

EPISCOPAL CHURCH of the  
**HEAVENLY REST**

God's Love. For All.

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Second Sunday in Lent, Year A  
Holy Eucharist Rite I  
Sunday, March 1, 2026  
8:00 in the morning

**THE WORD OF GOD**

*The liturgy begins in silence. Please stand as the procession enters.*

**A PENITENTIAL ORDER**

Bless the Lord who forgiveth all our sins.  
**His mercy endureth 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 is faithful and just to forgive our sins, and cleanse us from all unrighteousness.

*1 John 1:8,9*

*The Deacon then says*

Let us humbly confess our sins unto Almighty God.

*Silence may be kept*

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

**THE COLLECT OF THE DAY**

The Lord be with you.

**And with thy spirit.**

Let us pray.

*The people kneel or stand*

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. **Amen.**

FIRST READING

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.**

*The Lector and People pray responsively by half verse*

PSALM 121 *Levavi oculos*

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.**

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.**

**THE GOSPEL**

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

**Glory be to thee, O Lord.**

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 be to thee, O Christ.**

**THE SERMON**

The Reverend Ashley Powers, *Associate 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; 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

### BIRTHDAY BLESSINGS

All things come of thee, O Lord.  
**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, 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, and in 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. 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.*

*After the ministration 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 says*

Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; 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 Rev. Dr. Doug Thomas, Priest in Residence*

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

*Assisting - The Rev. David Romanik, Rector*

*Organist - Thomas Pavlechko*

*Lay Ministers - Ronnie Garcia, Melody Brown*

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

*Greeters & Ushers - Mike Young, Steve Suttle*



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### CLERGY AND STAFF

The Reverend David F. Romanik, <i>Rector</i>	Carol Ann Weston, <i>Director of Children &amp; 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*