

All Saints' Episcopal Church

An Open-hearted, Open-minded Parish of the Diocese of East Carolina

The First Sunday in Lent

Sunday, February 26th, 2023

8:30 and 10:30 a.m.

We welcome all who are worshiping with us for the first time.

*We are glad that you are here and pray that you encounter the Holy Spirit in this sacred gathering. Throughout this service, the people's parts are indicated in **bold italic font**. All are invited to stand, as are comfortably able, at the elements of the service marked by an asterisk.*

Welcome and Prelude

The Word of God

***Hymn 142**

Lord, Who Throughout These Forty Days

ST. FLAVIAN

Opening Acclamation

Celebrant

Blessed be the God of our salvation:

People

Who bears our burdens and forgives our sins.

Let us pray:

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord.

Amen.

***Kyrie - S95**

The musical notation for the Kyrie S95 is presented in two staves. The first staff contains three measures of music in G major (one sharp). The first measure is labeled 'Cantor or Choir' and the second and third are labeled 'All'. The lyrics are 'Lord, have mer - cy.' for the first two measures and 'Christ, have mer - cy.' for the third. The second staff contains three measures of music. The first and third are labeled 'All' and the second is labeled 'Cantor or Choir'. The lyrics are 'Christ, have mer - cy.' for the first measure, 'Lord, have mer - cy.' for the second, and 'Lord, have mer - cy.' for the third.

The Collect of the Day

Celebrant The Lord be with you.

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

Celebrant 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 for ever. ***Amen***

A Reading from the Book of Genesis

2:15-17; 3:1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

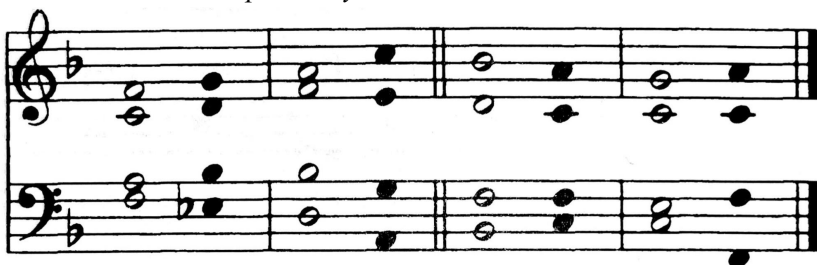
The Word of the Lord.

People ***Thanks be to God.***

Psalm 32

BEATI QUORUM

This Psalm is read responsively at 8:30 and is chanted at 10:30.



1 Happy are they whose transgressions are forgiven, *
and whose sin is put away!

2 Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!



3 While I held my tongue, my bones withered away, *
because of my groaning all day long.

4 For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.

5 Then I acknowledged my sin to you, *
and did not conceal my guilt.

6 I said, "I will confess my transgressions to the Lord." *
Then you forgave me the guilt of my sin.

7 Therefore all the faithful will make their prayers to you in time of trouble; *
when the great waters overflow, they shall not reach them.

8 You are my hiding-place;
you preserve me from trouble; *
you surround me with shouts of deliverance.

9 "I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.

10 Do not be like horse or mule, which have no understanding; *
who must be fitted with bit and bridle,
or else they will not stay near you."

11 Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.

12 Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.

A Reading from Paul's Letter to the Romans

5:12-19

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one

man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The Word of the Lord.

People Thanks be to God.

***Hymn 150**

Forty Days and Forty Nights

AUS DER TIEFE RUFTE ICH

The Holy Gospel

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

Glory to you, Lord Christ.

Matthew 4:1-11

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

Celebrant The Gospel of the Lord.

People Praise to you, Lord Christ.

Homily

***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 Form III**

BCP 387

Father/Mother, we pray for your holy Catholic Church;
That we all may be one.

Grant that every member of the Church may truly and humbly serve you;
That your Name may be glorified by all people.

We pray for all bishops, priests and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;
That they may be delivered from their distress.

Give to the departed eternal rest;
Let light perpetual shine upon them.

We praise you for your saints who have entered into joy including Shirley Van Hoy, Jurgen, and Clint;
May we also come to share in your heavenly kingdom.

Let us pray silently for our own needs and those of others, especially Carole, Carol and Norman; Mike and family, Paul, Mary Anne, Deborah and Reid, Karen and Kenny, Jim, Ellie, Tom and Sharon, Mary, John, Elsie, Madison, Gary, Carol, Arthur and family, and any who cannot be with us today.

