

HOLY EUCHARIST: Rite I

THE THIRD SUNDAY OF ADVENT

December 15, 2019 ♦ 8:00 a.m.

Welcome to St. Barnabas, we are delighted that you're here. We hope you'll participate fully in our worship through singing, praying, hearing the Good News of Jesus Christ, and coming to communion. May God richly bless you as you bless us!

WELCOME INTO THE SILENCE

In the place of the prelude during the season of Advent, handbells will be rung at 1 minute intervals beginning 5 minutes before the service to mark the time of waiting.



All stand as able at the sound of the tower bell.

HYMN (sung by all, next page)

Come, thou long-expected Jesus

(HYMNAL 66)



Wheat Field in Rain, 1889
Vincent van Gogh, 1820-1888

1 Come, thou long - ex - pect - ed Je - sus, born to set thy peo - ple free;
 2 Is - rael's strength and con - so - la - tion, hope of all the earth thou art:
 3 Born thy peo - ple to de - liv - er, born a child, and yet a king,
 4 By thine own e - ter - nal Spi - rit rule in all our hearts a - lone;

from our fears and sins re - lease us, let us find our rest in thee.
 dear de - sire of ev - ery na - tion, joy of ev - ery long - ing heart.
 born to reign in us for ev - er, now thy gra - cious king - dom bring.
 by thine all - suf - fi - cient mer - it raise us to thy glo - rious throne.

Words: Charles Wesley (1707-1788) Music: *Stuttgart*, melody from *Psalmodia Sacra, oder Andächtige und Schöne Gesänge*, 1715; adapt. and harm. William Henry Havergal (1793-1870), alt.

THE OPENING ACCLAMATION

Presiding Priest Blessed be God: Father, Son, and Holy Spirit.

People And blessed be God's kingdom, now and for ever. Amen.

COLLECT FOR PURITY

Presiding Priest and People

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

THE SUMMARY OF THE LAW

Presiding Priest

Hear what our Lord Jesus Christ 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.

TRISAGION (said three times)

Holy God, Holy and Mighty, Holy Immortal One,

Have mercy upon us.

THE COLLECT OF THE DAY

Presiding Priest The Lord be with you.

People And with thy spirit.

Presiding Priest Let us pray.

Stir up thy power, O Lord, and with great might come among us; and, because we are sorely hindered by our sins, let thy bountiful grace and mercy speedily help and deliver us; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be honor and glory, world without end. **Amen.**

THE WORD OF GOD

THE FIRST READING

Isaiah 35:1-10

READER: A Reading from the Book of Isaiah

The wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus it shall blossom abundantly, and rejoice with joy and singing. The glory of Lebanon shall be given to it, the majesty of Carmel and Sharon. They shall see the glory of the Lord, the majesty of our God. Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, "Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you." Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert; the burning sand shall become a pool, and the thirsty ground springs of water; the haunt of jackals shall become a swamp, the grass shall become reeds and rushes. A highway shall be there, and it shall be called the Holy Way; the unclean shall not travel on it, but it shall be for God's people; no traveler, not even fools, shall go astray. No lion shall be there, nor shall any ravenous beast come up on it; they shall not be found there, but the redeemed shall walk there. And the ransomed of the Lord shall return, and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away.

Reader Hear what the Spirit is saying to God's people.

***People* Thanks be to God.**

Silence is marked by the ringing of a bell.

THE RESPONSE (remain seated, read responsively)

Psalm 146:4-9

4 Happy are they who have the God of Jacob for their help! *
whose hope is in the Lord their God;

5 Who made heaven and earth, the seas, and all that is in them;*
who keeps his promise for ever;

6 Who gives justice to those who are oppressed, *
and food to those who hunger.

7 The Lord sets the prisoners free; the Lord opens the eyes of the blind; *
the Lord lifts up those who are bowed down;

8 The Lord loves the righteous; the Lord cares for the stranger; *
he sustains the orphan and widow, but frustrates the way of the wicked.

