

*Opening Hymn #401 "God of Abraham praise"*

1 The God of A - braham praise, who reigns en - throned a - bove;  
 2 He by him - self hath sworn: we on his oath de - pend;  
 3 There dwells the Lord, our King, the Lord, our Right - eous - ness,  
 4 The God who reigns on high the great arch - an - gels sing,  
 5 The whole tri - um - phant host give thanks to God on high;

1 An - cient of ev - er - last - ing days, and God of love;  
 2 we shall, on ea - gle - wings up - borne, to heaven a - scend:  
 3 tri - um - phant o'er the world and sin, the Prince of Peace;  
 4 and "Ho - ly, ho - ly, ho - ly," cry, "Al - might - y King!  
 5 "Hail, Fa - ther, Son, and Ho - ly Ghost!" they ev - er cry;

1 the Lord, the great I AM, by earth and heaven con - fessed:  
 2 we shall be - hold his face, we shall his power a - dore,  
 3 on Zi - on's sa - cred height his king - dom he main - tains,  
 4 Who was, and is, the same, and ev - er - more shall be:  
 5 hail, A - braham's Lord di - vine! With heaven our songs we raise;

we bow and bless the sa - cred Name for ev - er blest.  
 and sing the won - ders of his grace for ev - er - more.  
 and, glo - rious with his saints in light, for ev - er reigns.  
 e - ter - nal Fa - ther, great I AM, we wor - ship thee."  
 all might and ma - jes - ty are thine, and end - less praise.

Words: Thomas Olivers (1725-1799), a lt..

Music: *Leoni*, Hebrew melody; harm. Hymns Ancient and Modern, 1875.alt

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## **Opening acclamation**

Presider: Blessed be the God of our salvation:

*People: Who bears our burdens and forgives our sins.*

## **Penitential Rite**

Presider: If we say we have no sin, we deceive ourselves, and the truth is not in us.

But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1John 1:8,9*

Presider: Let us confess our sins against God and our neighbor.

*Silence may be kept*

*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.*

Presider: 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.*

## **Collect**

Presider: God be with you

*People: And also with you*

Presider: Let us pray

*Silent pause*

## **Collect of the Day**

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.*

**First Reading            Genesis 12:1-4**

**Reader: A Reading from the book of Genesis**

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.

**Reader: Hear what the Holy Spirit is saying to God’s people**

*People: Thanks be to God*

**Reflective Silence** *Begins and ends with the toning of a singing bowl.*

**Psalm: Psalm 121**

<sup>1</sup>I lift up my eyes to the hills; \*  
from where is my help to come?

<sup>2</sup>My help comes from the LORD, \*  
the maker of heaven and earth.

<sup>3</sup>He will not let your foot be moved \*  
and he who watches over you will not fall asleep.

<sup>4</sup>Behold, he who keeps watch over Israel \*  
shall neither slumber nor sleep;

<sup>5</sup>The LORD himself watches over you; \*  
the LORD is your shade at your right hand,

<sup>6</sup>So that the sun shall not strike you by day, \*  
nor the moon by night.

<sup>7</sup>The LORD shall preserve you from all evil; \*  
it is he who shall keep you safe.

<sup>8</sup>The LORD shall watch over your going out and your coming in, \*  
from this time forth forevermore.

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

### **Reader: A Reading from Paul's Letter to the Church in Rome**

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.

### **Reader: Hear what the Holy Spirit is saying to God's people**

*People: Thanks be to God*

**Reflective Silence** *Begins and ends with the toning of a singing bowl.*

**Gospel Hymn #473 "Lift high the cross,"**

*Descant*



Lift high the cross, the love of Christ pro - claim

*Refrain*



Lift high the cross, the love of Christ pro - claim



till all the world a - dore \_\_\_\_\_ his sa - cred Name.



till all the world \_\_\_\_\_ a - dore \_\_\_\_\_ his sa - cred Name.



