

THE THIRD SUNDAY IN LENT

Service of Antecomunion

St. John's Episcopal Church

Ithaca, NY 14850

March 7, 2021 Year B

stjohnsithaca.org

Hymns can be found at the end of the bulletin.

Prelude Variations on *Wer nur den lieben Gott läßt walten* (If thou but trust in God to guide thee)
Georg Böhm (1661-1733)

Hymn Forty days and forty nights (*Aus der Tiefe rufe ich*) **Hymnal # 150**

Opening Acclamation

Blessed be God: Father, Son, and Holy Spirit.

And blessed be his kingdom, now and forever. Amen

Kyrie

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Hymnal # S-91

Collect of the Day

The Lord be with you.

And also with you.

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.*

First Lesson

Exodus 20:1-17

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your

daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

The Word of the Lord.

Thanks be to God.

Psalm 19

Caeli enarrant

- 1 The heavens declare the glory of God, *
and the firmament shows his handiwork.
- 2 One day tells its tale to another, *
and one night imparts knowledge to another.
- 3 Although they have no words or language, *
and their voices are not heard,
- 4 Their sound has gone out into all lands, *
and their message to the ends of the world.
- 5 In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.
- 6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.
- 7 The law of the Lord is perfect
and revives the soul; *
the testimony of the Lord is sure
and gives wisdom to the innocent.
- 8 The statutes of the Lord are just
and rejoice the heart; *
the commandment of the Lord is clear
and gives light to the eyes.
- 9 The fear of the Lord is clean
and endures for ever; *
the judgments of the Lord are true
and righteous altogether.
- 10 More to be desired are they than gold,
more than much fine gold, *

sweeter far than honey,
than honey in the comb.

- 11 By them also is your servant enlightened, *
and in keeping them there is great reward.
- 12 Who can tell how often he offends? *
cleanse me from my secret faults.
- 13 Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.
- 14 Let the words of my mouth and the meditation of my
heart be acceptable in your sight, *
O Lord, my strength and my redeemer.

Epistle

1 Corinthians 1:18-25

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise,
and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

The Word of the Lord.
Thanks be to God.

ANTHEM - Christ has no hands but ours - Hal Hopson, 1989

Christ has no hands but ours,
Ours are the eyes through which he sees the world.

Ours are the hands with which he heals, to offer health and food,
Ours are the feet with which he walks, to go to those in need.

Christ has no hands but ours,
Ours are the eyes through which he sees the world.

Ours are the ears with which he hears, to sense the burdened heart,
Ours are the lips with which he speaks, to sing a word of love.

Christ has no hands but ours,
Ours are the eyes through which he sees the world.

[Text by Saint Teresa of Avila, 1515-1582]

The Gospel of our Lord Jesus Christ according to John.

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.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Sermon**The Rev. Megan Castellan****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.

Prayers of the People: Form III

Father, we pray for your holy Catholic Church;
That we all may be one.

Grant that every member of the Church may truly and humbly serve you;
That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;
That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;
That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake;
That our works may find favor in your sight.

Have compassion on those who suffer from any grief or trouble;
That they may be delivered from their distress.

Give to the departed eternal rest.
Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;
May we also come to share in your heavenly kingdom.

For the special needs and concerns of our congregation, and especially for:

Theodore	Loraine	Lucy	Kathleen	Joan
Dhara	Edith	Carol	Wes	Jean
Lorraine	Pinky	Kathryn	Susan	Laura

For those celebrating the anniversary of their birth this week: Brian Richardson, Mary York, Shannon Dortch, John Jackson, Gabriel Miller, Nancy Ives, Sherry Smart, Charles Ciccone, Jane Ryan

The Lord's Prayer

BCP 364

Hymn: Rock of ages (*Toplady*)

Hymnal # 685

Peace

Dismissal

If you are attending in person services, read along with the recording, but **please do not sing!**

Lent

150

1 For - ty days and for - ty nights thou wast fast - ing in the wild;
2 Should not we thy sor - row share and from world - ly joys ab - stain,
3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!
4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;
5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.
2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?
3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!
4 round us, too, shall an - gels shine, such as min - is - tered to thee.
5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smyttan (1822-1870), alt.

Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654-1681), alt.;
harm. William Henry Monk (1823-1889)

77. 77

S 91

The Holy Eucharist I

Lord, have mercy upon us *Kyrie*

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

Setting: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968)

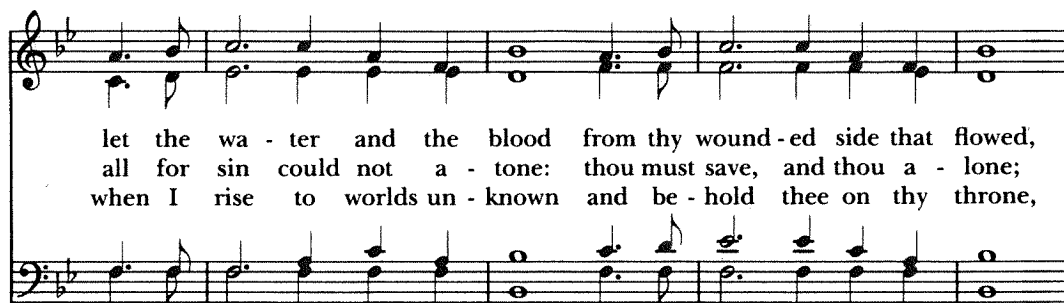
If you are attending in person services, read along with the recording, but **please do not sing!**

The Christian Life

685



1 Rock of a - ges, cleft for me, let me hide my-self in thee;
2 Should my tears for ev - er flow, should my zeal no lan - guor know,
3 While I draw this fleet-ing breath, when mine eye - lids close in death,



let the wa - ter and the blood from thy wound - ed side that flowed,
all for sin could not a - tone: thou must save, and thou a - lone;
when I rise to worlds un - known and be - hold thee on thy throne,



be of sin the dou - ble cure, cleanse me from its guilt and power.
in my hand no price I bring, sim - ply to thy cross I cling.
Rock of a - ges, cleft for me, let me hide my-self in thee.

Words: Augustus Montague Toplady (1740-1778), alt.
Music: *Toplady*, Thomas Hastings (1784-1872)

77. 77. 77



St. John's Church

210 North Cayuga Street, Ithaca NY (607)-273-6532 ~ www.stjohnsithaca.org office@stjohnsithaca.org

"Like" us on Facebook @ Saint John's Episcopal Church

The Rev. Megan Castellan, Rector

Matthew Sanaker, Sr. Warden

AnnMarie Hautaniemi, Parish Administrator

Karen A. Hindenlang, Director of Music/Organist

Cora Yao, Jr. Warden

Chuck Merrill, Weekday Sexton

Crawford R. Thoburn, Assisting Conductor

Office Hours: Monday thru Thursday 10-3

If you need pastoral assistance, or just want to reach out to Mtr. Megan, please call her at 315-757-0251, or e-mail mtrmegan@stjohnsithaca.org

MARCH 14th DIOCESAN-WIDE WORSHIP! On Sunday, March 14th at 10:00 a.m., Bishop DeDe Duncan-Probe will lead an online worship service for the entire Diocese. One year from the initial impact of the COVID-19 crisis, we will gather as one body to renew our baptismal and ordination vows and affirm our common call to ministry.

This diocesan service gives parish clergy and worship leaders an opportunity to take a Sunday Sabbath during the COVID-19 crisis.

Join via Zoom ([please register for the link](#)) or Facebook live (facebook.com/cnyepiscopal/live).

IN PERSON WORSHIP

March 21 we will be holding in person worship in the church at 10:30 am. Mask will be required with social distancing. Attendance is limited to 25 total congregants, including the Rector and lectors. Music will be pre-recorded, with no singing, although you will be able to hear the music in the church. Windows and doors will be open for greater air circulation (wear a coat!) If you would like to join us, please sign up [here](#).

ADULT ED Now that we have renovated Revelation, join us as we resurrect the Letter to the Romans! We will be reading "The Story of Romans: A Narrative Defense of God's Righteousness" by A. Katherine Grieb and reading the whole text of Romans. Email the office for the Zoom link. We start each Sunday at 9am!

WEDNESDAY SERIES This past year has been a rough one for everyone. Join us to hear how your fellow parishioners have dived deep into the treasures of their faith this year with Prayer Practices. Every Wednesday, we will hear from a different parishioner who will share the spiritual discipline that has made a difference in their life, and how you can discover it! Email the office for the Zoom link. Wednesdays in Lent at 6:30pm.

PICTURES, please! Images sought to accompany our music in worship. Send your photos to the church office; thank you.

CYBER CHOIR continues to serve as we enter Lent. Singers meet weekly on Zoom for 40 minutes, and then record themselves at their convenience with provided accompaniment. Equipment needed: ear buds or head phones and two devices (cell phone, iPad, tablet, laptop or PC), plus an adventurous spirit! Contact Karen through the church office for more info and Zoom Link.

If you would like to contribute to our ministries, you may [make a secure donation here](#). Thank you!

Sign up for our weekly newsletter [The Fledgling](#) by contacting the church office.

Please Join Us

Coffee Hour, today at 11:30 on zoom <https://zoom.us/j/91221585167>

Join us for Morning Prayer weekdays at 9:30 on [FaceBook](#) & [YouTube](#).

One License # A - 724223