

EPISCOPAL CHURCH of the
HEAVENLY REST

God's Love. For All.

First Sunday in Lent
Holy Eucharist Rite II
Sunday, March 9, 2025
10:30 in the morning

PRELUDE *Chorale Dorien*


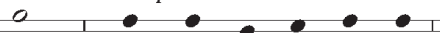
Jehan Alain (1911-1940)

Please stand as the bell sounds.



THE GREAT LITANY

First published in 1544, the Great Litany was the first English language rite prepared by Archbishop Thomas Cranmer. It adapts prayers that have been used since the fifth century. The most conspicuous feature of the Litany is the way it forces us to confront the reality of suffering at the world: it appears to list all the ways that things can go wrong in life. At the same time, the Great Litany invites us to acknowledge that, through Jesus Christ, God is present to us even and especially when we are struggling. The full text of the Great Litany can be found beginning on page 148 of the Book of Common Prayer.



The Officiant at the Litany may be a lay cantor.

Officiant  *People* 



O God the Father, Creator of heaven and earth, Have mer - cy up - on us.

Officiant  *People* 


O God the Son, Redeemer of the world, Have mer - cy up - on us.

Officiant  *People* 



O God the Holy Ghost, Sanctifier of the faith - ful, Have mer - cy up - on us.

Officiant  *People* 


O holy, blessed, and glorious Trinity, one God, Have mer - cy up - on us.

Officiant 



Remember not, Lord Christ, our offenses, nor the offenses of our forefathers; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy

 *People* 

preserve us for ev - er. Spare us, good Lord.

Officiant 

From all evil and wickedness; from sin; from the crafts and assaults of the

devil; and from everlast - ing dam - na - tion,



Good Lord, de - liv - er us.

(This same response is sung after the petitions that follow)

We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church Universal in the right way,



We beseech thee to hear us, good Lord.

(This same response is sung after the petitions that follow)



Officiant Son of God, we beseech thee to hear us.

People Son of God, we beseech thee to hear us.



O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.

O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.



O Lamb of God, that takest away the sins of the world, Grant us thy peace.



O Christ, hear us. O Christ, hear us.



Officiant Lord, have mer - cy up - on us.

People Christ, have mer - cy up - on us.

Officiant Lord, have mer - cy up - on us.

THE COLLECT OF THE DAY

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.**

All sit.

FIRST READING

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.

The Word of the Lord.

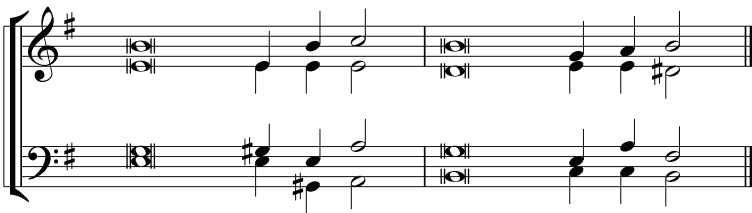
Thanks be to God.

ANTIPHON *Organ, Choir, All*



PSALM TONE

tone: AUS TIEFER NOT



PSALM 91:1-2, 9-16 *Qui habitat*

- 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 [hab]-itation,
- 10 **there shall no evil [happen] to you,*
neither shall any plague come [near] your dwelling.**

Antiphon

- 11 For he shall give his [an]-gels charge over you,*
to keep you in [all] your ways.
- 12 **They shall bear you [in] their hands,*
lest you dash your foot a-[gainst] a stone.**
- 13 You shall tread upon the lion [and] the 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**

Antiphon

- 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 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.”

The Word of the Lord
Thanks be to God.

The People stand and sing

SEQUENCE HYMN *Lord, who throughout these forty days*

Hymn 142

Tune: *St. Flavian*

Turn and face the Gospeller.

THE GOSPEL

Luke 4:1-13

The Holy Gospel of our Lord Jesus Christ according to Luke.

Glory to you, Lord Christ.

After his baptism, 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.

Children ages four through seven are invited to attend Wiggle Worship.

