

Welcome to  
**St. John's Episcopal Church**

**Third Sunday of Lent  
March 15, 2020  
8:00 am and 10:00 am**



**No matter who you are or where you are  
on your spiritual journey,  
you are welcome here.**

**First Lesson**

Exodus 7:1-17

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

The Word of the Lord

**Thanks be to God****Psalm 95 (please respond where bold)**

Come, let us sing to the Lord;

**let us shout for joy to the Rock of our salvation.**

Let us come before his presence with thanksgiving

**and raise a loud shout to him with psalms.**

For the Lord is a great God,

**and a great King above all gods.**

In his hand are the caverns of the earth,

**and the heights of the hills are his also.**

The sea is his, for he made it,

**and his hands have molded the dry land.**

Come, let us bow down, and bend the knee,

**and kneel before the Lord our Maker.**

For he is our God, and we are the people of his pasture and the sheep of his hand.

**Oh, that today you would hearken to his voice!**

Harden not your hearts, as your forebears did in the wilderness,

**at Meribah, and on that day at Massah, when they tempted me.**

They put me to the test,

**though they had seen my works.**

Forty years long I detested that generation and said,

**"This people are wayward in their hearts; they do not know my ways."**

So I swore in my wrath,

**"They shall not enter into my rest."**

**Second Lesson**

Romans 5:1-11

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

The Word of the Lord

**Thanks be to God**

**Gradual Sentence 8:00 (please stand as you are able)**

**Thy Word is a lamp unto my feet and a light unto my path.**

**Thou art my strength and my defense and I put my trust in thy word.**

**Gradual Hymn 10:00 (please stand as you are able)**

Thy word is a lamp unto my feet and a light unto my path

Thou art my strength and my defense and I put my trust in thy word.

**The Gospel**

John 4:5-42

The Holy Gospel of our Lord Jesus Christ according to John

**Glory to you, Lord Christ**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered

her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

The Gospel of the Lord  
**Praise to you, Lord Christ**

## 8 AM Service

### The Word of God

*Presider:* Bless the Lord who forgiveth all our sins.

*People:* **His mercy endureth for ever.**

*Presider:* Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

### The Confession of Sin

*Presider:* Let us humbly confess our sins unto Almighty God. (*Please stand as you are able*)

*Presider and People*

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

*Presider:* Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

*Presider:* Lord, have mercy upon us.

*People:* **Christ, have mercy upon us.**

*Presider:* Lord, have mercy upon us.

### The Collect of the Day

*Presider:* The Lord be with you.

*People:* **And with thy spirit.**

*Presider:* Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

### The Lessons

For the text of our lessons today, please turn to page 2.

### The Sermon

Rev. Cathey Dowdle

### **The Nicene Creed** (*Please stand as you are able*)

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** (*Please stand or sit as you are able*)

*Leader:* Let us pray for the whole state of Christ's Church and the world.

Almighty and ever living God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all people: Receive these our prayers which we offer unto thy Divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Let us pray to the Lord. **Lord, hear our prayer.**

In the Anglican Communion, we pray for the church of England, in our diocese for the clergy and people of St. Andrew the Apostle in Encinitas. Give grace, O heavenly Father, to Justin, the Archbishop of Canterbury; Michael our Presiding Bishop, for Susan, our Bishop, for Roger, Al, Cathey and Jack our clergy; and all the people of St. John's that minister in the name of Christ, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

Let us pray to the Lord. **Lord, hear our prayer.**

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

Let us pray to the Lord. **Lord, hear our prayer.**

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, and all who serve in our name, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Let us pray to the Lord. **Lord, hear our prayer.**

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty. Let us pray to the Lord. **Lord, hear our prayer.**

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, especially *[prayer list found on page 19]* Let us pray to the Lord. **Lord, hear our prayer.**

And we also bless thy holy Name for all thy servants departed this life, in thy faith and fear. Grant us grace so to follow the good examples of the Blessed Virgin Mary, Saint John and of all thy saints, that with them we may be partakers of thy heavenly kingdom.

