



The First Sunday in Lent

5 March A.D. 2017

11:15 a.m. Holy Eucharist

(The Rev.) Randy Lord-Wilkinson, *Rector*
The Rev. Javier García Ocampo, *Assistant to the Rector*
Jason Cutshall, *Seminarian*
Jerrold Tidwell, *Minister of Music*

Welcome to Ascension!

For more information about our community, fill out a welcome card, found at either end of the pews, or take one of our welcome packets from one of the members of the Welcome Team or the table next to the Church Office door.

We meet for coffee, tea, and snacks in the Narthex after each service.

The Nursery in Room 2 is open from 8:30 a.m. to 12:30 p.m.

Within the bulletin, the people read the parts in bold print

Welcome and Announcements

Gather 508

Guide My Feet

The Lord is here.

God's Spirit is with us.

Let us pray.

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

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

The LORD God took the human and settled him in the garden of Eden to farm it and to take care of it. The LORD God commanded the human, "Eat your fill from all of the garden's trees; but don't eat from the tree of the knowledge of good and evil, because on the day you eat from it, you will die!" The snake was the most intelligent of all the wild animals that the LORD God had made. He said to the woman, "Did God really say that you shouldn't eat from any tree in the garden?" The woman said to the snake, "We may eat the fruit of the garden's trees but not the fruit of the tree in the middle of the garden. God said, 'Don't eat from it, and don't touch it, or you will die.'" The snake said to the woman, "You won't die! God knows that on the day you eat from it, you will see clearly and you will be like God, knowing good and evil." The woman saw that the tree was beautiful with delicious food and that the tree would provide wisdom, so she took some of its fruit and ate it, and also gave some to her husband, who was with her, and he ate it. Then they both saw clearly and knew that they were naked. So they sewed fig leaves together and made garments for themselves.

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

Thanks be to God.

Gather 288

Tree of Life

The Holy Gospel of our Lord Jesus Christ according to Matthew [4:1-11]

Glory To You, Lord Christ.

Then the Spirit led Jesus up into the wilderness so that the devil might tempt him. After Jesus had fasted for

forty days and forty nights, he was starving. The tempter came to him and said, "Since you are God's Son, command these stones to become bread." Jesus replied, "It's written, *People won't live only by bread, but by every word spoken by God.*" After that the devil brought him into the holy city and stood him at the highest point of the temple. He said to him, "Since you are God's Son, throw yourself down; for it is written, *I will command my angels concerning you, and they will take you up in their hands so that you won't hit your foot on a stone.*" Jesus replied, "Again it's written, *Don't test the Lord your God.*" Then the devil brought him to a very high mountain and showed him all the kingdoms of the world and their glory. He said, "I'll give you all these if you bow down and worship me." Jesus responded, "Go away, Satan, because it's written, *You will worship the Lord your God and serve only him.*" *The devil left him, and angels came and took care of him.*

The Gospel of the Lord
Praise to you, Lord Christ.

Meditation

(The Rev.) Randy Lord-Wilkinson

The Affirmation of Faith*

You, O God, are supreme and holy,
You create our world and give us life.
Your purpose overarches everything we do.
You have always been with us.
You are God.

You, O God, are infinitely generous,
Good beyond all measure.
You came to us before we came to you.
You have revealed and proved
Your love for us in Jesus Christ,
Who lived and died and rose again.
You are with us now.
You are God.

You, O God, are Holy Spirit.
You empower us to be your gospel in the world.
You reconcile and heal; you overcome death.
You are our God. We worship you.

The Prayers of the People

Prayers are invited, either silently or aloud. After each spoken prayer, a gong will sound.

Concluding Prayer

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.*

Gather 610

Without Seeing You

*From *A New Zealand Prayer Book*, p. 481

The Great Thanksgiving

The Lord is here.

God's Spirit is with us.

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.

*It is right indeed to give you thanks most loving God, through Jesus Christ, our Redeemer, the first born from the dead, the pioneer of our salvation, who is with us always, one of us, yet from the heart of God.

For with your whole created universe, we praise you for your unfailing gift of life. We thank you that you make us human and stay with us even when we turn from you to sin.

God's love is shown to us: While we were yet sinners, Christ died for us.

In that love, dear God, righteous and strong to save, you came among us in Jesus Christ, our crucified and living Lord. You make all things new. In Christ's suffering and cross you reveal your glory and reconcile all peoples to yourself, their true and living God.

