

HOLY EUCHARIST: Rite II

THE THIRD SUNDAY IN LENT

March 3, 2024 ♦ 10:00 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 QUIET

“Lent serves as our annual invitation to come closer to God. It provides a time to look at our lives and ourselves, not so we may criticize ourselves more harshly but so we can identify the obstructions that keep us from...feeling the presence of the divine in our every day. How do we hide from God, and why? Lent gives us a chance to look at such obstructions and to move them gently away so that we can come closer to the Love that gives us life... Thus Lent offers a gift of time and a promise of closeness...” From *A Clearing Season: Reflections for Lent*

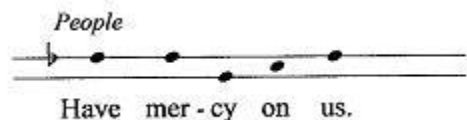


All stand as able at the sound of the bells.

THE GREAT LITANY *Please join us in song.*

I.

Holy God, Creator of heaven and earth,



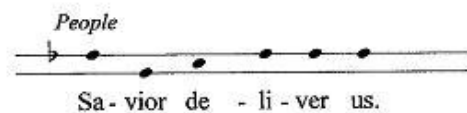
Holy and Mighty, Redeemer of the world, **Have mercy on us.**

Holy Immortal One, Sanctifier of the faithful, **Have mercy on us.**

Holy, blessed and glorious Trinity, One God, **Have mercy on us.**

II.

From all evil and mischief; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil intent,



From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws, **Savior deliver us.**

From sins of body and mind; from deceits of the world, flesh and the devil, **Savior deliver us.**

From famine and disaster; from violence, murder, and dying unprepared; in all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment, **Savior deliver us.**

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation, **Savior deliver us.**

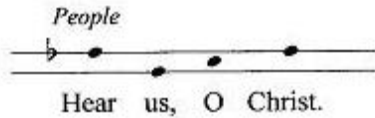
By your ministry in word and work; by your mighty acts of power; by the preaching of your reign, **Savior deliver us.**

By your agony and trial; by your cross and passion; by your precious death and burial, **Savior deliver us.**

By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit, **Savior deliver us.**

III.

Hear our prayers, O Christ our God.



Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will, **Hear us, O Christ.**

Give us boldness to preach the gospel in all the world, and to make disciples of all the nations. **Hear us, O Christ.**

Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim your word. **Hear us, O Christ.**

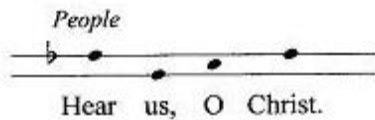
Give your people grace to witness to your word and bring forth the fruit of your Spirit. **Hear us, O Christ.**

Bring into the way of truth all who have erred and are deceived. **Hear us, O Christ.**

Strengthen those who stand; comfort and help the fainthearted; and raise up the fallen. **Hear us, O Christ.**

IV.

Bless the hearts of all in authority, that they may do justice, and love mercy, and walk in the ways of truth.

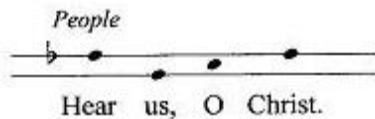


Give us the will to use the resources of the earth to your glory and for the good of all. **Hear us, O Christ.**

Bless and keep all your people. **Hear us, O Christ.**

V.

Comfort and liberate the lonely, the bereaved and the oppressed.



Keep in safety those who travel and all who are in peril. **Hear us, O Christ.**

Heal the sick in body, mind or spirit and provide for the homeless, the hungry and the destitute, and all others in need. **Hear us, O Christ.**

Guard and protect all children who are in danger. **Hear us, O Christ.**

Show your compassion on prisoners, hostages and refugees, and all who are in trouble. **Hear us, O Christ.**

Forgive our enemies, persecutors and slanderers, and turn their hearts. **Hear us, O Christ.**

Hear us as we remember those who have died and grant us with them a share in your eternal glory. **Hear us, O Christ.**

VI.

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.