Let us pray to the Lord. **Lord, hear our prayer.**

Together let us pray for those serving in the armed forces and their families

**Almighty God, we commend to your gracious care and keeping all the men and women of our armed forces and their families. Defend them day by day with your heavenly grace; strengthen them in their trials and challenges; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be; through Jesus Christ our Lord. Amen.**

I bid your other prayers and thanksgiving. (*Silently or aloud.*)

*Presider:* Lord, hear the prayers of thy people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of thy Name; through Jesus Christ our Lord. **Amen.**

### **The Peace (All stand.)**

The Peace of the Lord be always with you.  
And with thy spirit.

### **Announcements and Opportunities for Ministry Prayers for birthdays, anniversaries and travelers**

*Here at St. John's this is the table of the church of Jesus Christ -- know that wherever you are on your spiritual journey you are welcome! If you were baptized in any Christian tradition you may receive holy communion.*

*All are welcome to come forward for a blessing. Join us, not because we invite you,  
but because Christ invites you to meet him here.*

## **The Holy Communion**

### **The Offertory**

*Presider:* I appeal to you by the mercies of God, to present yourselves as a living sacrifice, holy and acceptable to God, which is your spiritual worship. *Romans 12:1*

### **Presentation Sentence**

*All:* **All things come of thee, O Lord, and of thine own have we given thee.**

## The Great Thanksgiving

*Presider:* The Lord be with you.

*People:* **And with thy spirit.**

Lift up your hearts.

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

Let us give thanks unto our Lord God.

**It is meet and right so to do.**

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord, who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

**Holy, holy, holy, Lord God of Hosts**

**Heaven and earth are full of thy Glory.**

**Glory be to thee, O Lord Most High.**

**Blessed is he that cometh in the name of the Lord.**

**Hosanna in the highest.**

*(Please remain standing or be seated as is your custom for prayer)*

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, ourselves, our souls and bodies. Grant, we beseech

thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **Amen.**

And now, as our Savior Christ has 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.*

Christ our Passover is sacrificed for us.

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

O Lamb of God, that takest away the sins of the world,  
**have mercy upon us.**

O Lamb of God, that takest away the sins of the world,  
**have mercy upon us.**

O Lamb of God, that takest away the sins of the world,  
**grant us thy peace.**

**We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.**

*The Presider says*

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.

*During communion, a member of the Order of St. Luke is available to pray with you in our side chapel area.  
If you are in need of special prayers for yourself or someone you know,  
please come by after receiving communion.*

## **Post Communion Prayer**

*Presider:* Let us pray

*People:* Almighty and ever living God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

## **The Blessing**

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

And the blessing of God Almighty, the Father, the Son and the Holy Spirit,  
Be amongst you, and remain with you always. **Amen.**

## **The Dismissal**

*Presider:* Let us go forth in the name of Christ

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

Please join in fellowship and refreshments after the service  
in Nale Hall across from the church entrance.

## 10 AM Service

### The Word of God

*Presider:* Bless the Lord who forgives all our sins.

*People:* **His mercy endures for ever.**

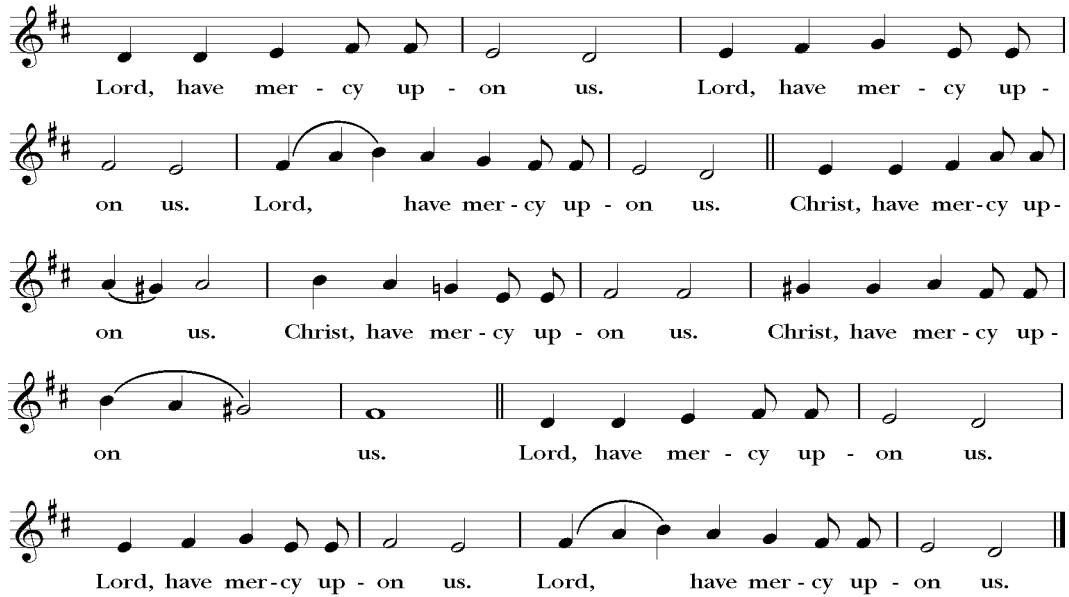
*Presider:* Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

