



The Fifth Sunday in Lent

March 17, 2024

10:00 a.m. Holy Eucharist

Welcome to Ascension! For more information about our community, please 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 in the narthex.

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

The people's responses are in bold.

Opening Voluntary

Wondrous Love

David N. Johnson (1922-1987)

Processional Hymn

Hail, thou once despisèd Jesus

The Hymnal 1982 # 495

In Babilone



1 Hail, thou once de - spis - ed Je - sus! Hail, thou Gal - i -
2 Pas - chal Lamb, by God ap - point - ed, all our sins on
3 Je - sus, hail! en - throned in glo - ry, there for ev - er
*4 Wor - ship, hon - or, power, and bless - ing thou art wor - thy



le - an King! Thou didst suf - fer to re - lease us;
thee were laid: by al - might - y love a - noint - ed,
to a - bide; all the heaven - ly hosts a - dore thee,
to re - ceive; high - est prais - es, with - out ceas - ing,



thou didst free sal - va - tion bring. Hail, thou u - ni - ver - sal
thou hast full a - tone - ment made. All thy peo - ple are for -
seat - ed at thy Fa - ther's side. There for sin - ners thou art
right it is for us to give. Help, ye bright an - gel - ic



Sa - vior, bear - er of our sin and shame! By thy mer - it
giv - en through the vir - tue of thy blood: o - pened is the
plead - ing: there thou dost our place pre - pare; ev - er for us
spi - rits, all your no - blest an - thems raise; help to sing our



we find fa - vor: life is giv - en through thy Name
gate of hea - ven, re - con - ciled are we with God.
in - ter - ced - ing, till in glo - ry we ap - pear.
Sa - vior's mer - its, help to chant Em - man - uel's praise!

Celebrant Bless God 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 your 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 commandment greater than these."

Mark 12:29-31

Deacon: Let us confess our sins against God and our neighbor.

Silence may be kept.

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

Celebrant: Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.

Trisagion

Holy God

The Hymnal 1982 # S 100

David Hurd

Ho - ly God, Ho - ly and Might - y, Ho - ly Im -
mor - tal One, Have mer - cy up - on us. Ho - ly God,
Ho - ly and Might - y, Ho - ly Im - mor - tal One, Have mer - cy
up - on us. Ho - ly God, Ho - ly and Might - y,
Ho - ly Im - mor - tal One, 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, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ 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

Jeremiah 31:31-34

Reader A reading from the book of the prophet Jeremiah.

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the Lord,” for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

Reader Hear what the Spirit is saying to God's people.

People Thanks be to God.

PSALM 51:10-13

Create in Me a Clean Heart, O God

Carl F. Mueller (1892-1982)

Create in me a clean heart, O God; and renew a right spirit within me.
Cast me not away from thy presence; and take not thy holy spirit from me.
Restore unto me the joy of thy salvation; and uphold me with thy free spirit.
Then will I teach transgressors thy ways; and sinners shall be converted unto thee.

Reader A reading from the letter to the Hebrews.

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son,
today I have begotten you”;
as he says also in another place,

“You are a priest forever,
according to the order of Melchizedek.”

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

Reader Hear what the Spirit is saying to God's people.

People Thanks be to God.

SEQUENCE HYMN

Eternal Lord of love, behold your Church

The Hymnal 1982 # 149

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

John 12:20-33

Deacon

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

People

Glory to you, Lord Christ.

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, “Sir, we wish to see Jesus.” Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

“Now my soul is troubled. And what should I say—‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” Jesus answered, “This voice has come for your sake, not for

mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to indicate the kind of death he was to die.

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

The people are seated at the invitation of the preacher.

SERMON

The Rev. Javier Ocampo

The people stand.

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

Form I

With all our heart and with all our mind, let us pray to the Lord, saying "Lord, have mercy."

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to the Lord.

Lord, have mercy.

For our Bishop, and for all the clergy and people, let us pray to the Lord.

Lord, have mercy.

For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.

Lord, have mercy.

For this city, for every city and community, and for those who live in them, let us pray to the Lord.

Lord, have mercy.

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

Lord, have mercy.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

Lord, have mercy.

For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.

Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

Lord, have mercy.

In the communion of saints, let us commend ourselves, and one another, and all our life, to Christ our God.

To thee, O Lord our God.

Silence

The People may add their own petitions.

We pray for comfort, healing, courage and hope for **Lucia** Valenzuela, **Angie** Ricks, **Jean** Isaac, **Crystal** Parmalee, **Jenny** Regalado, **Jeff** Kostka, **Marvin** Kostka, **Peg** Ruppel, **Yvonne** McDonald, **Delita** Rodriguez, **Judy** Conroy, **Matt** Cross, **James** Parker, **Lyn** Pusey, **Gloria** Nwankwo, **Alice** Padmore, **Deborah** Cela,

Maggie Parkerton, **Susan** McLaughlin, **Jack** Rouse, **Ben** Hight, **Ron** Hauber, **Randy** Lord-Wilkinson and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

We pray for peace in the world and for the victims of war everywhere. We also pray for all who are serving our country here and abroad, especially those in harm's way, and their families.

We pray for all those affected by, suffering from, and killed by gun violence throughout our country.

We give thanks for the recent birthdays of **Jack** Rouse, **Fred** Dennis, **Andrew** Heinig, **Andrew** Rouse, **Ana** Kwamena-Poh, **Rosa** Briones, **Luis** Pedron, **Javier** Garcia Ocampo, **Inels** Rouse, **Emmanuel** Johnson, and **Roberta** Taylor Koomson.

Celebrant Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly City, where with the Father and the Holy Spirit you live and reign, now and for ever. Amen.

THE PEACE

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

People: And also with you.

