St. Thomas Episcopal Church

Lead with Love

Holy Eucharist
Lent 3
March 3, 2024

2201 Dexter St., Denver, CO
saintthomasdenver.org

Welcoming Statement

At St. Thomas Episcopal Church, we affirm God's love for all of God's people. Whoever you are, wherever you are on your spiritual journey, and whatever your age, ethnicity, sexual orientation, gender identity, religious background or social or economic circumstance or political affiliations, you are welcome here. We share a love of God and each other, a sense of meaning and belonging, a yearning to learn and grow in faith, and a desire to serve others. We are a vibrant, thriving community with opportunities for people of all ages for spiritual growth, fellowship, and making a transformative difference in our community. As an Episcopal Church, we are a worshipping community that is both rich with ancient tradition and relevant to life in the 21st century. We are glad you are here!

Learn More About St. Thomas

If you would like to learn more about St. Thomas, we invite you to visit our website (www.saintthomasdenver.org), subscribe to our weekly newsletter (link is on website), or schedule a conversation with our priest by emailing her at terri@saintthomasdenver.org.

Inclusive Language:

At St. Thomas, we support and encourage the use of inclusive language. Towards that end we often choose more contemporary prayers and hymns for our worship service. However, we recognize that many parishioners also appreciate and love our traditional prayers and hymns that employ more patriarchal language. When such prayers or hymns are included in our worship, we encourage you to substitute the word or pronoun that most resonates with you when you pray or sing.

Preaching and Presiding this Week: The Rev. Terri Hobart

Music Leaders

Kari Miles
Angela Pleasants
Geoff Wodell

Godly Play and Nursery
Maria Perez
Akilah Walton

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OBSERVING A HOLY LENT

We are created to experience joy in communion with God, to love one another and to live in harmony with creation. However, our illusions of separateness and our transgressions separate us from God, our neighbors and creation, so that we do not always enjoy the life our creator intended. Yet, God calls us to, "return to me with your whole heart, rend your hearts, not your garments." During Lent we are invited to return to God through prayer and reflection. Lent has always been a time for spiritual renewal. Since very ancient times, Christians of all ages and places, following Christ's period of preparation in the wilderness, have observed the season with these disciplines of Lent—self-examination and repentance, prayer and fasting, sacrificial giving and works of love.

This year you are invited to join us on a mystical Lenten Journey, to recall your essence as a spiritual being and to embark an interior journey of renewal that leads you into the heart of love. Each Sunday during this season as inspiration for our journey, our service will highlight and reflect on the teachings of various Christian mystics. Our services are structured to allow spaces for silence, prayer, contemplation and reflection.

Guigo II

Guigo II, sometimes referred to by the moniker "the Angelic", was a Carthusian monk and the 9th prior of Grand Chartreuse monastery, from 1174 to 1180. He is known as the author of The Ladder of Monks for those seeking the contemplative life. The book describes the stages of prayer (lectio, meditatio, oratio, contemplatio) as rungs on a ladder which leads to a closer mystic communion with God. To this day, The Ladder of Monks is considered to be the basic guide for all who want to practice Lectio Divina. Lectio Divina is an ancient way of meditating on Scripture to listen to the Holy Spirit speak from the Bible to our hearts.

PREPARING HEARTS AND MINDS FOR WORSHIP

Prelude

Opening Song *Holy Ground*

Please stand as you are able.

Come, come, come, come, come to this place
Arrive, arrive as you are
Come, come, come, come, come to this place
Arrive, arrive as you are
Fragile or strong, wounded or well, lost or found
This, this is Holy Ground.

Silence

Followed by the ringing of the bell.