### The Confession of Sin

*Presider:* Let us confess our sins against God and our neighbor. (*Please stand as you are able*)

**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.**

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.**



Lord, have mer - cy up - on us. Lord, have mer - cy up -  
on us. Lord, have mer - cy up - on us. Christ, have mer - cy up -  
on us. Christ, have mer - cy up -  
on us. Christ, have mer - cy up - on us.  
Lord, have mer - cy up - on us. Lord, have mer - cy up - on us.

## The Collect of the Day

*Presider:* The Lord be with you.

*People:* And also with you.

*Presider:* Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

## Dismissal for Sunday School

### The Lessons

For the text of our lessons today, please turn to page 2.

### The Sermon

Rev. Cathey Dowdle

### The Nicene Creed *(Please stand as you are able)*

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 *(Please stand or sit as you are able)*

*Presider:* In peace, let us pray to the Lord, saying, "Lord, have mercy"

For the holy Church of God, that it may be filled with truth and love, and be found without fault at the day of your coming, we pray to you, O Lord.

**Lord, have mercy.**

For Michael, our Presiding Bishop, for Susan, our own Bishop, for all bishops and other ministers, and for all the holy people of God, we pray to you, O Lord.

**Lord, have mercy.**

For all who love God and believe in you, Lord Christ, that our divisions may cease, and that all may be one as you and the Father are one, we pray to you, O Lord.

**Lord, have mercy.**

For the mission of the Church, that in faithful witness it may preach the Gospel to the ends of the earth, we pray to you, O Lord.

**Lord, have mercy.**

For the peace of the world, that a spirit of respect and forbearance may grow among nations and peoples, we pray to you, O Lord.

**Lord, have mercy.**

For those in positions of public trust, that they may serve justice, and promote the dignity and freedom of every person, we pray to you, O Lord.

**Lord, have mercy.**

For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all who are in danger; that they may be relieved and protected, we pray to you, O Lord.

**Lord, have mercy.**

For this congregation for those who are present, and for those who are absent, that we may be delivered from hardness of heart, and show forth your glory in all that we do, we pray to you, O Lord.

**Lord, have mercy.**

For all who have commended themselves to our prayers; for our families, friends, and neighbors; that being freed from anxiety, they may live in joy, peace, and health, especially [\[prayer list found on page 19\]](#), we pray to you, O Lord.

**Lord, have mercy.**

For all who have died in the communion of your Church, and those whose faith is known to you alone, that, with all the saints, they may have rest in that place where there is no pain or grief, but life eternal, we pray to you, O Lord.

**Lord, have mercy.**

Rejoicing in the fellowship of the ever-blessed Virgin Mary, St. John and all the saints, let us commend ourselves, and one another, and all our life to Christ our God.

**To you, O Lord our God.**

Together let us pray for those serving in the armed forces and their families

**Almighty God, we commend to your gracious care and keeping all the men and women of our armed forces and their families. Defend them day by day with your heavenly grace; strengthen them in their trials and challenges; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be; through Jesus Christ our Lord. Amen.**

Let us pray for our own needs and those of others.

*Silence*

*Presider:* Lord, hear the prayers of your people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your Name; through Jesus Christ our Lord. **Amen.**

## **The Peace (all stand)**

*Presider:* The peace of the Lord be always with you.

