



The First Sunday in Lent

March 6, 2022

10:00 a.m. Holy Eucharist

The Rev. Javier García Ocampo, Rector

Tracey Forfa, Seminarian

Andrew Kullberg, Minister of Music

Jesse Velazquez, Spanish Service Musical Director

The Entrance Rite

Opening Voluntary

Molytva za Ukrayinu (Prayer for Ukraine)

Mykola Lysenko

THE GREAT LITANY

The Hymnal 1982 # S 67

Sung in procession.

Officiant O God the Father, Creator of heaven and earth, *People* Have mer - cy up - on us.

Officiant O God the Son, Redeemer of the world, *People* Have mer - cy up - on us.

Officiant O God the Holy Ghost, Sanctifier of the faith - ful, *People* Have mer - cy up - on us.

Officiant O holy, blessed, and glorious Trinity, one God, *People* Have mer - cy up - on us.

Officiant
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

People
preserve us for ev - er. Spare us, good Lord.

Officiant
From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice;

Officiant
and from all want of char - ity;

People
Good Lord, de - liv - er us.

(This same response is sung after the petitions that follow)

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.

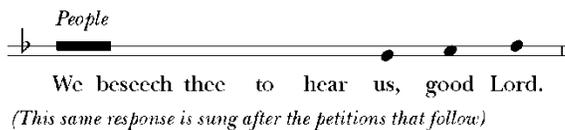
By the mystery of thy holy Incarnation; by thy holy Nativity and submission to the Law; by thy Baptism, Fasting, and Temptation,

Good Lord, deliver us.

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,



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 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, 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 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 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 all the saints, we may attain to thy heavenly kingdom,

We beseech thee to hear us, good Lord.

Officiant Son of God, we beseech thee to hear us.
People Son of God, we beseech thee to hear us.

Officiant
People
O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.
O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.

Officiant
People
O Lamb of God, that takest away the sins of the world, Grant us thy peace.

Officiant
People
O Christ, hear us. O Christ, hear us.

Officiant Lord, have mer - cy up - on us.
People Christ, have mer - cy up - on us.
Officiant Lord, have mer - cy up - on us.

Opening Acclamation

Priest Bless God who forgives all our sins;
People His mercy endures for ever.

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.

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 Word of God

The First Reading

Deuteronomy 26:1-11

Reader A reading from the book of Deuteronomy.

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

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

Psalm 91:1-2, 9-16

He who dwells in the shelter of the Most High, *
abides under the shadow of the Almighty.

He shall say to the LORD,
"You are my refuge and my stronghold, *
my God in whom I put my trust."

Because you have made the LORD your refuge, *
and the Most High your habitation,

There shall no evil happen to you, *
neither shall any plague come near your dwelling.

For he shall give his angels charge over you, *
to keep you in all your ways.

They shall bear you in their hands, *
lest you dash your foot against a stone.

You shall tread upon the lion and adder; *
you shall trample the young lion and the serpent under your feet.

Because he is bound to me in love,
therefore will I deliver him; *
I will protect him, because he knows my Name.

He shall call upon me, and I will answer him; *
I am with him in trouble;
I will rescue him and bring him to honor.

With long life will I satisfy him, *
and show him my salvation.

The Second Reading

Romans 10:8b-13

Reader A reading from the letter of the Apostle Saint Paul to the Romans.

"The word is near you,
on your lips and in your heart"

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

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

Sequence Hymn

The Hymnal 1982 # 147

Now let us all with one accord

Bourbon



1 Now let us all with one ac - cord, in
2 The cov - e - nant, so long re - vealed to
3 Your love, O Lord, our sin - ful race has
4 Re - mem - ber, Lord, though frail we be, in
5 There - fore, we pray you, Lord, for - give; so



1 com - pa - ny with a - ges past, keep vi - gil with our
2 those of faith in for - mer time, Christ by his own ex -
3 not re - turned, but fal - si - fied; au - thor of mer - cy,
4 your own i - mage were we made; help us, lest in anx -
5 when our wan - derings here shall cease, we may with you for



1 heav - en - ly Lord in his temp - ta - tion and his fast.
2 am - ple sealed, the Lord of love, in love sub - lime.
3 turn your face and grant re - pent - ance for our pride.
4 i - e - ty, we cause your Name to be be - trayed.
5 ev - er live, in love and u - ni - ty and peace.

