

The First Sunday in Lent
St. John's Episcopal Church, Ithaca NY
26 February 2023 Year A
10:30 AM

* Indicates please stand

Prelude Reverie from *Suite Sebastienne*

Thomas H. Kerr (1915–88)

***Processional Hymn** Forty days and forty nights (*Aus der Tiefe rufe ich*)

Hymnal #150

***The Great Litany**

O God the Father, Creator of heaven and earth,
Have mercy upon us

O God the Son, Redeemer of the world,
Have mercy upon us.

O God the Holy Spirit, Sanctifier of the faithful,
Have mercy upon us.

O holy, blessed, and glorious Trinity, one God,
Have mercy upon us.

Remember not, Lord Christ, our offenses, nor the offenses of our forefathers; neither reward us according to our sins. 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.

From all evil and wickedness; from sin; from the crafts and assaults of the devil; and from everlasting damnation,
Good Lord, deliver us.

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice; and from all want of charity,
Good Lord, deliver us.

From all inordinate and sinful affections; and from all the deceits of the world, the flesh, and the devil,
Good Lord, deliver us.

From all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and commandment,
Good Lord, deliver us.

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine,
Good Lord, deliver us.

From all oppression, conspiracy, and rebellion; from violence, battle, and murder; and from dying suddenly and unprepared,
Good Lord, deliver us.

By the mystery of thy holy Incarnation; by thy holy Nativity and submission to the Law; by thy Baptism, Fasting, and Temptation,

Good Lord, deliver us.

By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension; and by the Coming of the Holy Ghost,

Good Lord, deliver us.

In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgment,

Good Lord, deliver us.

We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church Universal in the right way,

We beseech thee to hear us, good Lord.

That it may please thee to illumine all bishops, priests, and deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living, they may set it forth, and show it accordingly,

We beseech thee to hear us, good Lord.

That it may please thee to bless and keep all thy people,

We beseech thee to hear us, good Lord.

That it may please thee to send forth laborers into thy harvest, and to draw all mankind into thy kingdom,

We beseech thee to hear us, good Lord.

That it may please thee to give to all people increase of grace to hear and receive thy Word, and to bring forth the fruits of the Spirit,

We beseech thee to hear us, good Lord.

That it may please thee to bring into the way of truth all such as have erred, and are deceived,

We beseech thee to hear us, good Lord.

That it may please thee to give us a heart to love and fear thee, and diligently to live after thy commandments,

We beseech thee to hear us, good Lord.

That it may please thee so to rule the hearts of thy servants, the President of the United States, and all others in authority, that they may do justice, and love mercy, and walk in the ways of truth,

We beseech thee to hear us, good Lord.

That it may please thee to make wars to cease in all the world; to give to all nations unity, peace, and concord; and to bestow freedom upon all peoples,

We beseech thee to hear us, good Lord.

That it may please thee to show thy pity upon all prisoners and captives, the homeless and the hungry, and all who are desolate and oppressed,

We beseech thee to hear us, good Lord.

That it may please thee to give and preserve to our use the bountiful fruits of the earth, so that in due time all may enjoy them,

We beseech thee to hear us, good Lord.

That it may please thee to inspire us, in our several callings, to do the work which thou givest us to do with singleness of heart as thy servants, and for the common good,

We beseech thee to hear us, good Lord.

That it may please thee to preserve all who are in danger by reason of their labor or their travel,

We beseech thee to hear us, good Lord.

That it may please thee to preserve, and provide for, all women in childbirth, young children and orphans, the widowed, and all whose homes are broken or torn by strife,

We beseech thee to hear us, good Lord.

That it may please thee to visit the lonely; to strengthen all who suffer in mind, body, and spirit; and to comfort with thy presence those who are failing and infirm,

We beseech thee to hear us, good Lord.

That it may please thee to support, help, and comfort all who are in danger, necessity, and tribulation,

We beseech thee to hear us, good Lord.

That it may please thee to have mercy upon all mankind,

We beseech thee to hear us, good Lord.

That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy holy Word,

We beseech thee to hear us, good Lord.

That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts,

We beseech thee to hear us, good Lord.

That it may please thee to strengthen such as do stand; to comfort and help the weak-hearted; to raise up those who fall; and finally to beat down Satan under our feet,

We beseech thee to hear us, good Lord.

That it may please thee to grant to all the faithful departed eternal life and peace,

We beseech thee to hear us, good Lord.

That it may please thee to grant that, in the fellowship of St John all the saints, we may attain to thy heavenly kingdom,

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.

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,

Have mercy upon us.

O Lamb of God, that takest away the sins of the world,

Grant us thy peace.

O Christ, hear us.

O Christ, hear us.

