



The First Sunday in Lent
March 1, 2020
8:00 a.m. Holy Eucharist

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 a member of the Welcome Team or the table by the Church Office door.

Please silence your audible devices.

Beginning ten minutes before the service, please help us create a contemplative space by refraining from cell phone use or loud conversation.

*Within the service, the people read the parts in **bold print**.*

The Entrance Rite

Celebrant Bless the Lord who forgives all our sins.

People **His mercy endures for ever.**

The Decalogue

Hear the commandments of God to his people: I am the Lord your God who brought you out of bondage. You shall have no other gods but me.

Amen. Lord have mercy.

You shall not make for yourself any idol.

Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.

Amen. Lord have mercy.

Remember the Sabbath Day and keep it holy.

Amen. Lord have mercy.

Honor your father and your mother.

Amen. Lord have mercy.

You shall not commit murder.

Amen. Lord have mercy.

You shall not commit adultery.

Amen. Lord have mercy.

You shall not steal.

Amen. Lord have mercy.

You shall not be a false witness.

Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbor.

Amen. Lord have mercy.

Celebrant:

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these." *Mark 12:29-31*

Celebrant

Let us confess our sins against God and our neighbor.

Silence may be kept.

Minister 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.

Celebrant:

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.

Kyrie eleison

Lord have mercy upon us.

Christ have mercy upon us.

Lord have mercy upon us.

The Collect for the Day

Priest The Lord be with you.

People **And also with you.**

Priest Let us pray.

Priest and People

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 people sit.

The Word of God

The First Reading

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

Reader A reading from Genesis.

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.

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

Psalm 32 *Read responsively*

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 people stand.

The Gospel

Matthew 4:1-11

Gospeller The Holy Gospel of our Lord Jesus Christ according to Matthew.
People **Glory be to thee, O Lord.**

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.

Gospeller The Gospel of the Lord.
People **Praise be to thee, O Christ.**

The people are seated at the invitation of the preacher.

Sermon

The Rev. Javier G. Ocampo

The Nicene Creed

Priest and People

**I believe in one God,
the Father Almighty,
maker of heaven and earth,
and of all things visible and invisible;**

**And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father;
by whom all things were made;
who for us and for our salvation came down from
heaven, and was incarnate by the Holy Ghost of the
Virgin Mary,
and was made man;
and was crucified also for us under Pontius Pilate;
he suffered and was buried;**

**and the third day he rose again according to the
Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father;
and he shall come again, with glory,
to judge both the quick and the dead;
whose kingdom shall have no end.**

**And I believe in the Holy Ghost the Lord, and Giver
of Life,
who proceedeth from the Father;
who with the Father and the Son together is
worshiped and glorified;
who spake by the Prophets.**

**And I believe one holy Catholic and Apostolic
Church;
I acknowledge one Baptism for the remission of
sins; and I look for the resurrection of the dead,
and the life of the world to come. *Amen.***

The 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; especially Michael, our Presiding Bishop, Mariann and Chilton, our Bishops, and Javier and Eugene, our clergy.
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.

Let us pray for our own needs and those of others.

Silence

The People may add their own petitions.

We pray for comfort, healing, courage, and hope for **Samuel Tellu, Sciou Broderick, Marcia Noble, Eduardo Rincon, Warren Porter, Sue Jenkins, Olive Rivera, Judy Conroy, Doris Chin, Jean Cohn, Johnetta Mars-Gibson, Neville Barr, Susan McLaughlin, Amy VanDalinda, Clint Miller, Roger LeCompte, Peg Ruppel, José Ortiz, Lin Keene** and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, as well as those on our extended healing prayer list.

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.

All say the prayer for Ascension:

God of all, we offer thanks to you for this our parish, Church of the Ascension, as we gather here together in your name. Bless us with remembrance of those who founded this parish, erected the walls, and provided the space we have today. We pray that we may continue their work with perseverance and faithfulness to become a truly One Ascension for this community. We pray for strength, steadfastness, and vision for Padre Javier on his journey as our Rector. Guide us as we walk the way with him. We pray that the path we take together and the light that shows us the way are your own. In Jesus' name we pray. Amen.

