

EPISCOPAL CHURCH of the
HEAVENLY REST

God's Love. For All.

First Sunday in Lent
Holy Eucharist Rite I
Sunday, March 9, 2025
8:00 in the morning

Please stand as the ministers enter.

A PENITENTIAL ORDER

Celebrant Bless the Lord who forgiveth all our sins.

People **His mercy endureth for ever.**

The Decalogue is said, the people kneeling.

God spake these words, and said: I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have none other gods but me.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; thou shalt not bow down to them, nor worship them.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not take the Name of the Lord thy God in vain.

Lord have mercy upon us, and incline our hearts to keep this law.

Remember that thou keep holy the Sabbath day.

Lord have mercy upon us, and incline our hearts to keep this law.

Honor thy father and thy mother.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt do no murder.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not commit adultery.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not steal.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not bear false witness against thy neighbor.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not covet.

Lord have mercy upon us, and write all these thy laws in our hearts, we beseech thee.

The Celebrant continues

Hear what our Lord Jesus saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets. *Matthew 22:37-40*

The Deacon or Celebrant then says

Let us humbly confess our sins unto Almighty God.

Silence may be kept

Minister and People

Almighty and most merciful father, we have erred and strayed from thy ways like lost sheep, we have followed too much the devices and desires of our own hearts, we have offended against thy holy laws, we have left undone those things which we ought to have done, and we have done those things which we ought not to have done. But thou, O Lord, have mercy upon us, spare thou those who confess their faults, restore thou those who are penitent, according to thy promises declared unto mankind in Christ Jesus our Lord; and grant, O most merciful Father, for his sake, that we may hereafter live a godly, righteous, and sober life, to the glory of thy holy Name. Amen.

The Celebrant stands and says

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. **Amen.**

The people remain kneeling

TRISAGION

Holy God, Holy and Mighty, Holy Immortal One, **Have mercy upon us.**

repeated three times

THE COLLECT OF THE DAY

The Lord be with you.

And with thy spirit.

Let us pray.

The people kneel or stand

Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

All sit

FIRST READING

Deuteronomy 26:1-II

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.

The Lector and People pray responsively by half verse

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 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.

SECOND READING

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."

The Word of the Lord
Thanks be to God.

All stand for

THE GOSPEL

Luke 4:1-13

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

Glory be to thee, O Lord.

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 be to thee, O Christ.

THE SERMON

The Reverend David Romanik, *Rector*

Following the sermon, all stand and say

THE NICENE CREED

**I believe in one God,
the Father Almighty,
maker of heaven and earth,
and of all things visible and invisible;
And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father;
by whom all things were made;
who for us men and for our salvation
came down from heaven,
and was incarnate by the Holy Ghost of the Virgin Mary,
and was made man;
and was crucified also for us under Pontius Pilate;
he suffered and was buried;
and the third day he rose again according to the Scriptures,
and ascended into heaven,
and sitteth on the right hand of the Father;
and he shall come again, with glory,
to judge both the quick and the dead;
whose kingdom shall have no end.
And I believe in the Holy Ghost the Lord, and Giver of Life,
who proceedeth from the Father and the Son;
who with the Father and the Son together is worshiped
and glorified;
who spake by the Prophets.
And I believe one holy Catholic and Apostolic Church;
I acknowledge one Baptism for the remission of sins;
and I look for the resurrection of the dead,
and the life of the world to come. Amen.**

THE PRAYERS OF THE PEOPLE

A Deacon or Priest says

Let us pray for the whole state of Christ’s Church and the world.

All kneel or stand

Intercessor

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and

supplications, and to give thanks on behalf of all people: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Give grace, O heavenly Father, to all bishops and other ministers, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom.

The Celebrant says

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate.
Amen.

The People stand.

THE PEACE

The peace of the Lord be always with you.
And with thy spirit.

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

*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 I*

The Lord be with you.

And with thy spirit.

Lift up your hearts.

We lift them up unto the Lord.

Let us give thanks unto our Lord God.

It is meet and right so to do.

The Celebrant proceeds

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Here a Proper Preface is said.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying:

THE SANCTUS *Holy, holy, holy*

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 that cometh in the name of the Lord.

Hosanna in the highest.

The People stand or kneel as they are able.

All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath 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

THE FRACTION ANTHEM

O Lamb of God, that takest away the sins of the world, **have mercy upon us.**

O Lamb of God, that takest away the sins of the world, **have mercy upon us.**

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

The following prayer may be said.

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

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.

After the ministrations of Communion, the Celebrant says

Let us pray.

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. 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.**

WELCOME & ANNOUNCEMENTS

THE DISMISSAL

Let us bless the Lord.

Thanks be to God.

POSTLUDE

MINISTERS OF THE LITURGY

Celebrant - The Reverend Karen Boyd, Assisting Priest

Preacher - The Rev. David Romanik, Rector

Assisting - The Reverend Amanda Watson, Assistant Rector for Community Life

Lay Ministers - Katherine Kinnaman, Don Bridges

Sound - Austin Hackel

Greeters & Ushers - Austin Hackel, Steve Suttle