***Kyrie**

Hymnal S-96

The Collect of the Day

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

The First Lesson

Genesis 2:15-17; 3:1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, “You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

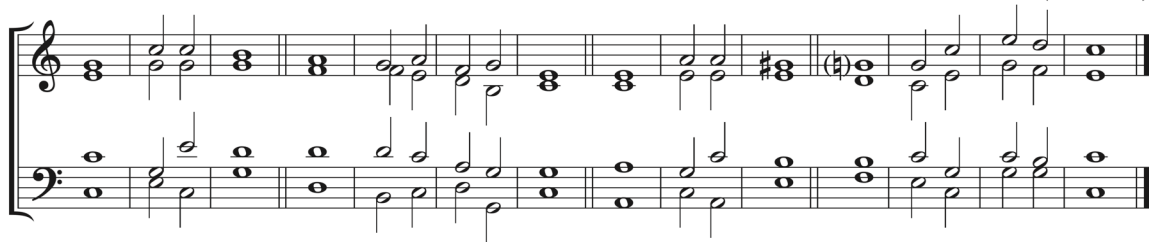
Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” The woman said to the serpent, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

The Word of the Lord.
Thanks be to God.

Psalm 32

Beati quorum

T. A. Walmisley
(1814–56)



- 1 Happy are they whose transgressions | are for- | given, *
and whose | sin is | put a- | way!
- 2 Happy are they to whom the LORD im- | putes no | guilt, *
and in whose | spirit · there | is no | guile!
- 3 While I held my tongue, my bones | withered · a- | way, *
because of my | groaning | all day | long.
- 4 For your hand was heavy upon me | day and | night; *
my moisture was dried up as | in the | heat of | summer.

5 Then I acknowledged my | sin to | you, *
and did | not con- | ceal my | guilt.

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

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

8 You are my hiding-place;
you preserve | me from | trouble; *
you surround me with | shouts | of de- | liverance.

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

10 Do not be like horse or mule, which have no | under- | standing; *
who must be fitted with bit and bridle,
or else | they will | not stay | near you."

11 Great are the tribulations | of the | wicked; *
but mercy embraces those who | trust | in the | LORD.

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

The Epistle Reading

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.

*Sequence Praise to the Holiest (*Newman*)

Hymnal #446

***The Gospel Reading**

Matthew 4:1-11

The Holy Gospel of our Lord Jesus Christ according to Matthew.

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.

The 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.

***The Prayers of the People**

Let us offer our prayers to God, who justified us through the death of his Son and rescued us from the disobedience of our forebears, as we respond, “Kyrie eleison.”

+ That as you led your people through the waters of the Red Sea and in the desert of their awakening, so lead us through this season of Lent into the unfolding gift of your divine imagination; let us pray.
Kyrie eleison.

+ For those who are preparing to receive rites of initiation at the Great Vigil of Easter and throughout the season of resurrection, that they may come to a deeper knowledge of the faith, and profess with their lips and with their lives the liberating joy of living a Christian life; let us pray.
Kyrie eleison.

+ For the courage to face our demons of confusion, desolation, and darkness, that through the agonizing quest for truth we may summon the faith and strength to put them to flight; let us pray.
Kyrie eleison.

+ For our country, the world, and all its leaders, that we may strive for the common good over personal gain, sharing territory and lands across tribal, religious, and ethnic divides, offering security to all, and honoring the image of God in those who differ from us; let us pray.
Kyrie eleison.

+ For Congress to renew Farm Bill programs that reduce the roughly one-third of all the food produced in the United States each year that goes to waste, and addresses the threat to food security posed by extreme weather.
Kyrie eleison.

+ For our absent sisters and brothers, that they may feel called to return to our community of faith, where we wait to welcome them with thanksgiving and joy; let us pray.
Kyrie eleison.

+ For all who have died and for all who are experiencing the many faces of loss, that they may know that nothing separates us from the love of God revealed through Christ Jesus; let us pray.
Kyrie eleison.

+ That we may be faithful in prayer, fasting, and the generous giving of alms, so that we may prepare our souls for the celebration of the Paschal Feast; let us pray.
Kyrie eleison.

With gratitude for God’s unfailing love and forgiveness, we add to these prayers.

For the special needs and concerns of this congregation, and especially for

Joan	Rebecca	Deb	Lorraine	Julianne
Richard	Strater	Allison	Edith	Faicia
Shirley	Penny	Elizabeth	Kathryn	Jim
Wes	Peter	Katie	Ruth	Eleanor
Charles	Dave	Theodore	Frank	Bob
Dick	Cece	Carol	Jack	

For those celebrating the anniversary of their birth this week:
Monica VanFleet, Jane Ryan, Susan Dale-Hall, Dani Wassink

Confession Of Sin

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.*

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.*

*The Peace

Please remain in your pew. Wave!

The peace of the Lord be always with you.

And also with you.

Announcements & Welcome

Offertory Sentence

Anthem Lord for thy tender mercy's sake Richard Farrant or John Hilton (late 16th Century)

Lord, for thy tender mercy's sake lay not our sins to our charge,
But forgive that is past, and give us grace to amend our sinful lives:
To decline from sin and incline to virtue,
That we may walk in a perfect heart before thee now and evermore.

***Presentation Hymn** Wherefore, O Father (*Lobe den Herren*)

Hymnal # 338

***The Great Thanksgiving**

Expanded Language Prayer A

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 our thanks and praise.

Celebrant: *continuing:* Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

Holy, holy, holy (*Sanctus*)

Hymnal #S-130

Holy and gracious God: In your infinite love you made us for yourself; and when we had fallen into sin and became 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 maker of all.

