

# THE FALLS CHURCH

*an Episcopal congregation*

*A welcoming community called to be an enduring  
beacon of faith, hope, and love to all.*



Second Sunday in Lent  
March 5, 2023

Prelude

*Trio in d minor, BWV 583*

Johann Sebastian Bach  
(1685-1750)

## THE WORD OF GOD

Opening Hymn 489

The great Creator of the worlds

*Tallis' Ordinal*

### Opening Acclamation

*Celebrant* Bless the Lord who forgives all our sins  
*People* God's mercy endures for ever.

*The people kneel.*

### The Decalogue

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

You shall not make for yourself any idol.  
*People* Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.  
*People* Amen. Lord have mercy.

Remember the Sabbath day and keep it holy.  
*People* Amen. Lord have mercy.

Honor your father and your mother.  
*People* Amen. Lord have mercy.

You shall not commit murder.  
*People* Amen. Lord have mercy.

You shall not commit adultery.  
*People*      **Amen. Lord have mercy.**

You shall not steal.  
*People*      **Amen. Lord have mercy.**

You shall not be a false witness.  
*People*      **Amen. Lord have mercy.**

You shall not covet anything that belongs to your neighbor.  
*People*      **Amen. Lord have mercy.**

Jesus said, “The first commandment is this: Hear, O Israel: The Lord your 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 commandment greater than these.”      *Mark 12:29-31*

## **Confession of Sin**

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

*Celebrant and People*  
**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.**

*Celebrant* 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.**

## Kyrie

William K. Trafka

Musical score for Kyrie, featuring a single melodic line in 3/4 time with a key signature of three flats. The lyrics are: Ky - ri - e e - lei - son, Ky - ri - e e - lei - son, Christ - e e - lei - son, Christ - e e - lei - son, Ky - ri - e e - lei - son, Ky - ri - e e - lei - son, Ky - ri - e e - lei - son.

## The Collect of the Day

*Celebrant* The Lord be with you.

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

*Celebrant* Let us pray.

### *Celebrant*

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 people sit.*

**The First Lesson** (*seated*)

Genesis 12:1-4a

The LORD said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.” So Abram went, as the LORD had told him; and Lot went with him.

*Reader*        The Word of the Lord.  
*People*        Thanks be to God

**The Psalm**

Psalm 121

*Levavi oculos*

*at 11:15 a.m. sung by the choir*

- 1 I lift up my eyes to the hills; \*  
    from where is my help to come?
- 2 My help comes from the LORD, \*  
    the maker of heaven and earth.
- 3 He will not let your foot be moved \*  
    and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel \*  
    shall neither slumber nor sleep;
- 5 The LORD himself watches over you; \*  
    the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, \*  
    nor the moon by night.
- 7 The LORD shall preserve you from all evil; \*  
    it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and your coming in, \*  
    from this time forth for evermore.

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

*Reader*            The Word of the Lord.  
*People*            **Thanks be to God**

*Children are invited to follow the Crucifer into Nicolson Hall for Children’s Chapel.*

**Sequence Hymn 448**

O love, how deep,  
how broad, how high  
*verses 1 & 3*

*Deus tuorum militum*

**The Gospel** (*all standing*)

John 3:1-17

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

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things? “Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

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

**The Sermon**

The Rev’d. Sr. Miriam Elizabeth Bledsoe, OSH

*A period of silence follows the homily. Please stand when the  
Celebrant stands for the 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

With confidence and trust let us pray to God.

For the one holy catholic and apostolic Church let us pray to God.

Lord of compassion,  
**in your mercy hear us.**

For the mission of the Church, that in faithful witness it may preach the gospel to the ends of the earth, let us pray to God.

Lord of compassion,  
**in your mercy hear us.**

For peace in the world that a spirit of respect and reconciliation may grow among nations and peoples, let us pray to God.

Lord of compassion,  
**in your mercy hear us.**

For the poor, the persecuted, the sick, and all who suffer, especially Liz, that they may be relieved and protected, let us pray to God.

Lord of compassion,  
**in your mercy hear us.**

For those whom we have injured or offended, let us pray to God.

Lord of compassion,  
**in your mercy hear us.**

For grace to amend our lives and to further the reign of God, let us pray to God.

Lord of compassion,  
**in your mercy hear us.**

In communion with all those who have walked in the way of holiness, especially James, let us pray to God.

Lord of compassion,  
**in your mercy hear us.**

*The Celebrant adds a concluding Collect.*

## The Peace

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

## Welcome and Announcements

### THE HOLY COMMUNION

#### The Offertory

9:00 a.m.