Children who would like to attend Wiggle Worship may follow the Children’s cross to the Children’s worship space.

Children who attend Wiggle Worship will return to the Nave during the Peace.

THE SERMON

The Reverend David Romanik, *Rector*

Following the sermon, all stand for

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 PEACE

The Peace of the Lord be always with you.
And also with you.

THE HOLY COMMUNION

OFFERTORY SENTENCE

At Heavenly Rest, we believe that we are called to respond to God's grace and generosity by giving of our time, talent, and treasure. The work of this church community is made possible by the financial contributions of those who worship here and participate in the life of this place.

There are several ways to make a financial gift to Heavenly Rest: you may place cash or a check in the alms basin as it goes by; text the amount you wish to contribute to 84321; use the "Give" tab on your profile in the ChurchCenter App (also known as the Directory App); or visit our website by using the QR code below.

Scan for online giving.
Thank you for your generosity!



OFFERTORY ANTHEM *The Serpent*

music by Thomas Pavlechko
lyrics by Richard Leach (b. 1953)

“What do you see?” the serpent said, the woman answered “Death.” “It is not death,” the serpent said, “it surely is not death.” “I see what God told us to see,” the woman quickly said. “See what I say,” the serpent said. “See what I say,” it said. “What do you see?” the tempter said, the Savior answered, “Stone.” “Must it be stone?” the tempter said, “It surely could be bread.” “Let it be stone,” the Savior said, “for life is more than bread.” “See what the scripture says,” he said, “see what the scripture says.” We see what we are told to see—whom shall we listen to? Give us the grace, O God, to see what we are told by you.

The People stand.

HYMN AT THE PRESENTATION *Forty days and forty nights*

Hymn 150

Tune: *Aus der Tiefe rufe ich*

*Those who are celebrating anniversaries in the month of March
are invited to follow the procession to the altar rail and receive a blessing.*

ANNIVERSARY BLESSINGS

Celebrant All things come of thee, O Lord.
People **And of thine own have we given thee.**

THE GREAT THANKSGIVING *Eucharistic Prayer D*

Celebrant The Lord be with you.
People **And also with you.**
Celebrant Lift up your hearts.
People **We lift them to the Lord.**
Celebrant Let us give thanks to the Lord our God.
People **It is right to give him thanks and praise.**

The Celebrant proceeds

It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

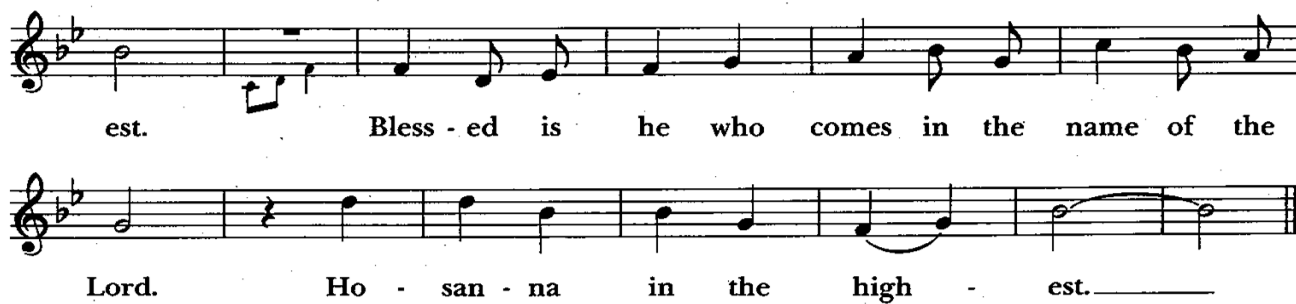
Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we sing,

THE SANCTUS *Holy, holy, holy Lord*

S 127

Ho - ly, ho - ly, ho - ly Lord, God of
pow - er and might, — hea - ven and earth are full of your
glo - ry. Ho - san - na in the high -



The People stand or kneel as they are able

We acclaim you, holy Lord, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Father, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own first gift for those who believe, to complete his work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them he took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, 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; and when he had given thanks, he gave it to them, 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 this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

Celebrant and People

**We praise you, we bless you,
we give thanks to you,
and we pray to you, Lord our God.**

The Celebrant continues

Lord, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

Prayers for the Church and the world may be added here.

