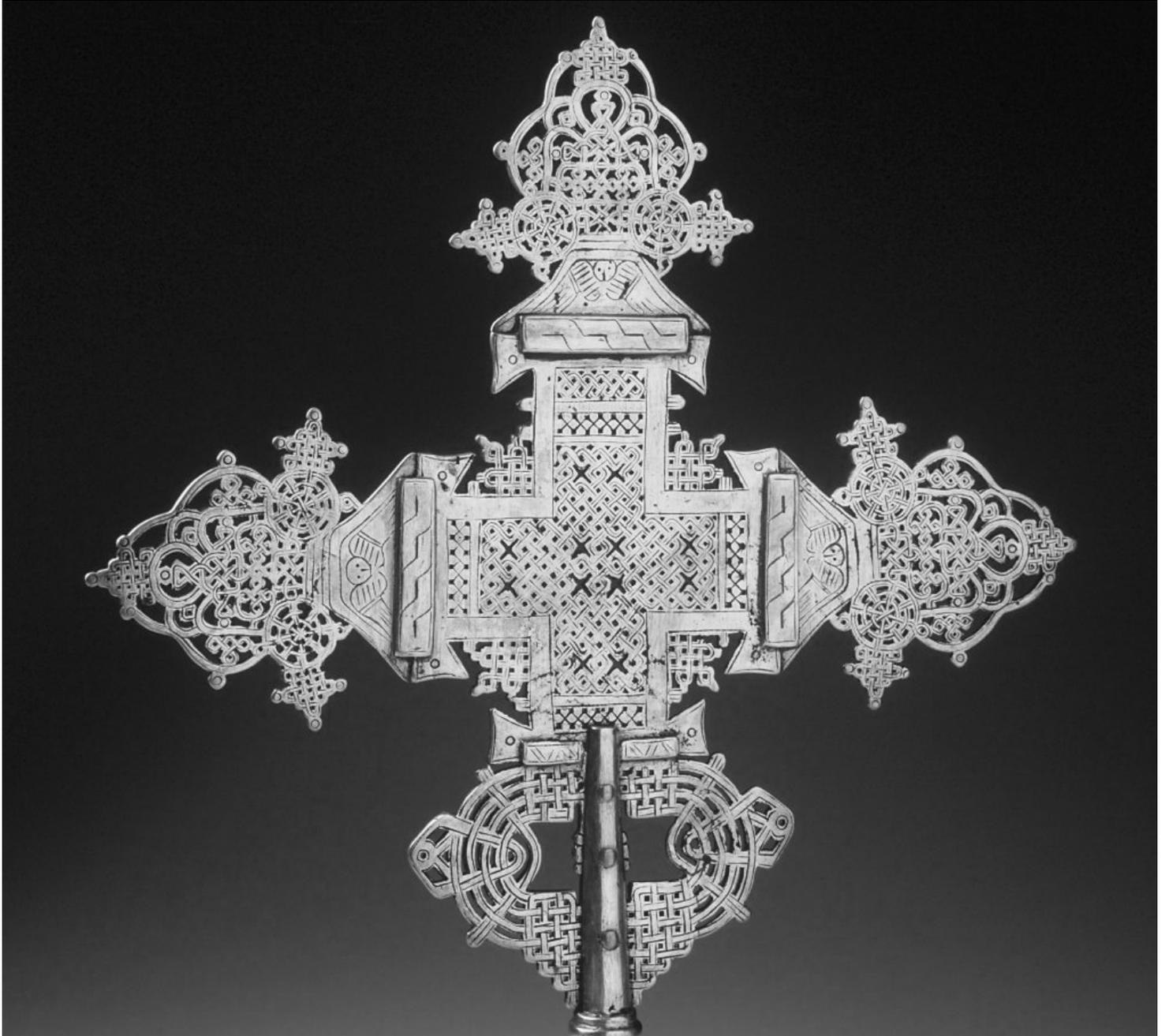


EPISCOPAL CHURCH of the
HEAVENLY REST

God's Love. For All.