Cantor or Choir *All* *Cantor or Choir*

Lord, have mer - cy. Lord, have mer - cy. Christ, have mer - cy.

All *Cantor or Choir* *All*

Christ, have mer - cy. Lord, have mer - cy. Lord, have mer - cy.

Music: From the Litany of the Saints; adapt. Richard Proulx (b. 1937). Copyright © 1985 GIA Publications, Inc.

THE COLLECT OF THE DAY

Presider The Lord be with you.

People **And also with you.**

Presider Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE WORD OF GOD



THE FIRST READING

Exodus 20:1-17

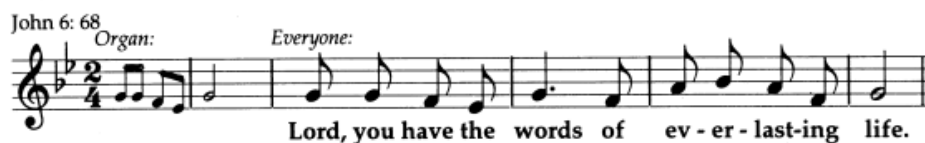
READER: A Reading from the book of Exodus.

Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

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.



Choir: The law of the LORD is perfect and revives the soul; the testimony of the LORD is sure and gives wisdom to the innocent. The statutes of the LORD are just and rejoice the heart; the commandment of the LORD is clear and gives light to the eyes.

ALL REPEAT THE ANTIPHON

Choir: The fear of the LORD is clean and endures for ever; the judgments of the LORD are true and righteous altogether. More to be desired are they than gold, more than much fine gold, sweeter far than honey, than honey in the comb.

ALL REPEAT THE ANTIPHON

Choir: By them also is your servant enlightened, and in keeping them there is great reward. Who can tell how often he offends? cleanse me from my secret faults.

ALL REPEAT THE ANTIPHON

Choir: Above all, keep your servant from presumptuous sins; let them not get dominion over me; then shall I be whole and sound, and innocent of a great offense. Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my strength and my redeemer.

ALL REPEAT THE ANTIPHON

THE SECOND READING

1 Corinthians 1:18-25

READER: A Reading from Paul's first letter to the Corinthians.

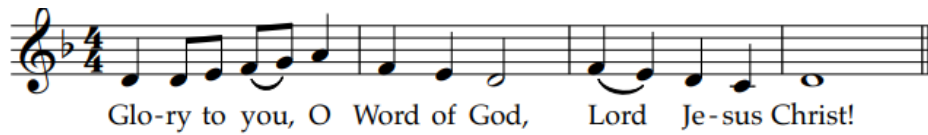
The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

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.



Cantor, then all.



We proclaim Christ crucified, the power of God and the wisdom of God. (I Cor. 1:23, 24)

THE GOSPEL

John 2:13-22

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

People **Glory to you, Lord Christ.**

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, “Take these things out of here! Stop making my Father’s house a marketplace!” His disciples remembered that it was written, “Zeal for your house will consume me.” The Jews then said to him, “What sign can you show us for doing this?” Jesus answered them, “Destroy this temple, and in three days I will raise it up.” The Jews then said, “This temple has been under construction for forty-six years, and will you raise it up in three days?” But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

The Gospel of the Lord.

People **Praise to you, Lord Christ.**



THE SERMON

Karen Haig

Silence is marked by the ringing of a bell.



THE NICENE CREED

Presider 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 and Confession of Sin are omitted when The Great Litany is sung or said prior to Eucharist.

THE PEACE

Presider The peace of the Lord be always with you.
People And also with you.

WELCOME, ANNOUNCEMENTS, BIRTHDAYS & ANNIVERSARIES

Prayer for a Birthday:

Watch over your child, O Lord, as *her* days increase; bless and guide *her* wherever *she* may be. Strengthen *her* when *she* stands; comfort *her* when discouraged or sorrowful; raise *her* up if *she* should fall; and in *her* heart may your peace which passes understanding abide all the days of *her* life; through Jesus Christ our Lord. Amen.

