

HOLY EUCHARIST: Rite II

THE FOURTH SUNDAY IN LENT

March 10, 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*

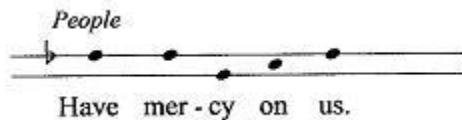


All stand as able at the sound of the bells.

THE GREAT LITANY *Please join us in song.*

I.

Holy God, Creator of heaven and earth,



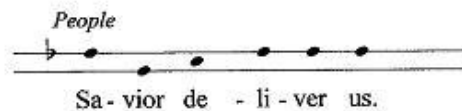
Holy and Mighty, Redeemer of the world, **Have mercy on us.**

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.**

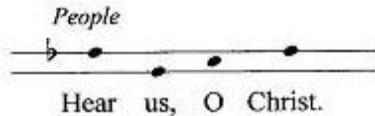
By your ministry in word and work; by your mighty acts of power; by the preaching of your reign, **Savior deliver us.**

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.**

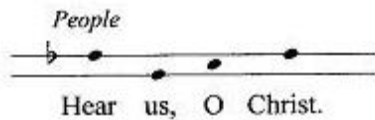
Give your people grace to witness to your word and bring forth the fruit of your Spirit. **Hear us, O Christ.**

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.

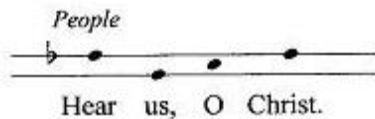


Give us the will to use the resources of the earth to your glory and for the good of all. **Hear us, O Christ.**

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.

HYMNAL S95

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.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE WORD OF GOD

THE FIRST READING

Numbers 21:4-9

READER: A Reading from the book of Numbers.

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, “Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.” Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, “We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us.” So Moses prayed for the people. And the Lord said to Moses, “Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.” So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

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.



© 1979, Robert Knox Kennedy.

**1 Give thanks to the Lord, for he is / good, *
and his mercy endures for / ever.**

**2 Let all those whom the Lord has redeemed pro- / claim *
that he redeemed them from the hand of the / foe.**

**3 He gathered them out of the / lands; *
from the east and from the west, from the north and from the / south.**

**17 Some were fools and took to rebellious / ways; *
they were afflicted because of their / sins.**

**18 They abhorred all manner of / food *
and drew near to death's / door.**

**19 Then they cried to the Lord in their / trouble, *
and he delivered them from their dis- / tress.**

**20 He sent forth his word and / healed them *
and saved them from the / grave.**

**21 Let them give thanks to the Lord for his / mercy *
and the wonders he does for his / children.**

Second half

**22 Let them offer a sacrifice of thanks- / giving *
and tell of his acts with shouts of / joy.**

THE SECOND READING


Ephesians 2:1-10

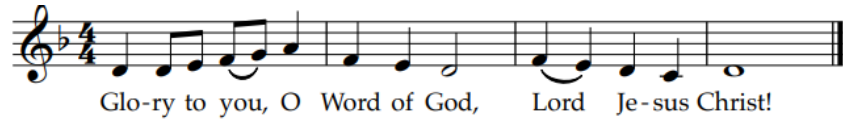
READER: A Reading from Paul's letter to the Ephesians.

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

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.*



God so loved the world that he gave his only Son,
so that everyone who believes in him should not perish, but have eternal life.

THE GOSPEL

John 3:14-21

People The Holy Gospel of our Savior Jesus Christ according to John.
Glory to you, Lord Christ.

Jesus said, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

People The Gospel of the Lord.
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.

