

# The Church of St. Paul, Cambria

## Morning Prayer and Holy Eucharist

• Third Sunday in Lent • Year B • March 3, 2024 •

### Opening Hymn 537

Blessed be God, Father, Son, and Holy Spirit.  
**And blessed be his kingdom, now and forever.  
Amen.**

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.**

Holy is your name, O Lord our God. Incline our hearts to keep your commandments, and school us in the sublime wisdom of the cross, so that, free from sin, which imprisons us in our own self-centeredness, we may open ourselves to the gift of your Spirit and become living temples of your love. Assist us now as we freely and fully confess our sins against God and our neighbor.  
**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.**

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.

Lord, open our lips  
**And our mouth shall proclaim your praise.**

**Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen.**

If we say we have no sin, we deceived ourselves, and the truth is not in us, but if confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *(1 John 1:8,9)*

### Venite: Psalm 95:1-7

Come, let us sing to the Lord; let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving and raise a loud shout to him with psalms. For the Lord is a great God, and a great King above all gods.

In his hand are the caverns of the earth, and the heights of the hills are his also.

The sea is his, for he made it, and his hands have molded the dry land.

Come, let us bow down, and bend the knee, and kneel before the Lord our Maker.

For he is our God, and we are the people of his pasture and the sheep of his hand.

Oh, that today you would hearken to his voice!

### Psalm 19

1 The heavens declare the glory of God, \* and the firmament shows his handiwork.

2 One day tells its tale to another, \* and one night imparts knowledge to another.

3 Although they have no words or language, \* and their voices are not heard,

4 Their sound has gone out into all lands, \* and their message to the ends of the world.

5 In the deep has he set a pavilion for the sun; \* it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course.

6 It goes forth from the uttermost edge of the heavens and runs about to the end of it again; \* nothing is hidden from its burning heat.

7 The law of the LORD is perfect and revives the soul; \* the testimony of the LORD is sure and gives wisdom to the innocent.

8 The statutes of the LORD are just and rejoice the heart; \* the commandment of the LORD is clear and gives light to the eyes.

9 The fear of the LORD is clean and endures for ever; \* the judgments of the LORD are true and righteous altogether

10 More to be desired are they than gold, more than much fine gold, \* sweeter far than honey, than honey in the comb.

11 By them also is your servant enlightened, \* and in keeping them there is great reward.

12 Who can tell how often he offends? \* cleanse me from my secret faults.

13 Above all, keep your servant from presumptuous sins; let them not get dominion over me; \* then shall I be whole and sound, and innocent of a great offense.

14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, \* O LORD, my strength and my redeemer.

*The Celebrant says to the people*

The Lord be with you.

**And also with you.**

Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

**First Lesson** Book of Exodus (20:1-17)

God spoke all these words: I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work — you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it. Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

This is the word of the Lord.

**Thanks be to God.**

**Canticle G: A Song of Ezekiel** Ezekiel 36:24-28

I will take you from among all nations; \* and gather you from all lands to bring you home.  
I will sprinkle clean water upon you; \* and purify you from false gods and uncleanness.

A new heart I will give you \* and a new spirit put within you.

I will take the stone heart from your chest \* and give you a heart of flesh.

I will help you walk in my laws \* and cherish my commandments and do them.

You shall be my people, \* and I will be your God.

Glory to the Father, and to the Son, and to the Holy Spirit: \* as it was in the beginning, is now, and will be for ever. Amen

The **second lesson** is from First Corinthians (1:18-25)

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

This is the Word of the Lord.

**Thanks be to God.**

**Canticle 13: A Song of Praise**

Glory to you, Lord God of our fathers: \* you are worthy of praise; glory to you.

Glory to you for the radiance of your holy Name; \* we will praise you and highly exalt you for ever.

Glory to you in the splendor of your temple; \* on the throne of your majesty, glory to you.

Glory to you, seated between the Cherubim; \* we will praise you and highly exalt you for ever.

Glory to you, beholding the depths; \* in the high vault of heaven, glory to you.

Glory to the Father, and to the Son, and to the Holy Spirit: \* as it was in the beginning, is now, and will be for ever. Amen

The Holy **Gospel** of our Lord according to St. John (2:13-22)

**Glory to you, Lord Christ.**

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the

temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

This is the Gospel of the Lord.