Prayer for a Wedding Anniversary:

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

THE HOLY COMMUNION

An offering of money is collected.

[You may make an offering by clicking here](#) or by scanning the QR code.



ANTHEM

Teach me, O Lord

William Byrd

Teach me, O Lord, the way of thy statutes:
and I shall keep it unto the end.
Give me understanding, and I shall keep thy law:
yea, I shall keep it with my whole heart.
Make me to go in the path of thy commandments:
for therein is my desire.
Incline my heart unto thy testimonies:
and not to covetousness.
O turn away mine eyes,
lest they behold vanity:
and quicken thou me in thy way.
O stablish thy word in thy servant:
that I may fear thee.
Glory be to the Father, and to the Son:
and to the Holy Ghost;
As it was in the beginning, and is now, and ever shall be:
world without end. Amen.
(Ps. 119:33-38)



PRESENTATION ANTHEM

Presider All things come from you, O Lord,
People **And of your own have we given you.**

THE GREAT THANKSGIVING *The people remain standing.*

Presider The Lord be with you.
People **And also with you**
Presider Lift up your hearts.
People **We lift them to the Lord.**
Presider Let us give thanks unto our Lord God.
People **It is right to give God thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

HYMNAL S122

Ho - ly, ho - ly, ho - ly Lord, God of
power 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.

Music: Plainsong; Mass 18; adapt. Mason Martens (1933-1991). Copyright © 1983 Mason Martens.

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ 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." Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

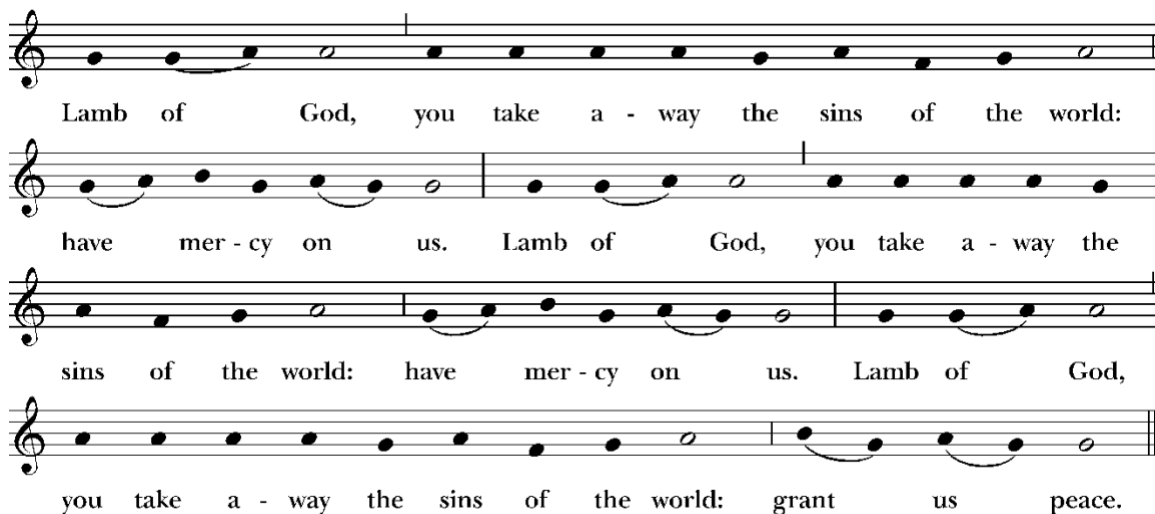
Christ will come again.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom. All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for 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, for ever and ever. Amen.

THE BREAKING OF THE BREAD *The Presider breaks the consecrated Bread. A period of silence is kept.*
HYMNAL S160



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.

Music: Anaphora chant; Mass 18; adapt. Mason Martens (1933-1991). Copyright © 1984 Mason Martens.

THE INVITATION TO COMMUNION

COMMUNION OF THE PEOPLE

*This is Jesus's table around which we gather, and all are welcome to receive communion.
If you prefer to receive a blessing, or not to receive wine, fold your arms across your chest as a sign.
Gluten-free wafers are available, please ask the priest.*

An Act of Spiritual Communion for Those Worshipping Online

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.

