

EPISCOPAL CHURCH of the
HEAVENLY REST

God's Love. For All.

First Sunday in Lent, Year A
Holy Eucharist Rite II
Sunday, February 22, 2026
10:30 in the morning

THE WORD OF GOD

CHILDREN'S CHOIR PRELUDE *Now We Worship*

Audrey Rose

Please stand as the bell sounds.

THE GREAT LITANY

First published in 1544, the Great Litany was the first English language rite prepared by Archbishop Thomas Cranmer. It adapts prayers that have been used since the fifth century. The most conspicuous feature of the Litany is the way it forces us to confront the reality of suffering at the world: it appears to list all the ways that things can go wrong in life. At the same time, the Great Litany invites us to acknowledge that, through Jesus Christ, God is present to us even and especially when we are struggling.

Officiant
O God the Father, Creator of heaven and earth, *People*
Have mer - cy up - on us.

Officiant
O God the Son, Redeemer of the world, *People*
Have mer - cy up - on us.

Officiant
O God the Holy Ghost, Sanctifier of the faith - ful, *People*
Have mer - cy up - on us.

Officiant
O holy, blessed, and glorious Trinity, one God, *People*
Have mer - cy up - on us.

Remember not, Lord Christ, our offenses, nor the offenses of our forefathers; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy

People
preserve us for ev - er. Spare us, good Lord.

Officiant
From all evil and wickedness; from sin; from the crafts and assaults of the

devil; and from everlast - ing dam - na - tion,

People
Good Lord, de - liv - er us.

From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred, and malice; and from all want of charity,
Good Lord, deliver us.

From all inordinate and sinful affections; and from all the deceits of the world, the flesh, and the devil,
Good Lord, deliver us.

From all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and commandment,
Good Lord, deliver us.

From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine,
Good Lord, deliver us.

From all oppression, conspiracy, and rebellion; from violence, battle, and murder; and from dying suddenly and unprepared,
Good Lord, deliver us.

By the mystery of thy holy Incarnation; by thy holy Nativity and submission to the Law; by thy Baptism, Fasting, and Temptation,
Good Lord, deliver us.

By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension; and by the Coming of the Holy Ghost,
Good Lord, deliver us.

In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgment,
Good Lord, deliver us.

We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church Universal in the right way,



We beseech thee to hear us, good Lord.

That it may please thee to illumine all bishops, priests, and deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living, they may set it forth, and show it accordingly,
We beseech thee to hear us, good Lord.

That it may please thee to bless and keep all thy people,
We beseech thee to hear us, good Lord.

That it may please thee to send forth laborers into thy harvest, and to draw all mankind into thy kingdom,
We beseech thee to hear us, good Lord.

That it may please thee to give to all people increase of grace to hear and receive thy Word, and to bring forth the fruits of the Spirit,
We beseech thee to hear us, good Lord.

That it may please thee to bring into the way of truth all such as have erred, and are deceived,
We beseech thee to hear us, good Lord.

That it may please thee to give us a heart to love and fear thee, and diligently to live after thy commandments,
We beseech thee to hear us, good Lord.

That it may please thee so to rule the hearts of thy servants, the President of the United States, and all others in authority, that they may do justice, and love mercy, and walk in the ways of truth,
We beseech thee to hear us, good Lord.

That it may please thee to make wars to cease in all the world; to give to all nations unity, peace, and concord; and to bestow freedom upon all peoples,
We beseech thee to hear us, good Lord.

That it may please thee to show thy pity upon all prisoners and captives, the homeless and the hungry, and all who are desolate and oppressed,
We beseech thee to hear us, good Lord.

That it may please thee to give and preserve to our use the bountiful fruits of the earth, so that in due time all may enjoy them,
We beseech thee to hear us, good Lord.

That it may please thee to inspire us, in our several callings, to do the work which thou givest us to do with singleness of heart as thy servants, and for the common good,
We beseech thee to hear us, good Lord.

That it may please thee to preserve all who are in danger by reason of their labor or their travel,
We beseech thee to hear us, good Lord.

That it may please thee to preserve, and provide for, all women in childbirth, young children and orphans, the widowed, and all whose homes are broken or torn by strife,
We beseech thee to hear us, good Lord.

That it may please thee to visit the lonely; to strengthen all who suffer in mind, body, and spirit; and to comfort with thy presence those who are failing and infirm,
We beseech thee to hear us, good Lord.

That it may please thee to support, help, and comfort all who are in danger, necessity, and tribulation,
We beseech thee to hear us, good Lord.

That it may please thee to have mercy upon all mankind,
We beseech thee to hear us, good Lord.

That it may please thee to give us true repentance; to forgive us all our sins, negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to amend our lives according to thy holy Word,
We beseech thee to hear us, good Lord.

That it may please thee to forgive our enemies, persecutors, and slanderers, and to turn their hearts,

We beseech thee to hear us, good Lord.

That it may please thee to strengthen such as do stand; to comfort and help the weak-hearted; to raise up those who fall; and finally to beat down Satan under our feet,

We beseech thee to hear us, good Lord.

