



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

• The First Sunday of Lent • March 9, 2025 •

Opening Hymn 142

Bless the Lord who forgives our sins.

His mercy endures forever.

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.**

Penitential Rite

Hear the voice of your church, O Lord our God, as we cry out to you from the wilderness of this world. Come to our aid with mighty hand and outstretched arm; so that, nourished by the bread of your Word and strengthened by your Spirit, we may conquer every test and each temptation of the evil one. Strengthen us now, as we 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.

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

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.

Jubilate: Psalm 100

1 Be joyful in the LORD, all you lands; serve the LORD with gladness and come before his presence with a song.

2 Know this: The LORD himself is God; he himself has made us, and we are his; we are his people and the sheep of his pasture.

3 Enter his gates with thanksgiving: go into his courts with praise; give thanks to him and call upon his Name.

4 For the LORD is good; his mercy is everlasting; and his faithfulness endures from age to age.

Psalm 91:1-2, 9-16

1 He who dwells in the shelter of the most High, * abides under the shadow of the Almighty.

2 He shall say to the LORD, "You are my refuge and my stronghold, * my God in whom I put my trust."

9 Because you have made the LORD your refuge, * and the Most High your habitation,

10 There shall no evil happen to you, * neither shall any plague come near your dwelling.

11 For he shall give his angels charge over you, * to keep you in all your ways.

12 They shall bear you in their hands, * lest you dash your foot against a stone.

13 You shall tread upon the lion and adder; * you shall trample the young lion and the serpent under your feet.'

14 Because he is bound to me in love, therefore will I deliver him; * I will protect him, because he knows my Name.

15 He shall call upon me, and I will answer him; * I am with him in trouble; I will rescue him and bring him to honor.

16 With long life will I satisfy him, * and show him my salvation.

The Celebrant says to the people

The Lord be with you.

And also with you.

Let us pray.

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 first reading is from Deuteronomy 26:1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take

some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Thanks be to God.

Canticle S: A Song of Our True Nature *Julian of Norwich*

Christ revealed our frailty and our falling, * our trespasses and our humiliations.

Christ also revealed his blessed power, * his blessed wisdom and love.

He protects us as tenderly and as sweetly when we are in greatest need; * he raises us in spirit and turns everything to glory and joy without ending.

God is the ground and the substance, the very essence of nature; * God is the true father and mother of natures.

We are all bound to God by nature, * and we are all bound to God by grace.

And this grace is for all the world, * because it is our precious mother, Christ.

For this fair nature was prepared by Christ for the honor and nobility of all, * and for the joy and bliss of salvation.

The second reading is the Letter to the Romans (10:8b-13)

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Hear what the Spirit is saying to the Church

Thanks be to God.

Canticle O: A Song of the Heavenly City *Revelation 21:22-26, 22:1-4*

I saw no temple in the city, * for its temple is the God of surpassing strength and the Lamb.

And the city has no need of sun or moon to light it, * for the glory of God shines on it, and its lamp is the Lamb.

By its light the nations shall walk, * and the rulers of the world lay their honor and glory there.

Its gates shall never be shut by day, nor shall there be any night; * into it they will bring the honor and glory of nations.

I saw the clean river of the water of life, bright as crystal, * flowing from the throne of God and of the Lamb.

The tree of life spanned the river, giving fruit every month, * and the leaves of the tree were for the healing of nations.

All curses cease where the throne of God and the Lamb stands, and all servants give worship there; * there they will see God's face, whose Name shall be on their foreheads.

The Holy Gospel of our Lord Jesus Christ according to Luke (4:1-13)

Glory to you, Lord Christ.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus

answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time. The Gospel of the Lord.

Praise to you, Lord Christ.

The Sermon

Music

Here follows the affirmation of faith, (from NZ BCP)

You, O God, are supreme and holy.

**You create our world and give us life.
Your purpose overarches everything we do. You have
always been with us.
You are God.**

**You, O God, are infinitely generous, Good beyond all
measure.**

**You came to us before we came to you. You have
revealed and proved your love for us in Jesus Christ,
who lived and died and rose again.**

**You are with us now.
You are God.**

**You, O God, are Holy Spirit.
You empower us to be your gospel in the world. You
reconcile and heal; you overcome death.**

You are our God. We worship you.

The Prayers of the People

In this holy season let us turn to God in prayer,
saying: Lord, hear our prayer.

*(As the Spirit moves you, please take turns
reading one or more of the petitions. Please
observe a short silence at the indicated times.)*

For those preparing for baptism and first
communion, and for all the holy people of God
(silence), that we may be led by the Spirit to
hunger for the word of life, let us pray to the Lord.
Lord, hear our prayer.

For the peoples and nations of the world, and for
those in authority (silence), that power and glory
may not turn us from the way of justice and peace,
let us pray to the Lord. **Lord, hear our prayer.**

For all who are afflicted and oppressed, (silence),
that God will open our ears to their cry, let us pray
to the Lord. **Lord, hear our prayer.**

For this community (silence), that we may believe
in our hearts and confess with our lips the word
that is near, let us pray to the Lord. **Lord, hear our
prayer.**

For our own needs and those of others (silence),
that God may be gracious to us in our need, let us
pray to the Lord. **Lord, hear our prayer.**

For all those who serve our nation in the military,
especially those who are far from home and in
mortal danger; that their journey in the wilderness
of danger will end in their coming home safe, let us
pray to the Lord. **Lord, hear our prayer.**

(Here other intercessions may be offered.)

Strong and faithful God, hear us as we cry to you.
Stretch out your hand to save us, that we may
praise you for your mercy. We ask this through
your Son, Jesus Christ our Lord. **Amen.**

Offertory sentence

But do not neglect to do good and to share what
you have, for such sacrifices are pleasing to
God. *Hebrews 13:15, 16*

Offertory Hymn 171

Prayer over the gifts:

Holy God, receive all we offer you this day, and
bring us to that radiant glory which we see in the
transfigured face of Jesus Christ our Lord. **Amen.**

The Great Thanksgiving

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.
You bid your faithful people cleanse their hearts,
and prepare with joy for the Paschal feast; that,
fervent in prayer and in works of mercy, and

renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

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.**

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.**

While we were still sinners, Christ died for us, that, with confidence in God's love for us, we might dare to pray:

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-

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

Behold our Savior Christ Jesus, who abolished death and brought life through the gospel. Blessed are those who are called to the banquet of the Lamb.

After Communion, the Celebrant says

Faithful God, in this holy bread you increase our faith and hope and love. Lead us in the path of Christ who is your Word of life.
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 the reality that Christ is with us wherever we are. **Amen.**

May Christ who calls you to take up your cross, give you strength to bear your own and one another's burdens, and the blessing of God almighty, Father, Son and Holy Spirit be with you and remain with you for ever. **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 167

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

Thanks be to God.