



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

• The Third Sunday of Lent • March 23, 2025 •

Opening Hymn- 699

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

O God, the living fountain of new life, to the human race, parched with thirst, you offer the living water of grace that springs up from the rock, our Savior Jesus Christ. Grant your people the gift of the Spirit, that we may learn to profess our faith with courage and conviction and announce with joy the wonders of your saving love. Help us grow spiritually, as 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 63:1-8

1 O God, you are my God; eagerly I seek you; * my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water.

2 Therefore I have gazed upon you in your holy place, *

that I might behold your power and your glory.

3 For your loving-kindness is better than life itself; * my lips shall give you praise.

4 So will I bless you as long as I live * and lift up my hands in your Name.

5 My soul is content, as with marrow and fatness, * and my mouth praises you with joyful lips,

6 When I remember you upon my bed, * and meditate on you in the night watches.

7 For you have been my helper, * and under the shadow of your wings I will rejoice.

8 My soul clings to you; * your right hand holds me fast.

The Celebrant says to the people

The Lord be with you.

And also with you.

Let us pray.

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.**

The first reading is from Exodus (3:1-15).

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside

to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain."

But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations."

Praise to you, Lord Christ.

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 from the First Letter of Paul to the Corinthians (10:1-13)

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness. Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

The Word of the Lord.

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 (13:1-9).

Glory to you, Lord Christ.

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them-- do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did." Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

The Gospel of the Lord.

Praise to you, Lord Christ.

The Sermon

The Rev. Cn. Mark Hall

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.*

For those to be baptized and all the holy people of God (silence), that we may heed the God who calls us to repentance in the events of our lives, let us pray to the Lord. **Lord, hear our prayer.**

For this nation and all the nations of the world (silence), that we may live in harmony and peace, let us pray to the Lord. **Lord, hear our prayer.**

For those enslaved in body or in spirit (silence), that God may come to rescue them and grant them freedom, let us pray to the Lord. **Lord, hear our prayer.**

For this community (silence), that during this holy season God's grace may produce in us the fruits God seeks, let us pray to the Lord. **Lord, hear our prayer.**

For our own needs, those of our loved ones and those requesting prayers: that God will not allow us to be tested beyond our strength (silence), let us pray to the Lord. **Lord, hear our prayer.**

For all those in military service, especially those serving in areas of conflict, that they return home safely, let us pray to the Lord. **Lord, hear our prayer.**

(Here other intercessions may be offered.)

God, ever faithful and true, from of old you have revealed yourself as one who will be with your people to save them. Be with us in our times of need, now and always. We ask this through 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- Tune the tune of 59 Text: Songs for the Cycle p138 (Lorienne provides)

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

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

Creator of heaven and earth, we thank you for these holy mysteries, which bring us now a share in the life to come. 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 470

Striving to share God's love with others, and eager to do God's will, go in peace to love and serve the Lord.

Thanks be to God.

Lent

During Lent, we invite you to take some time to pray and meditate at the cross.