Celebrant: Lord, hear the prayers of thy people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your Name; through Jesus Christ our Lord. Amen.

The Peace

Celebrant: The peace of the Lord be always with you.

People: **And also with you.**

Announcements

Offertory Sentence

Celebrant: If you are offering your gift at the altar, and there remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. *Matthew 5:23, 24*

The Holy Communion

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 him thanks and praise.**

Celebrant

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 his blood, he reconciled us.

By his 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

**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.

The people kneel or stand; the Celebrant continues.

And so, Father, 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 he 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, he 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 his death and resurrection,
as we await the day of his coming.**

Lord God of our Ancestors; God of Abraham, Isaac, and Jacob; God of Sarah, Rebecca, Rachel and Leah; 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.**

Celebrant:

And now as our Savior Christ has taught us, we are bold to say:

Celebrant and People:

**Our Father in heaven,
hallowed be 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.**

The Celebrant breaks the consecrated Bread.

Anthems at the Breaking of Bread

Celebrant: My flesh is food indeed, and my blood is drink indeed, says the Lord.

People: **My flesh is food indeed, and my blood is drink indeed, says the Lord.**

Celebrant: Those who eat my flesh and drink my blood dwell in me and I in them.

People: **My flesh is food indeed, and my blood is drink indeed, says the Lord.**

A period of silence is kept.

Celebrant: The gifts of God for the people of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

The people sit.

Administration of the Sacrament: All are welcome to the Lord's Table at Ascension. To receive communion, come to a 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 cross your arms on 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.

Prayer after Communion

The people kneel or stand.

Celebrant Let us pray.

Celebrant and People: **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.**

Celebrant: Bow down before the Lord.

The people kneel and the Presider says

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice forever in the protection of your loving providence; through Christ our Lord. Amen

The people stand.

Dismissal

Celebrant

Let us bless the Lord.

People

Thanks be to God.

Worship Leaders

| | Today | Next Sunday |
|-------------------------------------|---|--|
| Readers | 8:00 am David Burton 10:00 am Meredith Horan Claire Morin | Peg Donnellon Anne Brink Karl Didavi |
| Prayers of the People | 8:00 am David Burton 10:00 am David Mitchell | Peg Donnellon Sue Snay |
| Chalicians | 8:00 am David Burton Edna Leake 10:00 am Jake Yalley-Ogunro Winsome Palmer | Wadai Dennis Sharon Hayden Adoma Baffoe Peg Ruppel |
| Healing Prayer Ministers | 8:00 am Marcia Noble 10:00 am Susan McLaughlin | Karen Olsen Barb Mansfield |
| Acolytes | 8:00 am Ray Chin Isa Noble 10:00 am Monty Petersen Roberta Taylor Emmanuel Chukwurah | Ron Hayden Aidan Douglas Monty Petersen Hallie Porter Aaron Lalmansingh |
| Welcome Team | 8:00 am Janet King Florence Sirleaf 10:00 am Dorett Sutherland Jonathan Black James Black Emmanuel Chukwurah | Frank Sanya Florence Sirleaf Avin Lalmansingh Karl Didavi Clark Didavi Emmanuel Nwankwo |
| Altar Guild | 8:00 am Wadai Dennis Leslie Sanya 10:00 am Anika Lalmansingh Avin Lalmansingh | Michelle Wood Georgette Dennis Georgana Maines |
| Hospitality Angels | 8:00 a.m. David Burton 10:00 a.m. Robertine Watson Shirley Allen Esther Tellu Margaret Tellu | Wadai Dennis Emma Boyce Aaron Boyce |
| Flower Delivery | Adoma Baffoe Eliane Dunn Johnson | Alice Padmore Esther Sawyer |
| Eucharistic Visitor(s) | Pamella Irons-Forth | Peg Ruppel |