



Service of Healing
Wednesday in the Third Week of Lent
March 11, 2026
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.

WELCOME

OPENING ACCLAMATION

Priest The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit, be with you all.

People **And also with you.**

Priest Let us pray.

Priest and People

Give ear to our prayers, O Lord, and direct the way of your servants in safety under your protection, that, amid all the changes of our earthly pilgrimage, we may be guarded by your mighty aid; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

THE FIRST READING

Deuteronomy 4:1–2,5–9

Reader A reading from the Book of Deuteronomy.

Moses said: So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the Lord, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the Lord your God with which I am charging you. See, just as the Lord my God has charged me, I now teach you statutes and ordinances for you to observe in the land that you are about to enter and occupy. You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, "Surely this great nation is a wise and discerning people!" For what other great nation has a god so near to it as the Lord our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today? But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children.

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

People **Thanks be to God.**

PSALM 78:1–6

Hear my teaching, O my people; *
incline your ears to the words of my mouth.

I will open my mouth in a parable; *
I will declare the mysteries of ancient times.

That which we have heard and known,
and what our forefathers have told us, *
we will not hide from their children.

We will recount to generations to come
the praiseworthy deeds and the power of the Lord, *

and the wonderful works he has done.

He gave his decrees to Jacob
and established a law for Israel, *
which he commanded them to teach their children;

That the generations to come might know,
and the children yet unborn; *
that they in their turn might tell it to their children;

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

Jesus said, “Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven.”

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

A LITANY OF HEALING

Celebrant Let us name before God those for whom we offer our prayers.

People audibly name those for whom they are interceding.

Reader God the Creator, your will for all people is health and salvation;
People **We praise you and thank you, O God.**

Reader God the Son, you came that we might have life, and might have it more abundantly;
People **We praise you and thank you, O God**

Reader God the Holy Spirit, you make our bodies the temple of your presence;
People **We praise you and thank you, O God.**

Reader Holy Trinity, one God, in you we live and move and have our being;
People **We praise you and thank you, O God.**

Reader Lord, grant your healing grace to all who are sick, injured, or disabled,
 that they may be made whole;
People **Hear us, O God of life.**

Reader Grant to all who seek your guidance, and to all who are lonely, anxious, or
 despondent, a knowledge of your will and an awareness of your presence;
People **Hear us, O God of life.**

Reader Mend broken relationships, and restore those in emotional distress to
 soundness of mind and serenity of spirit;
People **Hear us, O God of life.**

Reader Bless physicians, nurses, and all others who minister to the suffering,
 granting them wisdom and skill, sympathy and patience;
People **Hear us, O God of life.**

Reader Grant to the dying peace and a holy death, and uphold by the grace and
 consolation of your Holy Spirit those who are bereaved;
People **Hear us, O God of life.**

Reader Restore to wholeness whatever is broken by human sin, in our lives, in our
 nation, and in the world;
People **Hear us, O God of life.**

Reader You are the God who does wonders:
People **You have declared your power among the peoples.**
Reader With you, O God, is the well of life:
People **And in your light we see light.**
Reader Hear us, O God of life:
People **Heal us, and make us whole.**

Celebrant Let us pray.

A period of silence follows.

Celebrant Almighty God, giver of life and health: Send your blessing on all who are sick, and upon those who minister to them, that all weakness may be vanquished by the triumph of the risen Christ; who lives and reigns for ever and ever. Amen.

CONFESSION OF SIN

Deacon Let us confess our sins to God.

Minister and People

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.

LAYING ON OF HANDS AND ANOINTING

The minister may invite each person to be anointed to give her or his name and any particular request for prayer. The minister then lays hands upon the sick person [and anoints the person], prays silently, then prays aloud using one of the following forms or similar words.

N., I lay my hands upon you in the name of the Father, and of the Son, and of the Holy Spirit, praying that our Savior Jesus Christ will sustain you, drive away sickness of body and mind and spirit, and give you that victory of life and peace which will enable you to serve and rejoice in God both now and evermore. Amen.

The minister may add, in these or similar words

As you are outwardly anointed with this holy oil, so may our loving God give you the inward anointing of the Holy Spirit. May God relieve your suffering and restore you in body, mind, and spirit. May all of us in the frailty of our flesh know God's healing power. Amen.

Celebrant May the God who goes before you through desert places by night and by day be your companion and guide; may your journey be with the saints; may the Holy Spirit be your strength, and Christ your clothing of light, in whose name we pray. Amen.

THE PEACE

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

OFFERTORY SENTENCE

Celebrant

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

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



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 God thanks and praise.**

Celebrant God of all power, Ruler of the Universe, you are worthy of glory and praise.
People **Glory to you for ever and ever.**

Celebrant 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.
People **By your will they were created and have their being.**

Celebrant 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.
People **Have mercy, Lord, for we are sinners in your sight.**

Celebrant 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.
People **By his blood, he reconciled us.
By his wounds, we are healed.**

Celebrant 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:

**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.**

Celebrant 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.

At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it, and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

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,

All
**We celebrate his death and resurrection,
as we await the day of his coming.**

Celebrant 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.

People **Risen Lord, be known to us in the breaking of the Bread.**

Celebrant 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 BREAKING OF THE BREAD

Celebrant Christ our Passover is sacrificed for us;
People **Therefore let us keep the feast.**

Celebrant: God's Holy gifts for God's holy people. Come, when you are fearful, to be made new in love. Come, when you are doubtful, to be made strong in faith. Come, when you are regretful, and be made whole in Christ. Come to Christ's table, there is room for all.

All are welcome to receive 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 returning the cup to the chalice or the cup holder tray. Intincting ("dipping") is not permitted; only receiving the wine by drinking from the chalice or a cup is allowed.

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

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.

BLESSING

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.

DISMISSAL

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

Service Participants:

The Rev. Tracey Forfa, *Pastoral Associate.*

PERMISSIONS

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