

# LENT

**Welcome to our  
SUNG EUCHARIST**

**The Fourth Sunday in Lent:  
March 14<sup>th</sup>, 2021**

***Mass Setting: John Merbecke***

**Celebrant & Preacher:** The Rev. Nils Chittenden  
*Rector*

**Director of Music & Organist:** James Turner  
**Singers:** James Turner & Claire Turner  
**Broadcast Tech:** James Turner

**Usher:** Annlee Milani  
**Lay Minister:** Rich Fontaine  
**Reader:** Cathy Gates



## The Prelude

Meditation on "Love Unknown" - Francis Jackson (1917-)

*Please remain seated for the opening hymn.*

1. Come, Thou fount of ev - ery bless - ing, Tune my heart to sing thy  
 2. Here I raise my Eb - en - e - zer, Hith - er by thy help I'm  
 3. O, to grace how great a debt - or, Dai - ly I'm con - strained to

1. grace; Streams of mer - cy nev - er ceas - ing, Call for songs of loud - est  
 2. come; And I hope, by thy good pleas - ure, Sure - ly to ar - rive at  
 3. be; Let that grace, Lord, like a fet - ter, Bind my wan - d'ring heart to

1. praise. Teach me some me - lo - dious son - net, Sung by flam - ing tongues a -  
 2. home. Je - sus sought me when a stran - ger, Wan - d'ring from the fold of  
 3. Thee. Prone to wan - der, Lord, I feel - it, Prone to leave the God I

1. love. Praise the mount, O fix me on it. Mount of God's un - chang - ing love.  
 2. God. He, to save my soul from dan - ger, In - ter - posed His pre - cious blood.  
 3. love. Here's my heart, Lord, take and seal it, Seal it from thy courts a - bove.

## The Liturgy of the Word

Celebrant Bless ✠ the Lord who forgives all our sins.  
All **His mercy endures for ever.**

*The Celebrant welcomes everyone and introduces the service, after which we listen to a setting of the Kyrie Eleison (Greek for ‘Lord, have mercy’) – an ancient Christian hymn of penitence set here to music by the English Elizabethan composer, John Merbecke, in 1549.*

|                 |                                   |
|-----------------|-----------------------------------|
| Kyrie Eleison   | <i>Lord, have mercy upon us.</i>  |
| Christe Eleison | <i>Christ have mercy upon us.</i> |
| Kyrie Eleison   | <i>Lord, have mercy upon us.</i>  |