The Gospel

Luke 4:1-13

Gospeller The Holy Gospel of our Lord Jesus Christ according to St. Luke.

People **Glory to you, Lord Christ.**

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

Gospeller The Gospel of the Lord.

People **Praise to you, Lord Christ.**

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 truly human. 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 and the General Confession are covered in the Great Litany.

The Peace

The peace of the Lord be always with you.

And also with you.

Announcements

We pray for comfort, healing, courage and hope for **Steve** Heinig, **Claude** Stewart, **Lucia** Valenzuela, **Helen** Skowronski, **Sue** Jenkins, **Nikka** Hakimi, **Diane** Leach, **Wadai** Dennis, **Julissa** Garcia, **Rosalina** Bray, **Dorett** Sutherland, **Katie** Weisser, **Ruthie** Swain, **Judy** Conroy, **Barbara** Harbison, and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, as well as for all those on our extended healing prayer list.

We give thanks for the recent birthdays of **Isaac** Reyes-Maya, **Christine** Kroma, **Ana** Quijada, **Julie** Yelle, **Violette** Soffer, **Berenice** Rodriguez and **Ceda** Ogada.

Offertory Sentence

Celebrant

Let us with gladness present the offerings and oblations of our life and labor to the Lord.

The altar is prepared for Holy Communion and an offering is received to support Ascension's ministry of sharing God's love with the world.

- *Text ASCENSIONMD + Amount to 73256 to give a donation using your text messaging
Or scan the QR code*



Offertory Anthem (Sung by the Choir):

O for a Closer Walk with God

Crawford Thoburn

Doxology

The Hymnal 1982 # 143

The glory of these forty days

Erhalt uns, Herr

O — Fa - ther, — Son, and — Spi - rit blest, to thee be ev - ery prayer ad-dressed, who
 art in — three - fold Name — a - dored, from age to age, the on - ly Lord.

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.

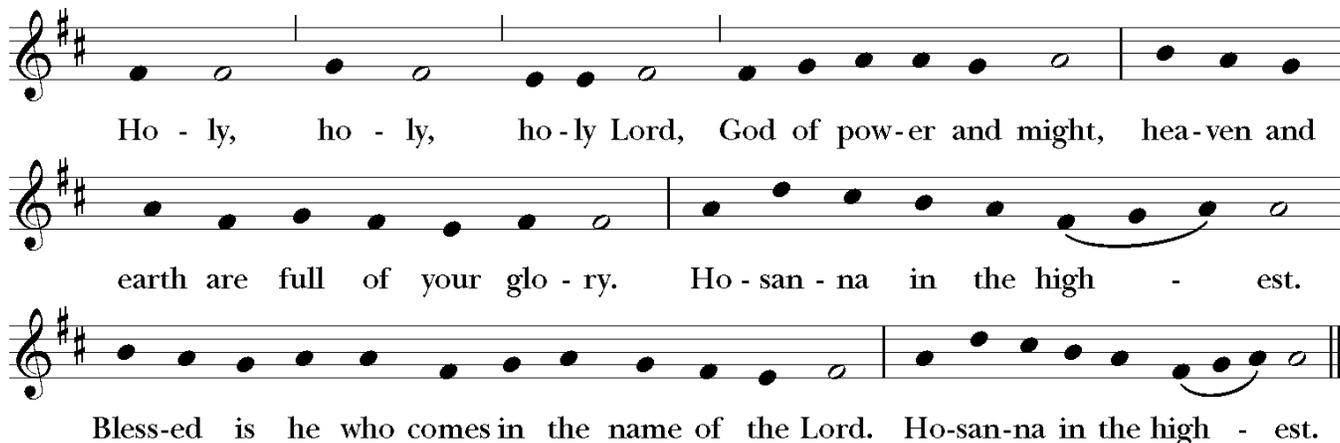
From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.
Have mercy, Lord, for we are sinners in your sight.

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

The Hymnal 1982 #S 124
David Hurd



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven 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.

