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**BLESSED**  
*To be a*  
**BLESSING**

GENESIS 12:2

## The Second Sunday in Lent March 8, 2020

### Morning Prayer

#### Gathering Music

##### Blessed Assurance

Blessed assurance, Jesus is mine!  
O what a foretaste of glory divine!  
Heir of salvation, purchase of God,  
Born of His spirit, washed in His blood.

*Refrain:* This is my story, this is my song,  
praising my Savior all the day long.

Perfect submission, perfect delight.  
Visions of rapture burst on my sight.  
Angels descending, bring from above,  
Echoes of mercy, whispers of love. *Refrain*

Perfect submission, all is at rest,  
I in my savior am happy and blest,  
Watching and waiting, looking above,  
Filled with His goodness, lost in His love. *Refrain*

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#### Procession to the Altar

##### Hymn#401

*The God of Abraham praise*

##### *Officiant*

Rend your hearts and not your garments. Return to  
the Lord your God, for he is gracious and merciful,  
slow to anger and abounding in steadfast love, and  
repents of evil.

##### *Officiant*

Let us confess our sins against God and our  
neighbor.

##### *Officiant 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.

##### *Officiant*

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.**

#### The Invitatory and Psalter

*Officiant* Lord, open our lips.

*People* **And our mouth shall proclaim your  
praise.**

##### *Officiant and People*

**Glory to the Father, and to the Son, and to the  
Holy Spirit: as it was in the beginning, is now,  
and will be for ever. Amen.**

#### Venite *Psalm 95:1-7*

Come, let us sing to the Lord; \*

**let us shout for joy to the Rock of our  
salvation.**

**Let us come before his presence with  
thanksgiving \***

**and raise a loud shout to him with psalms.**

**For the Lord is a great God, \***

**and a great King above all gods.**

**In his hand are the caverns of the earth, \***

**and the heights of the hills are his also.**

**The sea is his, for he made it, \***

**and his hands have molded the dry land.**

**Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.  
For he is our God, and we are the people of his  
pasture and the sheep of his hand. \*  
Oh, that today you would hearken to his voice!**

## **Psalm 121**

(in unison after the first asterisk)

- 1 I lift up my eyes to the hills; \* from where  
is my help to come?**
- 2 My help comes from the LORD, \* the  
maker of heaven and earth.**
- 3 He will not let your foot be moved \* and  
he who watches over you will not fall  
asleep.**
- 4 Behold, he who keeps watch over Israel \*  
shall neither slumber nor sleep;**
- 5 The LORD himself watches over you,\* the  
LORD is your shade at your right hand,**
- 6 So that the sun shall not strike you by  
day, \* nor the moon by night.**
- 7 The LORD shall preserve you from all  
evil; \* it is he who shall keep you safe.**
- 8 The LORD shall watch over your going  
out and your coming in, \* from this time  
forth for evermore.**

*Officiant and People*

**Glory to the Father, and to the Son, and to the  
Holy Spirit: as it was in the beginning, is now,  
and will be for ever. Amen.**

## **Reading from 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.**

## **Canticle 9** – Book of Common Prayer p. 86

### **A Reading from 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**

(8:00 AM - said)

## **Canticle 14** – Book of Common Prayer p. 90

(10:00 AM - sung)

### **Gradual Hymn #691 vss. 1-2**

*My faith looks up to thee*

### **The Holy Gospel of our Lord Jesus Christ According to John** (3:1-17)

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

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."

The Gospel of the Lord.  
**Praise to you, Lord Christ.**

### Gradual Hymn #691 vs. 3

*My faith looks up to thee*

### The Sermon

*Silence for reflection*

### The Apostles' Creed (Standing, as able)

*Officiant and People together*

I believe in God, the Father almighty,  
**creator of heaven and earth;**  
**I believe in Jesus Christ, his only Son, our Lord.**  
**He was conceived by the power of the Holy Spirit and born of the Virgin Mary.**  
**He suffered under Pontius Pilate,**

**was crucified, died, and was buried.**  
**He descended to the dead.**  
**On the third day he rose again.**  
**He ascended into heaven,**  
**and is seated at the right hand of the Father.**  
**He will come again to judge the living and the dead.**

**I believe in the Holy Spirit,**  
**the holy catholic Church,**  
**the communion of saints,**  
**the forgiveness of sins**  
**the resurrection of the body,**  
**and the life everlasting. Amen.**

### The Prayers

*Officiant* The Lord be with you.

