



8:45 a.m.

THE BOOK OF COMMON PRAYER

*Please stand*

**Processional Hymn:** The God of Abraham praise ..... Hymnal # 401

**The Opening Acclamation**.....BCP pg. 355

**Celebrant:** Bless the Lord who forgives all our sins.

**People:** His mercy endures for ever.

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

### **Penitential Order**

#### **Celebrant:**

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1 John 1:8,9*

Let us confess our sins against God and our neighbor.

*Please kneel*

#### **Leader and People:**

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. *Amen.*

#### **The Absolution**

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

*Please stand*

## Kyrie

The musical score for the Kyrie consists of nine staves of music, each with a treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes. The first three staves are for the Kyrieleison, and the next three are for the Christeleison. The final three staves are for the Kyrieleison. The music is written in a simple, melodic style with a mix of eighth and quarter notes, and rests. The lyrics are: Ky - ri - e e - le - i - son. Chri - ste e - le - i - son. Ky - ri - e e - le - i - son. Chri - ste e - le - i - son. Chri - ste e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son. Ky - ri - e e - le - i - son.

**Celebrant:** The Lord be with you.

**People:** And also with you.

**Celebrant:** Let us pray.

### The Collect of the Day

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

## The Word of God

*Please be seated*

### **First Lesson: Genesis 12:1-4a**

The Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

**Reader:** The Word of the Lord.

**People:** Thanks be to God.

### **Psalm 121** (*Sung by the Choir*)

### **Second Lesson: Romans 4:1-5, 13-17**

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") -- in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

**Reader:** The Word of the Lord.

**People:** Thanks be to God.

*Please stand*

**Gradual:** If thou but trust in God to guide thee ..... Hymnal # 635, 1/2

**Deacon:** The Holy Gospel of our Lord Jesus Christ according to St. John.

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

**The Gospel: John 3:1-17**

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And 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.'"

**Deacon:** The Gospel of the Lord.

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

*Please be seated*

**The Sermon:** .....Fr. Haynes

*Please stand*

**The Nicene Creed**

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father.

Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man.

For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshipped 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**

*Please kneel*

Let us pray.

Heavenly Father, All are created in your image; help us to honor you by loving one another.

Lord in your mercy, *hear our prayer.*

You challenge the powers and principalities of the world. We pray for Barack, our president, and all who are in authority.

Lord in your mercy, *hear our prayer.*

You sent the prophets of old; inspire your church to prophetically seek justice, peace, and truth.

Lord in your mercy, *hear our prayer.*

Lord Jesus, you gave to the Apostles the continuation of your ministry; bless all who minister in your church.

Lord in your mercy, *hear our prayer.*

You bind us together into One Body. We pray for your Holy Catholic Church, the Anglican Communion, the Episcopal Church, our Diocese and this parish.

Lord in your mercy, *hear our prayer.*

You called each of us to take up the cross; deepen our faith and strengthen our resolve to follow in your steps.

Lord in your mercy, *hear our prayer.*

You forgave the thief on the cross; bring us all to penitence and reconciliation.  
Lord in your mercy, *hear our prayer.*

You were rich yet for our sake you became poor; move us to share generously.  
Lord in your mercy, *hear our prayer.*

You lived as an exile in Egypt; protect and comfort all who are alone, isolated, fearful, or victimized.  
Lord in your mercy, *hear our prayer.*

You come in our midst as the Prince of Peace. We pray for peace and an end of violence, hatred, and terrorism in every heart and every land. We pray for our armed forces and those who are deployed [especially ....].  
Lord in your mercy, *hear our prayer.*

You healed by your touch and word; bless all through whom your healing gifts are given and bless all of those on our Prayer List, and those in our hearts, especially...and for those we now name....  
Lord in your mercy, *hear our prayer.*

You lived as one of us; bless all those who celebrate the gift of life, especially for the gift of life itself as we celebrate this week the birthday(s) of... [and the wedding anniversary(ies) of...] and for other blessings we now name....  
Lord in your mercy, *hear our prayer.*