Opening Words

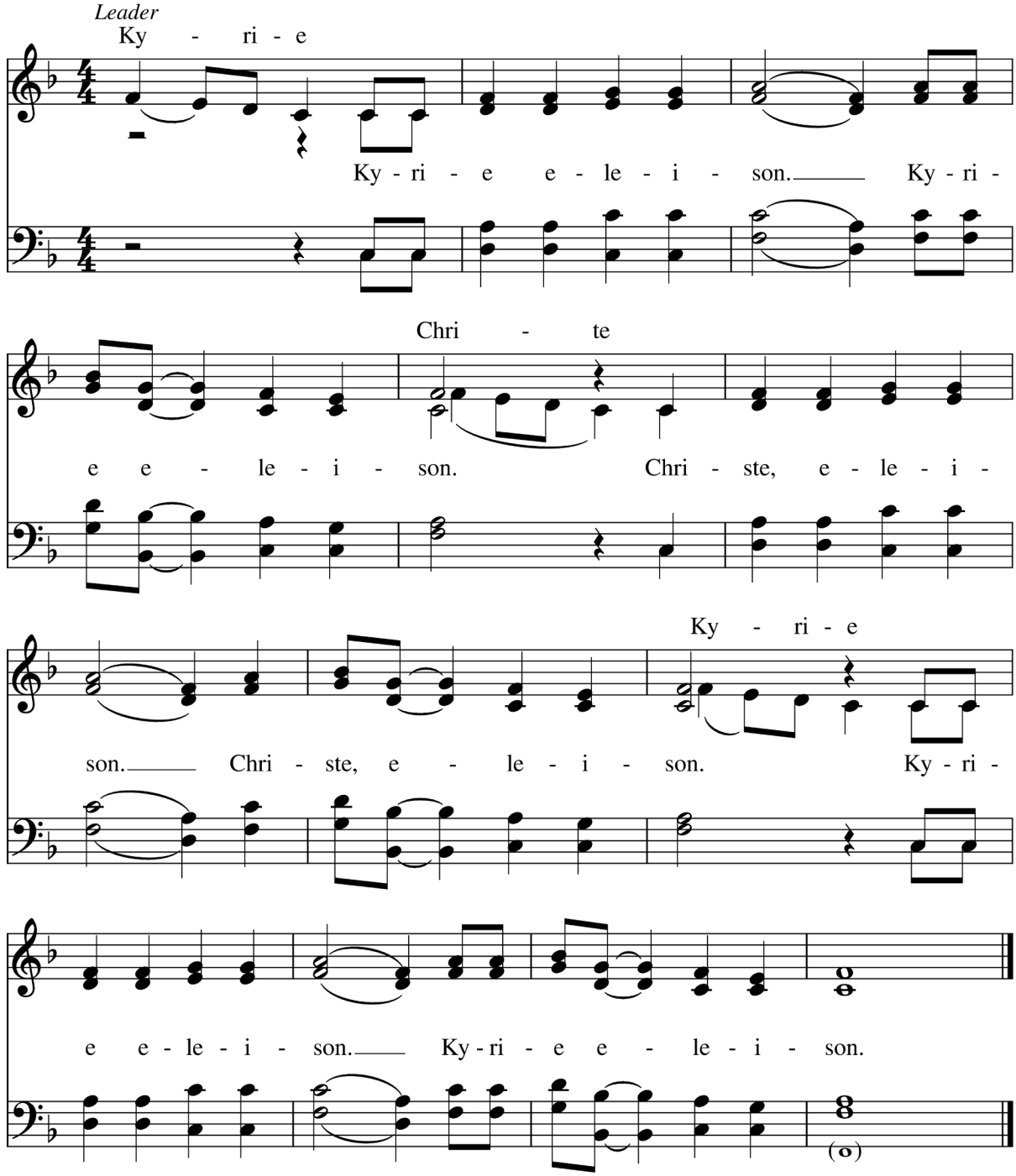
Presider Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love" 1 John 4:7,8

Opening Acclamation

Presider Blessed be God who calls us home,

People **Into the heart of love.**

Kyrie



Music: Betty Carr Pulkingham (b. 1938), *Freedom Mass*. Based on traditional African melodies. Copyright © 1975 Celebration, Aliquippa, PA 15001. All Rights Reserved. International Copyright Secured. Used by permission.

Collect of the Day

Presider The Lord be with you.

People **And also with you**

Presider Let us pray.

Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son, our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. **Amen.** *Common Worship*

THE LITURGY OF THE WORD

Please be seated.

A Reading from Ladder of Monks by Gigi II

One day while I was occupied with manual labor
I began to reflect on man's spiritual work,
and suddenly four steps for the soul came into my reflection:
reading,
meditation,
prayer,
[and] contemplation

This is a ladder for monks by means of which they are raised up from earth to heaven. It has few separate rungs, yet its length is immense and incredible: for its lower part stands on the earth, while its higher [part] pierces the clouds and touches the secrets of heaven.

Reading is careful study of Scripture, with the soul's [whole] attention:
Meditation is the studious action of the mind to investigate hidden truth, led by one's own reason.
Prayer is the heart's devoted attending to God, so that evil may be removed and good may be obtained.
Contemplation is the mind suspended – somehow elevated above itself – in God so that it tastes the joys of everlasting sweetness.

Having assigned descriptions to each of the four rungs, we must see what their functions are in relation to us.

For the sweetness of a blessed life:
Reading seeks;
meditation finds;
prayer asks;
contemplation tastes.

Reading, so to speak, puts food solid in the mouth,
meditation chews and breaks it,
prayer attains its savor,
contemplation is itself the sweetness that rejoices and refreshes.

Reading concerns the surface,
meditation concerns the depth
prayer concerns request for what is desired,
contemplation concerns delight in discovered sweetness.

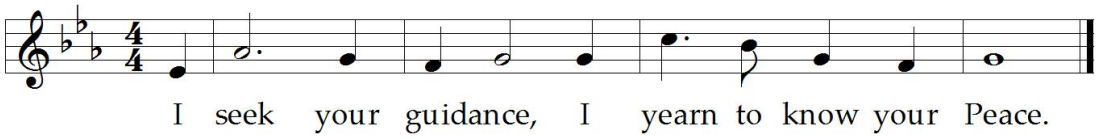
After the Lesson:

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Silence
Followed by the ringing of the bell.

Psalm 19
Refrain sung by congregation:



Cantor:
The heavens declare the glory
of the creator;
The firmament proclaims the
handiwork of Love
Day to day speech pours forth
and night to night knowledge
is revealed.

Refrain

There is no speech,
nor are there words;
their voice is not heard;
Yet does their music resound.
Through all the earth,
And their words echo to
the ends of the world.