Jumapili ya Pili katika Kufunga
Sala ya Asubuhi
Jumapili, Machi 1, 2026
Saa 1:00 jioni



Second Sunday in Lent, Year A
Morning Prayer in Swahili
Sunday, March 1, 2026
1:00 in the afternoon

Rehema na usamehe ni wa Bwana Mungu wetu, kwa maana tumemwasi.

WIMBO WA KUINGILIA

Wote kusimama

WITO WA KUABUDU

Tumekusanyika pamoja kama jamaa ya Mungu mbele ya Baba yetu, tukivutwa na Roho yake, kusifu Jina lake, kusikia na kupokea Neno lake takatifu. kumwomba usamehe kwa zambi zetu, kuombea mahitaji yetu na ya dunia, kufurahi katika mapendo yake, na kutumwa katika salama yake.

MWALIKO

Ee Bwana, ufungue midomo yetu.
Na kinywa chetu kitaonyesha sifa yako.

Tumaini letu ni katika jina la Bwana

Aliyeumba mbingu na dunia.

Ee Mungu, utuokoe kwa haraka.

Ee Bwana wetu, utusaidie kwa haraka.

Wimbo wa Biblia au wimbo mwingine.

WIMBO

KUUNGAMA DHAMBI

Muhudumu aseme:

Kama tukisema kwamba hatuna zambi, tunajidanganya wenyewe, wala kweli si ndani yetu. Tukikiri zambi zetu, yeye ni mwaminifu na wa haki, hata atatuondolea zambi zetu, na kutusafisha na uzalimu wote.

I Yoane 1:8-9

Muhudumu aseme:

Tukiri zambi zetu kwa Mungu Mwenyezi.

Wote wapige magoti na kusema

Mungu Mwenyezi, Baba yetu ya mbinguni, tumekosea wewe, na tumekosea jirani zetu, kwa mawazo yetu, na kwa maneno yetu, na kwa matendo yetu, na kwa maovu tuliyoyatenda, na kwa mema tusiyoyatenda, kosa letu wenyewe. Sisi tunatubu kabisa. Kwa ajili ya Bwana wetu Yesu Kristo, utusamehe yote yaliyopita; utuwezeshe tangu leo kukutumikia, katika upya wa uzima. Kwa utukufu wa Jina lako. Amina.

Muhudumu au mutu mwengine asiye Kasisi, akipiga magoti atumie ombi hili.

Ee Mungu, mwenye rehema, tunakusihi, utupe sisi, watu wako waaminifu, usamehe na salama, ili tusafishwe zambi zetu zote, na tukutumikie na nia tulivu; kwa Yesu Kristo Bwana wetu.

Amina.

Zaburi ya Siku isomwe au iimbwe.

ZABURI 121

1 Nitayainua macho yangu niitazame milima, Msaada wangu utatoka wapi?

2 Msaada wangu u katika Bwana, Aliyezifanya mbingu na nchi.

3 Asiuache mguu wako usogezwe; Asisinzie akulindaye;

4 Naam, hatasinzia wala hatalala usingizi, Yeye aliye mlinzi wa Israeli.

5 Bwana ndiye mlinzi wako; Bwana ni uvuli mkono wako wa kuume.

6 Jua halitakupiga mchana, Wala mwezi wakati wa usiku.

7 Bwana atakulinda na mabaya yote, Atakulinda nafsi yako.

8 Bwana atakulinda utokapo na uingiapo, Tangu sasa na hata milele.

OPENING SENTENCE

Daniel 9:9

To the Lord our God belong mercy and forgiveness, for we have rebelled against him.

PROCESSIONAL HYMN

Stand for the Procession

CALL TO WORSHIP

We are gathered together as God's family before our Father, drawn by his Spirit, to praise his Name, to hear and receive his holy Word. to ask him to forgive us for our sins, to pray for our needs and the needs of the world, to rejoice in his love, and to be sent to his safety.

INVITATORY

O Lord, open our lips.
And our mouth shall proclaim your praise.

Our hope is in the name of the Lord
Who made heaven and earth.
O God, save us quickly.
O our Lord, help us quickly.

A song from the Bible or another song is sung.

HYMN

CONFESSION OF SIN

The Minister should say:

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

1 John 1:8-9

The Minister should say:

Let us confess our sins to God Almighty.