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

## **Announcements and Opportunities for Ministry**

### **Prayers for birthdays, anniversaries and travelers**

*Here at St. John's this is the table of the church of Jesus Christ -- know that wherever you are on your spiritual journey you are welcome! If you were baptized in any Christian tradition you may receive holy communion. All are welcome to come forward for a blessing.*

*Join us, not because we invite you, but because Christ invites you to meet him here.*

## **The Holy Communion**

### **The Offertory**

*Presider:* I appeal to you by the mercies of God, to present yourselves as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

*Romans 12:1*

**Anthem** *What Wondrous Love* Eric Thiman

What wondrous love is this, O my soul, O my soul! What wondrous love is this, O my soul,  
What wondrous love is this, That caused the Lord of bliss  
To bear the dreadful curse for my soul, for my soul, To bear the dreadful curse for my soul.  
When I was sinking down, sinking down, sinking down, When I was sinking down, sinking down,  
When I was sinking down beneath God's righteous frown,  
Christ laid aside His crown for my soul, for my soul, Christ laid aside His crown for my soul.  
To God and to the Lamb I will sing, I will sing, To God and to the Lamb I will sing,  
To God and to the Lamb Who is the great I Am,  
While millions join the theme, I will sing, I will sing, While millions join the theme, I will sing.

### **Presentation Sentence**

*All:* **All things come of thee, O Lord, and of thine own have we given thee.**

### **The Great Thanksgiving**

*Presider:* The Lord be with you.

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

Lift up your hearts.

**We lift them to the Lord.**

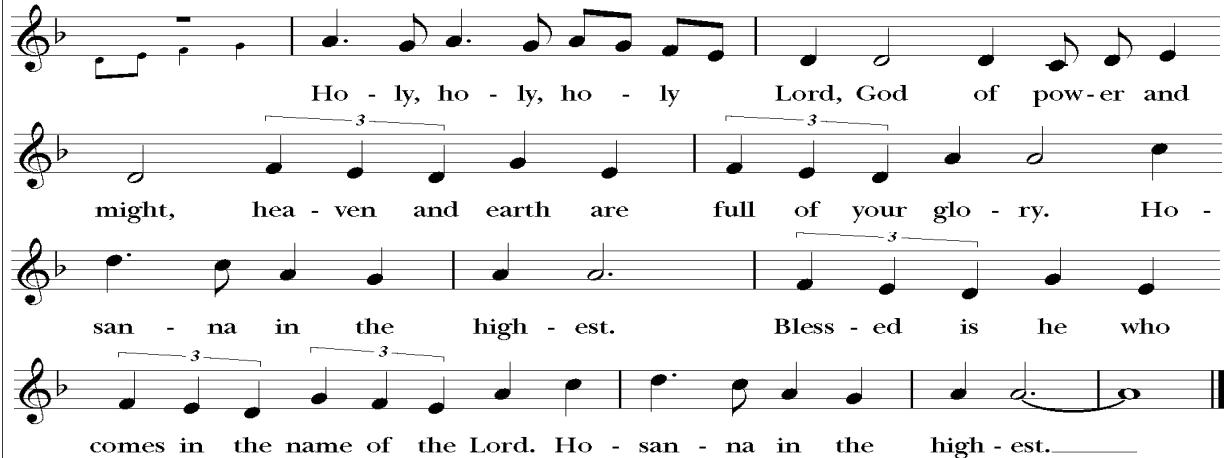
Let us give thanks to the Lord our God.

**It is right to give him 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 every 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:

*Presider and People*



Ho - ly, ho - ly, ho - ly Lord, God of pow-er and  
might, hea - ven 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.

*The Presider continues (Please remain standing or be seated as is your custom for prayer)*

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. 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. **Amen.**

