



St. Mark's Episcopal Church

Lenten Service Bulletin for Holy Eucharist
10am Sunday Mornings

6744 South Kings Highway, Alexandria, VA 22306

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Welcome to St. Mark's. Welcome to Lent.

While it can be difficult to figure out how to keep a holy Lent, what this important season offers is the possibility for real change. Did you know the word "lent" comes from an Anglo-Saxon word: *lencton*? It refers to the springtime when the days grow warmer and brighter. So, too, can it be with our souls.

Lent emerged in our history as a season of preparation for those who would be baptized at the Great Vigil of Easter. The entire Christian community would walk with those who were about to commit their lives to Christ. In time, this season took on extra layers of meaning and now many associate it with listening for a deeper awareness of how they fall short of the ideals God sets before us and the need for ongoing repentance and amendment of life.

We are grateful you have chosen to spend part of your Lenten journey with us. We are a deeply faithful community seeking to open the door for all to experience God's never-failing love.

If you would like more information about Lent, St. Mark's Church, or how you can grow in your faith, please contact us. We would be delighted to walk this part of your journey with you.

The ministers of St. Mark's Episcopal Church
are the People of this parish supported by our Vestry
Jim Bailes, Senior Warden • David Walton, Junior Warden
Eric Bryda, Treasurer • Rob Bluey, Clerk/Register
Belinda Appiah, Charlotte Brown, Francisco Escobar,
Nihal Masih, and Mary Jane Stockstill
and by our staff
Becky Sanders, Parish Administrator
Tatiana Andronikova, Music Director/Choirmaster
Gabiella Elizabeth Pineda, Youth Minister

We serve our Savior as part of the Diocese of Virginia
guided and empowered by
The Rt. Rev. Susan E. Goff, Bishop Suffragan
The Rev. Elizabeth Bonforte Gardner, Rector

THE HOLY EUCHARIST

THE WORD OF GOD

Please stand and sing our processional hymn. The hymn name and where it can be found will be announced by the Celebrant at the beginning of the service.

Please remain standing for the Opening Sentences.

Celebrant Bless the Lord who forgive all our sins.
People God's mercy endures forever. Amen.

The Celebrant prays the Collect for Purity. It can be found in the Book of Common Prayer, page 355.

The Celebrant continues with The Summary of the Law and the introduction to the Confession.

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these."

(Mark 12:29-31)

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)

Therefore, let us confess our sins against God and our neighbor.

Together God of all mercy, we confess that we have sinned against you, opposing

your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

The Celebrant offers Absolution and then continues with

Celebrant Lord, have mercy upon us.
People Christ, have mercy upon us.
Celebrant Lord, have mercy upon us.

Celebrant The Lord be with you.
People And also with you.
Celebrant Let us pray.

The celebrant prays the Collect of the Day found in the Book of Common Prayer, pages 218-219.

Please be seated for the Lessons.

The first lesson comes from the Old Testament.

Reader The Word of the Lord.
People Thanks be to God.

The psalm appointed for the day is led by a minister and said responsively by whole verse.

The second lesson comes from an epistle (a letter of instruction) by St. Paul to one of the new churches following Jesus.

Reader The Word of the Lord.
People Thanks be to God.

Please join us by standing to sing a hymn of praise and then remain standing for the Gospel.

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

At the conclusion of the Gospel reading the Priest will say

Priest The Gospel of the Lord.
People Praise to you, Lord Christ.

At the invitation of the Preacher, please be seated for the sermon.

Following the sermon and a moment of silence, please stand at the direction of the Celebrant to say the Nicene Creed.

Together 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.

Following the creed and at the direction of the Intercessor, please kneel or sit for the prayers beginning with

Intercessor Let us pray for the whole state of Christ's Church and the world.

At the conclusion the Celebrant will add a concluding Collect and then invite everyone to share God's peace.

Celebrant The peace of the Lord be always with you.

People And also with you.

THE HOLY COMMUNION

Please be seated at the invitation of the Celebrant for an Offertory Sentence and the setting of the table.

During this time the choir will sing an anthem.

We ask that you please stand as the gifts are offered on behalf of the congregation, and join us singing

Together Praise God from whom all blessings flow;
 Praise Him all creatures here below;
 Praise Him above the heavenly hosts;
 Praise Father, Son, and Holy Ghost! Amen.

The service continues with

The Great Thanksgiving

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.

Celebrant 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:

Together 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.*

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

Together 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.

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

Together We do not presume to come to your Table, O merciful Savior, trusting in our own righteousness, but in your great mercies. We are not worthy so much as to gather up the crumbs under your Table. But you are the same

Lord whose property is always to have mercy. Grant us, therefore, gracious Lord, that we may eat the flesh of your Son and drink his blood so we may evermore dwell in him and he in us. Amen.

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 or kneel to pray.

Celebrant Let us pray.

Together 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.

Minister Go in peace to love and serve the Lord.

People Thanks be to God.

Please stand to sing our final hymn as it is announced by the Celebrant.

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 Nouwen
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

“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 prayer@stmarksalex.org.

It would be our privilege to add you to our prayer list.

If we don't hear from you again, names will be removed after two weeks assuming all is well.

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