Led on their way by this tri - um - phant sign,  
 Each new - born ser - vant of the Cru - ci - fied  
 O Lord, once lift - ed on the glo - rious tree,  
 So shall our song of tri - umph ev - er be:



*Repeat Refrain*



the hosts of God in con - quering ranks com - bine.  
 bears on the brow the seal of him who died.  
 as thou hast prom - ised, draw the world to thee.  
 praise to the Cru - ci - fied for vic - to - ry.



Words: George William Kitchin (1827-1912); alt. Michael Robert Newbolt (1874-1956)  
 Music: *Crucifer*, Sydney Hugo Nicholson (1875-1947); desc. Richard Proulx (b.1937)

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## **Gospel: John 3:1-17**

**Presider: The Holy Gospel of our Lord Jesus Christ according to John**

*People: Glory to you, Lord Christ.*

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.”

**Presider: The Gospel of the Lord**

*People: Praise to you, Lord Christ*

**Homily**

**Craig Vocelka**

**Reflective Silence** *Begins and ends with the toning of a singing bowl.*

**The Nicene Creed***People stand as able**We believe in one God,**the Father 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.*

## **A Prayer for This Time of Transition**

*pray together*

*Loving God. We come before You in this time of change and uncertainty, seeking Your wisdom and guidance. As we navigate this season of transition, grant us patience, courage and hope. Help us to trust in Your plan, even when the path ahead feels unclear. Bless those who lead us, that they may be filled with discernment and strength. Bless our community, that we may remain united in love and faith. Open our hearts to new opportunities and growth, and remind us that You are always with us, guiding our steps. May Your peace, which surpasses all understanding, guard our hearts and minds in Christ Jesus. Amen.*

### **Prayers of the People**

Leader: Let us come before God in this Lententide, praising and blessing and adoring our everlasting God, saying: In your glorious mercy, O loving One, hear our prayer.

Leader: 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 and all the baptized, especially bishops and clergy, theologians and teachers, mystics and martyrs.

In your glorious mercy:

*People: O loving One, hear our prayer.*

Leader: 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,

*People: O Loving One, hear our prayer.*

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

*People: O Loving One, hear our prayer.*

Leader: O Holy One with the pierced limbs and side, bind us all who suffer. Keep us mindful of all innocent victims, all the oppressed, and all the dying. Reveal to us those who are despised, the outcast, the alien, the forlorn. Look upon all who are sick and dying *pause to name, silently or aloud those for whom we pray*. Summon us to restlessness until all who suffer find rest from their sorrow. In your glorious mercy,

*People: O Loving One, hear our prayer.*

Presider: God of Abraham and Saray, the great I AM, we give you thanks for the signs of your radiant presence in the faith of our forebearers. 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; we pray this through Christ our Savior. *Amen.*

### **The Peace**

Presider: The peace of Christ be with you.

*People: And also with you.*

### **Announcements**

#### **Birthdays and other Significant Celebrations**

#### **Liturgy of the Table**

#### **The Offertory**

*The Presider gives the invitation for the Offertory.*

*The People are seated*

***Members of the Altar Guild will bring Bread and Wine to the Altar.***

***The Usher will bring the People's Offerings to the Altar.***

#### **Offertory Music**

**The Doxology is sung:**

*Praise God from whom all blessings flow  
Praise God all creatures here below  
Praise God above ye heavenly hosts  
Praise Father, Son and Holy Ghost. Amen*

#### **Eucharistic Prayer - Prayer 3 – Enriching our Worship 1**

Presider: God be with you.

*People: And also with you.*

Presider: Lift up your hearts.

*People: We lift them to our God.*

Presider: Let us give thanks to our loving Creator.

*People: It is right to give our thanks and praise.*

Presider:

All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things.

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

Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; And so, as the morning stars sing your praises, we join the heavenly beings and all creation as we shout for joy:

### Sanctus *S-125*



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,



heaven and earth are full of your glo - ry. Ho -



san - na in the high - est. Ho - san - na in the high - est.



Blessed is he who comes in the name of the Lord. Ho -



san - na in the high - est. Ho - san - na in the high - est.

*Presider continues:*

Glory and honor are yours, Creator of all, your Word has never been silent; you called people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise.

Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said: "Take, eat, this is my Body, broken for you. Do this for the remembrance of me."