All should kneel and say:

Almighty God, our heavenly Father, we have sinned against you and against our neighbors, in thought and word and deed, in the evil we have done and in the good we have not done, through our own deliberate fault. We are truly sorry, and repent of all our sins. For the sake of your Son Jesus Christ, who died for us, forgive us all that is past; and grant that we may serve you in newness of life to the glory of your name. Amen.

A minister or other person who is not a priest, kneeling should use this request:

Grant, we ask you, merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind, through Jesus Christ our Lord.
Amen.

The Psalm of the Day should be read or sung.

PSALM 121

- 1 I lift up my eyes to the hills; from where is my help to come?
- 2 My help comes from the Lord, the maker of heaven and earth.
- 3 He will not let your foot be moved and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel shall neither slumber nor sleep;
- 5 The Lord himself watches over you; the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day, nor the moon by night.
- 7 The Lord shall preserve you from all evil; it is he who shall keep you safe.
- 8 The Lord shall watch over your going out and your coming in, from this time forth for evermore.

Utukufu kwa Baba, na kwa Mwana, na kwa Roho Mutakatifu:
kama ulivyokuwa mwanzo ulivyo sasa, hata milele na milele. Amina.

WIMBO

Kuketi. Kipande kinachotoka AGANO LA KALE kisomwe.

SOMO LA KWANZA

Mwanzo 12:1-4a

Musomaji aseme kwanza:

Sikieni Neno la Bwana kama lilivyoandikwa katika Kitabu cha Mwanzo.

Bwana akamwambia Abram, Toka wewe katika nchi yako, na jamaa zako, na nyumba ya baba yako, uende mpaka nchi nitakayokuonyesha; nami nitakufanya wewe kuwa taifa kubwa, na kukubariki, na kulikuza jina lako; nawe uwe baraka; nami nitawabariki wakubarikio, naye akulaaniye nitamlaani; na katika wewe jamaa zote za dunia watabarikiwa. Basi Abram akaenda, kama Bwana alivyomwamuru; Lutu akaenda pamoja naye.

Hilo ndilo Neno la Bwana.
Asante kwa Mungu.

WIMBO

Kuketi. Kipande kinachotoka AGANO JIPIYA kisomwe.

SOMO LA PILI

Waroma 4: 1-5, 13-17

Musomaji aseme kwanza:

Sikieni Neno la Bwana kama lilivyoandikwa katika Barua kwa Waroma.

Basi, tusemeje juu ya Ibrahimu, baba yetu kwa jinsi ya mwili? Kwa maana ikiwa Ibrahimu alihesabiwa haki kwa ajili ya matendo yake, analo la kujisifia; lakini si mbele za Mungu. Maana maandiko yasemaje? Ibrahimu alimwamini Mungu, ikahesabiwa kwake kuwa haki. Lakini kwa mtu afanyaye kazi, ujira wake hauhesabiwi kuwa ni neema, bali kuwa ni deni. Lakini kwa mtu asiyefanya kazi, bali anamwamini yeye ambaye amhesabia haki asiyekuwa mtauwa, imani yake mtu huyo imehesabiwa kuwa haki.

Kwa maana ahadi ile ya kwamba atakuwa mrithi wa ulimwengu alipewa Ibrahimu na uzao wake, si kwa sheria bali kwa haki aliyohesabiwa kwa imani. Maana ikiwa wale wa sheria ndio warithi, imani imekuwa bure, na ahadi imebatilika. Kwa sababu sheria ndiyo ifanyayo hasira; maana pasipokuwapo sheria, hapana kosa. Kwa hiyo ilitoka katika imani, iwe kwa njia ya neema, ili kwamba ile ahadi iwe imara kwa wazao wote; si kwa wale wa torati tu, ila na kwa wale wa imani ya Ibrahimu; aliye baba yetu sisi sote; (kama ilivyoandikwa, Nimekuweka kuwa baba wa mataifa mengi); mbele zake yeye aliyemwamini, yaani Mungu, mwenye kuwahuisha wafu, ayatajaye yale yasiyokuwako kana kwamba yamekuwako.

Hilo ndilo Neno la Bwana.
Asante kwa Mungu.