Holy Spirit, you touched the lives of innumerable saints; embrace the faithful departed of this parish, [remembering especially this week...]  
Lord in your mercy, *hear our prayer.*

Hasten, O Father, the coming of your kingdom in our Lenten fast. Mercifully grant that we your servants, who now live by faith, may with joy behold your Son at his rising from the tomb; all this we ask through Jesus Christ our only Mediator and Advocate. *Amen.*

*Please stand*

### **The Peace**

**Celebrant:** The peace of the Lord be always with you.

**People:** And also with you.

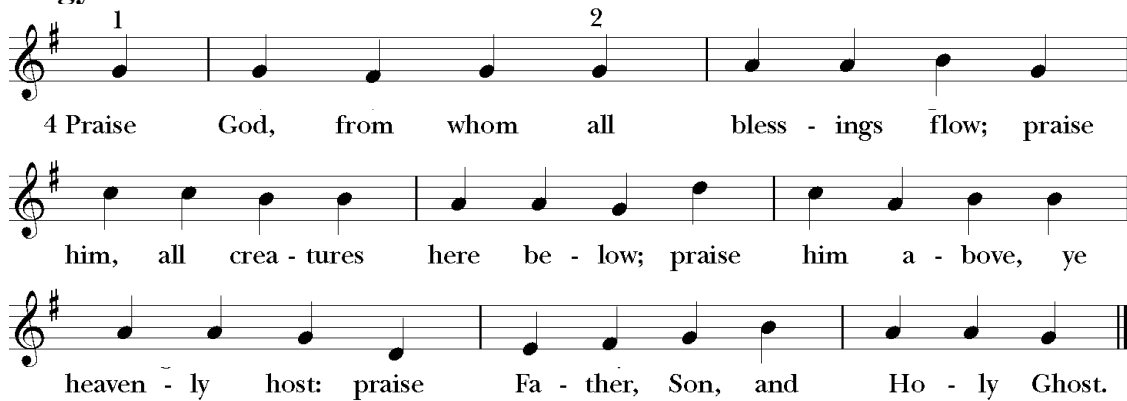
## Celebration Prayer

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may your peace which passes understanding abide all the days of their lives; through Jesus Christ our Lord. *Amen.*

**Offertory:** Richard de Castre's Prayer to Jesus ..... Terry

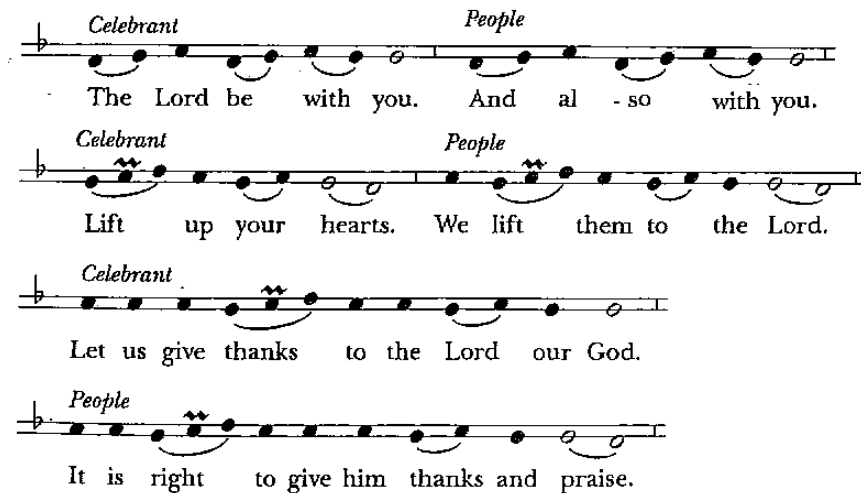
*Please stand*

## Doxology



1  
4 Praise God, from whom all bless - ings flow; praise  
2  
him, all crea - tures here be - low; praise him a - bove, ye  
heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

## THE GREAT THANKSGIVING Eucharistic Prayer D



*Celebrant* *People*  
The Lord be with you. And al - so with you.  
*Celebrant* *People*  
Lift up your hearts. We lift them to the Lord.  
*Celebrant*  
Let us give thanks to the Lord our God.  
*People*  
It is right to give him thanks and praise.