“I Will Lift Up Mine Eyes Unto the Hills”

Caleb Burhans  
(b.1980)

11:15 a.m.

“He watching over Israel”

Felix Mendelssohn  
(1809-1847)

*He, watching over Israel, slumbers not nor sleeps;  
Should'st thou, walking in grief, languish, He will quicken thee.*

*During the offertory you are invited to make a gift to God's mission at The Falls Church through Realm (see QR code), on the website, by texting TFCE at 73256, or by using the plate.*



### Give Now Online

You may "Give Now" electronically in one of three ways (1) Scanning the QR code with your smartphone; (2) Visiting [onrealm.org/thefallschurch/-/form/give/now](http://onrealm.org/thefallschurch/-/form/give/now) or (3) Texting TFCE to 73256 to give by text message.

Presentation Hymn 143, The glory of these forty days  
v. 1 & 5

*Erhalt uns, Herr*

The glory of these forty days  
We celebrate with songs of praise;  
For Christ, by whom all things were made,  
Himself has fasted and has prayed.

O Father, Son, and Spirit blest,  
To thee be every prayer addressed;  
Who art in threefold Name adored,  
From age to age the only Lord.

The Great Thanksgiving

Eucharistic Prayer A

(BCP p. 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 God thanks and praise.**

*Then, facing the Holy Table, the Celebrant proceeds*

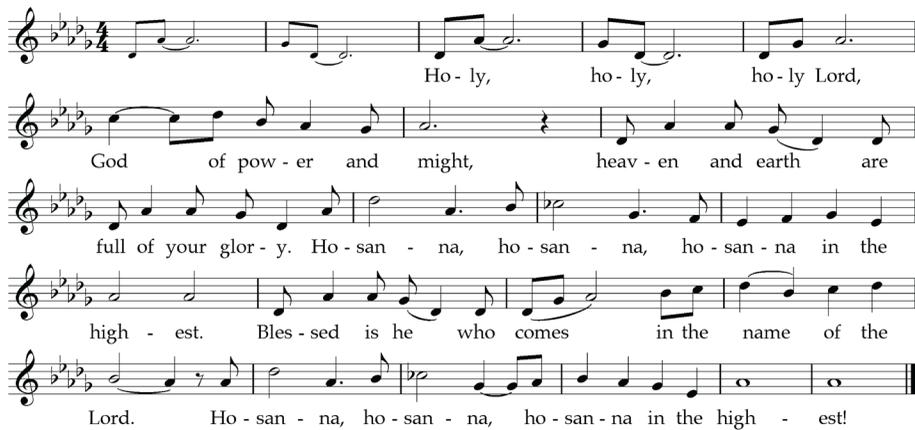
It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

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:

# Sanctus

William K. Trafka



Ho - ly, ho - ly, ho - ly Lord,  
God of pow - er and might, heav - en and earth are  
full of your glor - y. Ho - san - na, ho - san - na, ho - san - na in the  
high - est. Bles - sed is he who comes in the name of the  
Lord. Ho - san - na, ho - san - na, ho - san - na in the high - est!

*Then the Celebrant continues*

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.

*The Celebrant then continues*

As our Savior Christ has taught us, we now pray,

*People and Celebrant*

**Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

**The Breaking of the Bread**

*A period of silence is kept.*

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,

do - na no - bis pa - cem, do - na no - bis

pa - cem, do - na no - bis pa - cem.

### The Invitation to Communion

*All those who seek the Lord are welcome and invited to receive Holy Communion at this time. Should you desire to receive, the ushers will direct you to one of the stations (at 9:00 a.m.) or to the communion rail (at 11:15 a.m.) where the priest will offer you the host by placing the wafer in your outstretched palms. To receive the wine, guide the base of the chalice to your lips, tipping it slightly toward your lips, take a sip of wine, then tip chalice back toward the minister and release your fingers from the base of the chalice. If you do not wish to receive the wine, but would like to partake in this sacramental act, simply touch the chalice with your finger as the minister pronounces the words. Alternatively, simply fold your arms across your chest, and the minister will refrain from offering you the chalice. After receiving Communion, you may return to your seat.*

*Gluten-free wafers are available. Should you desire a gluten-free wafer, please let the priest know as you approach them for communion.*

Communion Music

9:00 a.m.

“Taste and See”

James E. Moore

*Choir sings verses, congregation joins in the refrain* (1951-2022)

Musical score for the hymn "Taste and See" by James E. Moore. The score is written for voice and piano in 2/2 time, with a key signature of one flat (B-flat). It consists of three systems of music. The first system contains the first two lines of the verse: "Taste and see. Taste and see the good - ness". The second system contains the next two lines: "of the Lord. O Taste and see. Taste and". The third system contains the final two lines: "see the good - ness of the Lord, of the Lord." and ends with a double bar line and the word "Fine". The piano accompaniment features chords and moving lines in both the right and left hands.