In your mercy you are now our God. through Christ you gather us, new-born in your Spirit, a people after your own heart. We entrust ourselves to you, for you alone do justice to all people, living and departed.

Now is the acceptable time, now is the day of salvation.

Therefore with saints and martyrs, apostles and prophets, with all the redeemed, joyfully we praise you and sing:

Celebrant and People

Gather 168

Sanctus

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and
might, heav'n 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. Ho - san - na in the high - est!

The Celebrant continues

All glory to you, Giver of life sufficient and full for all creation. Accept our praises, living God, for Jesus Christ, the one perfect offering for the world, who in the night that he was betrayed, took bread, and when he had given thanks, broke it, gave it to his disciples, and said: Take, eat, this is my body which is given for you; do this to remember me.

After supper he took the cup; 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, to forgive sin. Do this as often as you drink it to remember me.

Therefore, God of all creation, in the suffering and death of Jesus our redeemer, we meet you in your glory. We lift up the cup of salvation and call upon your name. Here and now, with this bread and wine, we celebrate your great acts of liberation, ever present and living in Jesus Christ, crucified and risen, who was and is and is to come.

Amen! Come Lord Jesus.

May Christ ascended in majesty be our new and living way, our access to you, Father, and source of all new life. In Christ we offer ourselves to do your will.

Empower our celebration with your Holy Spirit, feed us with your life, fire us with your love, confront us with your justice, and make us one in the body of Christ with all who share your gifts of love.

Through Christ, in the power of the Holy Spirit, with all who stand before you in earth and heaven, we worship you, Creator God. Amen.

*As our Savior Christ has taught us,
we are bold to say:*

**Our Father in heaven,
holy is 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.**

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

**Eternal Spirit,
Earth-Maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all.
Loving God, in whom is heaven:**

**The hallowing of your name echoes through the universe!
The way of your justice be followed by the peoples
of the world!**

**Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth.**

**With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.**

**For you reign in the glory of the power that is love,
now and forever. Amen.**

From A New Zealand Prayer Book, p. 181

The Celebrant breaks the consecrated Bread, and a period of silence is kept.

We break this bread to share in the Body of Christ.

People: **We who are many are one body, for we all share in the one bread.**

Facing the people, the Celebrant says the following Invitation

The Gifts of God for the People of God. Take them in remembrance that Christ died and lives in you, and feed on him in your hearts by faith, with thanksgiving.

The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people.

The Bread and the Cup are given with these words

The Body of Christ, the bread of heaven.

The Blood of Christ, the cup of salvation.

Administration of the Sacrament: All are welcome to the Lord's Table at Ascension. To receive communion, come to the communion station. Receive the bread in the palm of your hand. Eat the bread and then drink from the cup when it is offered to you, or you may hold the bread and dip it into the wine when the cup is offered to you. Gluten-free wafers are also available. Make your need known to the Clergy by holding up three fingers. If you wish to receive a blessing rather than receive communion, please join in the movement to the communion station and cross your arms over the front of your chest - this will alert the Clergy of your desire to be blessed. If you need communion brought to you please let a member of the Welcome Team know.

Healing Prayers: If you would like to receive the laying on of hands for healing for yourself or another, go to the prayer annex to the right of the pulpit after receiving communion. A healing minister will be there to pray with you.

When there is a Eucharistic Visitor present

Celebrant We send you forth bearing these holy gifts that those whom you visit may share with us in the communion of Christ's body and blood.

People **We who are many are one body because we all share one bread and one cup.**

Let us pray.

God of all, we give you thanks and praise, that when we were still far off you met us in Jesus and brought us home. Dying and living, he declared your love, gave us grace and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world. Amen.

Gather 433

On Eagle's Wings

The Peace

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

Pray for Comfort, Healing, Courage, and Hope:

We pray for all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, especially Sandy Boynton, Monica Koenig Caphart, John Carman, Diane Goldman, Dotty Pfadenhauer, Sarah Rubin, Wilma Joyce Ruppel, Roz Silver-Marcotte, Proscovia Senkeeto and Suzanne Winterhalter.

We pray for peace in the world and all who are serving our country here and abroad, especially those in harm's way, and their families.