9 The Lord shall reign for ever, *
your God, O Zion, throughout all generations. Hallelujah!

READER: A Reading from the Letter of James

Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is near. Beloved, do not grumble against one another, so that you may not be judged. See, the Judge is standing at the doors! As an example of suffering and patience, beloved, take the prophets who spoke in the name of the Lord.

Reader Hear what the Spirit is saying to God's people.

People Thanks be to God.

Silence is marked by the ringing of a bell.



THE HOLY GOSPEL

Matthew 11:2-11

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

People Glory be to thee, O Lord.

When John heard in prison what the Messiah was doing, he sent word by his disciples and said to him, "Are you the one who is to come, or are we to wait for another?" Jesus answered them, "Go and tell John what you hear and see: the blind receive their sight, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, and the poor have good news brought to them. And blessed is anyone who takes no offense at me." As they went away, Jesus began to speak to the crowds about John: "What did you go out into the wilderness to look at? A reed shaken by the wind? What then did you go out to see? Someone dressed in soft robes? Look, those who wear soft robes are in royal palaces. What then did you go out to see? A prophet? Yes, I tell you, and more than a prophet. This is the one about whom it is written, 'See, I am sending my messenger ahead of you, who will prepare your way before you.' Truly I tell you, among those born of women no one has arisen greater than John the Baptist; yet the least in the kingdom of heaven is greater than he."

The Gospel of the Lord

People Praise be to thee, O Christ.



THE SERMON

Karen Haig

Silence is marked by the ringing of a bell.



THE NICENE CREED

Presiding Priest and People

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.

THE PRAYERS OF THE PEOPLE

The Lay Reader says

Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all people: in our Anglican Cycle of Prayer, we pray for Sokoto (Nigeria), El Salvador their clergy and people. In our Diocesan Cycle of Prayer, we pray for St. James in Sedro Woolley and Christ Church in Anacortes. Receive 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 those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Lord, hear our prayer.

Give grace, O heavenly Father, to all bishops and other ministers, especially to Michael, our Presiding Bishop; Gregory, our Bishop; Karen, our Rector; and Nancy, Judith, Patricia, Jan and Jim, Priests among us; that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

Lord, hear our prayer.

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.

Lord, hear our prayer.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, especially our elected and appointed officials that they may be led to wise decisions and right actions for the welfare and peace of the world.

Lord, hear our prayer.

Guard and protect all those who serve in harm's way, both in lands far away and here at home, returning them to safe reunion with their families and all who love them.

Lord, hear our prayer.

Bestow upon us the gift of gracious hospitality, welcoming into fellowship our sisters and brothers in Christ who are visiting, remembering that in welcoming strangers we may be welcoming angels unaware.

Lord, hear our prayer.

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.

Lord, hear our prayer.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor, [especially...] and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

Lord, hear our prayer.

I invite your petitions and thanksgivings aloud or in your hearts...[pause], let us pray.

Lord, hear our prayer.

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear [especially...], beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of Barnabas and of all thy saints, that with them we may be partakers of thy heavenly kingdom.

Lord, hear our prayer.

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**



CONFESSIOIN OF SIN

Let us humbly confess our sins unto Almighty God.

Silence may be kept.

Presiding Priest and People

Almighty God, Father of our Lord Jesus Christ, maker of all things, judge of all men: We acknowledge and bewail our manifold sins and wickedness, which we from time to time most grievously have committed, by thought, word, and deed, against thy divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, and are heartily sorry for these our misdoings; the remembrance of them is grievous unto us, the burden of them is intolerable. Have mercy upon us, have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may ever hereafter serve and please thee in newness of life, to the honor and glory of thy Name; through Jesus Christ our Lord. Amen.

THE ABSOLUTION

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**



THE PEACE

Presiding Priest The peace of the Lord be always with you.

People And with thy spirit.



WELCOME, ANNOUNCEMENTS, BIRTHDAYS & ANNIVERSARIES

Birthday prayer is on page 830, No. 50 and Anniversary prayer on page 431 in the red Book of Common Prayer.

THE HOLY COMMUNION

Please remain seated. At the offertory sentence, an offering of money is collected.



Presiding Priest All things come of thee, O Lord,

People And of thine own have we given thee.

THE GREAT THANKSGIVING

The people remain standing.