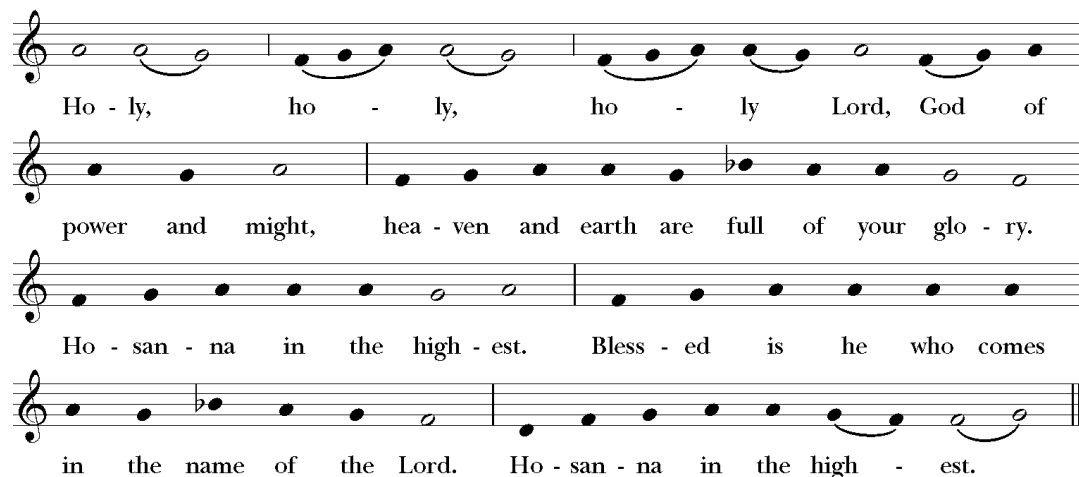


**Celebrant:** It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we sing,

### Sanctus et Benedictus



### *Celebrant continues*

We acclaim you, holy Lord, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Father, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own first gift for those who believe, to complete his work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them he took bread, and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you. This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Father, we now celebrate this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

*Celebrant and People*

We praise you, we bless you, we give thanks to you, and we pray to you, Lord our God.

*The Celebrant continues*

Lord, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

Remember Bartholomew, Ecumenical Patriarch of Constantinople, Benedict XVI, Bishop of Rome, Rowan, Archbishop of Canterbury, Katharine, our Presiding Bishop, Greg, our Bishop, and all who minister in your Church. Remember all your people, and those who seek your truth. Remember all who have died in the peace of Christ, and those whose faith is known to you alone; bring them into the place of eternal joy and light.

And grant that we may find our inheritance with the Blessed Virgin Mary, with patriarchs, prophets, apostles, and martyrs, all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever. *AMEN.*

