

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,



We beseech thee to hear us, good Lord.

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

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.

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 are seated.

THE FIRST READING

Genesis 9:8-17

Reader A reading from the Book of Genesis.

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

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

PSALM 25:1-9

To you, O Lord, I lift up my soul;
my God, I put my trust in you; *
**let me not be humiliated,
nor let my enemies triumph over me.**

Let none who look to you be put to shame; *
let the treacherous be disappointed in their schemes.

Show me your ways, O Lord, *
and teach me your paths.

Lead me in your truth and teach me, *
**for you are the God of my salvation;
in you have I trusted all the day long.**

Remember, O Lord, your compassion and love, *
for they are from everlasting.

Remember not the sins of my youth and my transgressions; *
**remember me according to your love
and for the sake of your goodness, O Lord.**

Gracious and upright is the Lord; *
therefore he teaches sinners in his way.

He guides the humble in doing right *
and teaches his way to the lowly.

All the paths of the Lord are love and faithfulness *
to those who keep his covenant and his testimonies.

THE SECOND READING

1 Peter 3:18-22

Reader A reading from the first letter of the apostle Saint Peter.

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

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

The people stand as able, and all sing the following hymn.

SEQUENCE HYMN

Eternal Lord of love

The Hymnal 1982 # 149

Tune: Old 124th

Unison or harmony

1 E - ter - nal Lord of love, be - hold your Church
 2 So dai - ly dy - ing to the way of self,
 3 If dead in you, so in you we a - rise,

walk - ing once more the pil - grim way of Lent,
 so dai - ly liv - ing to your way of love,
 you the first - born of all the faith - ful dead;

led by your cloud by day, by night your fire,
 we walk the road, Lord Je - sus, that you trod,
 and as through ston - y ground the green shoots break,

moved by your love and toward your pres - ence bent:
 know - ing our - selves bap - tized in - to your death:
 glo - rious in spring - time dress of leaf and flower,

far off yet here— the goal of all de - sire.
 so we are dead and live with you in God.
 so in the Fa - ther's glo - ry shall we wake.

The people remain standing for the reading of the Gospel.

THE GOSPEL

Mark 1:9-15

Deacon The Holy Gospel of our Lord Jesus Christ according to St. Mark.
People **Glory to you, Lord Christ.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Deacon The Gospel of the Lord.
People **Praise to you, Lord Christ.**

SERMON

Tracey Forfa

The people are seated at the invitation of the preacher.

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 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

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

The people greet one another with a sign of God's peace and are seated.

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. To donate electronically, text ASCENSIONMD + donation amount to 73256 or scan the QR Code with your phone or mobile device.



OFFERTORY ANTHEM (Sung by the Choir):

Lord, for Thy Tender Mercy's Sake

Farrant

*Lord, for thy tender mercy's sake, lay not our sins to our charge.
But forgive that is past and give us grace to amend our sinful lives.
To decline from and incline to virtue,
That we may walk in a perfect heart before thee now and evermore.
Amen*

The people stand as able, and all sing the Doxology as the gifts are brought forward.

DOXOLOGY

O Father, Son, and Spirit Blest

Tune: *Erbalt 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 Lord

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 people kneel or remain standing.

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 has 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.

The Celebrant breaks the consecrated bread. After a brief silence, all sing the Fraction Anthem.

FRACTION ANTHEM

Lamb of God

The Hymnal 1982 # S161

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.

All are welcome to receive the Sacrament of Holy Communion at Church of the Ascension. Please follow the directions of the Priest. Receive the bread in your hands. You may receive the wine by drinking from the chalice or by taking one of the small cups, drinking from it and dropping it into the receptacle. If you wish to receive a blessing, join in the movement to the front of the nave and cross your arms over the front of your chest. After receiving Holy Communion or a blessing, the people are seated.

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.

After receiving communion, the people are seated for the hymn.

COMMUNION HYMN

Now let us all with one accord

The Hymnal 1982 # 147

Tune: *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 heaven - 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.

PRAYER AFTER COMMUNION

Let us pray.

Faithful God, in the wonder of your wisdom and love you fed your people in the wilderness with the bread of angels, and you sent Jesus to be the bread of life. We thank you for the Body of Christ, the bread of heaven, and for the offering of Christ's holy presence, the gift of spiritual communion, which feeds us when we must be apart. By the power of the Holy Spirit, may we become One Body in the sacrament of Christ's Body. Transform our lives with your life, for the love we share becomes bread for the world. 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.

ANNOUNCEMENTS

All are seated for the announcements. For more information about activities and events coming up at Ascension, please refer to the bulletin insert. At the direction of the Celebrant, the people stand as able, and all sing the hymn.

RECESSIONAL HYMN

Lord, who throughout these forty days

The Hymnal 1982 # 142

Tune: *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 - fering 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.

POSTLUDE

Service Participants:

The Rev. Javier García Ocampo – *Rector*

The Rev. Rosa Briones – *Deacon*

Tracey Forfa – *Lay Eucharistic Minister*

Jesse Velazquez – *Spanish Service Music Director*

The Ascension Choir

The Ascension Tech Team

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