The Lord be with you.

People And with thy spirit.

Presiding Priest Lift up your hearts.

People We lift them up unto the Lord.

Presiding Priest Let us give thanks unto our Lord God.

People It is meet and right so to do.

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,

Presiding Priest and People

**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.**



Then the Presiding Priest gives thanks for God's work in creation and for the salvation of the world through Christ, and prays over the bread and wine.

All glory be to thee, Almighty God, our heavenly Father...

...By whom, and with 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, for ever and ever. Amen.

THE BREAKING OF THE BREAD

The Presiding Priest breaks the consecrated Bread. A period of silence is kept.

Alleluia! Christ our Passover is sacrificed for us;

Therefore let us keep the feast. Alleluia!

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 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.



This is Jesus' table where all are welcome to share in the bread and wine of Holy Communion. If you prefer to receive a blessing (or not to receive wine), fold your arms across your chest as a sign.

At the conclusion of the distribution of communion, silence is marked by the ringing of a bell.



THE POST-COMMUNION PRAYER

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 BLESSING

The peace of God which passes all understanding keep your hearts and minds in the knowledge and love of God and of God's Son, our Savior Jesus Christ. And the blessing of God almighty, the Father, the Son and the Holy Spirit, be upon you this day and remain with you always. Amen.



HYMN (sung by all)

Watchman, tell us of the night

(HYMNAL 640)

1 Watch-man, tell us of the night, what its signs of prom - ise
 2 Watch-man, tell us of the night; high - er yet that star a -
 3 Watch-man, tell us of the night, for the morn - ing seems to

are. Trav - eler, o'er yon moun-tain's height, see that glo - ry -
 scends. Trav - eler, bless - ed - ness and light, peace and truth its
 dawn. Trav - eler, dark - ness takes its flight, doubt and ter - ror

beam - ing star. Watch-man, does its beau - teous ray
 course por - tends. Watch-man, will its beams a - lone
 are with - drawn. Watch-man, let thy wan - derings cease;

aught of joy or hope fore - tell? Trav-eler, yes; it
 gild the spot that gave them birth? Trav-eler, a - ges
 hie thee to thy qui - et home. Trav-eler, lo! the

brings the day, prom - ised day of Is - ra - el.
 are its own; see, it bursts o'er all the earth.
 Prince of Peace, lo! the Son of God is come!

Two groups may sing antiphonally, alternating by sentences.

Words: John Bowring (1792-1872) Music: *Aberystwyth*, Joseph Parry (1841-1903)

DISMISSAL

Let us go forth into the world rejoicing in the power of the Spirit.
People Thanks be to God.

PROCESSION

ORGAN VOLUNTARY

Sleepers, wake, a voice is calling

Robert Powell

MINISTERS OF THE LITURGY

Presiding Priest & Preacher	The Reverend Karen Haig
Organist	Paul Roy
Acolyte	Stu Case
Eucharistic Minister	Su Beecham
Lectors	Stu Case, Su Beecham
Intercessor	Su Beecham
Usher	Angie Bickerton
Godly Players	Phil Fergusson, Deena Hanke
Altar Guild	Joan Collins, Penny Egger, Peter DeMann, Helene & Steve Schmitz, Dale Walker
Bread Baker	Elaine Percival
Coffee Hour	Mark Morris & Roger Clairmont

Personal Rites for Advent – A Take Home Sheet for Your Refrigerator Door

Pay attention. That is the Advent message. Attentiveness to the mystery of the Coming One is not easily practiced in the midst of crowded calendars and unrelenting din of December. It is important to make time for paying attention, for silence, for waiting.