COMMUNION ANTHEM

Ecce panis angelorum

Plainchant

Very Bread, good Shepherd, tend us.
Jesus, of thy love befriend us,
Lord, refresh us and defend us,
thine eternal goodness send us
in the land of life to see:
thou, who all things canst and knowest,
who on earth such food bestowest,
grant us, with thy saints, though lowest,
where the heavenly feast thou showest,
fellow heirs and guests to be.

HYMNAL 696

1 By gra - cious powers so won - der - ful - ly
2 Yet is this heart by its old foe tor -
3 And when this cup you give is filled to
4 Yet when a - gain in this same world you

shel - tered, and con - - fi - dent - ly wait - ing come what
ment - ed, still e - - vil days bring bur - dens hard to
brim - ming with bit - - ter suf - fer - ing, hard to un - der -
give us the joy — we had, the bright - ness of your

may, we know that God is with us night and
bear; O give our fright - ened souls the sure sal -
stand, we take it thank - ful - ly and with - out
Sun, we shall re - mem - ber all the days we

morn - ing, and nev - er fails to greet us each new day.
va - tion, for which, — O Lord, you taught us to pre - pare.
trem - bling, out of — so good and so be - loved a hand.
lived through, and our — whole life shall then be yours a - lone.

Words: F. Pratt Green (b. 1903), after Dietrich Bonhoeffer (1906-1945)

Music: *Le Cénacle*, Joseph Gelineau (b. 1920)

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Words: Copyright © 1974 by Hope Publishing Company. All Rights Reserved. Used by Permission.



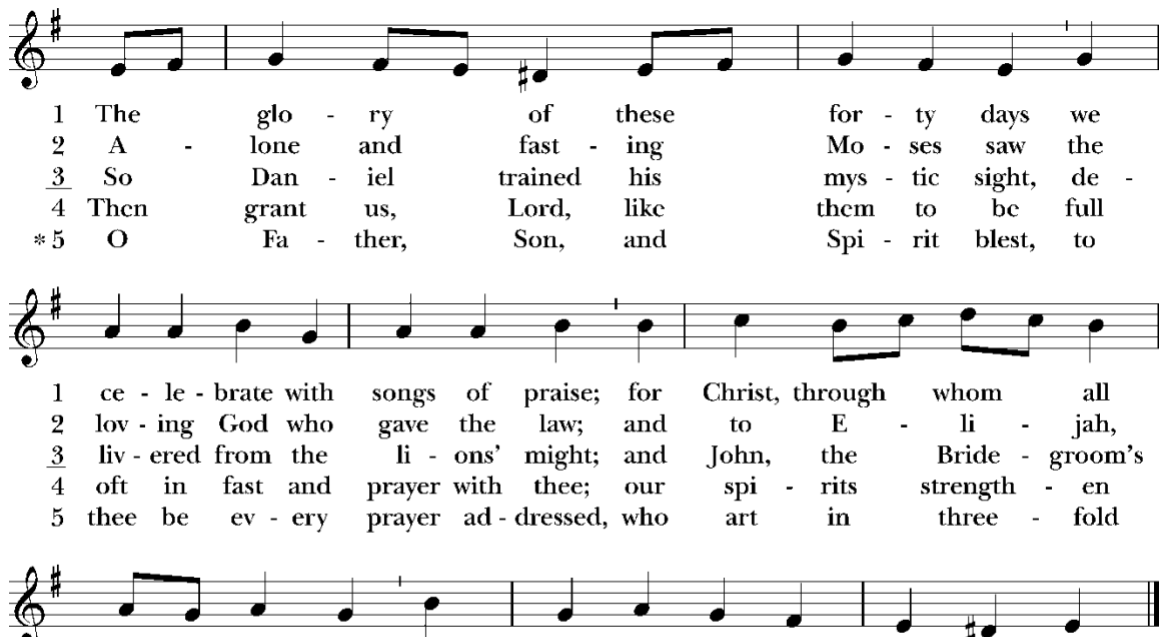
THE POST-COMMUNION PRAYER

Presider and People

Almighty and ever living God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