Refrain

In them a tent for the sun is set,
which is like a bride and groom
on their wedding night
as they sing love's song and
celebrate the dance of life.
It's rising is in eternity,
and its circuit to infancy;
Nothing is hidden from
the sunlight.

Refrain

The law of Love is perfect,
reviving the soul;
The testimony of Love is sure,
making wise the simple;
The precepts of Love are right,

rejoicing the heart;
The authority of Love is pure,
enlightening the eyes;
The spirit of Love is glorious,
enduring forever;
The rites of Love are true,
awakening compassion.

Refrain

More to be desired are the
than gold,
even much fine gold;
Sweeter also than honey and
drippings of the honeycomb.
Moreover, by them are the loving
guided;
in keeping them there is
great reward.

Refrain

But who can discern their own
weakness?
Cleanse me, O love, from
all my hidden faults.
Keep me from boldly acting in
error; let my fears
and illusions not have dominion
over me!

Refrain

Then shall I become a beneficial
presence,
freely and fully surrendered
To your Love.
Let the words of my mouth
and the meditations of my heart
find favor in your Heart
O my Beloved, my strength and my joy!

Refrain

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Gradual *Lead Us*

Lead us to your light, lead us to your love.
Lead us on the road. Lead us home to you.

A Reading from the Gospel of John John 2:13-22

Presider The Holy Gospel of our Lord Jesus Christ according to John.

People **Glory to you, Lord Christ.**

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

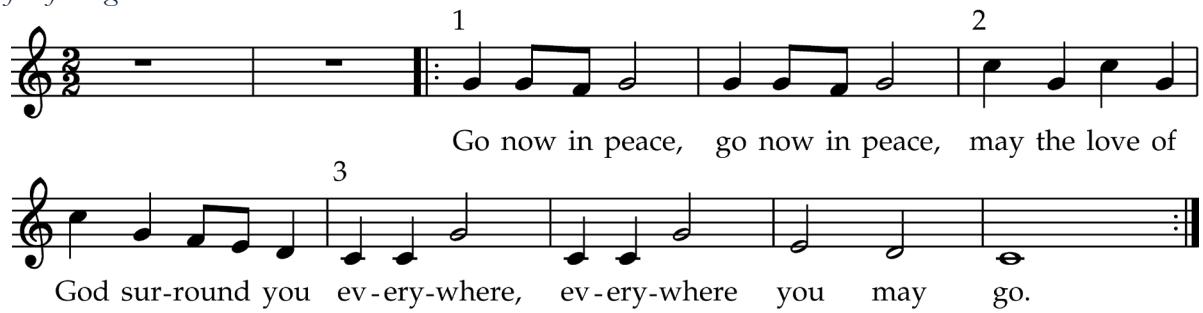
After the Lesson:

Presider The Gospel of the Lord.

People **Praise to you, Lord Christ.**

Dismissal Of Children for Godly Play Story

Sung after final gradual verse as children leave the church.



Words and Music: Natalie Sleeth (1930–1992), from *Sunday Songbook* © 1996 Hinshaw Music, Inc.
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Homily

After the sermon a brief silence for reflection will be observed.

Silence

Followed by the ringing of the bell.

Chant *Be Still and Know that I am God.*

The Prayers of The People

Please kneel or stand as you are able.

Leader Let us pray for the Church and for the world, giving thanks for God's goodness. Holy One, enliven the Church for its mission
that we may respect one another in freedom and truth.

Breathe fresh life into your people,
Give us power to reveal Christ in word and action.

God of truth, inspire with your wisdom those whose decisions affect the lives of others
that all may act with integrity and courage.

Give grace to all whose lives are linked with ours.
May we serve Christ in one another, and love as he loves us.

God of hope, comfort and restore all who suffer in body, mind or spirit. We pray for those in need:
May they know the power of your healing love.

Make us willing agents of your compassion.
Strengthen us as we share in making people whole.

We remember those in need.
Intercessions may be offered silently or aloud.

We remember those who have died and those who mourn:
Intercessions may be offered silently or aloud.

We give thanks for the blessings in our lives.
Thanksgivings may be offered silently or aloud.

The Collect

Presider Your word is a lamp for our feet. In darkness and in light, in trouble and in joy, help us, Gracious God, to trust your love, to serve your purpose, and to praise you name through Jesus Christ our Lord. **Amen**

The Confession

Loving God, hear our prayer:
Our hearts are heavy.
We have trusted too much in our own strength.
We have hidden our faces from those who suffer.
We have turned away from our neighbors in need.
` We have given up hope instead of seeking your help.
O God, be gracious to us.
Forgive us, heal us,
And fill our hearts with songs of joy.

The Absolution

The Peace

Presider Christ is our peace. If anyone is in Christ, there is a new creation. The old has passed away. Behold, everything has become new.

