



THE HOLY EUCHARIST

THE FIRST SUNDAY OF LENT

March 1, 2020

10:00 AM

VISION STATEMENT

We seek to form Beloved Community, which is welcoming and diverse,
with Christian worship and service at the heart.

MISSION STATEMENT

We feed people in body, mind and spirit with the love of God, in the name of Jesus,
and by the power of the Holy Spirit.

CORE VALUES

Beloved Community + Loving Service + Sacred Space + Spirit Filled + Sustainability

Here you will find food for your soul. Here you will receive the cup of new life. Everyone is welcome to join the singing, prayer and celebration of the holy meal. If you are unfamiliar with the Episcopal Church, please allow the prayers, music and ritual to support you in worship and join in as you feel ready.

THE GATHERING RITE

HYMN *standing*

The glory of these forty days

Hymnal #143

THE ENTRANCE RITE

OPENING ACCLAMATION

Presider Bless the Lord who forgives all our sins.

People **God's mercy endures for ever.**

Presider 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.

People **Amen.**

TRISAGION, *sung three times*

Ho - ly, ho - ly, ho - ly God, ho - ly and might - y,

ho - ly and im - mor - tal, have mer - cy on us.

COLLECT OF THE DAY

Presider God be with you.
People **And also with you.**
Presider Let us pray.

The Presider prays a prayer based on the themes of the day.

THE WORD OF GOD

FROM THE HEBREW SCRIPTURES *seated*

Genesis 2:15-17, 3:1-7

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Lector The Word of the Lord.
People **Thanks be to God.**

PSALM 32

Happy are they whose transgressions are forgiven *
and whose sin is put away!

**Happy are they to whom God imputes no guilt *
and in whose spirit there is no guile!**

While I held my tongue, my bones withered away, *
because of my groaning all day long.

**For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.**

Then I acknowledged my sin to you *
and did not conceal my guilt.

**I said, "I will confess my transgressions to God." *
Then you forgave me the guilt of my sin.**

Therefore all the faithful will make their prayers to you in time of trouble; *
when the great waters overflow, they shall not reach them.

**You are my hiding-place; you preserve me from trouble; *
you surround me with shouts of deliverance.**

"I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.

**Do not be like horse or mule, which have no understanding, *
who must be fitted with bit and bridle, or else they will not stay near you."**

Great are the tribulations of the wicked, *
but mercy embraces those who trust in the Most High.

**Be glad, you righteous, and rejoice in God; *
shout for joy, all who are true of heart.**

THE EPISTLE *seated*

Romans 5:12-19

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses

brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Following the reading

Lector The Word of the Lord.
 People **Thanks be to God.**

SEQUENCE HYMN *standing* Tree of life



1 Tree of Life and awe - some mys - t'ry, in your
 2 We re - mem - ber truth once spo - ken, love passed
 3 Christ, you lead and we shall fol - low, stum - bling



death we are re - born; though you die in all of
 on through act and word; ev - 'ry per - son lost and
 though our steps may be; one with you in joy and



his - t'ry, still you rise with ev - 'ry morn, still you
 bro - ken wears the bod - y of our Lord, wears the
 sor - row, we the riv - er, you the sea, we the



rise with ev - 'ry morn.
 bod - y of our Lord.
 riv - er, you the sea.

Verse 4 **From the dawning of creation
 you have loved us as your own;
 stay with us through all temptation,
 make us turn to you alone.**

THE

HOLY GOSPEL *standing*

Matthew 4:1-11

Presider The Holy Gospel of our Lord Jesus Christ according to
People Matthew.

Glory to you, Lord Christ.

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written,

'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written,

'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus said to him,

"Again it is written, 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written,

'Worship the Lord your God, and serve only him.'"

Then the devil left him, and suddenly angels came and waited on him.