Jesus 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 Savior 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, Jesus 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, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's 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 Christ.

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 Jesus Christ our Savior. By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and forever. **Amen.**

The Lord's Prayer

Fraction Anthem Lamb of God (*Agnus Dei*)

Hymnal #S-164

The Communion of the People

All people are invited to the Lord's Table.

Eucharist will be distributed in the center aisle. Please come forward in a single line to receive.

You may either intinct your wafer in the small chalice, or you may drink from the larger common chalice after consuming the wafer.

Please replace your mask after receiving the sacrament.

Gluten-free wafers are available upon request.

Communion Music Have mercy upon me

George A. MacFarren (1813–87)

Have mercy upon me, O God, according to thy loving kindness;
According to the multitude of thy tender mercies, blot out my transgressions.
Wash me thoroughly from mine iniquities, and cleanse me from my sins.
(Ps 51, vv1-2)

Post Communion Prayer

*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.*

Blessing

***Recessional** Jesus, Lover of my soul (*Aberystwyth*)

Hymnal #699

Dismissal

Postlude Elegy

William Grant Still (1895–1978)

Liturgical Ministers: Jeff Bowen, Amber Massa, Sally Clayton

Acolyte: Chris Way

Virtual Vergers: Ben Dean, Amber Massa

St. John's extends a warm welcome to visitors!

May you experience the Lord's presence during worship. Please fill out a visitor card and place it in the offering plate and stay for coffee in the parish hall after the service.

LARGE PRINT EDITIONS OF THE SERVICE ARE AVAILABLE IN THE NARTHEX

Permission to podcast/stream the music in this service obtained from **One License** with license # **A – 724223**

First Sunday of Lent 26 February 2023

Forty days and forty nights Hymnal # 150

1. Forty days and forty nights
thou wast fasting in the wild;
forty days and forty nights
tempted, and yet undefiled.

2. Should not we thy sorrow share
and from worldly joys abstain,
fasting with unceasing prayer,
strong with thee to suffer pain?

3. Then if Satan on us press,
Jesus, Savior, hear our call!
Victor in the wilderness,
grant we may not faint or fall!

4. So shall we have peace divine:
holier gladness ours shall be;
round us, too, shall angels shine,
such as ministered to thee.

5. Keep, O keep us, Savior dear,
ever constant by thy side;
that with thee we may appear
at the eternal Eastertide.

Praise to the Holiest in height Hymnal # 446

1 Praise to the Holiest in the height,
and in the depth be praise;
in all his words most wonderful,
most sure in all his ways!

2 O loving wisdom of our God!
When all was sin and shame,
a second Adam to the fight
and to the rescue came.

3 O wisest love! that flesh and blood,
which did in Adam fail,
should strive afresh against the foe,
should strive, and should prevail:

4 and that the highest gift of grace
should flesh and blood refine;
God's presence and his very self,
and essence all-divine.

5 Praise to the Holiest in the height,
and in the depth be praise;
in all his words most wonderful,
most sure in all his ways!

Wherefore, O Father Hymnal # 338

1 Wherefore, O Father, we thy humble servants
here bring before thee Christ thy well-beloved,
All-perfect Offering, sacrifice immortal,
spotless oblation.

2 See now thy children, making intercession
through him our Savior, Son of God incarnate,
for all thy people, living and departed,
pleading before thee.

Jesus, Lover of my soul Hymnal #699

1 Jesus, Lover of my soul,
let me to thy bosom fly,
while the nearer waters roll,
while the tempest still is high:
hide me, O my Savior, hide,
till the storm of life be past;
safe into the haven guide,
O receive my soul at last.

2 Other refuge have I none,
hangs my helpless soul on thee;
leave, ah! leave me not alone,
still support and comfort me!
All my trust on thee is stayed;
all my help from thee I bring;
cover my defenseless head
with the shadow of thy wing.

3 Plenteous grace with thee is found,
grace to cleanse from every sin;
let the healing streams abound,
make and keep me pure within.
Thou of life the fountain art,
freely let me take of thee:
spring thou up within my heart,
rise to all eternity.



St. John's Church
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"Like" us on facebook @ Saint John's Episcopal Church

Office Hours Monday thru Thursday 10–3

The Rev. Megan Castellan, Rector

Gwen Freeman, Senior Warden
Parish Administrator, Cathy Wagner
Director of Music/Organist, Dr. Anna Stepler

Beverly Way, Junior Warden
Chuck Merrill, Weekday Sexton

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.

If you would like to contribute to our ministries, you may make a secure donation at <https://stjohnsithaca.org/donate/>. Thank you!

Sign up for our weekly newsletter The Fledgling by contacting the church office.

Please Join Us:

Coffee Hour has resumed in the Parish Hall following the service. Please continue to wear your mask when you are not actively eating or drinking.

Morning Prayer Monday–Thursday at 9:30 on Facebook and YouTube.

Forward Day by Day for **February**, **March**, and **April** is available on the table in the rear of the church.

Flowers: If you wish to give candles or Sunday flowers in memory of a loved one, please call the church office (607-273-6532).