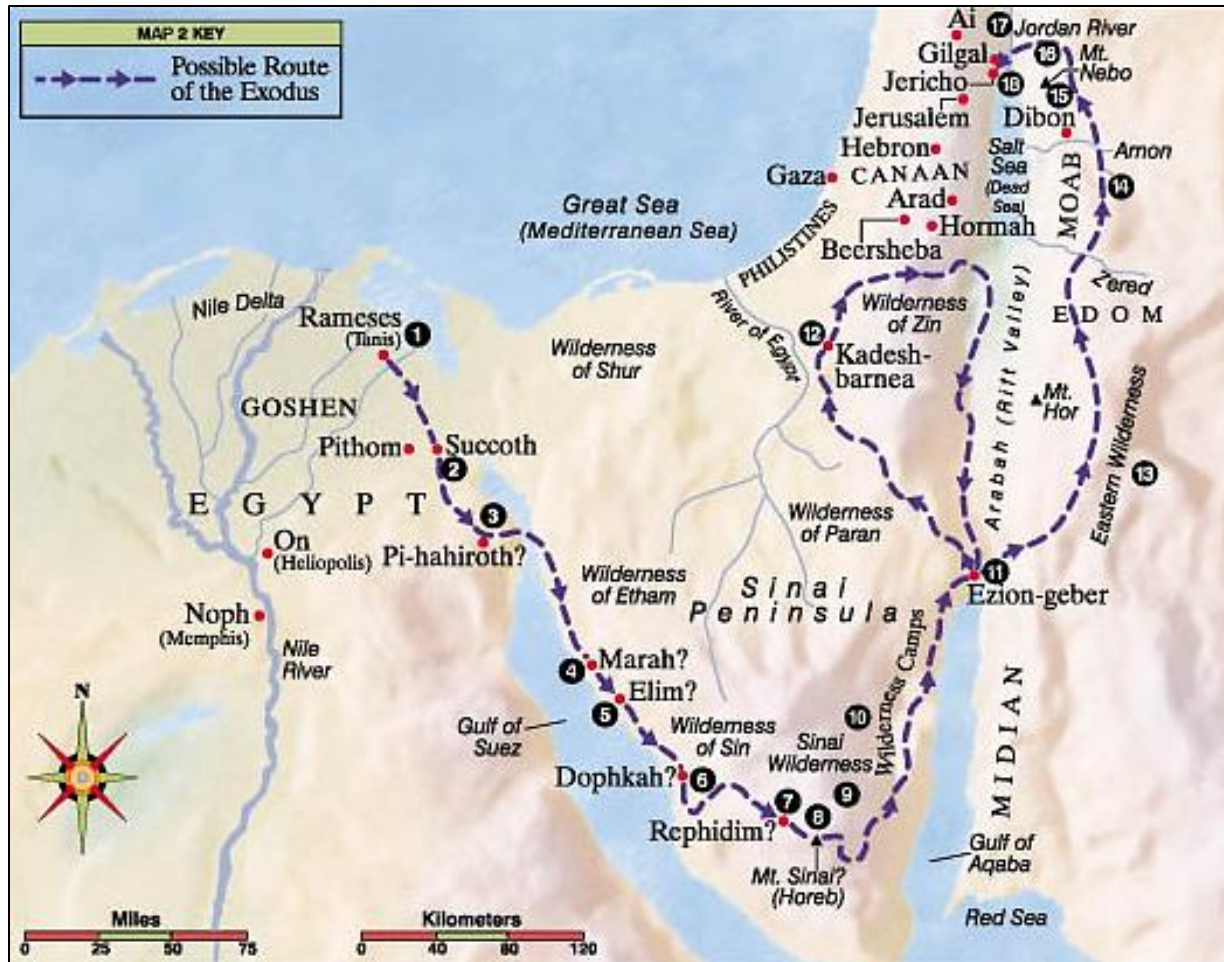
Celebrant The Lord be with you.  
All **And also with you.**  
Celebrant Let us pray.

*The Celebrant prays the Collect – a prayer reflecting the theme of the day.*

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*Please remain seated for a reading from the Old Testament.*

The people of Israel, led by Moses, have escaped from slavery in Egypt and are heading towards Canaan - the land promised to them back in the time



of Abraham. In the end, this journey takes them through the Sinai Peninsula over a forty-year period, during which time they endure many physical hardships, including a lack of food and water.

Earlier in the book of Numbers, we read that in response to their hunger the Lord gave them 'manna' to eat. What exactly this manna was remains debated – there are several possibilities, ranging from tree resin, to lichen, to mushrooms, and was evidently ground up into a flour and baked into cakes. Whatever it was, after eating it – and very little else – for a long time, the Israelites have come to the end of their tolerance for it and complain to Moses that it is 'miserable food'.



As if these privations were not enough, they then encounter another problem: one common in that part of the desert – poisonous snakes. These caused painful and, often, slow deaths to those they bit and this had become a major issue for Moses.

*His response, after consultation with God, is to fashion a bronze snake which, simply by being looked at, will provide the antidote to a bite.*

*Although this might appear like something a shaman would do, it is important to remember that it is neither the bronze snake nor Moses who is doing the healing – it is God. Looking at the bronze snake is simply a ritual which acknowledges they have enough faith that God will heal them.*



Lector      A reading from the book of Numbers.

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, “Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.” Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died.

The people came to Moses and said, “We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us.”

So Moses prayed for the people. And the Lord said to Moses, “Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.”

So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Numbers 21:4-9

Lector      The Word of the Lord.  
**All**            **Thanks be to God.**

*Please stand for the reading of the Holy Gospel.*

Celebrant      The Lord be with you.