Communion Music

11:15 a.m.

“God so loved the world”

John Stainer

(1840-1901)

Hymn 337

And now, O Father, mindful of the love

*Unde et memores*

**Postcommunion Prayer**

(BCP, p. 366)

*Celebrant* Let us pray.

*The people kneel*

*People and Celebrant*

**Almighty and everliving God,  
we thank you for feeding us with the spiritual food  
of the most precious Body and Blood  
of your Son our Savior Jesus Christ;  
and for assuring us in these holy mysteries  
that we are living members of the Body of your Son,  
and heirs of your eternal kingdom.  
And now, Father, send us out  
to do the work you have given us to do,  
to love and serve you  
as faithful witnesses of Christ our Lord.  
To him, to you, and to the Holy Spirit,  
be honor and glory, now and for ever. Amen.**

**Prayer over the People**

*Celebrant* Bow down before the Lord

*The people remain kneeling and the Celebrant says the following prayer:*

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. **Amen.**

**Dismissal**

(BCP, p. 366)

*Gospeler* Let us bless the Lord.  
*People* Thanks be to God.

**Hymn 493**

O for a thousand tongues to sing

*Azmon*

*The congregation departs after the retiring procession has completed.*

**Postlude**

*Fugue in g minor, BWV 542*

Johann Sebastian Bach  
(1685-1750)

+ + + + +

**Celebrant**

The Rev'd. Matthew Dumont-Machowski

**Preacher**

The Rev'd. Sr. Miriam Elizabeth Bledsoe, OSH

+ + + + +

**The Parish Prayer List**

**For Healing in Body, Mind, and Spirit**

*Immediate Needs*

Liz

*Long Term Prayers*

Joanna, Matthew, Michael, Robert

*Family and Friends*

Anne, Chris, Cindy, Cris, Dick, Grace, Heather, Jack, Judy

**For the Repose of the Soul of**

James Daily

+ + + + +

## Vowed Religious Life in The Episcopal Church

Over centuries, vowed religious—living together in community or dispersed into the world as monks, nuns, sisters, brothers, and friars—have been part of the church, including The Episcopal Church. Members come from a rich variety of backgrounds and all sorts make up these communities: people who are styled as contemplative, social activists, introverted, extroverted, conservative, liberal, young, middle-aged, and elderly.

From deep traditions and practices, they assist others in developing spiritual growth and discernment. Vowed religious engage in teaching about prayer practices, lead retreats, give spiritual direction, assist in writing and living a rule of life, give presentations about the spiritual journey, and provide spiritual friendship. Most residential religious communities offer hospitality for short visits or longer retreats. Religious communities also welcome associates or oblates who engage in a special relationship to the community. Communities are eager to welcome new members to join in their vowed lives and to carry forward their ministries and traditions.

Today, we welcome The Rev'd. Sr. Miriam Elizabeth, OSH, a sister from The Order of Saint Helena in South Carolina. From their website, [www.osh.org](http://www.osh.org): “The mission of the Order of Saint Helena is to show forth the love of Christ through a monastic life of prayer, hospitality, and service. We are lay and ordained women living communally under a vow of monastic poverty, celibate chastity, and obedience to God. From Benedictine roots, we discern new ways to interpret traditional monasticism, as we strive to grow in diversity and inclusivity.”



The Falls Church is a parish of The Episcopal Church, a member of the worldwide Anglican Communion. We share ministry with Christians in the Episcopal Diocese of Virginia.

The Most Rev'd. and Rt. Hon. Justin Welby, Archbishop of Canterbury  
The Most Rev'd. Michael B. Curry, Presiding Bishop and Primate, The Episcopal Church  
The Rt. Rev'd. E. Mark Stevenson, Bishop Diocesan, Diocese of Virginia

#### **Vestry**

[vestry@thefallschurch.org](mailto:vestry@thefallschurch.org)

Krista Gauthier (Senior Warden), Laura Davison Shepler (Junior Warden), Geoff Kannan (Visioning Warden), Michael Ankuma, Heather Falen Ashby, Kathleen Bell, Matthew Harrington, Louise Liebeskind, Barb Mantegani, Amy Marshak, Kofi McCleary, David Scharre, James Weatherly (Treasurer), Brandon Huffman (Registrar), Jason Matechak (Chancellor), Ava Liberatore (Youth Representative)

#### **Clergy and Staff**

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