

Welcome Home

St. Mark's Episcopal Church: A Community of Grace

We spread God's word, love like Jesus, enjoy worshipping together, and help our neighbors.

First Sunday in Lent, March 9, 2025

Join us for Easter, April 20, 2025

On the first Sunday in Lent the service begins with the Great Litany. The Great Litany includes an invocation of the Trinity; a series of deprecations which seek deliverance from evil, spiritual harm, and natural calamities; a series of obsecrations which plead the power of Christ's Incarnation, life, death, and resurrection for deliverance; and prayers of general intercession. During Lent, a seed pod shaker replaces the brass Sanctus bells; the brass cross and candle stands are covered; and we process with a simple wood cross.

Prelude and Welcome (10AM): Please remain seated.

O Sacred Head, Now Wounded

H. L. Hassler

The Great Litany: Spoken at 8AM; sung, 10AM (Hymnal S-67) - Please stand as you are able.
The "S" (or service music) hymns are in the front portion of the blue hymnal.

Holy God, Creator of heaven and earth. **Have mercy upon us.**



Have mer - cy up - on us.

Holy and Mighty, Redeemer of the world, **Have mercy upon us.**

Holy Immortal One, Sanctifier of the faithful, **Have mercy upon us.**

Holy, blessed and glorious Trinity, One God, **Have mercy upon us.**

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy preserve us, for ever. **Spare us, good Lord.**



Spare us, good Lord.

Welcome Home

We are glad you are here to join us for worship and to share in the inclusive, reckless, extravagant love of God. Please fill out a Connect Card; join us for refreshments after the service; and visit our website at stmarks-upland.org.

Children & Youth Have a Place Here

Children's Chapel for children ages 3-12 through Catechesis of the Good Shepherd and Godly Play takes place in the chapel next to the altar Sundays at 10 AM. Youth Group meets first and third Sundays at 11AM.

Good News

Lent Soup Supper Program, Bonhoeffer's "Life Together," Wednesdays, 6-8PM, St. Ambrose, Claremont to host 3/12; St. Paul's, 3/19; St. John's, 3/26; **St. Mark's, 4/2**, Christ Church, 4/9.

Confirmation & New Member Classes, March 9 & 23, at 9AM.

Lectio Divina (Bible Study) Tuesdays, 9AM in room 16. All welcome.

Lent Walk in Claremont; Book Club "The Water Dancer"; Irish Dancers, Potluck: Sat, March 15. Joshua Tree & Desert Journey; Red Cross Blood Drive: Sat, March 22.

Workdays, Rehearsals & Due Dates: Easter Vigil Readers, 3/16; Pew Moving, Sign Making, 4/6; Easter Good News articles, 4/7; Altar Guild & Palm Sunday Prep, 4/12; Easter Dedications, 4/13; Easter Singers, 4/15; Butterflies, Decorations & Flowers Prep, 4/18.

Holy Week: **Monday, 7PM; Tuesday, 7PM**; Wednesday Tenebrae, Holy Trinity, 7PM; Maundy Thursday, St. John's, 6PM; **All Night Online Prayer Vigil; Good Friday Stations of the Cross, 12N**; Good Friday, St. Paul's, 7PM; **Holy Saturday Workday, 9AM**; Easter Vigil, St. Ambrose, 7PM.

Today's Ministers

Music: Choir, Canon Serena B, David Wheatley

Readers: (8AM) Canon Serena B, Ralph M (10AM) Jim B, John F, Brandon H

Eucharistic Ministers & Acolytes: (8AM) Canon Serena B, (10AM) John F

Sextons: Larry S, Ed M

Digital Ministry: Paul S, Jim B

Altar Guild: Kay A, Cheryl H, Kathy W

Greeters & Ushers: Rosalyn & Greg F, Sola O, Cynthia B

Hospitality: Sharon & Ed M

Ablution Guild: Kathy B

Acknowledgements

Great Litany, Eucharistic Prayer: Enriching Our Worship; First Lesson, Psalms & Psalm translation: Wil Gafney; Prayers of the People: Planning for Rites and Rituals.

St. Mark's Episcopal Parish: A Community of Grace

Our Mission: To be a place where love and hope abound: we welcome everyone to our worship and communion, we help one another understand God and know Jesus, we nurture our community and the world, and we celebrate diversity and work for social justice.

