



The First Sunday in Lent

5 March A.D. 2017

7:45 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

♦ Please silence your audible devices ♦

THE WORD OF GOD

Bless the Lord who forgives all our sins.
His compassion endures forever.

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.

Lord, have compassion upon us.
Christ, have compassion upon us.
Lord, have compassion upon us.

The Lord be with you.
And also with you.
Let us pray.

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.

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.

Happy are they whose transgressions are forgiven,
and whose sin is put away!

Happy are they to whom the Lord imputes no guilt,
and in whose spirit there is no guile!

While I held my tongue, my bones withered away,
because of my groaning all day long.

For your hand was heavy upon me day and night;
my moisture was dried up as in the heat of summer.

Then I acknowledged my sin to you,
and did not conceal my guilt.

I said, "I will confess my transgressions to the Lord."
Then you forgave me the guilt of my sin.

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

You are my hiding-place;
you preserve me from trouble;
you surround me with shouts of deliverance.

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

Do not be like horse or mule, which have no understanding;
who must be fitted with bit and bridle,
or else they will not stay near you."

Great are the tribulations of the wicked;
but mercy embraces those who trust in the Lord.

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

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.

Sermon

(The Rev.) Randy Lord-Wilkinson

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.
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 VI

The Leader and People pray responsively

In peace, we pray to you, Lord God.

Silence

For all people in their daily life and work;
For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;
For all who work for justice, freedom, and peace.

For the just and proper use of your creation;
For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;
For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;
For all who proclaim the Gospel, and all who seek the Truth.

For Michael our Presiding Bishop, Mariann our Bishop, Randy and Javier, our clergy, Jason, our seminarian, and all
bishops and other ministers;
For all who serve God in his Church.

For the special needs and concerns of this congregation. You may add your own prayers at this time silently or aloud.

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.

Hear us, Lord;
For your mercy is great.

We thank you, Lord, for all the blessings of this life. You may offer your own prayers of thanksgiving at this time.

We will exalt you, O God our King;
And praise your Name for ever and ever.

We pray for all who have died, that they may have a place in your eternal kingdom.

Silence

The People may add their own petitions

Lord, let your loving-kindness be upon them;
Who put their trust in you.

We pray to you also for the forgiveness of our sins.

All kneel. Silence may be kept.

Leader and People

**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.**

The Celebrant alone stands and says

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

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

Announcements

Please stand at the presentation of the money and food offerings.

HOLY COMMUNION

Eucharistic Prayer A

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 God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

**Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

You may stand or kneel during the Eucharistic Prayer.

The Celebrant continues

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become 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 Father of all.

He 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 Lord 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 he 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:

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

The Celebrant continues

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his 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 him. 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.

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

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.

*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.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

The Lord's Prayer The Breaking of the Bread

Christ our Passover is sacrificed for us.
Therefore let us keep the feast.

***Administration of the Sacrament:** All are welcome to the Lord's Table at Ascension. To receive communion, come to the communion station at the direction of the Welcome Team. 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 beside the pulpit after receiving communion. A healing minister will be there to pray with you.*

When there is a Eucharistic Visitor present

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.

Prayer after Communion

Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
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, Father, 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.

The Blessing

Life is short, and we do not have too much time
to gladden the hearts of those who travel the way with us.
So be swift to love, and make haste to be kind.
And may the blessing of the one who made us,
who journeys with us,
who breathes us into life moment by moment,
Creator, Christ, and Holy Spirit,
be upon you
this day and always.
Amen.

Go in peace to love and serve the Lord.
Thanks be to God.

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