**Praise to you, Lord Christ.**

### **The Sermon**

Special Music

*Here follows An affirmation of faith,*

**We believe in God the Father, infinite in wisdom, power and love, whose mercy is over all his works, and whose will is ever directed to his children's good.**

**We believe in Jesus Christ, Son of God and Son of man, the gift of the Father's unfailing grace, the ground of our hope, and the promise of our deliverance from sin and death.**

**We believe in the Holy Spirit as the divine presence in our lives, whereby we are kept in perpetual remembrance of the truth of Christ, and find strength and help in time of need.**

**We believe that this faith should manifest itself in the service of love as set forth in the example of our blessed Lord, to the end that the kingdom of God may come upon the earth.**

**Amen.**

### **The Prayers of the People**

Gathering all that commands our prayers, let us intercede with our gracious God, saying: Have mercy, O Lord.

*(Please take turns reading one or more of these petitions, as the Spirit moves you.)*

For the church, that God's commandments may be ever close to us, wonderful to ponder and life-giving to keep, (silence) we pray: **Have mercy, O Lord.**

For the church, that all the baptized may be drawn to the folly and weakness of God in Christ crucified, (silence) we pray: **Have mercy, O Lord.**

For our divided and restless world, that those who hold power over others may be troubled and transformed by the demands of justice, (silence) we pray: **Have mercy, O Lord.**

For children, that infants and young people of every nation may have food and learning, and that they may love their world, (silence) we pray: **Have mercy, O Lord.**

For this gathered community, that the solemn brightness of Lent may open our eyes to these times, their folly and their worth, (silence) we pray: **Have mercy, O Lord.**

For all the children of Abraham, Jewish, Christian, and Muslim, may they live and worship in harmony and holiness our Holy God, (silence) we pray: **Have mercy, O Lord.**

For all people who are suffering amidst civil war and chaos. May God grant them peace in the midst of turmoil, succor at the hands of the world community, and freedom to live in tranquility (silence) we pray. **Have mercy, O Lord.**

For all who live in uncertainty and danger, especially those serving overseas in the military, and those who guard our communities and the quality of our lives, (silence) we pray: **Have mercy, O Lord.**

For the sick and needy, who we trust to the mercy of God: *(others)*, (silence) we pray: **Have mercy, O Lord.**

For the dead, especially those who held to and handed on God's commandment until our day, that they may be at peace, (silence) we pray: **Have mercy, O Lord.**

Jealous and merciful God, remember us and all those whom we hold in our hearts. In these forty days teach us to do the work of our baptism and so daily to raise to you the needs of the world. Grant this through Christ our Lord. **Amen.**

*Offertory*

Walk in love, as Christ loved us and gave himself for us, an offering and sacrifice to God. *Ephesians 5:2*

### **Offertory Hymn 657**

*Prayer over the gifts:* Gracious God, we know your power to triumph over weakness. May we who ask forgiveness be ready to forgive one another, in the name of Jesus The Lord. **Amen.**

### **The Great Thanksgiving A**

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore, we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

**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 stand or kneel as they are able.*

Holy and gracious Father: In your infinite love . . .

Therefore we proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

We celebrate the memorial of our redemption, . .

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

Let us pray for the coming of the kingdom as Jesus taught us:

**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 Breaking of the Bread**

We break this bread to share in the body of Christ.

**We, being many, are one body, for we all share in the one bread.**

Behold the Righteous One, who was put to death in the flesh but made alive in the spirit. Blessed are those who are called to the banquet of the Lamb.

### **Communion of the People**

*After Communion, the Celebrant says*

Faithful God, help us always to hear the prophet's call to turn our hearts to you. Let us pray.

**Almighty and ever-living 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.**

Knowing that all of our community cannot share the Eucharist in person, we affirm that the true mystical communion of Christ and His Church is a bond of spirit and heart, grounded in faith. Therefore, we commit ourselves to this deep bond of the Spirit in union with Christ our Lord. Amen.

### **The Blessings**

May God keep you in all your days.

May Christ shield you in all your ways. May the Spirit bring you healing and peace. May God the Holy Trinity drive all darkness from you and pour upon you blessing and light. **Amen.**

### **The Peace**

The peace of the Lord be always with you.

**And also with you.**

### **Announcements**

#### **Anniversary/Thanksgiving Prayer**

We give you thanks, O God, for your many blessings: for our days of celebration, for the love that surrounds us, for your healing presence in our lives. Keep us in your care, we pray, and help us to live as truly thankful people. Amen.

### **Closing hymn 143**

#### **Dismissal**

Saved by faith and created in Christ for good works, go in peace to love and serve the Lord.

**Thanks be to God.**



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