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E-mail: parishadmin@stmarks-upland.org + Web: www.stmarks-upland.org

Facebook: Saint Mark's Episcopal Parish Upland, CA + Instagram: @stmarksupland

YouTube: Saint Mark's Episcopal Church Upland, CA

From all evil and mischief; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil intent, **Good Lord, deliver us.**



Good Lord, de - liv - er us.

From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws, **Good Lord, deliver us.**

From sins of body and mind; from deceits of the world, flesh and the devil, **Good Lord, deliver us.**

From famine and disaster; from violence, murder, and dying unprepared, **Good Lord, deliver us.**

By your ministry in word and work; by your mighty acts of power; by the preaching of your reign, **Good Lord, deliver us.**

By your agony and trial; by your cross and passion; by your precious death and burial, **Good Lord, deliver us.**

By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit, **Good Lord, deliver us.**

We beseech thee to hear us, O Lord, our God. **We beseech thee to hear us, good Lord.**



We beseech thee to hear us, good Lord.

Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will. **We beseech thee to hear us, good Lord.**

Give us boldness to preach the gospel in all the world, and to make disciples of all the nations. **We beseech thee to hear us, good Lord.**

Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim your word. **We beseech thee to hear us, good Lord.**

Give your people grace to witness to your word and bring forth the fruit of your Spirit. **We beseech thee to hear us, good Lord.**

Bring into the way of truth all who have erred and are deceived. **We beseech thee to hear us, good Lord.**

Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet. **We beseech thee to hear us, good Lord.**

Guide the leaders of the nations into the ways of peace and justice. **We beseech thee to hear us, good Lord.**

Give your wisdom and strength to Donald the President of the United States, and Gavin the Governor of this state, that in all things they may do your will, for your glory and the common good. **We beseech thee to hear us, good Lord.**

Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways of truth. **We beseech thee to hear us, good Lord.**

Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people. **We beseech thee to hear us, good Lord.**

Give us the will to use the resources of the earth to your glory and for the good of all. **We beseech thee to hear us, good Lord.**

Bless and keep all your people, **We beseech thee to hear us, good Lord.**

Comfort and liberate the lonely, the bereaved and the oppressed. **We beseech thee to hear us, good Lord.**

Keep in safety those who travel and all who are in peril. **We beseech thee to hear us, good Lord.**

Heal the sick in body, mind or spirit and provide for the homeless, the hungry and the destitute. **We beseech thee to hear us, good Lord.**

Guard and protect all children who are in danger. **We beseech thee to hear us, good Lord.**

Shower your compassion on prisoners, hostages, and refugees, and all who are in trouble. **We beseech thee to hear us, good Lord.**

Forgive our enemies, persecutors, and slanderers, and turn their hearts. **We beseech thee to hear us, good Lord.**

In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment,



Good Lord, de - liv - er us.

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation, **Good Lord, deliver us.**

Hear us as we remember those who have died and grant us with them a share in your eternal glory. **We beseech thee to hear us, good Lord.**



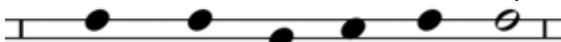
We beseech thee to hear us, good Lord.

Son of God, we beseech thee to hear us. **Son of God, we beseech thee to hear us.**



Son of God, we beseech thee to hear us.

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



Have mer-cy up-on 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.**



Grant us thy peace.

O Christ, hear us. **O Christ, hear us.**



O Christ, hear us.

Kyrie: Said at 8AM; sung at 10AM (Hymnal S-98)

Lord, have mercy upon us. **Christ, have mercy upon us.** Lord, have mercy upon us.

Lord, have mer - cy.
Lord, have mer - cy. Lord, have mer - cy.
Christ, have mer - cy. Christ, have mer - cy. Christ, have mer - cy.
Lord, have mer - cy. Lord, have mer - cy. Lord, have mer - cy.

Opening Acclamation

Blessed be God who forgives all our sins. **God's mercy endures for ever.**

Instructed Centering Prayer and the Collect of the Day: Please be seated.

God be with you. **And also with you.** Let us pray.

When the time is right the Collect of the Day then "collects" our individual thoughts and prayers. The community responds: **Amen.**

The Lessons

Genesis 2:7-9, 15-25; Psalm 104: 1-4, 10-15, 27-30; Romans 10:8b-13; Luke 4:1-13

First Testament

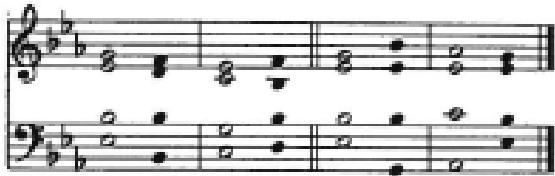
A reading from the book of Genesis.