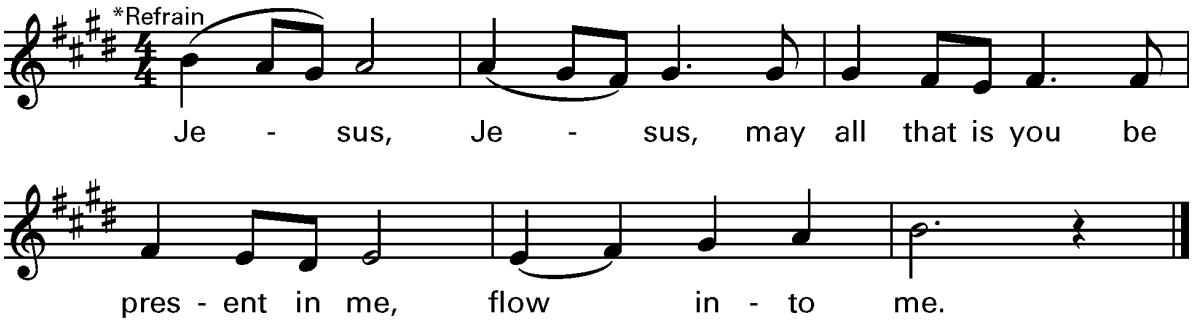
Presider May the peace of Christ be always with you.

People **And also with you.**

We greet one another in the name of Christ. Please remain at your seat and greet the people adjacent to you.

ANIMA CHRISTI

Suzanne Toolan, RSM



Text: *Anima Christi (Soul of Christ);* tr. by David Fleming, SJ, © David Fleming, SJ. All rights reserved. Used with permission. Music © 2003, Suzanne Toolan, RSM. Published by OCP. All rights reserved.

Verses

1. May your body and blood
be my food and drink.

2. May your passion and
death
be my strength and life.

3. Jesus, with you at my side,
enough has been given.

4. May the shelter I seek
be the shadow of your cross.

5. Let me not run from your
love,
the love which you offer.

6. But hold me safe
from the forces of evil.

7. On each of my dyings,
shed your light and your love.

8. Keep calling to me
until that day comes.

9. When, with your saints,
I may praise you forever.

10, Amen. Amen.

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THE HOLY COMMUNION

Presider Let us with gladness present the offerings and oblations of our life and labor to the Lord.

Offertory Hymn *Just A Closer Walk with Thee* LEVAS #72

During this hymn the offering is collected. We invite you to generously support the ministries of St. Thomas. If you give electronically, please place a giving card from the pew in the offering plate in lieu of your gift. Scan to donate:

venmo
@StThomasDenver

Credit Card

Presentation Hymn *Into Your Hands*

During this hymn, the offering is presented at the altar. Please stand as the offering is brought forward.

Into your hands
I lay my spirit
Into your hands
Into your hands
Into your hands

Into your hands
I lay my life
Into your hands
Into your hands
Into your hands

Into your hands
I give my all
Into your hands
Into your hands
Into your hands

The Great Thanksgiving

Presider The Lord be with you.
People **And also with you.**

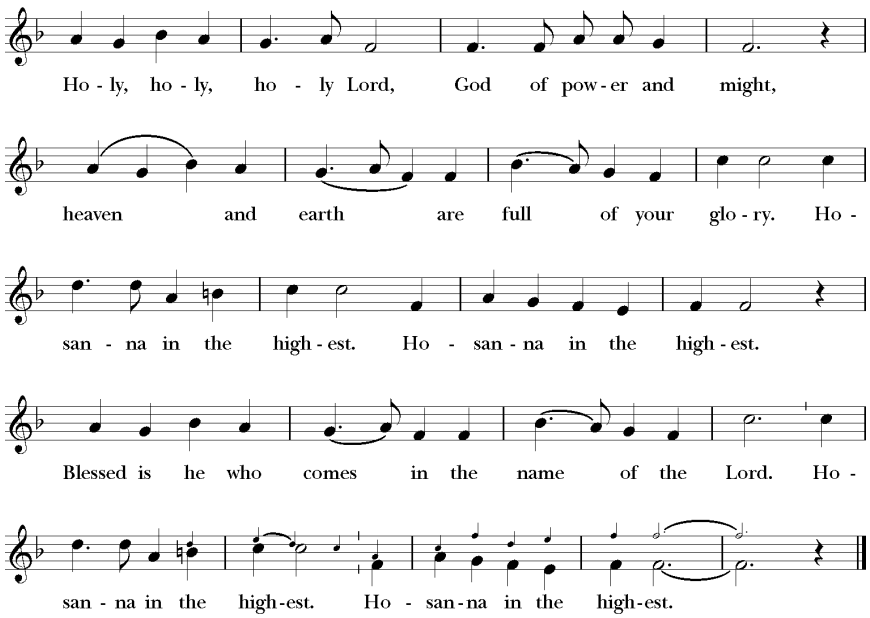
Lift up your hearts.
We lift them to the Lord

Let us give thanks to the Lord our God
It is right to give God thanks and praise.

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. You bid your faithful people cleanse their hearts and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. And so, this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you:

Sanctus S-125

The people stand or kneel.



