



Let us pray.

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ

our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Old Testament Isaiah 58:1-12

Psalm 103:8-14

Epistle 2 Corinthians 5:20b--6:10

Gospel Matthew 6:1-6, 16-21

After the Sermon, all stand, and the Celebrant invites the people to the observance of a holy Lent, saying

Dear People of God: The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the

whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel if you are able before the Lord, our maker and redeemer.

Silence is then kept for a time, until the Celebrant prays.

Almighty God, you have created us out of the dust of the earth: Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift that we are given

everlasting life; through Jesus Christ our Savior. Amen.

Please come forward for the imposition of ashes

Psalm 51 is then said responsively by whole verse

Miserere mei, Deus

- 1 Have mercy on me, O God, according to your
loving-kindness; *
in your great compassion blot out my offenses.
- 2 **Wash me through and through from my
wickedness ***
and cleanse me from my sin.
- 3 For I know my transgressions, *
and my sin is ever before me.
- 4 **Against you only have I sinned ***
and done what is evil in your sight.

- 5 And so you are justified when you speak *
and upright in your judgment
- 6 **Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.**
- 7 For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.
- 8 **Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.**
- 9 Make me hear of joy and gladness, *
that the body you have broken may rejoice.
- 10 **Hide your face from my sins *
and blot out all my iniquities.**
- 11 Create in me a clean heart, O God, *
and renew a right spirit within me.

- 12 **Cast me not away from your presence ***
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.
- 14 **I shall teach your ways to the wicked, ***
and sinners shall return to you.
- 15 Deliver me from death, O God, *
and my tongue shall sing of your
righteousness,
O God of my salvation.
- 16 **Open my lips, O Lord, ***
and my mouth shall proclaim your praise.
- 17 Had you desired it, I would have offered sacrifice;
* but you take no delight in burnt-offerings.

18 **The sacrifice of God is a troubled spirit; *
a broken and contrite heart, O God, you will
not despise.**

The Celebrant and People together, all kneeling

**Most holy and merciful Father: We confess to you
and to one another, and to the whole communion of
saints in heaven and on earth, that we have sinned
by our own fault in thought, word, and deed; by
what we have done, and by what we have left
undone.**

The Celebrant continues

We have not loved you with our whole heart, and mind,
and strength. We have not loved our neighbors as
ourselves. We have not forgiven others, as we have
been forgiven.

Have mercy on us, Lord.

We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

Have mercy on us, Lord.

We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,

We confess to you, Lord.

Our self-indulgent appetites and ways, and our exploitation of other people,

We confess to you, Lord.

Our anger at our own frustration, and our envy of those more fortunate than ourselves,

We confess to you, Lord.

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,

We confess to you, Lord.

Our negligence in prayer and worship, and our failure to commend the faith that is in us,

We confess to you, Lord.

Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty,

Accept our repentance, Lord.

For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us,

Accept our repentance, Lord.

For our waste and pollution of your creation, and our lack of concern for those who come after us,

Accept our repentance, Lord.

Restore us, good Lord, and let your anger depart from us;

Favorably hear us, for your mercy is great.

Accomplish in us the work of your salvation,
That we may show forth your glory in the world.

By the cross and passion of your Son our Lord,
**Bring us with all your saints to the joy of his
resurrection.**

The Priest, stands and, facing the people, says

Almighty God, the Father of our Lord Jesus Christ, who desires not the death of sinners, but rather that they may turn from their wickedness and live, has given power and commandment to his ministers to declare and pronounce to his people, being penitent, the absolution and remission of their sins. He pardons and absolves all those who truly repent, and with sincere hearts believe his holy Gospel.

Therefore we beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do on this day, and that the rest of our life

hereafter may be pure and holy, so that at the last we may come to his eternal joy; through Jesus Christ our Lord. Amen.

The Peace is then exchanged.

Please stand as the gifts are offered on behalf of the congregation.

Celebrant The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give God thanks and praise.**

The Celebrant continues with prayers until we say together

**Holy, Holy, Holy Lord, God of power and might,
Heaven and earth are full of your glory.**

Hosanna in the highest.

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 Savior 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.

The Celebrant continues

We celebrate the memorial of our redemption, 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 God, 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.

Christ our Passover is sacrificed for us;

Therefore let us keep the feast.

The Celebrant invites everyone to share in this feast of reconciliation and love. Please join us to receive the Bread and the Wine. You may consume the Bread and drink from the Chalice or you may intinct – or dip – your bread into the wine to receive both at the same time. If you would prefer a Blessing, please cross your arms across your chest and the Priest will offer a Blessing to you.

After everyone has had an opportunity to receive, and at the Celebrant's invitation, please sit, kneel or stand to pray.

Let us pray.

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

The Celebrant offers a Lenten Blessing and the Minister offers the Dismissal from the altar.

Go in peace to love and serve the Lord.

Thanks be to God.

"Let us pray."

Those words can be so embracing, so soothing. The call to prayer is strong and we long to pray throughout the day. Like our ancestors have done for centuries, we pray as a way to deepen our faith, ask for healing, or just lift our eyes to the Lord.

If you, or someone you know, needs prayer please contact the church office directly or email your request to rector@stmarksalex.org.

If you have a Pastoral Emergency, please contact the Rev. Elizabeth Bonforte Gardner
directly by calling
804-761-5440 or
by email at rector@stmarksalex.org

Resources to help you on your Lenten Journey

Listen:

- KLove Radio 107.3 FM
- WGTS Radio 91.9 FM
- Pray as you Go: pray-as-you-go.org/
- The Bible using YouVersion Bible App:
youversion.com/the-bible-app/

Read: The Bible

- Use the Sunday Lectionary online: LectionaryPage.net
- New Revised Standard Version (what we use in the Episcopal Church most often)
- The Message (contemporary language)
- Action Bible (written as a graphic novel)
- The Student Bible (lots of reading plans included to help you!)

Meditate and Pray:

- Poems by Mary Oliver

You can start here: bookriot.com/2019/01/16/mary-oliver-poems/

(She also reads some of her poetry)

- Poems by Wendell Barry

You can start here: onbeing.org/poetry/the-peace-of-wild-things/

- Henri Nowen

You can start here: [Life of the Beloved: Spiritual Living in a Secular World](#)

Watch: Videos from The Bible Project

- Sacrifice and Atonement:

bibleproject.com/explore/sacrifice-atonement/

- How to Read the Bible: bibleproject.com/explore/how-to-read-the-bible/

- Books of the Bible (especially Romans and Ephesians for Lent)

For the Family:

- Activities from Feels Like Home Blog: feelslikehomeblog.com – search Lent
- Try Using Sacrifice Beans: catholicicing.com – search Sacrifice Beans
- Read Jesus Today Devotions by Sarah Young
- Make a Lenten Cross: catholicicing.com – search Lenten Cross with Candles

Attend:

- Pohick Episcopal Church's Wednesday Evening Speaker Series
- Olivet Episcopal Church's Friday Evening Suppers
- St. Luke's Episcopal Church's Sunday Evening Dinner and Lenten Conversation