WIMBO

HABARI NJEMA

Yoane 3:1-17

Musomaji aseme kwanza:

Sikieni Neno la Bwana kama lilivyoandikwa katika Injili ya Yoane.

Basi palikuwa na mtu mmoja wa Mafarisayo, jina lake Nikodemo, mkuu wa Wayahudi. Huyu alimjia usiku, akamwambia, Rabi, twajua ya kuwa u mwalimu, umetoka kwa Mungu; kwa maana

Glory be to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and ever shall be, world without end. Amen.

HYMN

All Sit. A passage from the OLD TESTAMENT should be read.

FIRST READING

Genesis 12:1-4a

Let the reader say first:

Hear the Word of the Lord as written in the Book of Genesis.

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; and Lot went with him.

The Word of the Lord.
Thanks be to God.

HYMN

All Sit. A passage from the NEW TESTAMENT should be read.

SECOND READING

Romans 4:1-5, 13-17

Let the reader say first:

Hear the Word of the Lord as written in the Letter to the Romans.

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.

The Word of the Lord.
Thanks be to God.

HYMN

GOSPEL READING

John 3:1-17

Let the reader say first:

Hear the Word of the Lord as written in the Gospel of St. John.

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

hakuna mtu awezaye kuzifanya ishara hizi uzifanyazo wewe, isipokuwa Mungu yu pamoja naye. Yesu akajibu, akamwambia, Amin, amin, nakuambia, Mtu asipozaliwa mara ya pili, hawezi kuuona ufalme wa Mungu. Nikodemo akamwambia, Awezaje mtu kuzaliwa, akiwa mzee? Aweza kuingia tumboni mwa mamaye mara ya pili akazaliwa? Yesu akajibu, Amin, amin, nakuambia, Mtu asipozaliwa kwa maji na kwa Roho, hawezi kuingia ufalme wa Mungu. Kilichozaliwa kwa mwili ni mwili; na kilichozaliwa kwa Roho ni roho. Usistaajabu kwa kuwa nilikuambia, Hamna budi kuzaliwa mara ya pili. Upepo huvuma upendako, na sauti yake waisikia, lakini hujui unakotoka wala unakokwenda; kadhalika na hali yake kila mtu aliyezaliwa kwa Roho. Nikodemo akajibu, akamwambia, Yawezaje kuwa mambo haya? Yesu akajibu, akamwambia, Je! Wewe u mwalimu wa Israeli, na mambo haya huyafahamu? Amin, amin, nakuambia kwamba, Lile tulijualo twalinena, na lile tuliloliona twalishuhudia; wala ushuhuda wetu hamwukubali. Ikiwa nimewaambia mambo ya duniani, wala hamsadiki, mtasadiki wapi niwaambiapo mambo ya mbinguni? Wala hakuna mtu aliyepaa mbinguni, ila yeye aliyeshuka kutoka mbinguni, yaani, Mwana wa Adamu. Na kama vile Musa alivyomwinua yule nyoka jangwani, vivyo hivyo Mwana wa Adamu hana budi kuinuliwa; ili kila mtu aaminiye awe na uzima wa milele katika yeye. Kwa maana jinsi hii Mungu aliupenda ulimwengu, hata akamtoa Mwanawe pekee, ili kila mtu amwaminiye asipotee, bali awe na uzima wa milele. Maana Mungu hakumtuma Mwana ulimwenguni ili auhukumu ulimwengu, bali ulimwengu uokolewe katika yeye.

Hilo ndilo Neno la Bwana.
Asante kwa Mungu.

WIMBO WA INJILI

KUHUBIRI

Bikole Mulanda, *Waziri wa Usharika wa Kiswahili*

IMANI YA MITUME

Watu wasimame kuhakikisha IMANI YA MITUME

Ninamwamini Mungu, Baba Mwenyezi, Muumba wa mbingu na dunia; Na Yesu Kristo, Mwana wake wa pekee, Bwana wetu, aliyetwaa mwili kwa tendo la Roho Mutakatifu, akazaliwa na Bikira Maria. Akateswa zamani za Pontio Pilato, akasulibiwa, akafa, akazikwa, akashuka kuzimuni mwa wafu, akafufuka katika wafu siku ya tatu, akapanda mbinguni, anaka kwa mukono wa kuume wa Mungu, Baba Mwenyezi, ndipo atakuja tena kuhukumu wazima na wafu. Ninamwamini Roho Mutakatifu, Kanisa katolika takatifu, ushirika wa watakatifu, on-doleo la zambi, ufufuko wa mwili, na uzima wa milele. Amina.

