please come forward and cross your arms over your heart to receive a blessing.*

**COMMUNION** 10:30 only**AMAZING GRACE**

1 A - maz - ing grace! how sweet the sound, that  
2 'Twas grace that taught my heart to fear, and  
3 The Lord has prom - ised good to me, his  
4 Through man - y dan - gers, toils, and snares, I  
\* 5 When we've been there ten thou - sand years, bright



1 saved a wretch like me! I once was lost but  
2 grace my fears re - lieved; how pre - cious did that  
3 word my hope se - cures; he will my shield and  
4 have al - rea - dy come; 'tis grace that brought me  
5 shin - ing as the sun, we've no less days to



1 now am found, was blind but now I see.  
2 grace ap - pear the hour I first be - lieved!  
3 por - tion be as long as life en - dures.  
4 safe thus far, and grace will lead me home.  
5 sing God's praise than when we'd first be - gun.

**THE GREAT SILENCE**

*Once all have received communion and the Holy Table has been cleared, the community observes a moment of silent reflection and prayer.*

Presider Jesus said to his disciples, "Come away to a quiet place and rest for a while." Therefore, let us now rest in Christ's presence in the silence.

*A prolonged silence is kept. At a signal from the Presider, the silence is broken.*



## **POST-COMMUNION PRAYER** *Stand*

*After the Great Silence the Presider invites the congregation to stand and pray saying:*

Presider            God is with you.

People             **And also with you.**

Presider            Together, let us pray.

People             **Eternal God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live lives grounded in service to you and to one another; through Jesus Christ our Lord. Amen.**

## **SOLEMN PRAYER OVER THE PEOPLE**

*The Presider prays over the people as a reminder of God's extravagant love and invites us to go into the world to be God's blessing.*

Deacon             Bow down your hearts before the Lord our God.

*The Presider offers the prayer over the people.*


Presider            Look mercifully on this your family, Almighty God, that by your great good they may be preserved ever-more; through Christ our Lord. Amen.

# SENDING HYMN


# LIFT HIGH THE CROSS

H 473


*Refrain*



Lift high the cross, the love of Christ pro - claim




till all the world a - dore his sa - cred Name.



Led on their way by this tri - um - phant sign,  
O Lord, once lift - ed on the glo - rious tree,  
So shall our song of tri - umph ev - er be:

*Repeat Refrain*



the hosts of God in con - quering ranks com - bine.  
as thou hast prom - ised, draw the world to thee.  
praise to the Cru - ci - fied for vic - to - ry.

## DISMISSAL

Deacon Our worship is ended. Our service in the world begins. Go into the world to love what God loves. Go in Peace to love and serve the Lord.

People **Thanks be to God.**

## POSTLUDE 10:30am only