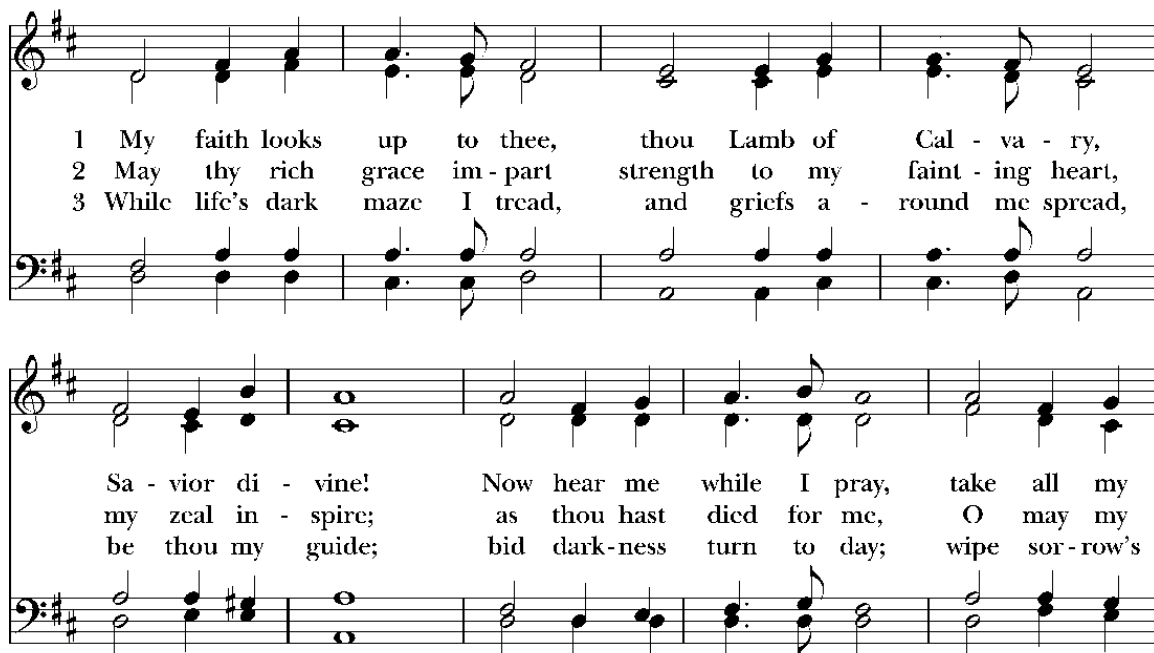
THE HOLY COMMUNION

An offering of money is collected.

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



HYMN 691



1 My faith looks up to thee, thou Lamb of Cal - va - ry,
2 May thy rich grace im - part strength to my faint - ing heart,
3 While life's dark maze I tread, and griefs a - round me spread,

Sa - vior di - vine! Now hear me while I pray, take all my
my zeal in - spire; as thou hast died for me, O may my
be thou my guide; bid dark-ness turn to day; wipe sor - row's

guilt a - way; O let me from this day be whol - ly thine.
 love to thee pure, warm, and change-less be, a liv - ing fire.
 tears a - way, nor let me ev - er stray from thee a - side.

Words: Ray Palmer (1808-1887). Music: *Olivet*, Lowell Mason (1792-1872).



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.

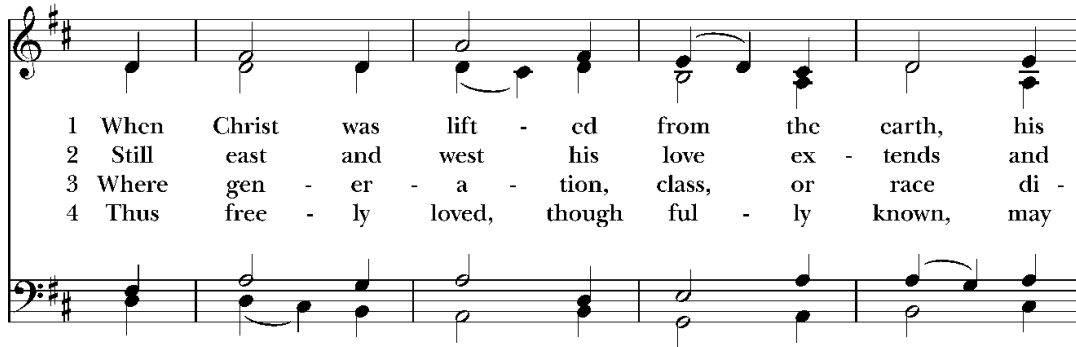
COMMUNION ANTHEM

In Thee, O Lord

Jane Marshall

In thee, O Lord, do I take refuge; let me never be put to shame!
In thy righteousness deliver me and rescue me; incline thine ear to me and save me!
Be thou to me a rock of refuge, a strong fortress, to save me, for thou art my rock and my fortress.
In thee, O Lord, do I take refuge. (Ps 71:1-3)