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

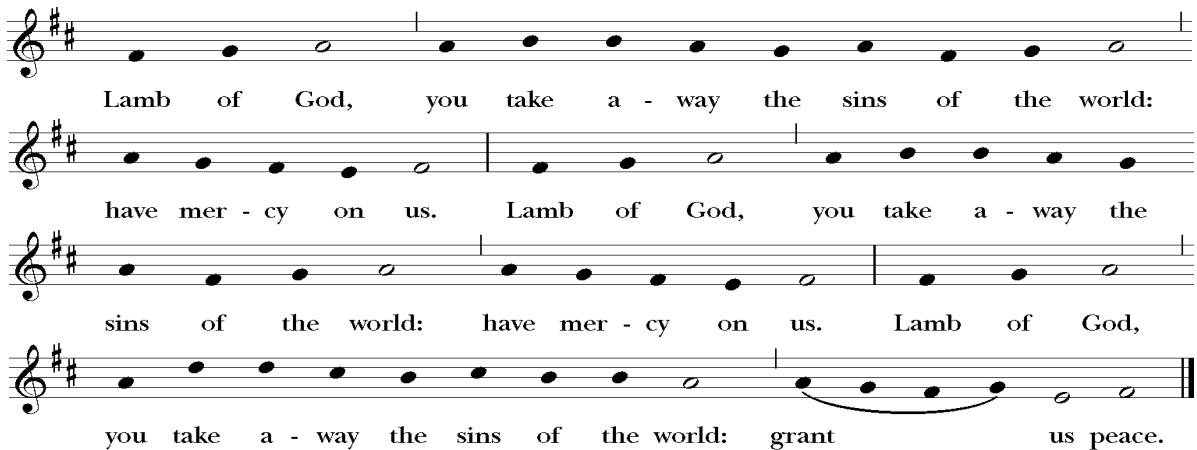
Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come, thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil.  
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;

*All:* Therefore let us keep the feast



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.

*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.

*During communion, a member of the Order of St. Luke and/or a clergy member is available  
to pray with you in our side chapel area. If you are in need of special prayers  
for yourself or someone you know, please come by after receiving communion.*

## Communion Hymn

*Shepherd of Souls, Refresh and Bless*

Hymnal #343

1 Shep - herd of souls, re - fresh and bless thy cho - sen  
2 We would not live by bread a - lone, but by thy  
3 Be known to us in break - ing bread, and do not  
4 Lord, sup with us in love di - vine thy Bo - dy

pil - grim flock with man - na in which the  
word of grace, in strength na of we  
then de - part; Sa - vior, a - bide with  
and thy Blood, that liv - ing bread, with that

wil - der - ness, with wa - ter from the rock.  
trav - el on to our a - bid - ing place.  
us, and spread thy ta - ble in our heart.  
heaven - ly wine, be our im - mor - tal food.

## Post Communion Prayer

*Presider:* Let us pray

*All:* **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.**

## The Blessing

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

And the blessing of God Almighty, the Father, the Son and the Holy Spirit,  
Be amongst you, and remain with you always. **Amen.**

**Closing Hymn***Guide Me, O Thou Great Jehovah*

Hymnal #690

1 Guide me, O thou great Je - ho - vah, pil - grim through this  
2 O - pen now the crys - tal foun-tain, whence the heal - ing  
3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;  
stream doth flow; let the fire and cloud - y pil - lar  
fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,  
lead me all my jour - ney through; strong de - liv - erer,  
land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -  
strong de - liv - erer, be thou still my strength and  
songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.  
shield, be thou still my strength and shield.  
thee, I will ev - er give to thee.

**The Dismissal***Presider:* Let us go forth in the name of Christ.*People:* **Thanks be to God.****Organ Postlude**

Please join in fellowship and refreshments after the service in Nale Hall across from the church entrance.

### **Prayers List**

Today and every day include some time for prayer, for yourself, for your church family, and for those in need.

#### **For our Military**

Matt Jensen, Drew Shorkey, Cody Crossland, Cameron Ronie, Chariti Paden, Mark Stanfield, Sean Robinson, Jonathan Martinez, TK Nguyen, Christopher Lindshield, Timothy Lindshield, Jeremy Colton, David Sanchez, Jonathan Baldera, Nick Wyatt, Jamal Warner, Matt Hernandez, Daniel Getreu, Jocelyn Hernandez, Devon Strunk, Taylor Harrold, Jorge Zuazua, Katherine Milam, Sebastian Morales and Richie Lebron.

#### **For Strength In Time of Need**

Scott Hunter, Betty Robertson, Rob McKay, Marion Jakubiak, Bill Rogers, Brian Elly, Marcia Schramm, Malia Attaway, Allison Thomas, Norma Dunn, Bernie Poindexter and Donna Saunders-Williams.

Those unable to come to services, but thankful for their continuing connection with St. John's especially Lois Miller, Juanita Hart, and Paul Erickson.

