THE THIRD SUNDAY IN LENT
THE HOLY EUCHARIST, RITE II

Sunday, March 20, 2022
10:15 A.M.

SEA EPISCOPAL CHURCH
In-person and Streaming
from South Campus

Welcome to all who are gathered here today.
PROCESIONAL HYMN

Please stand, in body or in spirit.

Praise to the Living God

The Hymnal 1982

1. Praise to the living God! All praised be his Name,
   who was, and is, and is to be for ay the same.
   The one eternal God ere aught that now appears:
   the first, the last, beyond all thought his timeless years!

2. Formless, all lovely forms declare his loveliness;
   holy, no holiness of earth can his express.
   Lo, he is Lord of all. Creation speaks his praise,
   and everywhere above, below, his will obeys.

3. His Spirit floweth free, high surging where it will:
   in prophet’s word he spoke of old; he speaketh still.
   Established is his law, and changeless it shall stand,
   deep writ upon the human heart, on sea, on land.

4. Eternal life hath he implanted in the soul.
   His love shall be our strength and stay while ages roll.
   Praise to the living God. All praised be his Name
   who was, and is and is to be, for ay the same.

Words: Medieval Jewish liturgy; tr. Max Landsberg (1845-1928) and Newton M. Mann (1836-1926)
Music: Leoni, Hebrew melody; harm. Hymns Ancient and Modern, 1985

A PENITENTIAL ORDER

OPENING ACCLAMATION
Blessed be the God of our salvation:
Who bears our burdens and forgives our sins.
The Celebrant may read the following

Since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.  

_Hebrews 4:14, 16_

Let us confess our sins against God and our neighbor.

_Silence may be kept._

_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 Bishop when present, or the Priest, stands and says_

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

_Amen._

_Trisagion: Holy God, Holy and Mighty_

The Hymnal 1982, Service Music, #100

Music: From New Plainsong; David Hurd (b. 1950)
THE LITURGY OF THE WORD

THE COLLECT OF THE DAY

The Lord be with you.
And also with you.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

A READING FROM THE BOOK OF EXODUS.  Exodus 3:1-15

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, “I must turn aside and look at this great sight, and see why the bush is not burned up.” When the Lord saw that he had turned aside to see, God called to him out of the bush, “Moses, Moses!” And he said, “Here I am.” Then he said, “Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.” He said further, “I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look at God.

Then the Lord said, “I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.” But Moses said to God, “Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?” He said, “I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.”
But Moses said to God, “If I come to the Israelites and say to them, ‘The God of your ancestors has sent me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?” God said to Moses, “I AM WHO I AM.” He said further, “Thus you shall say to the Israelites, ‘I AM has sent me to you.’” God also said to Moses, “Thus you shall say to the Israelites, ‘The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you’:

This is my name forever, and this my title for all generations.”

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

Psalm 63:1-8

1 O God, you are my God; eagerly I seek you; *
   my soul thirsts for you, my flesh faints for you,
   as in a barren and dry land where there is no water.

2 Therefore I have gazed upon you in your holy place, *
   that I might behold your power and your glory.

3 For your loving-kindness is better than life itself; *
   my lips shall give you praise.

4 So will I bless you as long as I live *
   and lift up my hands in your Name.

5 My soul is content, as with marrow and fatness, *
   and my mouth praises you with joyful lips,

6 When I remember you upon my bed, *
   and meditate on you in the night watches.

7 For you have been my helper, *
   and under the shadow of your wings I will rejoice.

8 My soul clings to you; *
   your right hand holds me fast.
A READING FROM FIRST CORINTHIANS 1 Corinthians 10:1-13

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, “The people sat down to eat and drink, and they rose up to play.” We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Lector The word of the Lord.
People Thanks be to God.

SEQUENCE HYMN

If Thou but Trust in God to Guide Thee

The Hymnal 1982, #635

Unison or harmony

If thou but trust in God to guide thee, and hope in him through all thy ways, he’ll give thee strength what e’er betide thee, faithfully, and trust his word, though undeserving;

1 If thou but trust in God to guide thee, and hope in him through all thy ways, he’ll give thee strength what e’er betide thee, faithfully, and trust his word, though undeserving;

2 Sing, pray, and keep his ways unswerving; so do thine own part
The Holy Gospel


Gospeler  The Holy Gospel of our Lord Jesus Christ according to Luke.

People  Glory to you, Lord Christ.

At that very time there were some present who told [Jesus] about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, “Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.”

Then he told this parable: “A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, ‘See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?’ He replied, ‘Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.’”

Gospeler  The Gospel of the Lord.

People  Praise to you, Lord Christ.
THE SERMON  

For Mercy’s Sake  
The Rev. David Grant Smith

THE NICENE CREED  
Please stand, in body or in spirit.

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

In peace, we pray to you, Lord God.  

Silence

For all people in their daily life and work;  
For our families, friends, and neighbors, and for those who are alone.
For this community, the nation, and the world;
**For all who work for justice, freedom, and peace.**

For the just and proper use of your creation;
**For the victims of hunger, fear, injustice, and oppression.**

For all who are in danger, sorrow, or any kind of trouble;
**For those who minister to the sick, the friendless, and the needy.**

For the peace and unity of the Church of God;
**For all who proclaim the Gospel, and all who seek the Truth.**

For __________; for Michael our Presiding Bishop, and Marc our Bishop; and for all laity, bishops, priests, and deacons;
**For all who serve God in the Church.**

For __________; and for the special needs and concerns of this congregation.