We also pray for those with ongoing concerns: Nathan, Kaitlin and family; Perry and Kaye, Michael, Nancy P., Gwen, Paul, Carol, Marcia, Mike, Karen, Moira, Christy, Fiji, Val, Geody, George, Christopher, Bill, Fred, Glen, Dick, Anthony, Paul and family; Jack, Grace, and Claire; Meg; Pat and Tom.

We give thanks for those celebrating birthdays, including Troy Burchett and Tatum Love.

Celebrant: Almighty God, to whom our needs are known before we ask: Help us to ask only what accords with your will; and those good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son Jesus Christ our Lord. *Amen.*

***Confession** Let us confess our sins to God.

Silence may be kept.

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

***Absolution**

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

***The Peace** *Celebrant* The Peace of the Lord be always with you.
 People ***And also with you.***

The Holy Communion

Offertory

Hymn 325 (8:30) *Let Us Break Bread Together* LET US BREAK BREAD

Anthem (10:30)

***Presentation of the Offering**

Celebrant All things come of thee, O Lord,

People and of thine own have we given thee. (1 Chronicles 29:14)

***The Great Thanksgiving** *Eucharistic Prayer A* **BCP 361**

Celebrant The Lord be with you.

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

Celebrant Lift up your hearts.

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

Celebrant Let us give thanks to the Lord our God.

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

It is right, and a good and joyful thing, always and everywhere 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 evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

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:

Celebrant and People

Ho - ly, ho - ly, ho - ly Lord, God of power and
might, Ho - ly, ho - ly, ho - ly Lord,
God of power and might, hea - ven and earth are
full, full of your glo - ry. Ho -
san - na in the high - est. 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. Ho - san - na in the high - est.

The people stand or kneel.

Holy and gracious Father/Mother: 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/Mother 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.

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:

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

We celebrate the memorial of our redemption, O Father/Mother, 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 forever.

Amen.

And now, as our Savior Christ has taught us, we now pray,

The Lord's Prayer

BCP 364

***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.

***Fraction Anthems (8:30)**

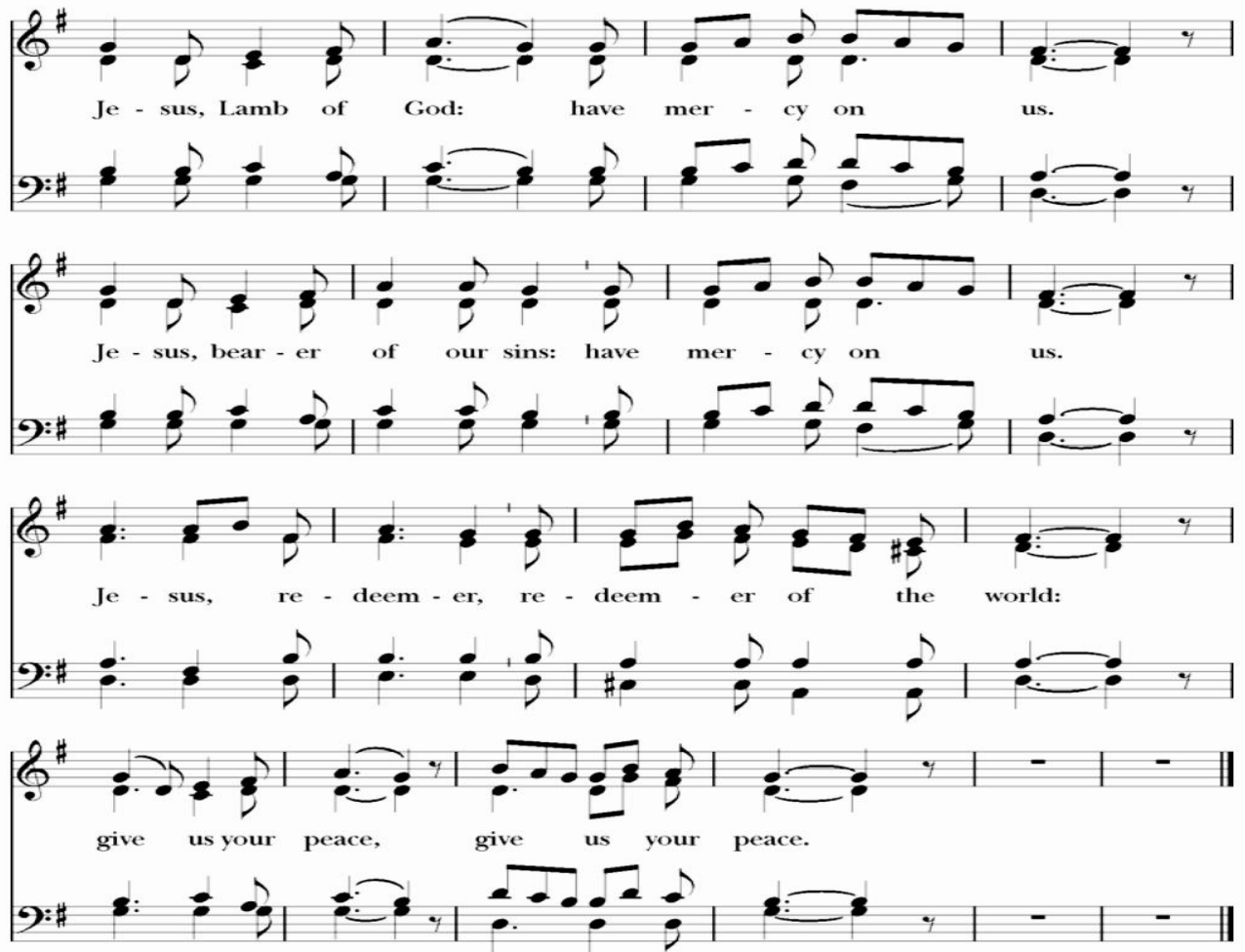
Christ our Passover is sacrificed for us; ***Therefore let us keep the feast.***

