

# HOLY EUCHARIST: Rite I

THE THIRD SUNDAY IN LENT

March 23, 2025 ♦ 8:00 a.m.

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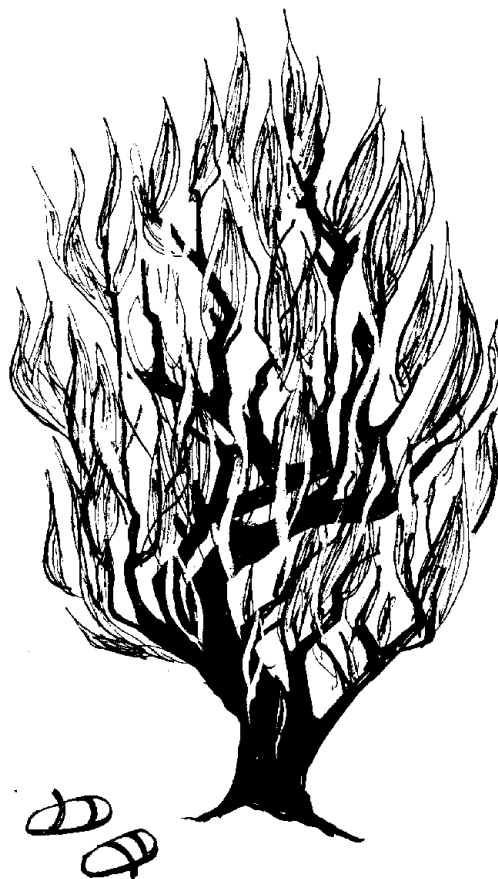
*Welcome to St. Barnabas, we are delighted that you're here.  
We hope you'll participate fully in our worship through singing, praying,  
hearing the Good News of Jesus Christ, and coming to Communion.  
May God richly bless you as you bless us!*

## 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.*



1 Kind Ma - ker of the world, O hear the fer - vent  
 2 Each heart is man - i - fest to thee; thou know - est  
 3 Spare us, O Lord, who now con - fess our sins and  
 4 Give us the dis - ci - pline that springs from ab - sti -  
 5 Grant, O thou bless - ed Trin - i - ty; grant, O un -

1 prayer, with man - y a tear poured forth by all the  
 2 our in - fir - mi - ty; now we re - pent, and  
 3 all our wick - ed - ness, and, for the glo - ry  
 4 nence in out - ward things with in - ward fast - ing,  
 5 chang - ing Un - i - ty; that this our fast of

1 pen - i - tent who keep this ho - ly fast of Lent!  
 2 seek thy face; grant un - to us thy par - doning gracc.  
 3 of thy Name, our weak - ened souls to health re - claim.  
 4 so that we in heart and soul may dwell with thee.  
 5 for - ty days may work our pro - fit and thy praise!

Words: St. Gregory the Great (540-604); ver. *Hymnal 1940*, alt. Copyright © The Church Pension Fund. Music: *A la venue de Noël*, melody from *Fleurs des noëls*, 1535.

THE OPENING ACCLAMATION

*Presider* Bless the Lord who forgiveth all our sins.  
*People* God's mercy endureth for ever.



THE DECALOGUE

God spake these words, and said: I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have none other gods but me.  
**Lord, have mercy upon us, and incline our hearts to keep this law.**

Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; thou shalt not bow down to them, nor worship them.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

Thou shalt not take the Name of the Lord thy God in vain.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

Remember that thou keep holy the Sabbath day.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

Honor thy father and thy mother.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

Thou shalt do no murder.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

Thou shalt not commit adultery.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

Thou shalt not steal.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

Thou shalt not bear false witness against thy neighbor.

**Lord, have mercy upon us, and incline our hearts to keep this law.**

Thou shalt not covet.

**Lord, have mercy upon us, and write all these thy laws in our hearts, we beseech thee.**

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.

*Matthew 22:37-40*

Let us humbly confess our sins unto Almighty God.

*Silence may be kept.*

*Presider and People*

**Almighty and most merciful father, we have erred and strayed from thy ways like lost sheep, we have followed too much the devices and desires of our own hearts, we have offended against thy holy laws, we have left undone those things which we ought to have done, and we have done those things which we ought not to have done. But thou, O Lord, have mercy upon us, spare thou those who confess their faults, restore thou those who are penitent, according to thy promises declared unto humankind in Christ Jesus our Lord; and grant, O most merciful Father, for his sake, that we may hereafter live a godly, righteous, and sober life, to the glory of thy holy Name. Amen.**

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. **Amen.**

*Presider* Lord, have mercy upon us.

***People* Christ, have mercy upon us.**

*Presider* Lord, have mercy upon us.

## THE COLLECT OF THE DAY

*Presider* The Lord be with you.

**People** **And with thy spirit.**

*Presider* Let us pray.