MAOMBI

Kupiga magoti

Bwana utuhurumie.
Kristo utuhurumie.
Bwana utuhurumie.

SALA YA BWANA

Wote

Baba yetu, uliye mbinguni, jina lako litukuzwe, ufalme wako uje, mapenzi yako yatimizwe, duniani kama mbinguni. Utupe leo chakula chetu cha kila siku; utusamehe makosa yetu, kama tunavyowasamehe waliotukosea. Usitulete katika majaribu, lakini utuokoe katika uovu. Kwani kwako ufalme, uwezo na utukufu, milele na milele, Amina.

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.”

The Word of the Lord.
Thanks be to God.

HYMN OF THE GOSPEL

SERMON

Bikole Mulanda, *Swahili Minister*

THE APOSTLES’ CREED

All People should stand and say the APOSTLES’ CREED:

I believe in God, the Father almighty, creator of heaven and earth; I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins the resurrection of the body, and the life everlasting. Amen.

THE PRAYERS

All that are able to should kneel:

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

THE LORD’S PRAYER

All 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 for ever. Amen.

Ee Bwana utuonyeshe rehema yako;
Utupe sisi wokovu wako.
Ee Bwana uwabariki watawala wetu;
Utusikie kwa rehema yako tukikuomba.
Uwavike haki wahudumu wako;
Uwafurahishe wachaguliwa wako.
Ee Bwana uwaokoe watu wako;
Uubariki uriti wako.
Ee Bwana utupe salama kwa siku zetu;
Na utukufu wako uwe popote duniani.
Ee Mungu, utusafishe mioyo yetu;
Na ututegemeze na Roho yako Mutakatifu.

SALA YA SIKU

Ee Mungu, unajua ya kwamba tunasongwa na hatari na majaribu mengi ili mara na mara tunashindwa kusimama imara; utupatie ulinzi na nguvu tunazohitaji kututegemeza katika hatari zote na kutulinda katika majaribu; kwa Yesu Kristo Bwana wetu. **Amina.**

SALA KWA SALAMA

Baba Mungu, uliye mkuu wa salama na mupenda wa upatano, kukujua wewe ni uzima wa milele, kukutumikia wewe ni uhuru wa kweli. Utulinde sisi watumishi wako katika mashambulio yote ya adui zetu; ili sisi tukitumainia ulinzi wako, tusiogope nguvu ya adui wo wote; kwa uwezo wa Yesu Kristo, Bwana wetu. **Amina.**

SALA KWA NEEMA

Muhudumu na watu wanaweza kusema pamoja.

Ee Bwana, Baba yetu ya mbinguni, Mungu Mwenyezi unayeishi milele, uliyetusaidia tuione siku hii salama; utulinde leo kwa uwezo wako mkuu, tusianguke katika zambi, wala tusiingie katika hatari yo yote, lakini matendo yetu yote yaongozwe nawe, ili tuyatende siku zote yaliyo ya haki mbele yako, kwa Yesu Kristo, Bwana wetu. Amina.

MAOMBI YA KANISA

Tuombe Kanisa na dunia na tumushukuru Mungu kwa wema wake wote.

Mwombezi huomba kwa ajili ya mahitaji ya kanisa na ya ulimwengu pasipo kuona.

Muombezi anamaliza sala kwa maneno haya:

Na tunalisifu jina lako takatifu kwa watumishi wako wote wanaotoka katika uzima huu, wanaokuamini na wanaokuogopa. Tunakusihi utupe neema tufuate desturi zao nzuri, tukutane nao katika ufalme wako wa mbinguni. Utupe sisi hivi, Ee Bwana, kama tunavyoviomba kwa Yesu Kristo Mwana wako, Mwokozi wetu. **Amina.**

Maombi mengine yanaweza kusemwa.