Lamb of God, you take away the sins of the world: ***have mercy on us.***

Lamb of God, you take away the sins of the world: ***have mercy on us.***

Lamb of God, you take away the sins of the world: ***grant us your peace.***

*Fraction Anthem (10:30)



Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

The musical score is written for two staves, Treble and Bass clef, in G major (one sharp). It consists of four systems of music. The first system has the lyrics 'Je - sus, Lamb of God: have mer - cy on us.' The second system has the lyrics 'Je - sus, bear - er of our sins: have mer - cy on us.' The third system has the lyrics 'Je - sus, re - deem - er, re - deem - er of the world:'. The fourth system has the lyrics 'give us your peace, give us your peace.' The music is a simple, hymn-like melody with a steady bass line.

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.

*This is the Lord's Table. We welcome all who know or seek to know Christ and who wish to receive communion. **Those who wish to drink from the wine chalice are asked to line up first in the center aisle for communion. The choir will also come forward.** We invite all other worshipers to come forward at an usher's direction to the front of the altar to receive communion. When approaching the bread server, please extend arms, palms open. The server will drop a bread wafer into the palm of the worshiper's hand. Wine is served in two ways: a chalice from which worshipers directly drink, or individual wine glasses. If desiring to dip bread into wine, please use wine glasses. Worshipers with mobility issues are asked to alert an usher if needing communion to be brought to them.*

Communion Hymn

Refrain: And I will raise you up on eagle's wings,
Bear you on the breath of dawn,
Make you to shine like the sun,
And hold you in the palm of my hand.

Post Communion Prayer

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

Blessing

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. And the blessing of God, Father/Mother, Son and Holy Spirit be upon you and remain with you always. **Amen.**

*Hymn 149

Eternal Lord of Love

OLD 124TH

The Dismissal

Officiant Life is short, and we do not have much time to gladden the hearts of those who travel with us;

People ***So be swift to love and make haste to be kind.***

Officiant Go in peace to love and serve the Lord.

People ***Thanks be to God.***

Postlude



Those Who Serve

<i>The Rev. Cindy Simpson, Celebrant</i>	<i>Steve Blackstock, Organist and Choirmaster</i>
Vestry Person of the Day: Karen Murrill	Welcoming Coordinator: Mary Moynahan
Altar Guild: Jennifer Adams-Falconer	Flower Guild: Mary Moynahan
Counters: Karen Murrill and Tess Judge	

8:30 a.m.

Greeter: Hilary Klein	Usher: Deborah Beddingfield	LEM: Deb Hunton
Lector: Etta Lanuti	Coffee Hour: Coffee Hour Committee	

10:30 a.m.

