



## Morning Prayer and Holy Eucharist at the Church of St. Paul, Cambria

• The 2nd Sunday in Lent • March 5, 2023 •

### Opening Hymn

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.*

To Abraham and Sarah you called out, O God of mystery, inviting them to journey to a land of promise. To us also you call out, inviting us to pass through Lent to Easter's glory. Open our ears, therefore, to listen to Jesus, the Beloved Son in whom you are well pleased, so that, embracing the mystery of the cross we may follow him by confessing our sins against you, O 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 forever. Amen.**

The Lord is full of compassion and mercy:  
**Come let us adore him.**

### Psalm 67:1-5 *Deus misereatur*

O God, be merciful to us and bless us,  
show us the light of your countenance and come to us.

Let your ways be known upon earth,

your saving health among all nations.

Let the peoples praise you, O God; let all

the peoples praise you.

Let the nations be glad and sing for joy, for you judge the peoples with equity and guide all the nations upon earth.

Let the peoples praise you, O God; let all the peoples praise you.

### Psalm 121

- 1 I lift up my eyes to the hills; \* from where is my help to come?
- 2 My help comes from the LORD, \* the maker of heaven and earth.
- 3 He will not let your foot be moved \* and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel \* shall neither slumber nor sleep;
- 5 The LORD himself watches over you; \* the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, \* nor the moon by night.
- 7 The LORD shall preserve you from all evil; \* it is he who shall keep you safe.
- 8 The LORD shall watch over your going out and your coming in, \* from this time forth for evermore.

### First Lesson **Genesis 12:1-4a**

Now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the LORD had told him; and Lot went with him.

Word of the Lord.

**Thanks be to God.**

### **Canticle 11:** The Third Song of Isaiah

Arise, shine, for your light has come, \* and the glory of the Lord has dawned upon you.

For behold, darkness covers the land; \* deep gloom enshrouds the peoples.

But over you the Lord will rise, \* and his glory will appear upon you.

Nations will stream to your light, \* and kings to the brightness of your dawning.  
Your gates will always be open; \* by day or night they will never be shut.  
They will call you, The City of the Lord, \* The Zion of the Holy One of Israel.  
Violence will no more be heard in your land, \* ruin or destruction within your borders.  
You will call your walls, Salvation, \* and all your portals, Praise.  
The sun will no more be your light by day; \* by night you will not need the brightness of the moon.  
The Lord will be your everlasting light, \* and your God will be your glory.  
Glory to the Father and to the Son, and to the Holy Spirit: \* as it was in the beginning, is now, and ever will be. Amen.

### **Second Lesson Romans 4:1-5, 13-17**

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") — in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.  
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

### **A reading from the Gospel according to John (3:1-17)**

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Here ends the Gospel reading.

*Here follows 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 man. 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 and the Son. 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 Lord be with you.

**And also with you.**

Let us pray.

**Collects:** O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

Eternal Lord God, you hold all souls in life: Give to your whole Church in paradise and on earth your light and your peace; and grant that we, following the good examples of those who have served you here and are now at rest, may at the last enter with them into your unending joy; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

**The Sermon**  
Sermon Music

Canon Mark Hall

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

Let us come before God in this Lenten-tide, praising and blessing and adoring our ever-living God, saying: In your glorious mercy, Lord, hear our prayer.

*(As the Spirit moves you, please take turns reading one or more of the petitions.)*

O God, who spoke through the prophets and who lives in the only begotten one, show to your church all things. Make us hear your purpose and receive your grace; confirm in your truth all the

baptized, especially bishops and clergy, theologians and teachers, mystics and martyrs. **In your glorious mercy, Lord, hear our prayer.**

Lord of promise and deliverance, we thank you for birthing us in the waters of baptism and for drowning our death in your unending life. We beg that your love well up within us, that our whole lives may worship you. **In your glorious mercy, Lord, hear our prayer.**

God of the people of Israel, Sovereign of every nation, grant your vision of mercy and justice to all who rule in the earth. Prosper the labors of those seeking peace. Assist all who work for reconciliation in the streets and for reformation in prisons. **In your glorious mercy, Lord, hear our prayer.**

O Holy One with the pierced limbs and side, bind us to all those who suffer. Keep us mindful of all innocent victims, all the oppressed, all the dying. Reveal to us those who are despised, the outcast, the alien, the forlorn. Look upon the sick. Summon us to restlessness until all who suffer find rest from their sorrow. **In your glorious mercy, Lord, hear our prayer.**

Lord of Peace and Comfort, young people are in danger on the battlefield. Keep them mindful of your loving presence and protect them from eternal harm. **In your glorious mercy, Lord, hear our prayer.**

We offer Prayers for Susie, Jennifer and Ramsay. **In your glorious mercy, Lord, hear our prayer.**

*(Here other intercessions may be offered.)*

God of Abraham and Sarah, the great I AM, we give you thanks for the signs of your radiant presence in the faith of our ancestors. Bless us with awe to receive their testimony. Transfigure us by the gift of faith for our life's journey, until we behold face to face your glorious beauty, through Christ our Lord. **Amen.**

**Offertory:** I appeal to you, brothers and sisters, by the mercies of God, to present yourselves as a living sacrifice, holy and acceptable to God, which is your spiritual worship. *Romans 12:1*

### **Offertory Hymn**

**Prayer over the gifts:** God our refuge and our strength, receive all we offer you this day, and through the death and resurrection of your Son transform us to his likeness. We ask this in his name. **Amen.**

## **The Great Thanksgiving (EP 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 God 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 (Repeat) Heaven and earth are full, full of your glory. Hosanna in the highest (Repeat) Blest is he who comes in the name of the Lord. Hosanna in the highest (Repeat).**

*(The People stand or kneel.)*

Holy and gracious Father: In your infinite love you made us for yourself...

Therefore we proclaim the mystery of faith.

**Christ has died. Christ is risen.**

**Christ will come again.**

We celebrate the memorial of our redemption, O Father,...

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.**

And now as our Savior taught us, we are bold to pray *(sung)*:

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

Jesus, Lamb of God, **have mercy on us.**

Jesus, bearer of our sins, **have mercy on us.**

Jesus, redeemer of the world, **give us your peace.**

*Then the celebrant and people pray together.*

*Facing the people, the Celebrant says the following*

*Invitation or other suitable words.*

The holy gifts of God for the holy people of God: Draw near with awe and faith, with praise and thanksgiving.

## **Communion of the People**

*After Communion, the Celebrant says*

Holy God, we see your glory in the face of Jesus Christ. May we who are partakers of his table reflect his life in word and deed, that all the world may know his power to change and save.

Let us pray. **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.**

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.**

## **Blessing:**

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

## **The Peace**

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

*Greet one another in the Lord's name.*

## **Announcements**

*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**

## **Dismissal:**

Reconciled by God through Christ and made a new creation, go in peace to love and serve the Lord.

**Thanks be to God.**