And now, as our Savior Christ has taught us, we are bold to say,

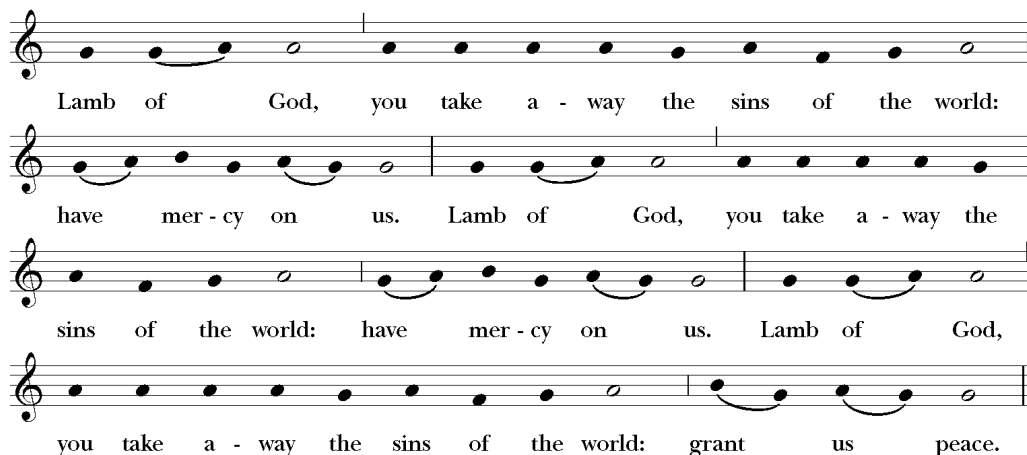
Our Father, *who art in heaven,*  
*hallowed be thy Name,*  
*thy kingdom come,*  
*thy will be done,*  
*on earth as it is in heaven.*  
*Give us this day our daily bread.*  
*And forgive us our trespasses,*  
*as we forgive those who trespass against us.*  
*And lead us not into temptation,*  
*but deliver us from evil.*  
*For thine is the kingdom, and the power, and the glory,*  
*for ever and ever. Amen.*

### The Breaking of the Bread

**Celebrant:** Christ our Passover is sacrificed for us;

**People:** Therefore let us keep the feast.

### Agnus Dei



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.

**Celebrant:** 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.

*Gluten free hosts are available on request at the rail.*

**Invitation to Communion**

*This is our Lord's Table, and He is our host. All baptized persons are invited to receive Holy Communion. Those who have yet to be baptized are invited to come forward for a blessing and are encouraged to speak with one of the clergy after the service about becoming baptized into Christ's Body.*

**Communion Antiphon:** *If anyone would come after me, let him deny himself and take up his cross and follow me. The eyes of the Lord are upon the righteous and his ears are open to their cry.*

**Communion Hymn #1:** The great Creator of the worlds..... Hymnal # 489

**Communion Hymn #2:** And now, O Father, mindful of the love..... Hymnal # 337

*Remain Kneeling*

**Celebrant:** Let us pray.

Almighty and everliving 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.*

**Solemn Prayer over the People**

Bow down before the Lord

**Celebrant:**

Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. *Amen.*

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*Please stand*

**The Dismissal**

**Deacon:** Go in peace to love and serve the Lord.

**People:** Thanks be to God.

**Processional:** Lift high the cross..... Hymnal # 473

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*Please join us for the Adult Forum and Coffee Hour in the Parish Hall following the Mass.  
We are so glad you are here!*

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**Today's Liturgy**

**Liturgists**

**8:45 a.m.**

Lay Readers – Brad MacGowan, Sarah Blocki

LEM's – Brad MacGowan, Sarah Blocki

Acolytes – Katie Howard

Ushers – Clare Bungay

Greeters – Sam & Sandi Insalaco

**10:45 a.m.**

Lay Readers – Keith Redington, Frank McCracken

LEM's – Frank McCracken, Teddy Mitchell

Acolytes – Katie & Maia Willebrand

Ushers – Guy Willebrand

Greeters – Sylvia Rostedt

**Altar Flowers**

The altar flowers were given by Sylvia Rostedt in thanksgiving for the birthday of her grandson, Derek Pape. Terry Holloway in joyful thanksgiving for the birthday of her granddaughter, Virginia(Nina) Pinard Naomi Holloway and her mother, Dorothy Pinard. Terry & Walli Roarke in thanksgiving for the birthday of their son, Ian. Nicholas Christomos in loving memory of his daughter, Kathy Christomos-Toporke, on the anniversary of her death.