That it may please thee to grant to all the faithful departed eternal life and peace,

We beseech thee to hear us, good Lord.

That it may please thee to grant that, in the fellowship of all the saints, we may attain to thy heavenly kingdom,

We beseech thee to hear us, good Lord.



Officiant Son of God, we beseech thee to hear us.

People Son of God, we beseech thee to hear us.



Officiant O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.

People O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.



Officiant O Lamb of God, that takest away the sins of the world, Grant us thy peace.



Officiant O Christ, hear us. *People* O Christ, hear us.

Officiant Lord, have mer - cy up - on us.

People Christ, have mer - cy up - on us.

Officiant Lord, have mer - cy up - on us.

THE COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

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.

ANTIPHON *Organ, Choir, All*



PSALM TONE

Tone: HEINLEIN



PSALM 32

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

2 **Happy are they to whom the Lord im-[putes] 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.**

Antiphon

5 Then I ac-[knowledged] my sin to you,*
and did not con-[ceal] 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 pre-[serve me] from trouble;*
you surround me with [shouts of] deliverance.**

Antiphon

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 [un]-derstanding;*
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 re-[joice in] the Lord;*
shout for joy all who are [true] of heart.**

Antiphon

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.

SEQUENCE HYMN *Lord, who throughout these forty days*

Hymn 142
Tune: *St. Flavian*

THE GOSPEL

Matthew 4:1-11

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

Glory to you, Lord Christ.

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 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 David Romanik, 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!



OFFERTORY ANTHEM *The Serpent*

Thomas Pavlechko

"What do you see?" the serpent said. The woman answered "Death." "It is not death," the serpent said, "It surely is not death." "I see what God told us to see," The woman quickly said. "See what I say," the serpent said. "See what I say," it said. "What do you see?" the tempter said, The Savior answered, "Stone." "Must it be stone?" the tempter said, "It surely could be bread." "Let it be stone," the Savior said, "For life is more than bread. See what the scripture says," he said, "See what the scripture says." We see what we are told to see Whom shall we listen to? Give us the grace, O God, to see What we are told by you.

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.

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 *Bread of the world, in mercy broken*

Hymn 301
 Tune: *Rendez à Dieu*

COMMUNION ANTHEM *Jesus Walked This Lonesome Valley*

John Ferguson (1941 – 2025)

Jesus walked this lonesome valley; He had to walk it by himself. Oh, nobody else could walk it for him; He had to walk it by himself. We must walk this lonesome valley; We have to walk it by ourselves. Oh, nobody else can walk it for us; We have to walk it by ourselves. You must go and stand your trial; You have to stand it by yourself. Oh, nobody else can stand it for you; You have to stand it by yourself.

COMMUNION HYMN *Now let us all with one accord*

Hymn 147
 Tune: *Bourbon*

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

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.**

All stand and sing

HYMN AT THE PROCESSION *Eternal Lord of love, behold your Church*

Hymn 149
Tune: *Old 124th*

WELCOME & ANNOUNCEMENTS

THE DISMISSAL

Let us bless the Lord.

Thanks be to God.

POSTLUDE *Toccata per l'Elevarione*

Girolamo Frescobaldi (1583-1643)

MINISTERS OF THE LITURGY

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

Preacher - The Rev. David Romanik, *Rector*

Assisting - The Rev. Dr. Russell Dickerson, *Deacon*

Wiggle Worship - Amanda Watson, *Assistant Rector for Community Life*

Organist and Choirmaster- Thomas Pavlechko

Verger - Luke Teten

Acolytes -Violet Gensic, Lydia Gensic, Shepherd Gensic, Norah Goolsby, Davis Goolsby

Music - Heavenly Rest Adult Choir, Choristers

Lay Ministers - Brianne George, Mitch Krane, Helen Ronksley

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

Greeters & Ushers -Robert Peterson, Darryl Tippens, Mitch Barnett, Harry Hurt

Sound - Lee Hampton

Streaming - Jeff Martin, Karis Maxwell, Ronnie Garcia, Bill Young



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CLERGY AND STAFF

The Reverend David F. Romanik, *Rector*

The Reverend Ashley Powers, *Associate Rector*

The Reverend Amanda Watson, *Assistant Rector for Community Life*

The Reverend Karen Boyd, *Assisting Priest*

The Reverend Dr. Doug Thomas, *Priest in Residence*

The Reverend Dr. Russell Dickerson, *Deacon*

The Reverend Joe Biles, *Curate and Pastoral Assistant*

Bikole Mulanda, *Swahili Minister*

Luke Teten, *Verger*

Carol Ann Weston, *Director of Children & Family Ministries*

Thomas Pavlechko, *Organist and Director of Music*

Elizabeth Knauer, *Music Assistant, Choristers*

Laura Dickson, *Music Assistant, Children's Choir*

Jen Rogers, *Director of Communications and Stewardship*

Lydia Hurt, *Parish Manager*

Brenda Fisher, *Parish Accountant*

Robert Becerra, *Sexton*

Dorothy Guerra, *Housekeeper*

Anne Jones, *Nursery Manager*

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*