MATANGAZO NA SADAKA

Wimbo na kupokea sadaka.

NEEMA

Watu Wote.

Neema ya Bwana wetu Yesu Kristo, na mapendo ya Mungu Baba, na ushirika wa Roho Mutakatifu, ukae nasi sote, milele na milele. Amina.

WIMBO YA KUTOKA

Show us your mercy, O Lord;
And grant us your salvation.
O Lord, save the State;
And mercifully hear us when we call upon you.
Endue your ministers with righteousness;
And make you chosen people joyful.
O Lord, save your people;
And bless your inheritance.
Give peace in our time, O Lord.
May your glory be everywhere in the world .
O God, make clean our hearts within us;
And take not your Holy Spirit from us.

THE COLLECT OF THE DAY

O God, you know that we are beset by many dangers and temptations so that we often fail to stand firm; grant us the protection and strength we need to support us in all dangers and protect us from temptations; through Jesus Christ our Lord. **Amen.**

THE COLLECT FOR PEACE

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom: Defend us, thy humble servants, in all assaults of our enemies; that we, surely trusting in thy defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

THE COLLECT FOR GRACE

The Minister and the people say this prayer together.

O Lord, our heavenly Father, almighty and everlasting God, who has safely brought us to the beginning of this day; defend us in the same with your mighty power; and grant that this day we fall into no sin, neither run into any kind of danger, but that all our doings may be ordered by your governance, to do always that is righteous in your sight; through Jesus Christ our Lord. Amen.

PRAYERS OF THE CHURCH

Let us pray for the Church and the world and let us thank God for all his goodness.

The intercessor prays for the needs of the church and the world extemporaneously.

The intercessor ends the prayer with these words:

And we praise your holy name for all your servants who have departed this life, who believe in you and who fear you. We ask you to give us the grace to follow their good example, to meet them in your heavenly kingdom. Grant this, O Lord, as we ask for it from Jesus Christ your Son, our Savior. **Amina.**

Other prayers may be said.

ANNOUNCEMENTS AND OFFERING

A song is sung during the offering.

THE GRACE

All Say

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

RECESSIONAL HYMN

WAHUDUMU WA LITURUJIA

Muhubiri/Preacher - Bikole Mulanda, Swahili Minister

Kwaya/Choir - Aleluya Kwaya

Musomaji/Lay Minister - Bijoux Mashauri

Washemasi/Greeters & Ushers - Baya Lushiawe, Mkyombwe



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CLERGY AND STAFF

The Reverend David F. Romanik, <i>Rector</i>	Carol Ann Weston, <i>Director of Children & Family Ministries</i>
The Reverend Ashley Powers, <i>Associate Rector</i>	Thomas Pavlechko, <i>Organist and Director of Music</i>
The Reverend Amanda Watson, <i>Assistant Rector for Community Life</i>	Elizabeth Knauer, <i>Music Assistant, Choristers</i>
The Reverend Karen Boyd, <i>Assisting Priest</i>	Laura Dickson, <i>Music Assistant, Children's Choir</i>
The Reverend Dr. Doug Thomas, <i>Priest in Residence</i>	Jen Rogers, <i>Director of Communications and Stewardship</i>
The Reverend Dr. Russell Dickerson, <i>Deacon</i>	Lydia Hurt, <i>Parish Manager</i>
The Reverend Joe Biles, <i>Curate and Pastoral Assistant</i>	Brenda Fisher, <i>Parish Accountant</i>
Bikole Mulanda, <i>Swahili Minister</i>	Robert Becerra, <i>Sexton</i>
Luke Teten, <i>Verger</i>	Dorothy Guerra, <i>Housekeeper</i>
	Anne Jones, <i>Nursery Manager</i>

VESTRY AND APPOINTED OFFICERS

Kate Haney, *Senior Warden*; Dru Hall, *Junior Warden*; Sharon Lawler, *Secretary*; Kimberly Brumley, David Christianson, Michael Christie, Dru Hall, Dan Harbaugh, Gretchen Henson, Jay Moore, Dustin Rainwater, Mary Reyes, Diane Stearns, Elizabeth Niblo Wallace, *Chancellor*; and Patrick Lewis, *Treasurer*