Presider (continues)

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love. Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

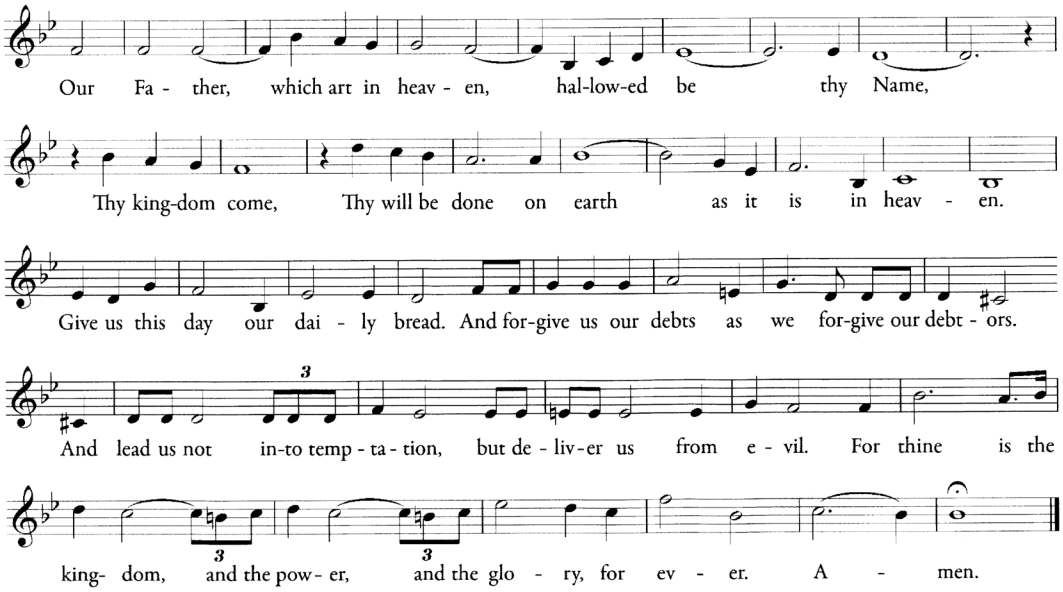
On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice. Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made. In the fullness of time bring us, with all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN**

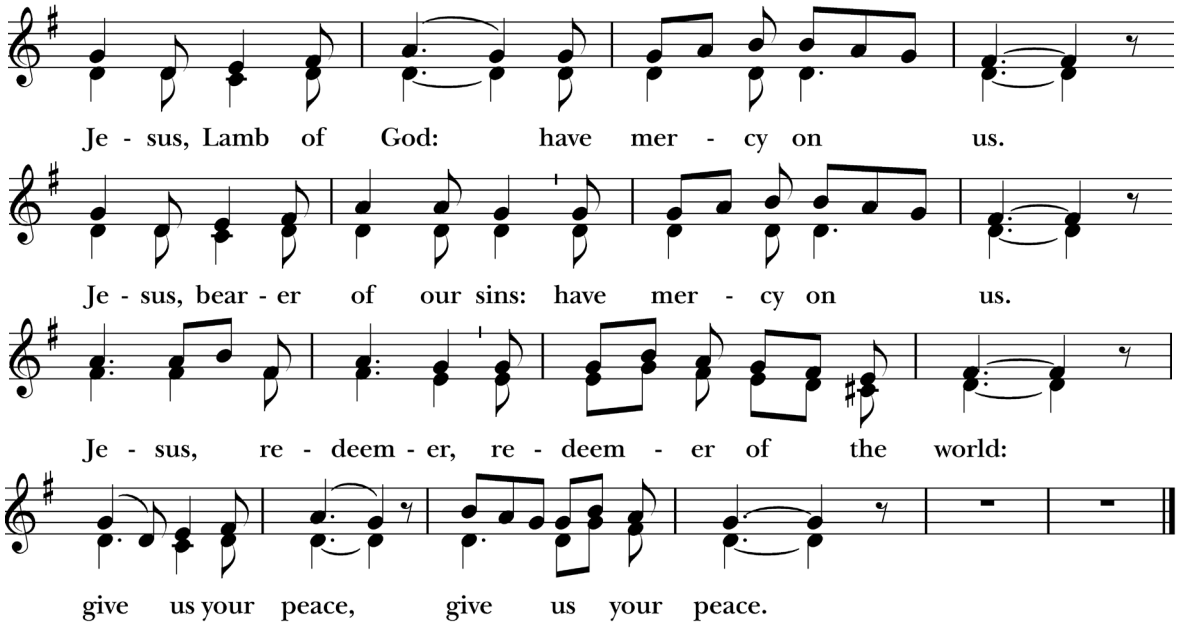
Presider As our Savior Christ has taught us, we are bold to pray:

THE LORD'S PRAYER — Albert Hay Malotte



The Breaking of The Bread

The Fraction



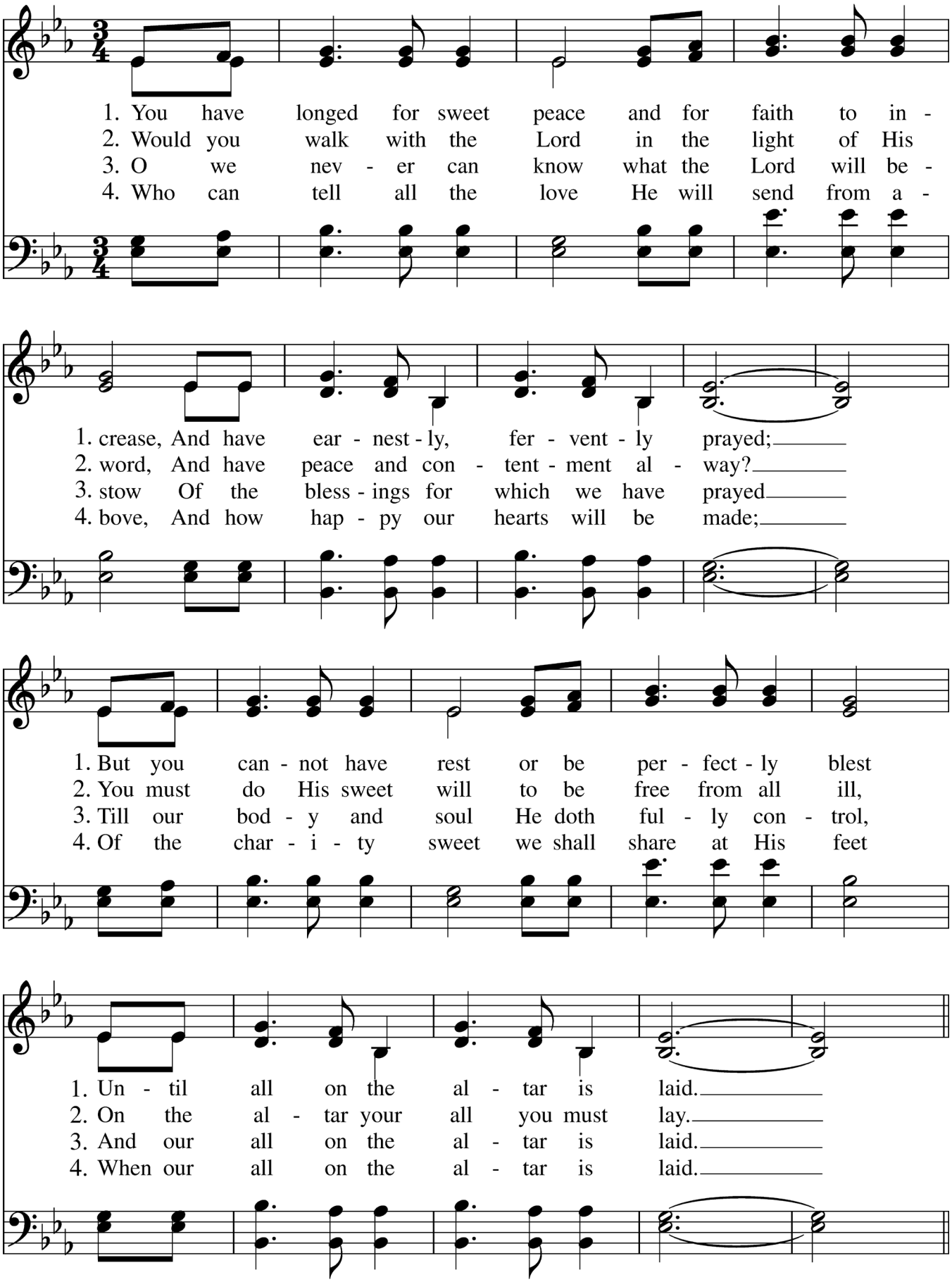
Music: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Adaptation: Copyright © 1985 GIA Publications, Inc.