**All**              **And also with you.**

Celebrant      The Gospel of our Lord Jesus Christ, according to John.

**All**              **Glory to you, Lord Christ.**

Jesus said, “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. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.”

John 3:14-21

Celebrant      The Gospel of the Lord.

**All**              **Praise to you, Lord Christ.**

*Please sit for the sermon, the prayers and the confession.*

## **The Prayers of the People**

Leader              Let the peace of this worship surround you as you pray.  
God is here with you now, and always. Tell him the deepest things on your heart and allow him time to speak to you.

*We pause for an extended time of quiet as you pray this prayer.*

**All**              **Lord, wherever we are, you already are there, with us.**

Leader            We pray for all troubled parts of the world, where lives are being torn apart by war, disease, famine or other disasters. We give thanks for those who their lives to help those in need. We pray that the rulers of the nations will hold the needs of all their people uppermost.

**All                Give courage and hope to all who strive for justice.**

*We pause for an extended time of quiet as you pray this prayer.*

Leader            We pray for our environment and natural resources – that we may treat them as precious and worthy of respect, using only what we need. May we recognize that we are entrusted with these resources as stewards, not as owners.



*We pause for an extended time of quiet as you pray this prayer.*

**All                Let us grow in confidence that prayer is powerful.**

Leader            We pray for all those who are suffering from any kind of need – that we will be the answers to their prayers.



We pray for those who feel unloved, or unlovely – that we show them love. We pray for the strength to love those whom we find it hard to love. Help us to radiate love.

*We have an extended time of quiet for you to pray that prayer.*

**All**                    **Lord, help us to put others' needs ahead of our own.**

Leader                United as the Body of Christ, we pray for those from our own parish family that have asked for our prayers:

**Jeff Reilly, Doug Campbell, Sr., Doug Campbell, Jr., JD Head, Kenneth Grindley, Emma Stith, Bobbie Gray, Braden Noah, Andrea Mariano Lodato, Walter Eisin, John Mathew, Todd Cobey, Laura Bryan, John Powers, Piper Beatty,**

and any others we now name out loud or silently...

*We pause for any other names.*

**All**                    **Lord, bring them light, comfort, and your healing love.**

Leader                We pray for all the departed. We pray for those recently departed, among them **Andrew Campbell & Sonny Sunga; for those who have died from Covid-19**, for those whose anniversary of passing occurs at this time, and for any others known to us...

*We pause for any other names.*

Leader                We give thanks for health, healing and, above all, hope – the hope that only you can give us through the assurance of life in all its fullness – today, tomorrow and for eternity.

*We have an extended time of quiet.*

**All**                    **Lord, in your mercy, hear the prayers we offer to you.**

## **A Litany of Penitence and Confession**

Celebrant            Let us now let us call to mind and confess our sins against God and against our neighbor.

*After a long silence, the Celebrant begins the following prayer.*

**All**                    **Most holy and merciful Father:**  
**We confess to you and to one another,**  
**and to the whole communion of saints**  
**in heaven and on earth,**  
**that we have sinned by our own fault**  
**in thought, word, and deed;**  
**by what we have done,**  
**and by what we have left undone.**

Celebrant            We have not loved you with our whole heart, and mind,  
and strength. We have not loved our neighbors as ourselves.  
We have not forgiven others, as we have been forgiven.

**All**                    **Have mercy on us, Lord.**

Celebrant            We have been deaf to your call to serve, as Christ served  
us. We have not been true to the mind of Christ. We have  
grieved your Holy Spirit.