## Remembrances for the Week

### **Birthdays**

20 Esther Cooke  
20 Sandra Insalaco  
23 Anneke Berry  
24 Ann Thompson  
25 Sun Geisler  
26 Jim Lykins

### **Wedding Anniversaries**

25 Howie & Patti Guy

### **Death Anniversaries**

21 Robert McGiffin  
21 Viola May Stith  
22 Katherine Rose Christomos-Toporke  
23 George Ghilerducci  
25 Marilyn Mercurio  
25 Katherine Glovey  
26 Kenneth Kerschenman

### **Prayers for Healing and Comfort**

Joan Westover, Mary Jo Meggett, Summer, Maya & Noah Williams, Antonio Xavier, Samantha Grace Rehberger, Doug Bruce, David Wagner, Sharon Olsen, Donna, Stephanie Huntington, Ruth Bartels, Ivey & Chris Powell, Tana Nasart, Colleen, Mary Jane Biethan, Skip Peterson, Sheryl Archibald, Pat Nordgren, Rylie Hunt, Filomena Lasky, Mary Lasky, Clare Bungay, Theresa Lilley, Cindy O'Sullivan, Marilyn Cowan, John Hazelbaker, Freddie Davis, Derrick Dawson, Glenda Smith, Grace Boyd, Barbara Clarke, Bill & June Tennyson, Phil Franks, Jennifer, Kay Suiter, Jo Jastad, Evan, Pat Spruill, Bertha James, Doris Sanders, Michael, Elsie Bredberg, Vicki Claypool, Wendell Dutt, Michael McCann, Nancy Mace, Eileen Bisson, Keturah Morris, Bess Cawthra, Walter Merton, Erik Rostedt, Marion Schwartz, Paul Kosct, Bill Clark, Peter Wallerich, Ethel Bonifant, Zoe Emerson, Jean Newell.

### **For the Deployed**

Dean, Andy, Carl, Roger, Darren, Ed, Josie, Jim, Michael, Adam

### **Repose of the Soul**

Virginia Ott (mother of John Ott)

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## **Lenten Schedule**

### **Sundays in Lent:**

10:15 a.m. Adult Forum- "*The Five Senses of Discipleship*"

### **Mondays in Lent:**

7-8:15 p.m. Labyrinth Walk

### **Wednesdays in Lent:**

6-8 p.m. Christ Walk w/Soup Supper

### **Fridays in Lent:**

6:00 p.m. Stations of the Cross w/Benediction

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## **Men's Cursillo – April 28 – May 1 – St. James in Kent**

If you are interested in going please call the church office, 588-6621, for an application.

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## **Women's Cursillo Weekend at St. Mary's – May 19-22, 2011**

*"... But grace was given to each of us according to the measure of Christ's gift. And His gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ . . ." Ephesians 4:7, 11-12*

Cursillo is patterned on Jesus' own example. He searched out and called a small group of potential leaders; He trained them by word and example and inspired them with a vision; He linked them together and sent them out into the world to bring the world to Him. Cursillo is a renewal movement of the church patterned on Jesus' example. Its purpose is to help those in the church understand their individual callings to be Christian Leaders. The leadership may be exercised in work situations, in the family and social life, in leisure activities, and within the Church environment. Leadership, in Cursillo, does not mean power over others, but influence on others; all of us need to be aware that we can exert a positive influence on those around us.

You can download and print our new brochure to learn more, or click on the article links below. The trifold brochure is designed to print two-sided on 8.5 x 11 paper. If you would like a preprinted brochure mailed to you, email a request to the Cursillo office.

RECTORA: Evie Beard - THEME: Be Still and Know that I am God -Psalm 46:10

*Candidate applications for the Spring Weekends should be sent to the Cursillo office [1551 Tenth Ave E, Seattle 98102].*

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## **School News**

Thank you for attending the pancake breakfast this past Sunday; and helping to celebrate the 13<sup>th</sup> Birthday of St. Mary's Episcopal School. Your support of the school is greatly appreciated. Registration for next year is underway. Packets for 'new families' will be available on Monday, March 21. You can request one by contacting the office @ 253-984-9475. You can also schedule a tour and observation as well. Please feel free to drop by my office anytime during the week; if I can be of further assistance. You can also contact me by email: [glenlutz@gmail.com](mailto:glenlutz@gmail.com). Blessings, Glen, Proud Principal