Then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being. And the Lord God planted a garden in Eden, in the east; and there he put the man whom he had formed. Out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.

Hear what the Spirit is saying to God's people. **Thanks be to God.**

Psalm: Spoken at 8AM; Sung at 10AM

(8am) Let us say the psalm responsively by whole verse alternating between the reader and the community beginning with the reader.



¹ Bless the Fount of Life, O my / **soul**. *

Mother of All, my God, you are very great;

You don honor and / **majesty**.

² Wrapped in light as a / **garment**, *

you stretch out the heavens like a / **tent-curtain**.

³ She who lays on the waters the beams of her upper chambers,

she who makes the clouds her / **chariot**, *

she is the one who rides on the wings of the / **wind**.

⁴ She is the one who makes the winds her celestial / **messengers**, *

fire and flame her / **ministers**.

¹⁰ She is the one who makes springs gush forth in / **torrents**; *

they flow between the / **hills**.

¹¹ They give drink to every wild / **animal**; *

the wild donkeys slake their / **thirst**.

¹² By the torrents the birds of the heavens / **dwell**; *

among the branches they give / **voice**.

¹³ She is the one who waters the mountains

from her high / **chambers**;

the Earth is satisfied with the fruit of her / **work**.

¹⁴ She is the one who makes grass to grow for the cattle,

and vegetation for human / **labor**, *

to bring forth food from the / **earth**,

¹⁵ and wine to make the human heart rejoice,

with oil to make the face / **shine**, *

and bread to sustain the human / **heart**.

²⁷ All of these hope in / **you** *

to provide their food in due / **season**.

²⁸ You give it to them, they / **glean it**; *

you open your hand, they are well / **satisfied**.

²⁹ You hide your face, they are dis- / **mayed**; *

when you collect their breath,

they die and to their dust they re- / **turn**.

³⁰ You send forth your spirit, they are cre- / **ated**; *

and you renew the face of the / **Earth**.

New Testament

A reading from the Letter of Paul to the Romans.

"The word is near you, on your lips and in your heart"

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Hear what the Spirit is saying to God's people. **Thanks be to God.**

Sequence Hymn (10AM): Please stand as you are able.

Hymnal 150

Forty Days and Forty Nights

Aus der Tiefe ruhe ich

Gospel: Please stand as you are able.

The Holy Gospel of Our Savior Jesus Christ according to Luke. **Glory to you, Lord Christ.**

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written,

'Worship the Lord your God, and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written,

'He will command his angels concerning you, to protect you.'

and

'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

The Gospel of our Savior. **Praise to you, Lord Christ.**

Sermon: At the invitation of the preacher, please be seated.

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 became truly human. 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, who with the Father and the Son is worshiped and glorified, who 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 Peace: Please remain standing

The peace of Christ be always with you. And also with you.

Everyone's space and sensitivities are respected. When a person offers their elbow, fist, or a peace sign, we respond appropriately.

Announcements: Please visit our website for the latest weekly newsletter.

[The Good News \(stmarks-upland.org\)](http://stmarks-upland.org)

Offertory: Your contributions make a difference. Thank you for your generosity.

Make an online contribution to St. Mark's by visiting:

<https://tinyurl.com/5dsw728s>

For Zelle, use give@stmarks-upland.org.



Offertory Anthem (10AM): Please remain seated.

Come Sunday

Duke Ellington

The Choir Sopranos and Altos

Doxology & The Great Thanksgiving: Please stand as you are able.

All things come of thee, O God; **And of thine own have we given thee.**

The Lord be with you. **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.**

God of all power, Ruler of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time, you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By Christ's blood, we are reconciled. By Christ's wounds, we are healed.

And therefore, we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Sanctus: Said at 8AM; sung at 10AM (Hymnal S-128)

Holy, holy, holy Lord, God of power and might, Heaven and earth are full of your glory. Hosanna in the highest! Blessed is the one that comes in the name of the Lord. Hosanna in the highest!

The musical notation consists of five staves of music in common time, treble clef, and a key signature of one sharp (F#). The lyrics are integrated into the music, with each staff containing a portion of the hymn. The lyrics are as follows:

Ho - ly, ho - ly, ho - ly Lord, God of power and might, heaven 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.