Almighty God, who seest that we have no power of 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 liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

## THE WORD OF GOD

### THE FIRST READING

Exodus 3:1-15

*READER: A reading from the Book of Exodus.*

**M**oses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations."

*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 PSALM

63:1-8

1 O God, you are my God; eagerly I seek you; \*  
**my soul thirsts for you, my flesh faints for you,**  
**as in a barren and dry land where there is no water.**

2 Therefore I have gazed upon you in your holy place, \*  
**that I might behold your power and your glory.**

3 For your loving-kindness is better than life itself; \*  
**my lips shall give you praise.**

4 So will I bless you as long as I live \*  
**and lift up my hands in your Name.**

5 My soul is content, as with marrow and fatness, \*  
**and my mouth praises you with joyful lips,**

6 When I remember you upon my bed, \*  
**and meditate on you in the night watches.**

7 For you have been my helper, \*  
**and under the shadow of your wings I will rejoice.**

8 My soul clings to you; \*  
**your right hand holds me fast.**

THE SECOND READING

1 Corinthians 10:1-13

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

**I** do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness. Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

*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 of our Savior Jesus Christ according to Luke.

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

**A**t that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, “Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them - do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.” Then he told this parable: “A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, ‘See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?’ He replied, ‘Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.’”

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

*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

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 The Anglican Church in Central America. In our Diocesan Cycle of Prayer, we pray for Ascension, Seattle; and Epiphany, Seattle. In our St. Barnabas Ministry Cycle of Prayer, we pray for our Adult Faith Formation Ministry. 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 Sean, our Presiding Bishop; Phil, our Bishop; Karen, our Rector; Dan, our Deacon; and Nancy, Judith, Patricia, Jim, Dennis, and Steve, 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..., 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.**

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* 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 online by scanning the QR code.*



 PRESENTATION ANTHEM

*Presider* All things come of thee, O Lord,  
*People* And of thine own have we given thee.

THE GREAT THANKSGIVING

*Presider* The Lord be with you.  
*People* And with thy spirit.  
*Presider* Lift up your hearts.  
*People* We lift them up unto to the Lord.  
*Presider* 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.

Who dost bid thy 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 thy Word and Sacraments, they may come to the fullness of grace which thou hast prepared for those who love thee.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

*Presider 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.**





*or* Then the Presider 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... (BCP p. 334)

...By whom, and with whom, in the unity of the Holy Spirit, 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,

#### THE LORD'S PRAYER

**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.*

*Presider* Christ our Passover is sacrificed for us;  
***People* Therefore let us keep the feast.**

*Presider* O Lamb of God, that takest away the sins of the world,  
***People* have mercy upon us.**

*Presider* O Lamb of God, that takest away the sins of the world,  
***People* have mercy upon us.**

*Presider* O Lamb of God, that takest away the sins of the world,  
***People* grant us thy peace.**

*Presider and People*

**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 INVITATION TO COMMUNION

*This is Jesus's 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.  
Gluten-free wafers are available, please ask the priest.*

*Silence is marked by the ringing of a bell.*



or 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 passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of God's Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be amongst you, and remain with you always. Amen.



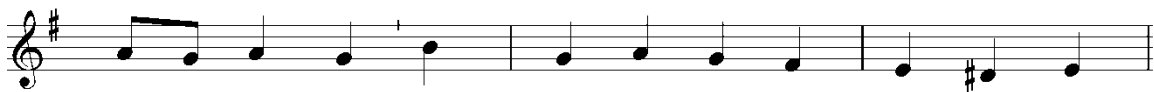
HYMNAL 143



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

Let us go forth in the name of Christ.

**People** Thanks be to God.

POSTLUDE

Bells

## MINISTERS OF THE LITURGY

Presider and Preacher | The Reverend Karen Haig  
Music Director and Organist | Sheila Bristow  
Lectors | Jan Everts, Marcia Williams  
Eucharistic Ministers | Steve Holland, Marcia Williams  
Usher | Steve Schmitz  
Altar Guild | Rebecca Ditmore, Chris Davis, Princie Falkenhagen, Pat Todd  
Coffee Hour | Steve Schmitz and Mike Killion

## CLERGY

Presiding Bishop | The Most Reverend Sean Rowe  
Bishop | The Rt. Reverend Dr. Philip LaBelle  
Rector | The Reverend Karen Haig  
Deacon | The Reverend Dan Fowler  
Assisting Priests | The Reverends Dr. Judith M. McDaniel, Nancy Tiederman,  
Patricia Rome Robertson, Jim Friedrich, and Steve Best

## STAFF

Music Director & Organist | Sheila Bristow  
Parish Administrator & Family Ministry Coordinator | Etienna Wright  
Day School Director | Julia Rose  
Sexton | George Cole  
Kitchen Manager | Tim Shelly  
Bookkeeper | Bow Reyes-Sor  
Housekeeping | Kitsap Cleaning Crew, LLC

## VESTRY

Rector's Warden | Barbara Bolles  
Property Warden | Mary Anne Smith  
People's Warden | Phil Fergusson  
Members | Trip Duncan, Mike Killion, Evan Lenz,  
Elaine Percival, Dave Powell, Melanie Roth  
Clerk | Rebecca Ditmore  
Treasurer | Kirk Eichenberger  
Chancellor | Katherine Bolles

## CONVENTION DELEGATES

Delegates | Brian Andvik, Laura Carroll, Peggy & Kirk Eichenberger  
Alternates | Sue Ellen Case, Beth Gudmundson, George Robertson, Michael Ditmore



#### WHO WE ARE

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.

#### NEWS IN THE PEWS

Scan the QR code to read our weekly newsletter  
and find out what's going on at St. B!



#### JOIN OUR COMMUNITY ONLINE

Scan the QR code to join us on social media!



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