*Names are kept on the Prayers List for 4 weeks and should be submitted by Wednesday. If you wish to add a name, please email Maria Love at: [maria@saint-johns.org](mailto:maria@saint-johns.org).*

#### **We Are Available in Your Time of Need**

If you have a pastoral emergency when the parish offices are closed, please call Rev. Roger at 619-301-0724 or email [revroger@saint-johns.org](mailto:revroger@saint-johns.org)

### **Upcoming Calendar Events**

*Due to health concerns, many events may not occur at their regularly scheduled time. Please call the office (619-422-4141) to learn of any cancellations before attending any event.*

3/23	Monday	6-9 pm	SOBARS Meeting
3/25	Wednesday	6:00 pm	Vestry Meeting in Nale Hall
4/1	Wednesday	7:00 pm	Stations of the Cross

If you would like information about any of the above events or would like to add an event, please call the parish office at (619) 422-4141.

### **Tuesday Night Bible Study and Wednesday Morning Prayer and Bible Study**

Because of our current health concerns, our weekly Tuesday Night Bible Study and Wednesday Morning Prayer & Bible Study will be on a break until further notice.

### **Maundy Thursday Footwashing 2020**

What is Foot Washing #8? We gather to celebrate Holy Week by serving our neighbor. We provide new shoes, boots or sandals, foot washing, socks, personal care kits, hot meals, bag lunches, music, health and well-being services such as haircuts, veterinary services, medical clinic, dental care, podiatrist and VA and AA information. All this occurs in an atmosphere of prayer and healing. It will take place on the morning of April 9th at 2 locations, the Episcopal Church Center (ECC) in Pacific Beach and St. Mark's in City Heights. Episcopal Community Services will distribute shoes and provide other service during the morning of April 9th at St. Mark's. Over 300 homeless clients will be registered by the 2 centers and ECS before the event.

St. John's has supported this worthwhile outreach to our neighbors since its inception. To join in that support, you may donate cash in any amount to enable the organizers to buy shoes in bulk. You may also shop for travel size hygiene products (List below), or purchase **white or black cotton tube or low athletic unisex socks**. Containers are ready in Nale Hall to accept your donations. This collection will only last for the next 2 Sundays, March 8th and March 15th. Of course, you can drop off your purchases or checks made payable to EDSD anytime you come to Church during the week too! I will deliver our contributions to ECC on March 16th.

To volunteer in Foot Washing #8, at St. Mark's during the festivities, enroll at <https://www.signupgenius.com/go/904094aa9a72ea5fb6-maundy>. To help with the lunch at St. Mark's, see Mark Higgingbottom or Norma Dunn. It is very rewarding to be involved in such a large outpouring of community service.

#### **Travel size Hygiene Items:**

Shampoo, Conditioner, Wipes, Toothbrush, Toothpaste, Lotion,

Mouthwash, Razors, Lip balm, Tampons

Thanks for your continued support of the less fortunate in our community.

Norma

### **Making Miracles Gala**

#### **Volunteer Opportunity for Adults & Youth**

Sunset Soiree: Making Miracles at Water's Edge

Saturday, May 2, 4:30-9pm, Coastera on Harbor Island

Volunteers are needed to help with greeting, registration,  
the auction, and more

Please contact Deann Rios at 619-228-2840 or [drios@ecscalifornia.org](mailto:drios@ecscalifornia.org) to sign up or learn more.

## **Holy Week and Easter** **The Heart of the Christian Year**

Holy Week begins on the Sunday of the Passion – Palm Sunday, as Jesus enters Jerusalem and is welcomed as king. The week progresses to the Paschal Triduum (sacred three days): starting the evening of *Maundy Thursday*, through the evenings of *Good Friday* and *Holy Saturday* (with the Great Vigil of Easter,) and ending the evening of *Easter*; all celebrating the life, death and resurrection of Jesus. "Stay with me, keep watch with me. Watch and pray."