And grant that we may find our inheritance with all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever. **AMEN.**

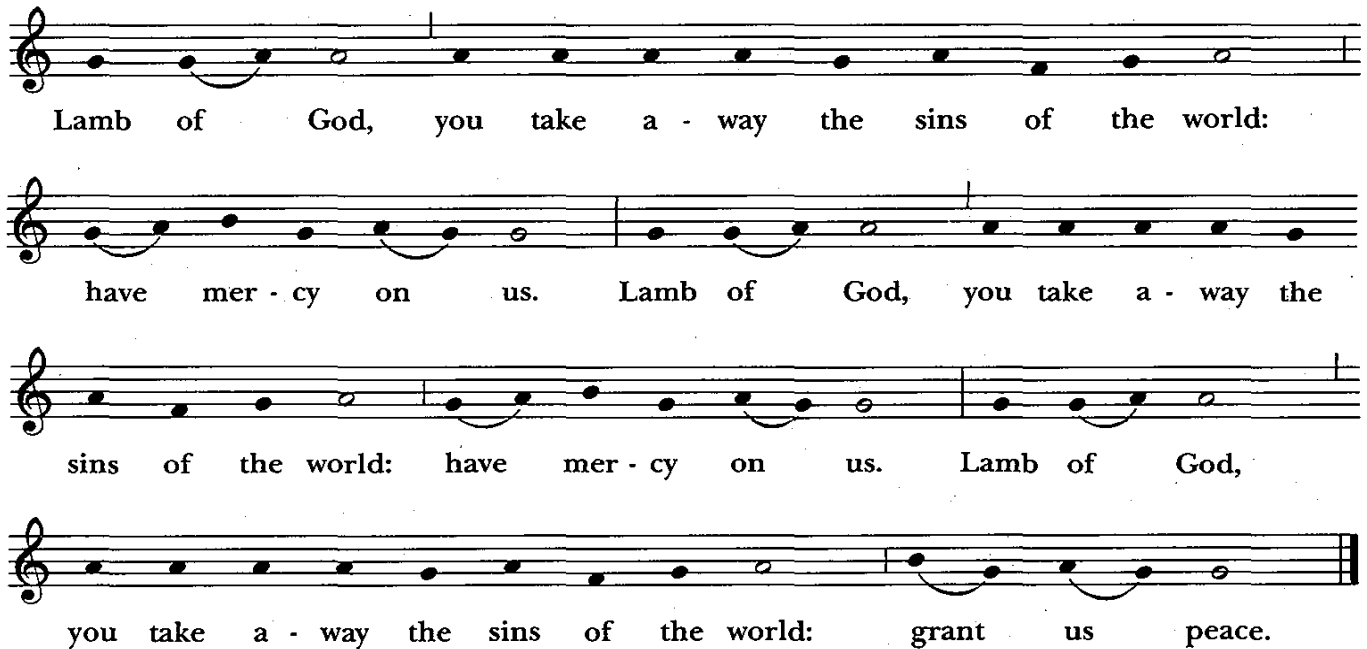
And now, as our Savior Christ has taught us, we are bold to say,

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, forever and ever. Amen.

The Celebrant breaks the consecrated bread

AGNUS DEI

S 160



Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

The Celebrant proceeds

The Gifts of God for the People of God.

and may add Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

DISTRIBUTION OF COMMUNION

All baptized Christians are welcome to receive Communion. If you are not baptized, you may come forward to receive a blessing by folding your arms over your chest. If you are interested in being baptized, please speak to one of the clergy after the service.

Communion will be distributed at two stations: at the altar rail and in front of the pulpit. If you do not wish to receive wine, please cross your arms over your chest when the chalice comes by. Please follow the instructions of the ushers as you wait to receive Communion.