Following the reading

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

SERMON

The Rev. Canon Britt Olson

THE NICENE CREED *said by all, standing*

**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 GREAT LITANY *kneeling*

Holy God, Creator of heaven and earth,



Holy and Mighty, Redeemer of the world,

Have mercy on us.

Holy Immortal One, Sanctifier of the faithful,

Have mercy on us.

Holy, blessed and glorious Trinity, One God,

Have mercy on us.

From all evil and wickedness; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil intent,



From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws,

Savior deliver us.

From sins of body and mind; from deceits of the world, flesh and the devil,

Savior deliver us.

From famine and disaster; from violence, murder, and dying unprepared,

Savior deliver us.

In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment,

Savior deliver us.

By the mystery of your holy incarnation; by your birth, childhood and obedience;
by your baptism, fasting and temptation,

Savior deliver us.

By your ministry in word and work; by your mighty acts of power; by the
preaching of your reign,

Savior deliver us.

By your agony and trial; by your cross and passion; by your precious death and
burial,

Savior deliver us.

By your mighty resurrection; by your glorious ascension; and by your sending of
the Holy Spirit,

Savior deliver us.

Hear our prayers, O Christ our God.



Govern and direct your holy Church; fill it with love and truth; and grant it that
unity which is your will.

Hear us, O Christ.

Give us boldness to preach the gospel in all the world, courage to witness to your
word, and grace to bring forth the fruits of your Spirit.

Hear us, O Christ.

Enlighten bishops, priests and deacons, especially Michael, our Presiding Bishop,
and Greg, our Bishop, with knowledge and understanding, that by their teaching
and their lives they may proclaim your word.

Hear us, O Christ.

Bring us all who have erred and are deceived into the way of truth.

Hear us, O Christ.

Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet.

Hear us, O Christ.

Guide the leaders of the nations into the ways of peace and justice.

Hear us, O Christ.

Give us the will to use wisely the resources of the earth to your glory and for the good of this and future generations.

Hear us, O Christ.

Comfort and liberate the lonely, the bereaved and the oppressed.

Hear us, O Christ.

Keep in safety those who travel and all who are in peril.

Hear us, O Christ.

Heal the sick in body, mind or spirit and provide for the homeless, the hungry and the destitute, and those facing financial uncertainty.

Hear us, O Christ.

Guard and protect all children who are in danger.

Hear us, O Christ.

Shower your compassion on prisoners, hostages and refugees, and all who are in trouble.

Hear us, O Christ.

Forgive our enemies, persecutors and slanderers, and turn their hearts.

Hear us, O Christ.

Hear us as we remember those who have died and grant us, with them, a share in your eternal glory.

Hear us, O Christ.

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.

Lord, have mercy on us.



Lord, have mercy on us.

THE PEACE *standing*

Presider The peace of Christ be always with you.

People **And also with you.**

The People offer a greeting of peace to one another.

KIDS' WORD

All children and those with a childlike heart are invited to come to the front of the altar to participate in a message for children.

ANNOUNCEMENTS, BIRTHDAYS, ANNIVERSARIES, AND SPECIAL PRAYERS



1 Bless now, O God, the jour - ney that all your peo - ple make,
 2 Bless so - journ-ers and pil - grims who share this wind-ing way;
 3 Di - vine e - ter - nal lov - er, you meet us on the road.



the path through noise and si - lence, the way of give and take.
 your hope burns through the ter - rors, your love sus-tains the day.
 We wait for lands of prom - ise where milk and hon - ey flow,



The trail is found in des - ert and winds the moun-tain round,
 We yearn for ho - ly free - dom while of - ten we are bound;
 but wait-ing not for plac - es, you meet us all a - round.



then leads be - side still wa - ters, the road where faith is found.
 to - geth - er we are seek - ing the road where faith is found.
 Our cov - e - nant is writ - ten on roads, as faith is found.

