

THE WAY OF LOVE

Practices for Jesus-Centered Life

THE FIFTH SUNDAY IN LENT
SUNDAY, MARCH 17, 2024

REST: RECEIVE THE GIFT OF GOD'S GRACE, PEACE AND RESTORATION

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.

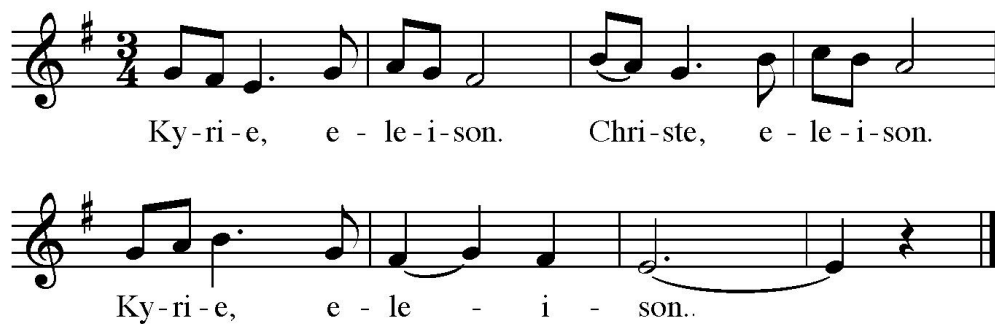
This week, we focus on REST: receive the gift of God’s grace, peace and restoration.

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.

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.

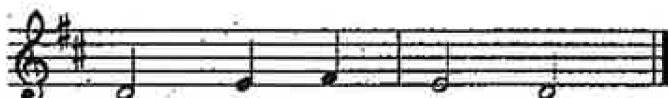
Antiphon:  *People*
Lord, have mer-cy up-on us, and in-cline our hearts to keep this law.

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



Lord, have mer-cy up-on us, and write all these thy laws in our



hearts, we be-seech thee.

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 Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, 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 Jeremiah.	31:31-34
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The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the Lord,” for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

People	The Word of the Lord. Thanks be to God.
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THE PSALM OF THE DAY *At 8am, spoken.* 119

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



- 9 How shall a young man cleanse his way?
By keeping to your words.
- 10 With my whole heart I seek you;
let me not stray from your commandments. **ANTIPHON**
- 11 I treasure your promise in my heart,
that I may not sin against you.
- 12 Blessed are you, O Lord;
instruct me in your statutes. **ANTIPHON**
- 13 With my lips will I recite
all the judgments of your mouth.
- 14 I have taken greater delight in the way of your decrees
than in all manner of riches. **ANTIPHON**
- 15 I will meditate on your commandments
and give attention to your ways.
- 16 My delight is in your statutes;
I will not forget your word. **ANTIPHON**

THE SECOND LESSON

Reader A reading from the letter to the Hebrews. 5:5-10

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

"You are my Son,
today I have begotten you";

as he says also in another place,

"You are a priest forever,
according to the order of Melchizedek."

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he

suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

The Word of the Lord.

People

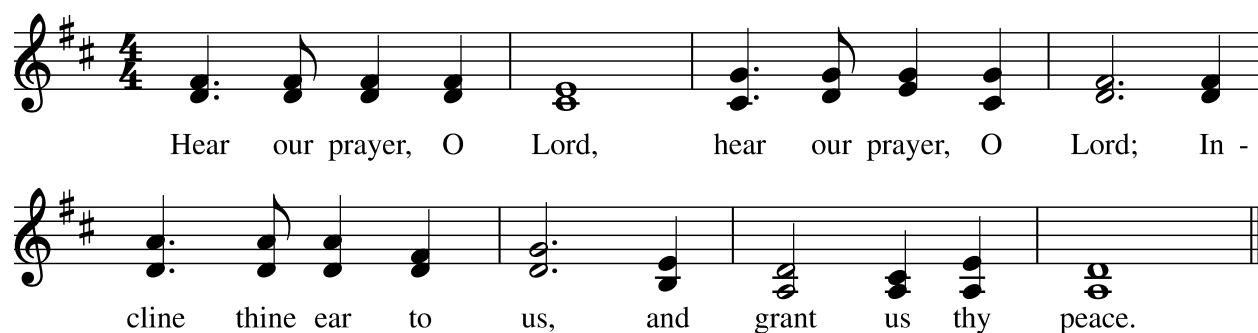
Thanks be to God.

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.

12:20-33

People

Glory to you, Lord Christ.

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

"Now my soul is troubled. And what should I say—'Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.

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. DAVID LUCKES

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*

BE STILL, MY SOUL
MICHAEL W. SMITH



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

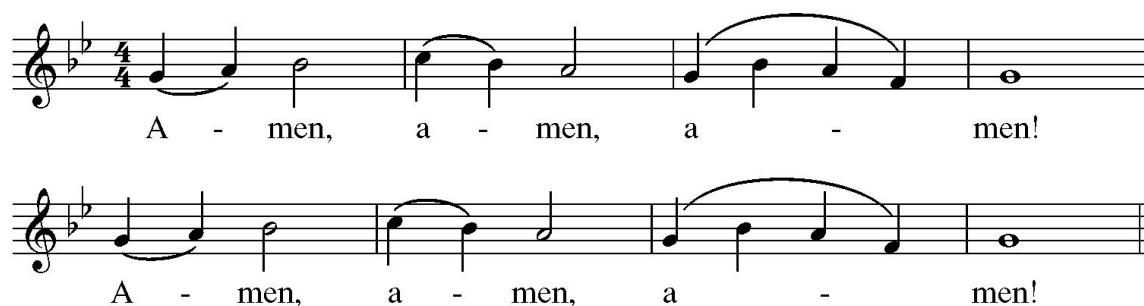
Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ.

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.

Unison



1 What won - drous love is this, O my soul, O my soul! What
 2 To God and to the Lamb, I will sing, I will sing, to
 3 And when from death I'm free, I'll sing on, I'll sing on, and

won - drous love is this, O my soul! What won - drous love is this that
 God and to the Lamb, I will sing. To God and to the Lamb who
 when from death I'm free, I'll sing on. And when from death I'm free I'll

caused the Lord of bliss to lay a - side his crown for my
 is the great I AM, while mil - lions join the theme, I will
 sing and joy - ful be, and through e - ter - ni - ty I'll sing

soul, for my soul, to lay a - side his crown for my soul.
 sing, I will sing, while mil - lions join the theme I will sing.
 on, I'll sing on, and through e - ter - ni - ty I'll sing on.

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 down in mercy, Lord, on your people who kneel before you; 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.

SENDING HYMN

O LOVE, HOW BROAD, HOW DEEP

H 473

At 8am, verses 1 and 6. At 10:30am, all verses.



1 O love, how deep, how broad, how high, how pass - ing
 2 For us bap - tized, for us he bore his ho - ly
 3 For us he prayed; for us he taught; for us his
 4 For us to wick - ed hands be - trayed, scourged, mocked, in
 5 For us he rose from death a - gain; for us he
 6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of
 2 fast and hun - gered sore; for us temp - ta - tions
 3 dai - ly works he wrought: by words and signs and
 4 pur - ple robe ar - rayed, he bore the shame - ful
 5 went on high to reign; for us he sent his
 6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.
 2 sharp he knew; for us the tempt - er ov - er - threw.
 3 ac - tions, thus still seek - ing not him - self, but us.
 4 cross and death; for us gave up his dy - ing breath.
 5 Spi - rit here to guide, to strength - en, and to cheer.
 6 we a - dore for ev - er and for ev - er - more.

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