COMMUNION HYMN *Bread of the world, in mercy broken*

Hymn 301
Tune: *Rendez à Dieu*

COMMUNION ANTHEM *Jesus Walked This Lonesome Valley*

arr. John Ferguson (1941 - 2025)

Jesus walked this lonesome valley; He had to walk it by himself. Oh, nobody else could walk it for him; He had to walk it by himself. We must walk this lonesome valley; We have to walk it by ourselves. Oh, nobody else can walk it for us; We have to walk it by ourselves. You must go and stand your trial; You have to stand it by yourself. Oh, nobody else can stand it for you; You have to stand it by yourself.

COMMUNION HYMN *Now let us all with one accord*

Hymn 147
Tune: Bourbon

After Communion, the Celebrant says

Let us pray.

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.

The Commissioning of Eucharistic Visitors may be said.

In the name of this congregation, we send you forth, bearing these holy gifts, that those to whom you go may share with us in the Communion of Christ's Body and Blood. We who are many are one Body because we all share one bread and one cup.

The Celebrant continues

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

All stand and sing

HYMN IN PROCESSION *The glory of these forty days*

Hymn 143
Tune: *Erhalt uns, Herr*

WELCOME & ANNOUNCEMENTS

THE DISMISSAL

Let us bless the Lord.
Thanks be to God.

POSTLUDE *Chorale Dorien*

Flor Peeters (1903 - 1986)

MINISTERS OF THE LITURGY

Celebrant - The Rev. Amanda Watson, *Assistant Rector for Community Life*

Preacher - The Rev. David Romanik, *Rector*

Deacon - The Rev. Dr. Russell Dickerson, *Deacon*

Organist & Choirmaster - Thomas Pavlechko

Music - Heavenly Rest Adult Choir

Lay Ministers - Dinah Nichols, Rick Willis, John Walton

Verger - Luke Teten

Acolytes - Augusta Brumley, Max Stearns, Jimmy Stearns, Margo Reed, Emily Brumley

Livestream - Jeff Martin, Caleb Queen

Sound - Rick Willis

Altar Guild - Candy Scarborough, Cindy Strain, Claire Carlson, Amy Edington

Greeters & Ushers - Robert Peterson, Mitch Barnett, Courtney Messer, Lee Hampton



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CLERGY AND STAFF

The Reverend David F. Romanik, <i>Rector</i>	Luke Mendez, <i>Coordinator for Youth and Young Adult Ministries</i>
The Reverend Amanda Watson, <i>Assistant Rector for Community Life</i>	Luke Teten, <i>Verger</i>
The Reverend Karen Boyd, <i>Assisting Priest</i>	Steve Gibbs, <i>Parish Coordinator</i>
The Reverend Dr. Doug Thomas, <i>Priest in Residence</i>	Donna Marcy, <i>Parish Bookkeeper</i>
The Reverend Dr. Russell Dickerson, <i>Deacon</i>	Melody Brown, <i>Website Manager</i>
Bikole Mulanda, <i>Swahili Minister</i>	Austin Hackel, <i>Communications Coordinator</i>
Thomas Pavlechko, <i>Organist and Director of Music</i>	Robert Becerra, <i>Sexton</i>
Shelly Reed, <i>Music Assistant, Choristers</i>	Brandon Martin, <i>Assistant Sexton</i>
Laura Dickson, <i>Music Assistant, Children's Choir</i>	Dorothy Guerra, <i>Housekeeper</i>
Carol Ann Weston, <i>Director of Children & Family Ministries</i>	Anne Jones, <i>Nursery Manager</i>

VESTRY AND APPOINTED OFFICERS

Kate Haney, *Senior Warden*; Harry Hurt, *Junior Warden*; Sharon Lawler, *Secretary*; David Christianson, Michael Christie, Dru Hall, Diane Stearns, Kimberly Brumley, Jay Hardaway, Norene Mansell, John Nichols, Mary Reyes, Elizabeth Niblo Wallace, *Chancellor*; and Sam Cutbirth, *Treasurer*