**All**                    **Have mercy on us, Lord.**

Celebrant            We confess to you, Lord, all our past unfaithfulness: the  
pride, hypocrisy, and impatience of our lives,

**All**                    **We confess to you, Lord.**

Celebrant            Our self-indulgent appetites and ways, and our  
exploitation of other people,

**All**                    **We confess to you, Lord.**

Celebrant            Our anger at our own frustration, and our envy of those  
more fortunate than ourselves,

**All**                    **We confess to you, Lord.**

Celebrant            Our intemperate love of worldly goods and comforts, and  
our dishonesty in daily life and work,

**All**                    **We confess to you, Lord.**

Celebrant            Our negligence in prayer and worship, and our failure to  
commend the faith that is in us,

**All**                    **We confess to you, Lord.**

Celebrant Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty,  
**All Accept our repentance, Lord.**

Celebrant For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us,  
**All Accept our repentance, Lord.**

Celebrant For our waste and pollution of your creation, and our lack of concern for those who come after us,  
**All Accept our repentance, Lord.**

Celebrant Restore us, good Lord, and let your anger depart from us; Favorably hear us, for your mercy is great.

Accomplish in us the work of your salvation,  
That we may show forth your glory in the world.

By the cross and passion of your Son our Lord,  
Bring us with all your saints to the joy of his resurrection.

Almighty God, the Father of our Lord Jesus Christ, who desires not the death of sinners, but rather that they may turn from their wickedness and live, has given power and commandment to his ministers to declare and pronounce to his people, being penitent, the absolution and remission of their sins. He pardons and ✠ absolves all those who truly repent, and with sincere hearts believe his holy Gospel.

Therefore we beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do on this day, and that the rest of our life hereafter may be pure and holy, so that at the last we may come to his eternal joy; through Jesus Christ our Lord. Amen.

## **The Peace and Offertory**

*Please stand.*

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

*You are invited to share a sign of peace with those around you, then please sit for announcements.*

*After this we listen to a pre-recorded choir anthem:  
O Lord My God – Samuel Sebastian Wesley (1810-1876)*

## **The Great Thanksgiving**

Celebrant      The Lord be with you.

**All**              **And also with you.**

Celebrant      Lift up your hearts.

**All**              **We lift them to the Lord.**

Celebrant      Let us give thanks to the Lord our God.

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

*Then the Celebrant continues.*

It is right to thank to you at all times, Father, Creator of heaven and earth.

Because through Jesus Christ our Lord, who was tempted in every way as we are yet did not sin, 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.

And so we join the saints and angels in proclaiming your glory, as we sing:

Holy, Holy, Holy, Lord God of hosts,  
heaven and earth are full of thy glory:  
Glory be to thee, O Lord Most High.

Blessed is he who cometh in the name of the Lord.  
Hosanna in the highest.

*Please sit or kneel. The Celebrant continues.*

And so, Father, we bring you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of Jesus Christ our Lord.

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.”



Father, we now celebrate the memorial of your Son. By means of this holy bread and cup, we show forth the sacrifice of his death, and proclaim his resurrection, until he comes again. Gather us by this Holy Communion into one body in your Son Jesus Christ. Make us a living sacrifice ✠ of praise.

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.**

Celebrant        And now, as our Savior Christ has taught us,  
                         we are bold to say,

**All                    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,  
                         for ever and ever. Amen.**

