

EPISCOPAL CHURCH of the  
**HEAVENLY REST**

God's Love. For All.

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First Sunday in Lent, Year A  
Holy Eucharist Rite I  
Sunday, February 22, 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 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.**

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*

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

Genesis 2:15-17; 3:1-7

A reading from the Book of Genesis.

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree

was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

The Word of the Lord.

**Thanks be to God.**

*The Lector and People pray responsively by half verse*

**PSALM 32** *Beati quorum*

1 Happy are they whose transgressions are forgiven, \*  
**and whose sin is put away!**

2 Happy are they to whom the Lord imputes no guilt, \*  
**and in whose spirit there is no guile!**

3 While I held my tongue, my bones withered away, \*  
**because of my groaning all day long.**

4 For your hand was heavy upon me day and night; \*  
**my moisture was dried up as in the heat of summer.**

5 Then I acknowledged my sin to you, \*  
**and did not conceal my guilt.**

6 I said, "I will confess my transgressions to the Lord." \*  
**Then you forgave me the guilt of my sin.**

7 Therefore all the faithful will make their prayers to you in time of trouble; \*  
**when the great waters overflow, they shall not reach them.**

8 You are my hiding-place; you preserve me from trouble; \*  
**you surround me with shouts of deliverance.**

9 "I will instruct you and teach you in the way that you should go; \*  
**I will guide you with my eye.**

10 Do not be like horse or mule, which have no understanding; \*  
**who must be fitted with bit and bridle, or else they will not stay near you."**

11 Great are the tribulations of the wicked; \*  
**but mercy embraces those who trust in the Lord.**

12 Be glad, you righteous, and rejoice in the Lord; \*  
**shout for joy, all who are true of heart.**

**SECOND READING**

Romans 5:12-19

A reading from the Letter to the Romans.

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The Word of the Lord.

**Thanks be to God.**

**THE GOSPEL**

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

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

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

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; 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!



## OFFERTORY

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*

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 Rev. Joe Biles, Curate and Pastoral Assistant*

*Preacher - The Rev. David Romanik, Rector*

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

*Organist - Thomas Pavlechko*

*Lay Ministers - Kendra Jernigan, Tom Choate*

*Altar Guild - Gay Ann Walts, Yvonne Batts, Aimee Powell, Andrea Taylor*

*Greeters & Ushers - Dustin Rainwater, Tim Lillick*

*Sound - Kathy Hale*