### **Sunday of the Passion – Palm Sunday: April 5<sup>th</sup>**

8:00 and 10:00AM *The service will begin with the Liturgy of the Palms in Nale Hall and a Procession into the church commemorating Jesus' triumphal entry into Jerusalem. The liturgy changes in tone with reading of the Passion and Holy Eucharist*

### **Maundy Thursday: April 9<sup>th</sup>**

8:00AM and 11:00AM *Footwashing, clothes distribution and meal service to our neighbors in need at St. Mark's Episcopal Church*

7:00PM *Holy Eucharist with a remembrance of our Foot Washing and service to our neighbors in need, procession of the Blessed Sacrament to the Altar of Repose for prayer and then the silent Stripping of the Altar*

### **Good Friday: April 10<sup>th</sup>**

12:00PM *Noonday Prayer with the Great Litany and time for individual prayer at the foot of the Cross*

7:00PM *Liturgy of the Word including hearing the Passion of Christ, solemn prayers and the veneration of the cross with time for individual prayer at the cross of Christ*

### **Holy Saturday – The Great Vigil of Easter: April 11<sup>th</sup>**

7:00PM *Gather in prayer as we light the new fire and Paschal Candle and hear again the stories of salvation. Then we renew our faith with the reaffirmation of our Baptismal Vows, followed by the celebration of Holy Eucharist and the receiving of Easter Communion.*

### **Sunday of the Resurrection – Easter Day: April 12<sup>th</sup>**

9:00AM *Festive celebration of Holy Eucharist*

### **St. Patrick's Day Dinner Fundraiser**

Our St. Patrick's Day Dinner has been rescheduled to Saturday, April 18th.

#### **From the Prayer Journal of Fr. Jack Tolley**

Many years ago, I was a hospital chaplain at St. Luke's Episcopal Hospital in San Francisco. There was a street preacher often outside of the hospital. He would call me a sinner and tell me loudly to repent. He was a very harsh and judgmental man.

To repent means literally, "to come to your senses, and turn in a new direction." The word "sin," as used in the 15th chapter of Luke, comes from a Greek term meaning, "to miss the mark and not share in the prize." The prize is union with God, and one another, which we do not need to earn. God's love is freely offered. So when you read your Bible or run into people like my preacher friend, keep these definitions in mind, and be kind and gentle to yourself and others - just like Jesus is to you and me, loving and kind.

Blessings, love, and hugs,

Fr. Jack.

*Source of this information: The Rev. J. Paris Coffee  
of the Episcopal Diocese of Chicago.*

**St. John's Vestry**

David Dennehy, *Senior Warden*

(619) 840-9994

masterfrog@att.net

Mark Higginbotham, *Junior Warden*

(619) 861-5510

onehiggle@gmail.com

Terry Farrelly, *Treasurer*

Pamela Brittain

Ray Contreras

Diane Gustafson

Muriel Kulikowski

Jim McDevitt

Judy McKay

Lynn Young

**St. John's Mission Statement**

St. John's is a Christian community that intentionally gathers to experience God's love through Episcopal worship, education, fellowship, and ministry to the wider community.

**Ministry Leaders****8 AM**

Presider and Preacher	Rev. Cathey Dowdle
Greeters	Mark Jordan
	Bob Bailey
Acolyte	Marge Moore
Chalice Bearer	Marcia Morris
Lessons	Mike Gollihur
Prayers	Judy Butcher

**10 AM**

Presider and Preacher	Rev. Cathey Dowdle
Greeters	Paule Maule
	Lee Maule
Acolytes	Denise Eddleman
Chalice Bearer	Mark Higginbotham
Lessons	Denise Eddleman
Prayers	Karen Duignan
Organist/Choir Director	Tom Brzczek
Cantor	Jim McDevitt
	Cheryl Seppala
	Jane Ferguson

**St. John's Clergy**

The Rev. Roger Haenke, *Priest-in-Charge*

The Rev. Jack Tolley

The Rev. Dr. Al Stott

The Rev. Cathey Dowdle

# DO YOU WANT TO FAST THIS LENT?

*In the words of Pope Francis*

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

[pietrafitness.com](http://pietrafitness.com)



St. John's Episcopal Church  
760 First Avenue Chula Vista, CA 91910-6012  
(619) 422-4141 Email: [maria@saint-johns.org](mailto:maria@saint-johns.org)  
[www.saint-johns.org](http://www.saint-johns.org)  
Pastoral care: (619) 301-0724  
[revroger@saint-johns.org](mailto:revroger@saint-johns.org)