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.**

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

Celebrant and People

**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,
 forever and ever. Amen.

Fraction Anthem
Lamb of God

The Hymnal 1982 # S 161
 David Hurd

Lamb of God, you take a - way the sins of the world:
 have mer - cy on us. Lamb of God, you take a - way the
 sins of the world: have mer - cy on us. Lamb of God,
 you take a - way the sins of the world: grant us peace.

Celebrant

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

A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.

Prayer for Spiritual Communion

Lord Jesus, we believe that you are truly present in the Blessed Sacrament of the Altar. We offer you praise and thanksgiving as we proclaim your resurrection. We love you above all, and long for you in our souls. Since we cannot receive you in the Sacrament of your Body and Blood, come spiritually into our hearts. Cleanse and strengthen us with your grace, Lord Jesus, and let us never be separated from you. May we live in you, and you in us, in this life and in the life to come. Amen.

Communion Hymn

You who dwell in the shelter of the Lord

Wonder, Love, and Praise #810

Michael Joncas

1. You who dwell in the shelter of the Lord, who a -
2. Snares of the fowl - er will nev - er cap - ture you, and
3. For to the an - gels God's giv - en a com - mand to

bide in his sha - dow for life, say to the Lord: "My
fam - ine will bring you no fear; un - der God's wings your
guard you in all of your ways; up - on their hands they will

ref - uge, my rock in whom I trust!"
ref - uge with faith - ful - ness your shield.
bear you up, lest you dash your foot a - gainst a stone.

Refrain

"And I will raise you up on ea - gle's wings,
bear you on the breath of dawn, make you to shine like the
sun, and hold you in the palm of my hand."

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

Solemn Prayer over the People

Celebrant: Bow down before the Lord.

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

Recessional Hymn

Lord, who throughout these forty days

The Hymnal 1982 #142

St. Flavian

1 Lord, who through-out these for - ty days for us didst fast and pray,
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,
5 A - bide with us, that so, this life of suf - fer-ing o - ver - past,
1 teach us with thee to mourn our sins, and close by thee to stay.
2 O give us strength in thee to fight, in thee to con-quer sin.
3 to die to self, and chief - ly live by thy most ho - ly word.
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
5 an Eas - ter of un - end - ing joy we may at - tain at last!

Dismissal

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

Closing Voluntary

Solemn Melody

Walford Davies

Section: Lent Words: Claudia Frances Hernaman (1838-1898) Music: St. Flavian, melody from Day's Psalter, 1562; adapt, and harm. Richard Redhead (1820-1901) Meter: CM Section: Lent Words: Att. Gregory the Great (540-604); tr. Praise the Lord, 1972, alt. Music: Bourbon, melody att. Freeman Lewis (1780-1859); harm. Thomas Foster (b. 1938) Copyright: Words: Copyright © by James Quinn, SJ. Printed by permission of Geoffrey Chapman, a division of Cassell Ltd. Music: harmonization © 1984, Thomas Foster. Meter: LM Section: Spiritual Songs Title: You who dwell in the shelter of the Lord Words: Michael Joncas (b. 1951) Music: Michael Joncas Copyright: © 1979, 1991, New Dawn Music, 5536 NE Hassalo, Portland, OR 97213. All rights reserved. Used by permission. Section: The Great Litany Title: The Great Litany Music: John Merbecke (1510?-1583?), alt. Copyright: © 1927 by Wallace Goodrich, Secretary for the Joint Commission on Church Music. Section: Lent Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. Music: Erhalt uns, Herr, melody from Geistliche Leier, 1543; harm. Johann Sebastian Bach (1685-1750) Copyright: Words: By permission of Oxford University Press. Meter: LM Section: The Holy Eucharist Title: The Holy Eucharist II, Holy, holy, holy Lord: Sanctus Music: From New Plainsong; David Hurd (b. 1950) Copyright: Copyright © 1981, G.I.A. Publications, Inc. Section: The Holy Eucharist Title: The Holy Eucharist II, Fraction Anthem: Lamb of God: Agnus Dei Music: From New Plainsong; David Hurd (b. 1950) Copyright: Copyright © 1981, G.I.A. Publications, Inc The Holy Eucharist: Rite Two is from the Book of Common Prayer © 1979 Church Publishing, Inc. Scripture readings are from the New Revised Standard Version of The Bible, copyright © 1989, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.