And so, Almighty God, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed Jesus took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, Jesus took the cup of wine, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving, **We celebrate Christ's death and resurrection, as we await the day of his coming.**

Lord God of our holy and righteous fore-bearers; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

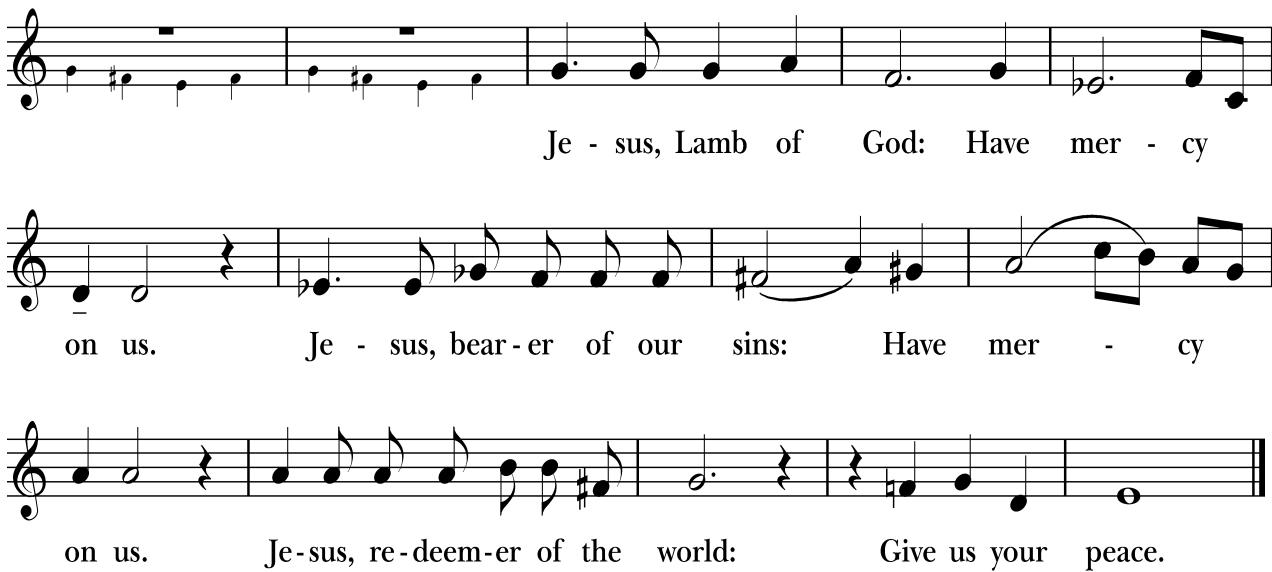
Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

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.

Fraction Hymn: Spoken at 8AM; sung at 10AM (Hymnal S-165)

(8 AM) Christ our Passover is sacrificed for us; **Therefore, let us keep the feast.**



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 of the world: Give us your peace.

We come to the altar and receive the bread with palms open. We ask the minister if we desire a gluten-free wafer. We receive the wine in a personal chalice. They are placed in the baskets by the pillars as we return to our seats. To receive a blessing, we cross our arms across our chest. It is the historic position of the church that communion is complete with just one of the elements. We let an usher know if we wish communion to be brought to us. The Bread and the Cup are given with these or similar words: The Body of Christ, the bread of heaven. **Amen.** The Blood of Christ, the cup of salvation. **Amen.**

Communion will be administered around the altar including the in front of the broad step and the sides at the altar rail. You may choose to kneel or stand at the altar rail. We are experimenting with a non-alcoholic option (grape juice) during Lent to be more hospitable for Easter.

Communion Hymn (10AM): Please remain seated.

Hymnal 343

Shepherd of Souls

St. Agnes

Sending Forth of Eucharistic Visitors: After the prayer the community responds: **Amen.**

Postcommunion Prayer: Please stand as you are able.

We thank you, gracious God, that you have fed us with your life, embraced us with your love, and filled us with your Spirit; 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, Creator, 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.

Blessing: After the blessing the community responds, **Amen.**

Mission Hymn (10AM)

Hymnal 530

Spread, O Spread, Thou Mighty Word

Gott sei dank

Dismissal: After the dismissal the community responds, **Thanks be to God.**

Postlude (10AM)

Little Fugue in G Minor BWV 578

J. S. Bach