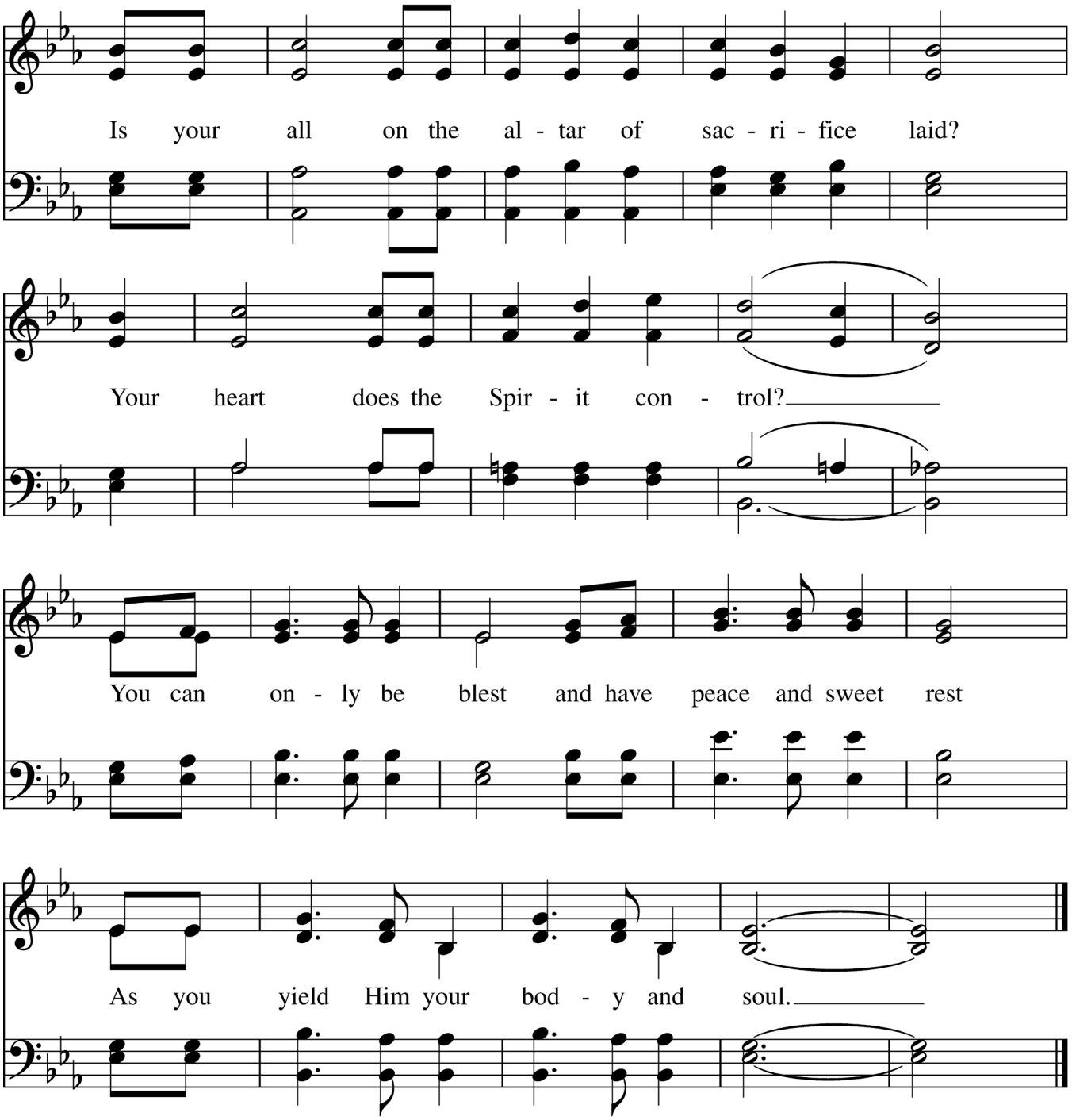
The Invitation to The Table

The Communion of the People

All who love God and seek Christ are welcome at the Lord's Table. To receive the bread, please place one hand over the other. If you choose not to receive communion, you are invited to come forward for a blessing, indicating your desire by crossing your arms over your chest. Gluten free communion wafers are available. Simply, indicate your desire to the clergy. If you need to have communion brought to you, please alert an usher and the clergy will come to you. Please note: For reasons of sanitation, we do not allow intinction.

Communion Music *Is Your All On The Altar* LEVAS #151





Words: Elisha A. Hoffman (1839-1929). Music: Elisha A. Hoffman.

Post-Communion Prayer

Please kneel or stand as you are able.

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.