OFFERTORY SENTENCE

Matthew 5:23, 24

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 sister or brother, and then come and offer your gift.

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:

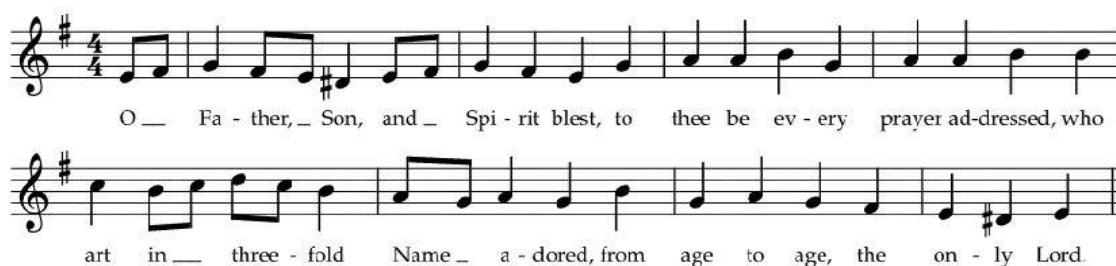
Lamb of God, Pure and Holy

Johann Jeep (1682-1750)

*Lamb of God, pure and holy,
Who on the cross didst suffer,
Ever patient and lowly,
Thyself to scorn didst offer,
All sins thou borest for us.
Else had despair reigned o'er us:
Have mercy on us, O Jesus!*

DOXOLOGY: *O Father, Son, and Spirit Blest*

Tune: *Erhalt Uns, Herr*



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

The Hymnal 1982 # S 124

Holy, holy, holy

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. 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.

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.

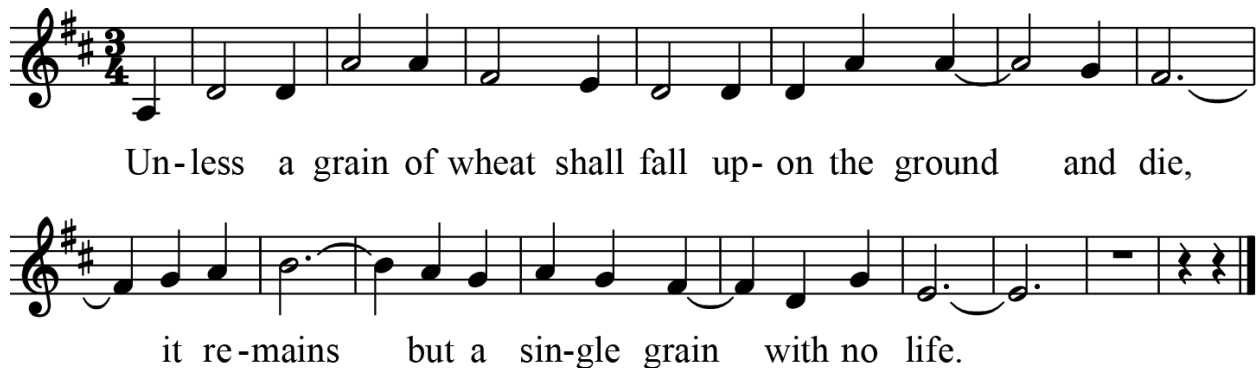
PRAYER FOR SPIRITUAL COMMUNION

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: *Unless a grain of wheat*

All join in singing the refrain. Verses are sung by the choir.



The image shows the musical notation for the Communion Hymn 'Unless a grain of wheat'. It consists of two staves of music in G major (one sharp) and 3/4 time. The first staff contains the melody for the first line of the hymn, and the second staff contains the melody for the second line. The lyrics are written below the notes.

Un-less a grain of wheat shall fall up- on the ground and die,

it re-mains but a sin-gle grain with no life.

Verses

If we have died with him, then we shall live with him;
if we hold firm, we shall reign with him. *Refrain*

If anyone serves me, then they must follow me;
wherever I am, my servants will be. *Refrain*

Make your home in me as I make mine in you;
those who remain in me bear much fruit. *Refrain*

If you remain in me and my word live in you,
then you will be my disciples. *Refrain*

Those who love me are loved by my Father;
we shall be with them and dwell in them. *Refrain*

Peace I leave with you my peace I give to you;
peace which the world cannot give is my gift. *Refrain*

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

All kneel or sit reverently.

Celebrant: Bow down before the Lord.

Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord. Amen.

The people are seated for the announcements.

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

Lift high the cross

The Hymnal 1982 # 473

Crucifer

Descant



Lift high the cross, the love of Christ pro - claim

Refrain



Lift high the cross, the love of Christ pro - claim



till all the world a - dore_____ his sa - cred Name.



till all the world_____ a - dore_____ his sa - cred Name.



Led on their way by this tri - um - phant sign,
Each new - born ser - vant of the Cru - ci - fied
O Lord, once lift - ed on the glo - rious tree,
So shall our song of tri - umph ev - er be:



Repeat Refrain



the hosts of God in con - quering ranks com - bine.
bears on the brow the seal of him who died.
as thou hast prom - ised, draw the world to thee.
praise to the Cru - ci - fied for vic - to - ry.



DISMISSAL

Celebrant Let us bless the Lord.

People Thanks be to God.

CLOSING VOLUNTARY

Lift High the Cross

John Leavitt (b. 1956)

Service Participants:

The Rev. Javier García Ocampo – *Rector*

The Rev. Rosa Briones – *Deacon*

The Rev. Dr. J. Michael McMahon- *Guest Organist/Director*

Tracey Forfa – *Postulant for Holy Orders*

Jesse Velazquez – *Spanish Service Music Director*

The Ascension Choir

The Ascension Tech Team

PERMISSIONS

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