



**The Second Sunday in Lent**  
March 8, 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 forever.**

Beloved in the Lord: Our Savior Christ, on the night before he suffered, instituted the Sacrament of his Body and Blood as a sign and pledge of his love, for the continual remembrance of the sacrifice of his death, and for a spiritual sharing in his risen life. For in these holy Mysteries we are made one with Christ, and Christ with us; we are made one body in him, and members one of another.

Having in mind, therefore, his great love for us, and in obedience to his command, his Church renders to Almighty God our heavenly Father never-ending thanks for the creation of the world, for his continual providence over us, for his love for all mankind, and for the redemption of the world by our Savior Christ, who took upon himself our flesh, and humbled himself even to death on the cross, that he might make us the children of God by the power of the Holy Spirit, and exalt us to everlasting life.

But if we are to share rightly in the celebration of those holy Mysteries, and be nourished by that spiritual Food, we must remember the dignity of that holy Sacrament. I therefore call upon you to consider how Saint Paul exhorts all persons to prepare themselves carefully before eating of that Bread and drinking of that Cup.

For, as the benefit is great, if with penitent hearts and living faith we receive the holy Sacrament, so is the danger great, if we receive it improperly, not recognizing the Lord's Body. Judge yourselves, therefore, lest you be judged by the Lord.

Examine your lives and conduct by the rule of God's commandments, that you may perceive wherein you have offended in what you have done or left undone, whether in thought, word, or deed. And acknowledge your sins before Almighty God, with full purpose of amendment of life, being ready to make restitution for all injuries and wrongs done by you to others; and also being ready to forgive those who have offended you, in order that you yourselves may be forgiven. And then, being reconciled with one another, come to the banquet of that most heavenly Food.

And if, in your preparation, you need help and counsel, then go and open your grief to a discreet and understanding priest, and confess your sins, that you may receive the benefit of absolution, and spiritual counsel and advice; to the removal of scruple and doubt, the assurance of pardon, and the strengthening of your faith.

To Christ our Lord who loves us, and washed us in his own blood, and made us a kingdom of priests to serve his God and Father, to him be glory in the Church evermore. Through him let us offer continually the sacrifice of praise, which is our bounden duty and service, and, with faith in him, come boldly before the throne of grace and humbly confess our sins to Almighty God.

*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*

**O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, forever and ever. Amen.**

*The people sit.*

## **The Word of God**

**The First Reading**

**Genesis 12:1-4a**

*Reader*                    A reading from Genesis.

The Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

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

**Psalm 121** *Read responsively*

I lift up my eyes to the hills;  
**from where is my help to come?**

My help comes from the Lord,  
**the maker of heaven and earth.**

He will not let your foot be moved,  
**and he who watches over you will not fall asleep.**

Behold, he who keeps watch over Israel  
**shall neither slumber nor sleep;**

The Lord himself watches over you;  
**the Lord is your shade at your right hand,**

So that the sun shall not strike you by day,  
**nor the moon by night.**

The Lord shall preserve you from all evil;  
**it is he who shall keep you safe.**

The Lord shall watch over your going out and your coming in,  
**from this time forth for evermore.**

*The people stand.*

**The Gospel**

**John 3:1-17**

*Gospeller  
People*

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

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, You must be born from above. The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

*Gospeller  
People*

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

*The people are seated at the invitation of the preacher.*

**Sermon**

**Peg Ruppel**

## The Nicene Creed

*Priest and People*

**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.**

## 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, **Sally** Glick, **William** Glick, 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 forever 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 forever. 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 forever. Amen.**

*Celebrant:* Bow down before the Lord.

*The people kneel and the Presider says*

Keep this your family, Lord, with your never-failing mercy,  
that relying solely on the help of your heavenly  
grace, they may be upheld by your divine  
protection; through Christ our Lord. Amen.

*The people stand.*

## **Dismissal**

*Celebrant* Let us bless the Lord.  
*People* **Thanks be to God.**

## Worship Leaders

	<b>Today</b>	<b>Next Sunday</b>
<b>Readers</b>	<b>8:00 am</b> Peg Donnellon <b>10:00 am</b> Anne Brink Karl Didavi	Marcia Noble Susan McLaughlin Adoma Baffoe
<b>Prayers of the People</b>	<b>8:00 am</b> Peg Donnellon <b>10:00 am</b> Sue Snay	Marcia Noble Pete Minderman
<b>Chalicians</b>	<b>8:00 am</b> Wadai Dennis Sharon Hayden <b>10:00 am</b> Adoma Baffoe Peg Ruppel	David Burton Edna Leake Nancy Carman Cynthia Perley
<b>Healing Prayer Ministers</b>	<b>8:00 am</b> Karen Olsen <b>10:00 am</b> Barb Mansfield	Lisa Murdock Laurie Yelle
<b>Acolytes</b>	<b>8:00 am</b> Ron Hayden Aidan Douglas <b>10:00 am</b> Monty Petersen Hallie Porter Roberta Taylor	Ray Chin Isa Noble Pete Minderman Ethan Liberty Elise Liberty
<b>Welcome Team</b>	<b>8:00 am</b> Frank Sanya Florence Sirleaf <b>10:00 am</b> Dorett Sutherland Karl Didavi Clark Didavi Emmanuel Nwankwo	Wadai Dennis Frank Sanya Nii-Armah Akuete Ruby King Charles Dickson Angelique Cooper
<b>Altar Guild</b>	<b>8:00 am</b> Michelle Wood Georgette Dennis <b>10:00 am</b> Georgana Maines	Marcia Noble Danielle Allen Nancy Carmen Cynthia Perley Liz Lennon
<b>Hospitality Angels</b>	<b>8:00 a.m.</b> Wadai Dennis <b>10:00 a.m.</b> Emma Boyce Aaron Boyce	David Burton Dorett Sutherland Michelle Wood
<b>Flower Delivery</b>	Alice Padmore Esther Sawyer	Esther Sawyer Adoma Baffoe
<b>Eucharistic Visitor(s)</b>	Peg Ruppel	