GOING OUT INTO THE WORLD

Birthdays, Anniversaries, Blessings

Welcoming Visitors

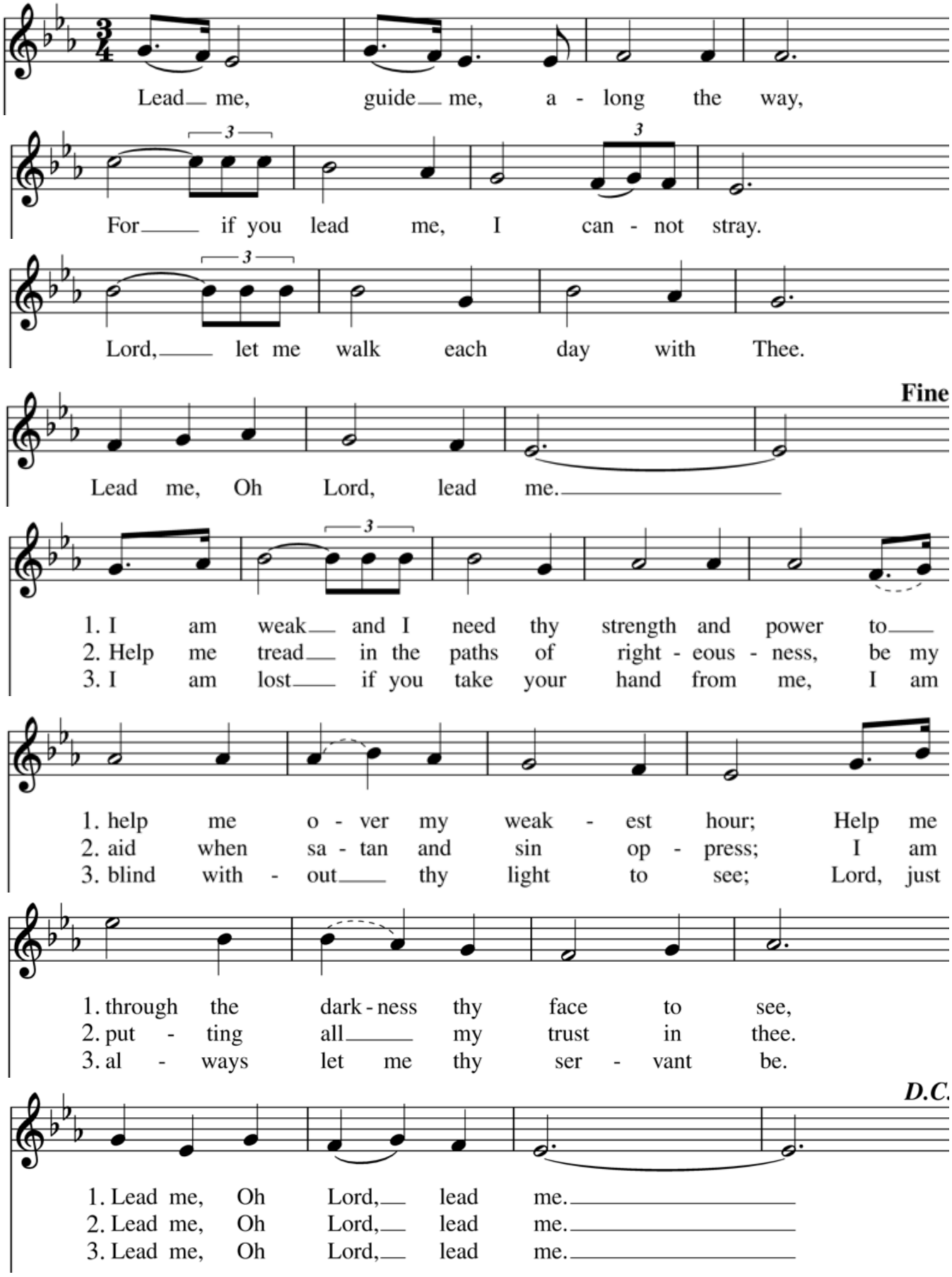
Announcements

Read Our Weekly Newsletter:

Final Blessing

When your soul whispers of its deepest longings, may you quiet yourself to listen. May you follow the path of yearning to the One alone who blends the uneven edges into a life of meaning. May you meet and be united with God and give thanks for the whispers that led you there. And the blessing of God, Lover, Beloved and Love Overflowing be with you this day and remain with you always. **Amen.**

Closing Song *Lead Me, Guide Me* LEVAS 194



The Dismissal

Presider Go in peace to love and serve the Lord.

People **Thanks be to God!**

Postlude

COMMUNICATION COVENANT

1. If we have a concern or issue that involves someone, we will discuss it with that person privately.

2. If someone has a concern or issue with another person and comes to us, we will send them to that person.

3. If someone is reluctant to speak to the person with whom they have a concern, we will offer to accompany him or her to see that person.

4. We will not interpret what others say or mean. (We will ask them if we are unclear of their intentions.)

5. If something is confidential, we will not share it with anyone. Exception: If you are aware that a) someone is going to physically harm someone else; b) someone is going to harm herself/himself; c) a child has been physically or sexually abused, please consult with the clergy.

6. We will not read or react to unsigned letters or notes.

7. We will not act on anonymous complaints brought by others.

8. We will not manipulate; We will not be manipulated. We will not let others try to manipulate others through us.

9. When in doubt, we will just say what is on our minds. The only dumb questions are the ones that are not asked.

10. When in disagreement, we will say it. We cannot resolve issues that are left unspoken. We cannot work together without mutual understanding and trust.

11. Our relationships with each other are the most important asset in our community. So, if we have a concern, we will pray and then, if led, speak up.

ST. THOMAS EPISCOPAL CHURCH

OUR WHY: To Lead With Love

We lead with love by:

- Being an inclusive, welcoming space for all.
- Seeking the holy in ourselves, each other, and the world
- Making a difference in our community

LEAD WITH LOVE

CORE VALUES

- ATTEND TO OUR SPIRITUAL LIVES
  Through prayer, spiritual practices and formation, we weave our relationship with the Holy into the fabric of our daily lives. Prayer and discernment guide ministries and worship will be guided by discernment and prayer. (Foundational)
- CHOOSE LOVE
  We act from love not fear; build bridges not walls. (Foundational)
- CREATE AND SUSTAIN COMMUNITY
  We gather and care for each other. We cultivate deep relationships. We prioritize our relationships with each other over the differences that separate us. (Foundational)
- WELCOME ALL
  All means all and all are welcome. We promote an inclusive culture by 1) fostering the skills to shift our cultural perspectives and appropriately adapt our behavior to bridge cultural differences; 2) cultivating the self-awareness and empathy needed to value difference in working toward equity. (Missional)
- HONOR DIVERSITY
  All are welcome. Our leadership, worship, music and ministry initiatives will reflect our diversity. (Missional)
- PROMOTE THE DIGNITY OF ALL
  Through formation, lobbying and other initiatives we prayerfully engage in social justice activities that promote and protect the dignity of all people. (Missional)
- CARE FOR CREATION
  We value our interdependence with creation and recognize our role as stewards. We incorporate practices that protect, sustain, and nourish our fragile earth and her inhabitants.
- ENGAGE OUR NEIGHBORHOOD
  We open our hearts and doors to our individual and church neighbors, strive to understand their needs and support them. (Missional)
- NURTURE THE NEXT GENERATION
  We offer, support and staff worship and formation opportunities for families and children. (Missional)
- CULTIVATE BEAUTY
  We tend to the beauty of our space, worship and music that evokes a sacred sense of awe, stillness and joy. (Missional)

Support the Ministries of St. Thomas!

Believe OUTLOUD™

THANK YOU! None of this would be possible without your financial support!
www.saintthomasdenver.org