*People* **And also with you.**

*Officiant* Let us pray.

**Our father in heaven**  
**hallowed be your Name,**  
**your kingdom come,**  
**your will be done,**  
**on earth as in heaven.**  
**Give us this day our daily bread.**  
**Forgive us our sins**  
**as we forgive those**  
**who sin against us.**  
**Save us from the time of trial**  
**and deliver us from evil.**  
**For the kingdom, the power,**  
**and the glory are yours,**  
**now and forever. Amen.**

V. Show us your mercy, O Lord;  
R. **And grant us your salvation.**  
V. Clothe your ministers with righteousness;  
R. **Let your people sing with joy.**  
V. Fr. Haynes Give peace, O Lord, in all the world;  
R. **For only in you can we live in safety.**  
V. Lord, keep this nation under your care;  
R. **And guide us in the way of justice and truth.**  
V. Let your way be known upon earth;  
R. **Your saving health among all nations.**  
V. Let not the needy, O Lord, be forgotten;  
R. **Nor the hope of the poor be taken away.**  
V. Create in us clean hearts, O God;  
R. **And sustain us with your Holy Spirit.**

*Officiant*

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.**

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. **Amen.**

#### *Leader*

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 our president, our congress, our courts 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, especially the Dioceses of Mandalay - (Myanmar), Toronto - (Canada), Manicaland - (Central Africa), Tougoo - (Myanmar), Hawaii - (The Episcopal Church), Maper - (South Sudan), Trichy-Tanjore - (India), Mara - (Tanzania), Trinidad & Tobago - (West Indies), Truro - (England), Maralal - (Kenya), Tuam, Kellala & Achonry - (Ireland), Marathwada - (North India), Twik East - (South Sudan), Hereford - (England), and Province de L'Eglise Anglicane Du Congo; The Episcopal Church; our diocese, especially Holy Apostles, Bellevue; St. Margaret, Bellevue; St. Michael & All Angels, Issaquah; and our 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 as we pray this week for our fellow

parishioners Chrissy, Justin, Rylin, and Simon Blair; John, Lorraine, and Shelley Casillas; Jeff, Nan, and Blake Clapp.

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 for those we now name....  
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, praying especially for Lyn, Areewa, Brenda, Marisa, Sandy, Paulette, Erica, Rico, Steven, David, Jenny, Elaine, Ann, Hollie, Christine, Kahlan (pronounced KAY-lin), Theresa, Beth, Justin, Dan, Sherrie, Saray, Mary, Julianne, Jerry, Kathy, Kari, Francine, Jeff, and Bo, Thomas, Agueda, Jessica, Antonette, Seattle Children's Hospital families and for those we now name...  
Lord, in your mercy, **hear our prayer.**

We thank you for all the blessings of this life especially those we now name...  
Lord, in your mercy, **hear our prayer.**

Holy Spirit, you touched the lives of innumerable saints; embrace the faithful departed, especially those we now name...  
Lord, in your mercy, **hear our prayer.**

#### *Officiant*

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.**

## Announcements, Birthdays, Anniversaries, Celebrations and Healing Prayers

(10:00 AM - only)

### Offertory Hymn #508

*Breathe*

*Our Sunday loose cash offerings now go to our Local Outreach/Discretionary Fund, which directly serves families and individuals in need within our community. Your generosity makes saying "yes" to those who need help the most possible.*

*After the Offering is collected and placed upon the altar, the following is said or sung*

(8:00 AM – said; 10:00 AM - sung)

### Song of Praise Hymn #380 vs. 3 *Doxology*

Praise God from whom all blessings flow;  
praise him, all creatures here below;  
praise him above ye heavenly host:  
praise Father, Son, and Holy Ghost. Amen

