

Welcome to  
**St. John's Episcopal Church**  
Chula Vista, CA

**The First Sunday in Lent**

**February 26, 2023**  
**9:00 am**



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

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

## Prelude

### Opening Acclamation

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

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

Jesus said, “The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these.”

*Mark 12:29-31*

### Confession of Sin

*Presider* Let us confess our sins against God and our neighbor.

***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.***

*Presider* 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.***

*Presider* Lord, have mercy.

*People* ***Christ, have mercy.***

*Presider* Lord, have mercy.

### The Collect of the Day

*Presider* The Lord be with you.

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

*Presider* Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. ***Amen.***

## The Lessons

### A Reading from Paul's Letter to the Romans

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.

**Thanks be to God**

**Psalm 32**

(All read together)

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

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

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

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

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

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

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

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

## **The Gospel**

Matthew 4: 1-11

*Gospeller*      The Holy Gospel of our Lord Jesus Christ according to Matthew  
*People*        **Glory to you, Lord Christ.**

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.

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

## **Homily**

## The Nicene Creed

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

*We believe in one Lord, Jesus Christ, the only Son of God,  
eternally begotten of the Father, God from God, Light from Light,  
true God from true God, begotten, not made, of one Being with the Father.  
Through him all things were made.*

*For us and for our salvation he came down from heaven:  
by the power of the Holy Spirit he became incarnate from the Virgin Mary,  
and was made man.*

*For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.*

*On the third day he rose again in accordance with the Scriptures;  
he ascended into heaven and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.*

*We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.*

*We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.*

## The Prayers of the People

*Presider*      Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world. Lord, in your mercy  
***Hear our prayer.***

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good. Lord, in your mercy  
***Hear our prayer.***

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory. Lord, in your mercy  
***Hear our prayer.***

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us. Lord, in your mercy

***Hear our prayer.***

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. Lord, in your mercy

***Hear our prayer.***

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom. Lord, in your mercy

***Hear our prayer.***

We pray for those who risk their lives to ensure our freedom, to heal, protect, comfort, and keep us safe,

***Almighty God, we commend to your gracious care and keeping all the men and women of our armed forces, first responders, medical professionals, essential workers 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.***

*Presider*      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.***

## **The Peace**

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

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

## **Birthday, Anniversary and Traveler Prayers**

## **The Offertory**

*You may also give online by using the "Give Now" button on our St. John's website: [www.saint-johns.org](http://www.saint-johns.org)  
[Your generous offering helps us to continue the mission and ministry of the parish.](http://www.saint-johns.org)*

## **Offertory Anthem**

## The Great Thanksgiving

*Presider*

The Lord be with you.

*People*

**And also with you.**

Lift up your hearts.

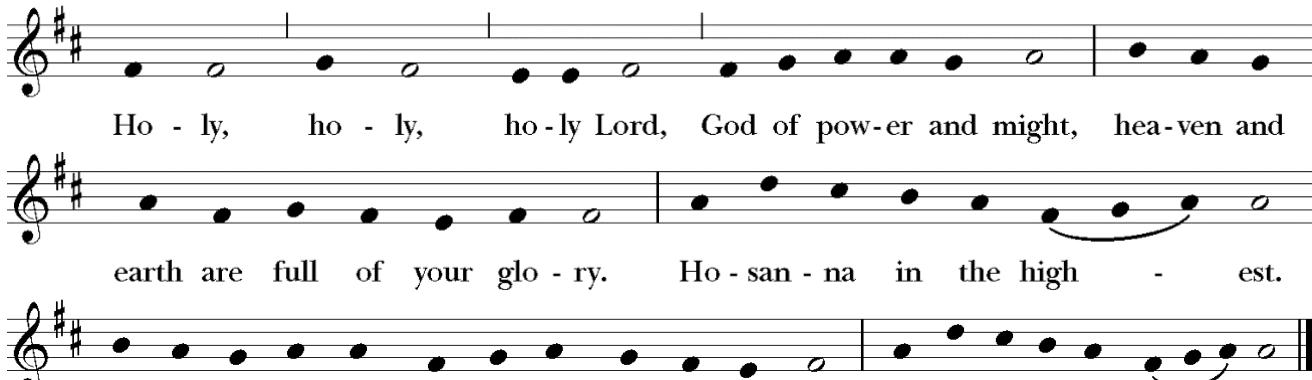
**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give 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 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:



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.