Nursery Volunteers: Carol Sparks and Barbara White		
Greeter: Maureen McGrath	Godly Play: Ann McDowell and Suzy Rich	
Ushers: Lynn and Janan Usher	LEM: Jeanne Pool-Coppage	Lector: Blair Engelkin
Wine Server: Judi Smith	Coffee Hour: Coffee Hour Committee	
FaceBook Hosts: Karen and Kenny Murrill		

Announcements

Godly Play continues today at 10:30AM for children from age 4 through 5th grade. Join us for storytelling, wondering questions and creative responses, in classroom 5 (admin. bldg).

Adult Bible Study continues today at 9:30AM in the Conference Room (admin bldg).

After Dark at All Saints concluded its season in fine fashion! Our parish gives thanks to the coordinator Steve Hotchkiss and to all who made the registration process and the classes so delightful.

You are cordially invited to Soup and Salad by the Adult Education and Spirituality Committee on **March 1st, 8th, 15th, and 22nd (Wednesdays) from 6PM-8PM.** While fully engaged in the Lenten disciplines of prayer, fasting, and almsgiving, we will share a very simple meal and view selections from the highly-acclaimed TV series “The Chosen” to see how our discipleship and appreciation for the mystery of God-in-Jesus might be enhanced. A sign-up sheet is posted in the narthex.

Food For Thought - Needs Volunteers: Food for Thought is off to a great start! We meet at the warehouse across from the Roanoke Island Aquarium at **10:00AM on Thursdays.** All Saints volunteers are needed for **March 2nd, March 16th, and March 29th.** See Bob Baldwin or check the sign up notebook in the Narthex for more information.

The Flower Guild will meet to plan for Easter on **Thursday, March 9th at 4:30PM** in the sanctuary. New members are welcome and no experience is necessary. Contact Joan Smalley at artnmore@verizon.net for more information.

Hear Ye, Hear Ye! Fundraiser invitation to support our school and others. Heron Pond Montessori School is having a pancake fundraiser on **April 6, 2023** for all campuses, which includes: The All Saints School campus, the Unitarian campus, and the Secondary Campus. The Pancake Fundraiser benefits our Teacher Fund, which supports our teachers attending seminars, conferences for their professional development during the school year. All teachers at The All Saints School will be selling tickets starting **March 13th** at \$10 each, which includes coffee, tea, and coke products. Please mark your calendars for **April 6th, 2023 from 5:30PM - 7:30PM at Stack ‘Em High Restaurant at MP 4.5.** Hopefully we can support our school & its teachers with a delicious meal to enjoy!

All Saints’ Book Club always welcomes new friends to join! Colleen and Mary are the co-administrators, also humorously known as Partners in Bookish Crimes. The Club’s next meeting is on **March 20th, 2023 at 2PM in the Choir Room** and the book of choice is Broken Harbour by Irish writer, Tana French. Please reach out to Colleen or Mary if you are interested.

Coffee hour hosts for the 10:30AM service are needed. Please add your name to the signup sheet in the Narthex. For more information please contact Sally Myers at 207-1074. Thanks for your help!

A Lenten Litany

Fast from judging others; feast on the Christ within them.
Fast from emphasis on differences; feast on the unity of life.
Fast from thoughts of illness; feast on the healing power of God.
Fast from words that pollute; feast on phrases that purify.
Fast from discontent; feast on gratitude.
Fast from anger; feast on patience.
Fast from pessimism; feast on optimism.
Fast from complaining; feast on appreciation.
Fast from negatives; feast on affirmatives.
Fast from unrelenting pressures; feast on unceasing prayer.
Fast from hostility; feast on non-resistance.
Fast from bitterness; feast on forgiveness.
Fast from self concern; feast on compassion for others.
Fast from personal anxiety; feast on eternal truth.
Fast from discouragement; feast on hope.
Fast from lethargy; feast on enthusiasm.
Fast from suspicion; feast on truth.
Fast from thoughts that weaken; feast on promises that inspire.
Fast from shadows of sorrow; feast on the sunlight of sincerity.
Fast from idle gossip; feast on purposeful silence.
Fast from problems that overwhelm; feast on prayer that undergirds.
Fast from instant gratifications; feast on self denial.
Fast from worry; feast on divine order.
Trust in God.
And finally, fast from sin; feast on the abundance of God's mercy.

- by William Arthur Ward

All are welcome!

All Saints' Episcopal Church

All are welcome here

40 Pintail Trail, Southern Shores, NC 27949 Phone: 252-261-6674

E-mail address: allsaintsobx@gmail.com - Webpage: www.allsaintsobx.org

The Rev. Cynthia Simpson, Rector - rector@allsaintsobx.org