Equip us and empower us to be witnesses to your love – as advocates and as servants, as ministers of welcome and of hope for refugees and all affected by natural disasters, violence, and war.

We pray for all special intentions, and those on our extended Healing Prayer List.

PERMISSIONS

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Worship Leaders

	Today	Next Sunday
Readers	7:45 a.m. Jason Cutshall 9:00 a.m. Chris Ruggeri Carleton MacDonald 11:15 a.m. Alex Langley	Jean Cohn Gary McLaughlin Susan McLaughlin Sarah Rubin
Prayers	7:45 a.m. Jason Cutshall 9:00 a.m. John Pruessner	Jean Cohn Barbara Mansfield
Chalicians	7:45 a.m. David Burton Leslie Sanya 9:00 a.m. Jake Yalley-Ogunru Winsome Palmer 11:15 a.m. Anika Lalmansingh Laura Shay	Wadai Dennis Enid Cole Jason Cutshall Esther Tellu Peg Ruppel Georgana Maines
Healing Prayer Ministers	7:45 a.m. Jason Cutshall 9:00 a.m. Major Clemens 11:15 a.m. Sarah Rubin	Janet King Randy Lord-Wilkinson Alex Langley
Acolytes	7:45 a.m. Ron Hayden Aidan Douglas 9:00 a.m. Bob Waters Alfred Wasikye Lisa Dickson	Raymond Chin Aidan Douglas Nuelle Johnson Manny Johnson Kofi Kwamena-Poh
Welcome Team	7:45 a.m. Wadai Dennis Janet King 9:00 a.m. Esther Allotey-Taylor Bev Stennett Christine Kroma Josephine Clarke 11:15 a.m. Sciou Broderick Peedy Terry Emmanuel Nwankwo	Don Cohn Jean Cohn Dorett Sutherland James Black Jonathan Black Avin Lalmansingh Karl Didavi Clark Didavi
Altar Guild	7:45 a.m. Enid Cole Mardia Dennis 9:00 a.m. TBA 11:15 a.m. Anika Lalmansingh Avin Lalmansingh	Leslie Sanya Wadai Dennis TBA Laura Shay
Song Leader	11:15 a.m. Alice Benson	Betsy Hasegawa
Hospitality Angels	7:45 a.m. Peter Maroulis 9:00 a.m. Michelle Wood 11:15 a.m. Penelope Cudjoe	David Burton Nathalie Scott Anthony Lalmansingh
Altar Guild Unscheduled Services	7:45 a.m. Team	9:00 a.m. Team
Eucharistic Visitor	Randy Lord-Wilkinson	Javier Ocampo
Flower Delivery	Esther Sawyer Adoma Baffoe	Alice Padmore Esther Sawyer

Leadership at Ascension

Clergy

The Rev. Randy Lord-Wilkinson, *Rector*
The Rev. Javier García Ocampo, *Assistant to the Rector*
Jason Cutshall, *Seminarian*

Musicians

Jerrold Tidwell, *Minister of Music*
Howard Hanson, *Musician, Service for Families with Small Children at 10:15 a.m.*
Samuel Munguia, *Musician, Spanish Language Service at 11:00 a.m.*
Eric O'Loughlin, *Musician, 5:00 p.m. Service*

Wardens

Betsy Hasegawa, *Senior Warden*
Janet King, *Junior Warden*

Vestry

2017: Denise Lionetti, Najma Stubblefield, Paul Whitmore
2018: Avin Lalmansingh, Gary McLaughlin, Berenice Rodriguez
2019: Rose Buck, Zadinga Ogada, John Pruessner
Sari Stoddard, *Clerk of the Vestry*
Howard Holland, *Treasurer*

Ministry Area Leaders

Megan Didavi, *Christian Formation for Children*
Angie Hight-Walker, *Christian Formation for Youth*
Ted Bedell, *Facilities*
Howard Holland, *Finance*
Paul Boynton, *Mission*
Randy Lord-Wilkinson, *Pastoral Care*
Jean Cohn, *Personnel*
Carleton MacDonald, *Worship*

Delegates to Diocesan Convention

Kristen Keating, Carleton MacDonald, Sue Snay
Alternate: Mardia Dennis

Staff

Kathy Van Arnum, *Parish Administrator*
Eleni Hailu, *Media Specialist*
Brenda Alvarez, *Nursery Attendant*