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:

***Christ has died.***

***Christ is risen.***

***Christ will come again***

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

*Presider* Christ our Passover is sacrificed for us;

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

*Presider* Lamb of God, who takes away the sins of the world,

***have mercy upon us.***

*Presider* Lamb of God, who takes away the sins of the world,

***have mercy upon us.***

*Presider* Lamb of God, who takes away the sins of the world,

***grant us your peace.***

*Presider* The Gifts of God for the People of God

## Communion

## Spiritual Communion

I invite all who are watching our liturgy online to receive Christ spiritually. Let us pray together:

*Lord Jesus, we believe that you are truly present in the Blessed Sacrament. We are grateful to know there are many ways to experience your presence, but in whatever way we do, we know you come into our hearts, minds and souls. Unite my heart with those of my family of faith gathered to celebrate the great meal of thanksgiving and make us all one with you. May this spiritual communion strengthen my faith and grant me confidence in your loving care now and forever. Amen.*

## Prayer After Communion

*Presider* Let us pray

*People 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 with compassion, O Lord, upon your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; And the blessing of God Almighty, the Father, the Son and the Holy Spirit, be upon you, and remain with you always. **Amen.**

## The Dismissal

*Presider* Let us go forth in the name of Christ.  
*People* ***Thanks be to God.***

**Closing Hymn***Lord, Who Throughout These Forty Days*

Hymnal #142



1 Lord, who through-out these for - ty days for us didst fast and pray,  
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,  
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,  
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,  
5 A - bide with us, that so, this life of suf - fering o - ver - past,



1 teach us with thee to mourn our sins, and close by thee to stay.  
2 O give us strength in thee to fight, in thee to con-quer sin.  
3 to die to self, and chief - ly live by thy most ho - ly word.  
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.  
5 an Eas - ter of un - end - ing joy we may at - tain at last!

**Postlude****Liturgical Ministers****Presider/Preacher**

Rev. Roger Haenke

**Reader/Prayers**

Tom Brzeczek, Pamela Brittain

**Psalmist/Vocalists**

St. John's Choir: Jeff Bates, Tom Brzeczek,  
Alice Burnham, Pamela Brittain, Denise Eddleman,  
Jane Ferguson, Larry and Lucy Ferguson, Ted Garcia,  
Joe and Maria Love, Marge Moore, Chelsey Nyaradi,  
Nancy Painter and Leslie Parker

**Organist**

Cheryl Seppala

**Acolytes**

Scott Bricknell, Malia Attaway, Marge Moore,  
Lynn Naranjo

**Ushers**

Judy McKay, Liliana Morales

**Eucharistic Minister**

Iris Atkins, Debbie Lothspeich, Celia Vasquez

**Livestream**

Cliff Berkowitz, Jamie Attaway

## **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.

## **St. John's Prayer Lists**

*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, Devon Strunk, Taylor Harrold, Jorge Zuazua, Sebastian Morales, Roberto Chavez, Ryan Lothspeich, Andrew C. Dugger, Dan and Chelsey Nyaradi, and Gen. G.J. Heinrich.

### **For Strength in Time of Need**

Steve Magill, Gary and Shirley McCarren, Ann Lindshield, the McClure family, Josey Felts, Barb Oliveira, Heather Wallace, Linda Longoria-Neff, Celia Vasquez, Helen McGrath, Ann Rogers, Kurth Barnes, Tyler Anderson, Oscar Morales and Hugo Burchartz.

*(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: [info@saint-johns.org](mailto:info@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)

**St. John's Clergy**

The Rev. Roger Haenke, *Rector*

**St. John's Vestry**

Lynn Young, *Senior Warden*

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Jeff Bates, *Junior Warden*

206-579-9435

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Gregg King, *Treasurer*

Diane Gustafson, *Clerk/Secretary*

Pamela Brittain

Tom Brzeczek

Alice Burnham

Bill Cheney

Jane Ferguson

Alejandra Valdez-Beer



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