THE BLESSING

HYMNAL 143



1 The glo - ry of these for - ty days we
 2 A - lone and fast - ing Mo - ses saw the
 3 So Dan - iel trained his mys - tic sight, de -
 4 Then grant us, Lord, like them to be full
 * 5 O Fa - ther, Son, and Spi - rit blest, to

1 ce - le - brate with songs of praise; for Christ, through whom all
 2 lov - ing God who gave the law; and to E - li - jah,
 3 liv - ered from the li - ons' might; and John, the Bride - groom's
 4 oft in fast and prayer with thee; our spi - rits strength - en
 5 thee be ev - ery prayer ad - dressed, who art in three - fold

1 things were made, him - self has fast - ed and has prayed.
 2 fast - ing, came the steeds and char - i - ots of flame.
 3 friend, be - came the her - ald of Mes - si - ah's name.
 4 with thy grace, and give us joy to see thy face.
 5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. By permission of Oxford University Press. Music: *Erhalt uns, Herr*, melody from *Geistliche Lieder*, 1543; harm. Johann Sebastian Bach (1685-1750).

DISMISSAL

Go in peace to love and serve the Lord.

People Thanks be to God.

PROCESSION

Bells

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MINISTERS OF THE LITURGY

Presider and Preacher | The Reverend Karen Haig
Deacon | The Reverend Dan Fowler
Music Director and Organist | Sheila Bristow
Musicians | The Parish Choir; Rae Hyra, Lori Knoeble, Emily Neer, cantors
Lectors | Kathleen Jennings, Brian Andvik
Eucharistic Ministers | Mary Anne Smith, Elaine Percival
Ushers | Borgan and Kathy Anderson
Altar Guild | Steve & Helene Schmitz, Heidi O'Brien, Becky Raymond, Diane Walworth
Coffee Hour | Lisa-Marie MacKenzie, Sue Ellen Case, Stephanie Neill, Barbara Bolles, Marnie Arlen
Welcome Table | Barbara Bolles
Videographer | Michael Ditmore

CLERGY

Bishop Provisional | The Most Reverend Melissa Skelton
Assisting Bishop | The Right Reverend Brian Prior
Rector | The Reverend Karen Haig
Deacon | The Reverend Dan Fowler
Assisting Priests | The Reverends Dr. Judith M. McDaniel, Nancy Tiederman,
Patricia Rome Robertson, Dr. Jan C. Heller, and Jim Friedrich

STAFF

Music Director & Organist | Sheila Bristow
Parish Administrator & Family Ministry Coordinator | Etienna Wright
Bookkeeper | Jessica Edmonds
Day School Director | Julia Lampa
Sexton | George Cole
Kitchen Manager | Tim Shelly
Housekeeper | Natalia Perez
Interim Tender | Joe Salter

VESTRY

Rector's Warden | Gigi Norwine
Property Warden | Michael Ditmore
People's Warden | Steve Schmitz
Members of the Vestry | Tom Beierle, AJ Davies, Phil Fergusson
Claire Hicks, Melanie Roth, Mary Anne Smith
Clerk of the Vestry | Rebecca Ditmore
Treasurer | Kirk Eichenberger
Chancellor | Katherine Bolles

CONVENTION DELEGATES

Delegates | Heidi O'Brien, George Robertson, Brian Andvick, Laura Carroll
Alternates | Peggy & Kirk Eichenberger, Sue Ellen Case, Beth Gudmundson



WHO ARE WE?

We are a community of faith that welcomes and values all people.

We commit to follow Christ, serve others, grow in faith,
and transform the world by sharing God's love.

St. Barnabas Episcopal Church acknowledges that we gather on the traditional land
of the first people of this island, the Suquamish People, who are still here,
and we honor with gratitude the land itself and the life of the Suquamish Tribe.



WEBSITE



FACEBOOK

† ST. BARNABAS EPISCOPAL CHURCH

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