Here are some suggestions:

1. **Attend Sunday church service on all four Sundays.** Throughout Advent, the liturgies tell us more and more about the future God is making... don't miss a single chapter of the unfolding drama as we wait for God together!
2. **Follow the daily readings found in the Book of Common Prayer (BCP),** or on line at <http://satucket.com/lectionary/>. You may want to use the forms provided in the BCP for home prayers. Compline is a lovely way to end the day – you'll find it on page 127.
3. **Create an Advent wreath on the first Sunday of Advent.** Light the Advent candle when you say your prayers and sit down to supper. Use an Advent Calendar. Talk with family or friends about the season and the feelings it brings. Listen to the promise of God in each other.
4. **Meditate on the [O Antiphons](#).** You may want to do this by candlelight, or in front of a fire.
5. **Break habitual patterns.** Cultivate surprise. See all things as new! Take an unusual route to work or use an alternative form of transportation. Do something you have never done before, or see something you have never seen before. Take a walk, letting colors, patterns and movements surprise you. Wear your watch on the wrong wrist, or don't wear it at all. Every time you look in the wrong place for "the time", pray God to make you ready for the unexpected.
6. **Practice waiting.** Sit or lie by a window where you can see only the sky. Wait for something to pass by – a cloud, a plane, a sparrow, an angel....
7. **Climb a hill and watch for the moon to rise.** Watch for the sunrise after the longest night (December 21). Watch for the first star on Christmas Eve. "Wait without thought."
8. **Keep the prayer "Maranatha, come Lord Jesus" in your mind and heart.** Say it in various places. Empty your mind as you pray it. Watch for signs.
9. **Make at least one conscious act of being a sign of God's future to others.** Look to [Matthew 25: 35-40](#) for guidelines.
10. **Make room for silence and inactivity.** Schedule it. Put the television in a closet. Set aside one evening and do nothing – not even books or music. Turn off the lights. Stop talking. Listen. Who is knocking at the door of your heart?

Waiting is really a period of learning. The longer we wait, the more we hear about Him for whom we are waiting. As the advent weeks progress, we hear more and more about the beauty and splendor of the One who is to come. There is a stark beauty about it all... Advent invites us into a growing inner stillness and joy allowing us to realize that He for whom we are waiting has already arrived and speaks to us in the silence of our hearts. Just as a mother feels her growing child in her womb, and is not surprised on the day of the birth and joyfully receives the one she learned to know during her waiting, so Jesus can be born in our lives – slowly and steadily – and be received as the one we learned to know while waiting.

Adapted from [The Genesee Diary](#) by Henri J. M. Nouwen



ADVENT & CHRISTMAS

Advent III

Sunday, December 15th, 8am & 10am

Contemplative Holy Eucharist Service

Sunday, December 15th at 5pm

Do you long for more silence in your worship? Would you like to sink more deeply into chant, reflection, Word and Sacrament? Please join us in the church this Sunday Evening, 12/15 at 5pm for our monthly Contemplative Holy Eucharist. This service is a wonderful way to step away from the busy-ness of the wider world and to steep ourselves in the Holy as we prepare for the week ahead.

A Quiet Christmas Service

Wednesday, December 18th at 7pm

Sometimes the holiday season is not "the most wonderful time of the year," and for those of us experiencing loss or grief, Christmas can be an especially difficult time. The death of a beloved friend or family member, a divorce or job loss, an illness or frightening diagnosis or myriad other personal struggles can make this time of year particularly tender.

At St. Barnabas, we offer a special worship service - A Quiet Christmas Holy Eucharist - for those who find themselves sad, grieving, or in need of any sort of healing during this Christmas season. This service includes gentle carols and communion, is open to everyone and especially meaningful for those who are experiencing loss.

Advent IV

Sunday, December 22nd, 8am & 10am

Community Caroling Party

December 22nd, 3pm-5pm

Accompanied by Paul Roy and Jim Friedrich, we'll sing lots of favorite Christmas songs, and enjoy sweet treats, mulled wine and a hot cocoa bar! This is an event for the whole community and perfect for families. Don't miss the visit from the BI Fire Dept. Christmas Caroling Truck at 4:45!

Christmas Eve

All services include Christmas Carols and Holy Communion

Family Christmas Service | 4pm

This service begins with the children's pageant! Bring children to the Parlor to be outfitted in costumes -all are welcome!

Festive Christmas Service | 7pm

This service includes special instrumental music.

Candlelight Christmas Eve Service with Incense

Carols at 9:30pm | Service begins at 10pm

Christmas Day

Rite 2 Holy Eucharist at 10am with Christmas Carols