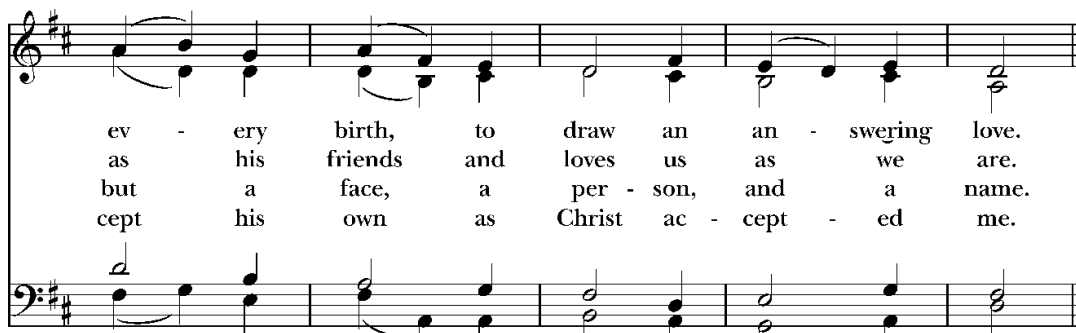
HYMNAL 603



1 When Christ was lift - ed from the earth, his
2 Still east and west his love ex - tends and
3 Where gen - er - a - tion, class, or race di -
4 Thus free - ly loved, though ful - ly known, may



arms stretched out a - bove through ev - ery cul - ture,
al - ways, near or far, he calls and claims us
vide us to our shame, he sees not la - bels
I in Christ be free to wel - come and ac -



ev - ery birth, to draw an an - swering love.
as his friends and loves us as we are.
but a face, a per - son, and a name.
cept his own as Christ ac - cept - ed me.

Words: Brian A. Wren (b. 1936). Copyright © 1973 by Hope Publishing Company, Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *St. Botolph*, Gordon Slater (1896-1979). By permission of Oxford University Press.



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 147



1 Now let us all with one ac - cord, in
 2 The cov - e - nant, so long re - vealed to
 3 Your love, O Lord, our sin - ful race has
 4 Re - mem - ber, Lord, though frail we be, in
 5 There - fore, we pray you, Lord, for - give; so



1 com - pa - ny with a - ges past, keep vi - gil with our
 2 those of faith in for - mer time, Christ by his own ex -
 3 not re - turned, but fal - si - fied; au - thor of mer - cy,
 4 your own i - mage were we made; help us, lest in anx -
 5 when our wan - derings here shall cease, we may with you for



1 heaven - ly Lord in his temp - ta - tion and his fast.
 2 am - ple sealed, the Lord of love, in love sub - lime.
 3 turn your face and grant re - pent - ance for our pride.
 4 i - e - ty, we cause your Name to be be - trayed.
 5 ev - er live, in love and u - ni - ty and peace.

Words: Att. Gregory the Great (540-604); tr. *Praise the Lord*, 1972, alt. James Quinn, SJ. Printed by permission of Geoffrey Chapman, a division of Cassell Ltd. Music: *Bourbon*, melody att. Freeman Lewis (1780-1859); harm. Thomas Foster (b. 1938).

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 and Peter Schindler, cantors
Lectors | Mari Bickford, George Robertson
Eucharistic Ministers | Linda Heller, Michael Fitzpatrick
Ushers | Bill Galvani, Robin Cook
Acolytes | Sam and Luke Anderson
Altar Guild | Peggy & Kirk Eichenberger, Bonnie Chan, Babe Kehres, Melanie Roth
Coffee Hour | Heidi O'Brien, Karen Beierle, Elaine Percival, Laurie Fergusson, Robin Cook
Welcome Table | Kathleen Jennings
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
Interium 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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