DOXOLOGY HYMN #380 V. 3

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

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,
 heaven and earth are full of your glo - ry. Ho -
 san - na in the high - est. Ho - san - na in the high - est.
 Blessed is he who comes in the name of the Lord. Ho -
 san - na in the high - est. Ho - san - na in the high - est.

The prayer continues until

Presider Therefore we proclaim the mystery of faith:

All **Christ has died.
 Christ has risen.
 Christ will come again.**

The prayer continues until

Presider By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

All **Amen.**

THE LORD'S PRAYER

Presider As Christ teaches us we pray,

People and Presider

**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. Silence may be observed.

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

THE INVITATION AND COMMUNION

The Presider says

The gifts of God for the people of God.
Holy things for holy people.

All are welcome to receive Holy Communion. Hold your hands out in front of you to receive the bread and help guide the cup to your lips, or you may dip the bread in the wine. Gluten-free wafers are also available by request.

THE CONCLUDING RITE

PRAYER AFTER COMMUNION *standing*

Presider Let us pray.

Presider and People

**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 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.**

THE BLESSING

The Presider blesses the People.



1 I want Je - sus to walk with me;
 2 In my tri - als, Lord, walk with me;
 3 When I'm in trou - ble, Lord, walk with me;



I want Je - sus to walk with me;
 in my tri - als, Lord, walk with me;
 when I'm in trou - ble, Lord, walk with me;



all a - long my pil - grim jour - ney,
 when my heart is al - most break - ing,
 when my head is bowed in sor - row,



Lord, I want Je - sus to walk with me.
 Lord, I want Je - sus to walk with me.
 Lord, I want Je - sus to walk with me.

DISMISSAL

The Presider dismisses the People, who respond

Thanks be to God.

Spiritual Pilgrimage for Lent and Easter

If you are new to the Christian faith, the Episcopal Church or St. Luke's the Spiritual Pilgrimage is a wonderful way to explore and experience all three. If you want to deepen your faith and commitment, the Spiritual Pilgrimage offers a way forward. We will meet following worship at 11:30am beginning on March 1. The first two meetings are a time of inquiry before committing to this journey. The Pilgrimage will culminate at Pentecost, on May 31 as Bishop Rickel visits St. Luke's.

For those who wish to be baptized, including teenagers and parents of young children, there will be a small group just for you during Lent to prepare for Easter baptisms. Please contact Canon Britt directly.

Study Group: Reflections on *The Age of Overwhelm* and Our Faith

Join us for a new slow-reading study and discussion group as we read *The Age of Overwhelm*, in which Laura van Dernoot Lipsky writes about strategies to help reduce harm and increase our ability to develop compassion, decency and integrity. We'll meet every other week, read just a bit at a time, talk over food and look at what all this means to our spiritual lives. The first meeting will be March 4 at 6:30pm. Please read the first two chapters before the meeting and RSVP to Lauren Yoho at ljyoho@gmail.com. If you can't make this date but want to come in the future, let her know.

Beyond Welcome: Healing and Growing in Cultural Understanding With the Kaleidoscope Institute

Ballard First Lutheran, 2006 NW 65th St.
Saturday, March 14, 9am to 2:30pm, lunch provided

The workshop intends to help participants expand their understanding of the culture of the church, including its whiteness and privilege; develop cultural humility and practice skills for dialogue and solidarity; share and listen with respect for all the wisdom we offer through our real life experiences; and grow with each other.

Suggested \$10 donation. Visit BFLCS.org or call 206-784-1306 to RSVP



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You can **contribute** to St. Luke's and to our Edible Hope, our meals ministry, by setting up auto pay with our office, **donating online** from the St. Luke's website, or via PayPal with a credit or debit card on your smartphone using this QR code:



Find and "like" us on Facebook at St. Luke's Seattle so that you're always up-to-date on what's happening in the parish. Feel free to share our events and posts with your friends!

Liturgical Ministers

Presider & Preacher
Musician
Altar Guild

The Rev. Canon Britt Olson
Ivar Hillesland
Cindy Chase