After supper, Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

And so, remembering all that was done for us: the cross. the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

*Presider and People:*

*Dying, you destroyed our death.*

*Rising, you restored our life.*

*Christ Jesus, come in glory!*

*Presider continues:*

Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love.

Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with blessed Bede, and all your people into the joy of our true eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

*Presider and People:*

*Blessed are you now and forever. AMEN!*

*The Presider then continues:*

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

*People and Presider:*

*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 for ever. Amen.*

### **Breaking of the Bread**

*A period of silence is kept.*

**Presider:** This is the true bread which comes down from heaven and  
gives life to the world

**People:** *Whoever eats this bread will live for ever.*

**Presider and People:**

*Lamb of God, you take away the sins of the world: have mercy on us.*

*Lamb of God, you take away the sins of the world: have mercy on us.*

*Lamb of God, you take away the sins of the world: grant us peace.*

### **Invitation to the Table**

This is the table, not of the Church but of Jesus Christ. It is made ready for those who love God and who want to love God more. So come, you who have much faith and you who have little, you who have been here often, and you who have not been for a long time or never before. You who have tried to follow and all of us who have failed. These are the gifts of God for the People of God. Come, not because the Church invites you; It is Christ who invites you to be known and fed here.

*Adapted from Iona Community, Iona Abbey Worship Book  
(Glasgow, UK: Wild Goose Publications, 20021).*

*All are invited to the table, if you, for whatever reason, do not feel comfortable participating in the meal, please ask for a blessing (simply cross your arms across your chest, and the priest will bless you).*

*The Presider says:*

The Gifts of God for the People of God.

Holy Food for Holy People.

***If anyone has trouble coming forward for Communion, please inform the Usher and Communion will be brought to you.***

**Music is played during Communion**

**Reflective Silence** *Begins and ends with the toning of a singing bowl.*

*If the Table fellowship will be extended to the sick or homebound, the Presider gives the sacrament to the Eucharistic Visitor on behalf of the congregation saying:*

Presider: We send you forth to *(name)* that they may share with us  
in the Body of Christ.

People: *We who are many are one body, for we all share one bread, one cup.*

**Post Communion Prayer** *(Please stand as able)*

*The Presider says:* Let us pray

*Presider and People:*

*God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; you have made us one with all your people in heaven and on earth.*

*Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.*

**Blessing** *The Presider calls God's blessing on the people.*

## Sending Hymn 636 "How firm a foundation"



1 How firm a foun - da - tion, ye saints of the Lord,  
2 "Fear not, I am with thee; O be not dis - mayed!  
3 "When through the deep wa - ters I call thee to go,  
4 "When through fier - y tri - als thy path - way shall lie,  
5 "The soul that to Je - sus hath fled for re - pose,



1 is laid for your faith in his ex - cel - lent word!  
2 For I am thy God, and will still give thee aid;  
3 the riv - ers of woe shall not thee o - ver - flow;  
4 my grace, all - suf - fi - cient, shall be thy sup - ply;  
5 I will not, I will not de - sert to its foes;



1 What more can he say than to you he hath said,  
2 I'll strength - en thee, help thee, and cause thee to stand,  
3 for I will be with thee, thy trou - bles to bless,  
4 the flame shall not hurt thee; I on - ly de - sign  
5 that soul, though all hell shall en - deav - or to shake,



1 to you that for ref - uge to Je - sus have fled?  
2 up - held by my right - eous, om - ni - po - tent hand.  
3 and sanc - ti - fy to thee thy deep - est dis - tress.  
4 thy dross to con - sume, and thy gold to re - fine.  
5 I'll nev - er, no, nev - er, no, nev - er for - sake."

Words: K in John Rippon's Selection, 1787, alt. .

Music: *Foundation*, melody from *The Sacred Harp*, 1844

### Dismissal

Presider: The Rev. Craig Vocolka

Musician: Mary Ferreira

Eucharistic Ministers: Kathleen Ebbert, Tom Huffman

Altar Guild: Mary Ferreira, Kathy Huffman

Godly Play: Karen Bathgate, Judy Wilkin

The Sanctuary Candle is given by  
St Bede Altar Guild