

EPISCOPAL CHURCH of the
HEAVENLY REST

God's Love. For All.

Second Sunday in Lent, Year A

Holy Eucharist Rite II

Sunday, March 1, 2026

10:30 in the morning

THE WORD OF GOD

PRELUDE *O Mensch, beweine dein Sünde gross (O Man, Lament Your Great Sin)*, BWV 622 JS Bach (1685-1750)

HYMN IN PROCESSION *The God of Abraham praise* Hymn 401
Tune: *Leoni*

A PENITENTIAL ORDER

Bless the Lord who forgives all our sins.

His mercy endures for ever.

The Celebrant continues

If we say that 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.

1 John 1:8,9

The Deacon says

Let us confess our sins against God and our neighbor.

The Deacon and People together, all kneeling

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.

The Celebrant continues

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.

Have mercy on us, Lord.

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.

Have mercy on us, Lord.

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.

The Celebrant stands and says

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.**

All stand.

THE KYRIE

S 85

Cantor or Choir *All*

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

Cantor or Choir *All*

Chri - ste e - le - i - son. Chri - ste e - le - i - son.

Cantor or Choir *All*

Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

THE COLLECT OF THE DAY

The Lord be with you.
And also with you.
Let us pray.

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 12:1-4a

A reading from 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.

ANTIPHON *Organ, Choir, All*

It is the Lord who watch-es o - ver you.

PSALM TONE

Tone: HEINLEIN

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.**

Antiphon

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 o]-ver Israel*
shall neither [slumber] nor sleep;**

5 the Lord himself [watch]-es 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.**

Antiphon

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 [com]-ing in,*
from this time forth for-[ev]-ermore.**

Antiphon

SECOND READING

Romans 4:1-5, 13-17

A reading from 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.

SEQUENCE HYMN *Blessed Jesus, at thy word*

Hymn 440
Tune: *Liebster Jesu*

THE GOSPEL

John 3:1-17

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

Glory to you, Lord Christ.

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."

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 participate should follow the Children's cross to the Children's worship space. They will return to the Nave during the Peace.

THE SERMON

The Reverend Ashley Powers, Associate 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.**

All stand for

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; use the "Give" tab in the ChurchCenter App; or visit our website by using the QR code.

Scan for online giving.
Thank you for your generosity!



Those who are celebrating birthdays in March are invited to follow the procession to the altar rail and receive a blessing.

OFFERTORY ANTHEM *God So Loved the World*

Bob Chilcott (b. 1955)

God so loved the world, that he gave his only begotten son, that who-so-ever believeth in him should not perish but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved. Amen.

HYMN AT THE PRESENTATION *O love, how deep, how broad, how high*

Hymn 448

Tune: *Deus tuorum militum*

BIRTHDAY BLESSINGS

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

THE GREAT THANKSGIVING *Eucharistic Prayer D*

The Lord be with you.
And also with you.
Lift up your hearts.
We lift them to the Lord.
Let us give thanks to the Lord our God.
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*

SI27

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 -
 est. Bless - ed is he who comes in the name of the
 Lord. Ho - san - na in the high - est.

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

SI60

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. 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. Gluten-free hosts are available upon request. 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

And now, O Father, mindful of the love

Hymn 337

Tune: *Unde et memores*

When Christ was lifted from the earth

Hymn 603

Tune: *St. Botolph*

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

Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of our heavenly grace, they may be upheld by your divine protection; through Christ our Lord.
Amen.

All stand and sing

HYMN AT THE PROCESSION *How firm a foundation, ye saints of the Lord*

Hymn 637

Tune: *Lyons*

WELCOME & ANNOUNCEMENTS

THE DISMISSAL

Let us bless the Lord.
Thanks be to God.

POSTLUDE *Marche in D*

Alexandre Guilmant (1837-1911)

MINISTERS OF THE LITURGY

Celebrant - The Rev. David F. Romanik, *Rector*

Preacher - The Rev. Ashley Powers, *Associate Rector*

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

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

Organist and Choirmaster - Thomas Pavlechko

Verger - Luke Teten

Acolytes - Parker Morris, Brooks Morris, Caroline Haney, Eleanor Rockett, Amelia Rockett

Music - Heavenly Rest Adult Choir

Soloist - Poppy Teague

Lay Ministers - Andrea Taylor, Kathy Ritter, Brianne George

Altar Guild - Connie Collier, Norene Mansell, Jennifer Nichols, Mary Reyes

Greeters & Ushers - Marshall Morris, Jim Fitzugh, Jay Hardaway, Lee Hampton

Streaming - Jeff Martin, Nick Kloster, Karis Maxwell, Bill Young



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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*