**Anyone baptized into any Christian church  
is invited to receive communion.**

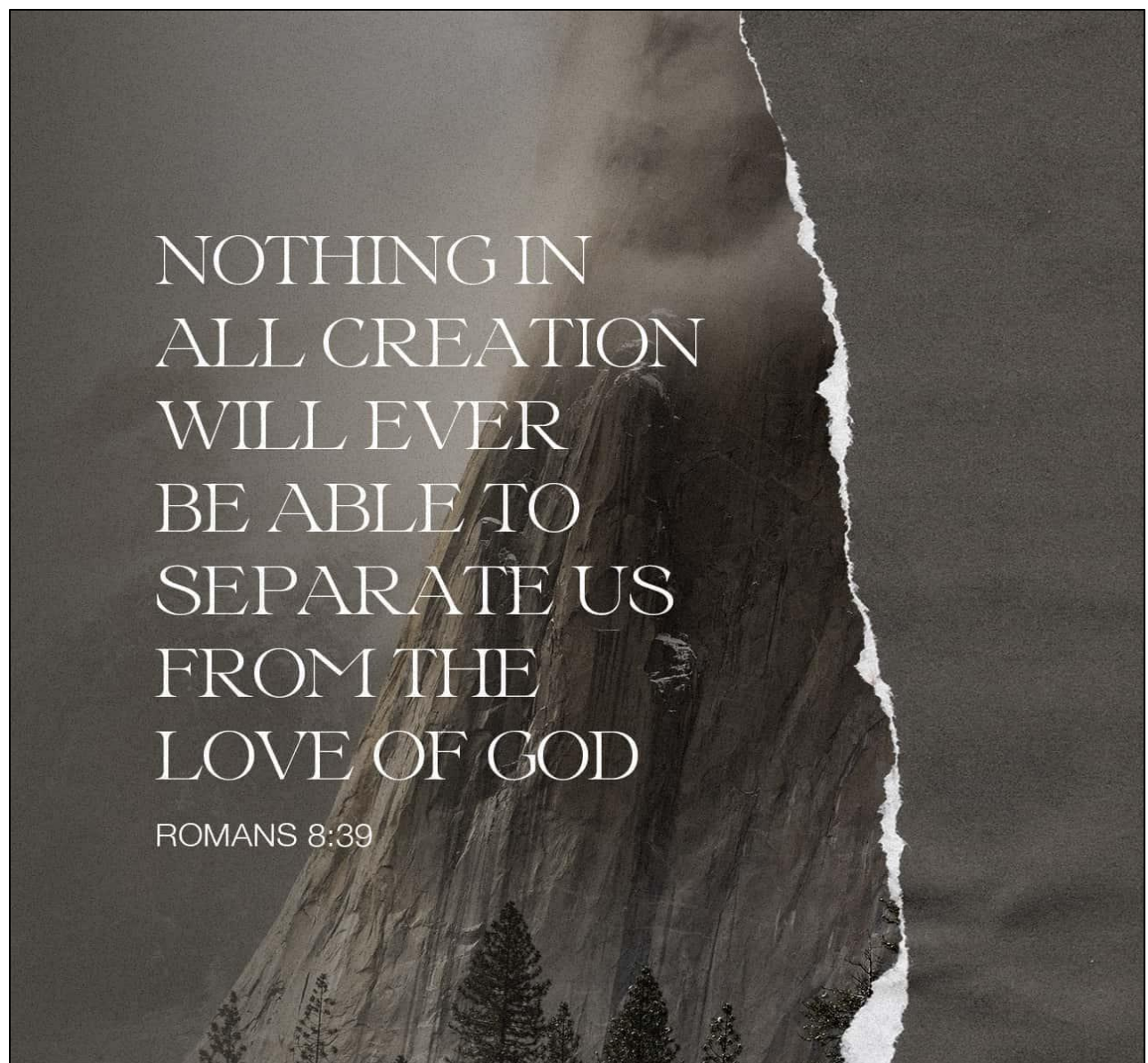
During this time of Covid-19, only the bread will be distributed.

Please come forward to as directed by the ushers,  
sanitizing your hands before receiving the sacrament.

Please hold out your hand to receive the bread.

To receive a blessing instead, please come forward  
and cross your hands over your chest.

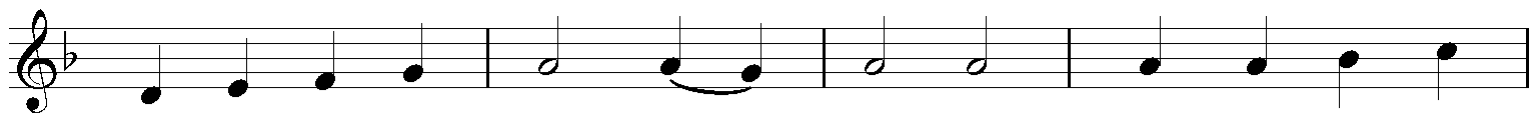
*Please sit for the prayer, as we give thanks for this holy communion.*



Celebrant      Let us pray.