## The General Thanksgiving

Almighty God, Father of all mercies,  
**we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.**

*Officiant*

Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

## Procession to the Neighborhood

Holy is the Lord

1. Holy, holy, holy is the Lord.  
Holy, holy, holy is the Lord.  
Give him glory evermore.  
Holy, holy, holy is the Lord.
2. Worthy, worthy, worthy is the Lord.  
Worthy, worthy, worthy is the Lord.  
Give him Glory, evermore.  
Worthy, worthy, worthy is the Lord.
3. Jesus, Jesus, Jesus is the Lord.  
Jesus, Jesus, Jesus is the Lord.  
Give him glory evermore.  
Jesus, Jesus, Jesus is the Lord.
4. Hosanna, hosanna, hosanna to the Lord!  
Hosanna, hosanna, hosanna to the Lord!  
Blest is he who comes in the name of the Lord!  
Hosanna, hosanna, hosanna to the Lord!

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## St. Matthew Mission Statement

**To be a church that passionately embraces and values all people, growing in the love of Christ through word and action.**

*Officiant*  
*People*

Let us bless the Lord.  
**Thanks be to God.**

# Coronavirus Updates – Short Form

(updated 3-6-20 @ 2:45 PM)

## PERMANENT PROCEDURES

1. **Get educated and keep up on health alerts:**

*The World Health Organization  
The Centers for Disease Control and Prevention  
The Washington State Department of Health*

*The King County Health Department  
The Tacoma-Pierce County Health Department  
The Diocese of Olympia*

2. **Stay home if you are ill**—even just a bit, or have been exposed to people who are ill. One of the unique features of COVID-19 is its ability to be transmitted during the incubation phase of the illness, which can last up to 14 days. This means that people who exhibit no symptoms can be contagious for a lengthy period of time without knowing it.

3. **Wash your hands frequently**

4. **Wash your hands correctly**

5. **Avoid touching your eyes, nose, and mouth** – and keep a larger distance between yourself and others

6. **Avoid touching hands when greeting each other**

7. **Cough/sneeze into your bent elbow, not your hand.**

8. **Keep in contact with each other.** Use the phone, send emails or handwritten notes, or connect via social media to keep up with and help out each other.

9. If you are unable to get to church for a while, **please continue to send in your pledge.**

10. **Above all...don't panic. Carry on: work, pray, give, and serve.** St. Matthew services and programs will continue as planned until further notice. If there are disruptions in services or programs, email notifications will be sent and notifications will be posted on the home page of our website. If you can't physically be in church on Sunday, you can always pray at home and follow up with the Sermon online (usually by the following Wednesday). Live-streaming of the 8 AM liturgy will be available on our **Facebook page**.

## TEMPORARY PROCEDURES

### **WORSHIP:**

1. **We are using Morning Prayer on Sundays for now.**
2. **We will not be passing the plate from hand to hand.** Ushers will walk up and down the aisles with the plates and lean into pews as necessary for congregants to deposit their offerings. The plates will then be brought forward and placed on the altar for a blessing.
3. **There is no exposed water available in the font.** However, we will have "Holy Water To Go" available for your personal use with Holy Water packaged in individually sealed jars.

### **COFFEE HOUR:**

1. **Coffee Hour will resume as normal with regularly scheduled volunteers.**
2. **Food will no longer be bought or brought by volunteers.** Instead, volunteers are to set out a pre-staged snack tray of individually packaged foods and treats purchased by the parish. The tray is located in the Storage Room across from the Sacristy. Check the refrigerator as well as there may be some individually packaged items such as cheese to put out on the table in the Parish Hall.
3. **We will be using disposable coffee cups and not our ceramic mugs.**
4. **Do not reuse the Worship Guides.** Worship Guides are to be recycled immediately after use and not put back on the glass table.

### **EUCCHARISTIC VISITATION:**

1. **For now, all Lay Eucharistic Visitation is suspended.** The clergy will continue to see our homebound as is reasonable.
2. **For March, our monthly service at Hallmark Manor is suspended.**