**All**            **Eternal God, heavenly Father,  
 you have graciously accepted us  
 as living members of your Son  
 our Savior Jesus Christ,  
 and you have fed us with spiritual food  
 in the Sacrament of his Body and Blood.  
 Send us now into the world in peace,  
 and grant us strength and courage  
 to love and serve you  
 with gladness and singleness of heart;  
 through Christ our Lord. Amen.**

*Please remain seated for the Blessing, and for the final hymn.*



1 Let all mortal flesh keep            si - lence,            and with fear and  
 2 King of kings, yet born of            Ma - ry,            as of old on  
 3 Rank on rank the host of            hea - ven            spreads its van - guard  
 4 At his feet the six - winged            ser - aph;            cher - u - bim with



trem - bling            stand;            pon - der noth - ing            earth - ly -  
 earth he            stood,            Lord of lords in            hu - man  
 on the            way,            as the Light of            Light de -  
 sleep - less            eye            veil their fac - es            to the



mind - ed,            for with bless - ing            in his            hand  
 ves - ture,            in the Bo - dy            and the            Blood  
 scend - eth            from the realms of            end - less            day,  
 Pres - ence,            as with cease - less            voice they            cry,



Christ our God to            earth de - scend -            eth,  
 he will give to            all the faith -            ful  
 that the powers of            hell may va -            nish  
 "Al - le - lu - ia,            al - le - lu -            ia!



our full hom - age            to de -            mand.  
 his own self for            heaven - ly            food.  
 as the dark - ness            clears a            way.  
 Al - le - lu - ia,            Lord Most            High!"

## The Dismissal

Celebrant      Now go in peace to love and serve the Lord.  
All              **Thanks be to God.**

## The Postlude

Postlude on "Aberystwyth" – Ashley Grote (1982- )

### A DAILY MEDITATION ON THE TEN COMMANDMENTS

|                             |  |
|-----------------------------|--|
| <b>Having no other gods</b> | Do I love God with all my heart, mind, soul, and strength?   |
| <b>Making no idols</b>      | Do I put possessions, career, family, reputation, or health ahead of God? Do I treat money, sex, and power as gifts or gods?   |
| <b>Revering God's name</b>  | Do all my words and actions glorify God?   |
| <b>Keeping the Sabbath</b>  | Do I let work take over my life? Do I find my identity in work or in being God's child? Do I set aside a full day each week to rest?   |
| <b>Honoring parents</b>     | Do my parents know I value and respect them? Do my children?   |
| <b>Respecting life</b>      | How do I respond when I am humiliated, insulted, or treated unfairly? Am I quick to forgive, or do I hold grudges and seek revenge? Do I let my anger get the better of me?        |
| <b>Respecting marriage</b>  | Am I chaste? Do I flirt? Do I treat friends or strangers as objects of my lust? Do I treat sex as a precious and holy gift? Do I support and affirm the marriages of others?       |
| <b>Respecting property</b>  | Am I greedy? Do I have things that rightly belong to others? Am I honest with regard to tax, expenses, loans, and debts? Am I a generous giver?                                    |
| <b>Respecting truth</b>     | Do I exaggerate to impress? Do I gossip? Do I keep my promises? Do I face the truth about myself? Do I share my true self with others?   |
| <b>Curtailling desire</b>   | Am I jealous? Am I thankful? Am I content with what God has given me? Is the grass always greener on the other side? Do I curse the fact that life always seems easier for others? |

#### A Lenten Prayer For Personal Discipline

Lord Jesus, you fasted and prayed for forty days. Help me to fast and pray during this time of Lent. Free my mind from distraction and worry, that I may be more aware of your love, and more sensitive to others. Give me a spirit of generosity, so that I might share my gifts more freely with those who have less. Teach me to pray, that I might offer you praise and be more thankful. Help me make time to reflect on your Word; may it challenge, console, and purify me. Be with me in times of hurt, doubt, and confusion; unite my sufferings to yours and let them be redemptive. Fill me with your Holy Spirit, free me from sin, let me rise with you this Easter. I ask this in the name of Jesus, who died that I might have life to the full.  
Amen.