*Silence, during which the People may add their own petitions*

Hear us, Lord;
**For your mercy is great.**

We thank you, Lord, for __________ all the blessings of this life.

*Silence, during which the People may add their own petitions*

We will exalt you, O God our King;
**And praise your Name for ever and ever.**

We pray for __________ all who have died, that they may have a place in your eternal kingdom.

*Silence, during which the People may add their own petitions*

Lord, let your loving-kindness be upon them;
**Who put their trust in you.**

*The Celebrant adds a concluding Collect.*

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**
THE PEACE
The peace of Christ be always with you.
And also with you.
Please remember to love your neighbor by maintaining proper social distancing.

ANNOUNCEMENTS

Prayer for Birthdays
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 all understanding abide all the days of their lives; through Christ our Lord. Amen.

Prayer for Anniversary
O God, You have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church; Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.
THE LITURGY OF THE TABLE

THE OFFERTORY
Proclaim the greatness of the Lord our God and worship him upon his holy hill; for the Lord our God is the Holy One.  Psalm 99:9
Let us with gladness present the offerings and oblations of our life and labor to the Lord.

OFFERTORY HYMN

When Israel Was in Egypt's Land (Go down, Moses)
The Hymnal 1982, #648

1. When Is - rael was in E - gypt's land, let my peo - ple go;
2. The Lord told Mo - ses what to do, let my peo - ple go;
3. They jour - neyed on at his com - mand, let my peo - ple go;
4. Oh, let us all from bond - age flee, let my peo - ple go;

op - pressed so hard they could not stand, let my peo - ple go.
to lead the chil - dren of Is - rael through, let my peo - ple go.
and came at length to Ca - naan's land, let my peo - ple go.
and let us all in Christ be free, let my peo - ple go.

Refrain

Go down, Mo - ses, way down in E - gypt's land;
tell old Pha - raoh to let my peo - ple go.

Words: African-American spiritual
Music: "Go Down, Moses", Afro-American spiritual
The Celebrant continues

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Music: From New Plainsong; David Hurd (b. 1950)
The People stand or kneel, in body or in spirit.

The Celebrant continues

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 Lord 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.

We celebrate the memorial of our redemption, O Father, 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 Father, now and for ever.

AMEN.
THE LORD’S PRAYER

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 Celebrant breaks the consecrated Bread

A period of silence is kept.

Then may be sung or said

\[
\text{Lamb of God, you take away the sins of the world: have mercy on us.}
\]

\[
\text{Lamb of God, you take away the sins of the world: have mercy on us.}
\]

\[
\text{Lamb of God, you take away the sins of the world: Grant us peace.}
\]

Music: From New Plainsong; David Hurd (b. 1950)

The Gifts of God for the People of God.
Holy things for holy people.

All who seek God and are drawn to Christ are welcome at this table.
A PRAYER FOR SPIRITUAL COMMUNION

For those who are not able to be with us in Church today, this prayer may be offered as an act of faith, knowing that the spiritual benefits of Communion are available to us even when we cannot receive it physically.

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim you resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually in my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life, and in the life to come. Amen.

~ Adapted from The Prayer Book for the Armed Services
COMMUNION HYMN

Come, Ye Disconsolate

LEVAS II. #147

1. Come, ye dis - con - sol - ate, wher - e'er ye lan - guish,

2. Joy of the des - o - late, light of the stray - ing,

3. Here see the bread of life; see wa - ters flow - ing

Come to the mer - cy seat, fer - vent - ly kneel:
Hope of the pen - i - tent, fade - less and pure!
Forth from the throne of God, pure from a - bove:

Here bring your wound - ed hearts, here tell your an - guish;
Here speaks the com - fort - er, ten - der - ly say - ing,
Come to the feast of love; come, ev - er know - ing

Earth has no sor - row that heav'n can - not heal.
“Earth has no sor - row that heav'n can - not cure.”
Earth has no sor - row but heav'n can re - move.

Words: Stanzas 1-2, Thomas Moore (1779-1853); Stanza 3, Thomas Hasting (1784-1872)
Music: Samuel Webbe (1740-1816)

AFTER COMMUNION

Let us pray.

Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ’s Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.
Solemn Prayer over the People

In Lent, in place of a blessing, a solemn Prayer over the People is used.

Deacon or Presider

Let us bow before the Lord.

The people bow or kneel, in body or in spirit, and the Presider prays:

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. Amen.

Recessional Hymn

Lord, Dismiss Us With Thy Blessing

The Hymnal 1982, #344

1. Lord, dismiss us with thy blessing; fill our hearts with joy and peace;
2. Thanks we give and adoration for thy Gospel's joyful sound:
3. So that when thy love shall call us, Savior, from the world away,

let us each, thy love possessing, triumph in redeeming grace:
may the fruits of thy salvation in our hearts and lives abound:
fear of death shall not appall us, glad thy summons to obey.

O refresh us, O refresh us traveling through this wilderness.
Ever faithful, ever faithful to thy truth may we be found;
May we ever, may we ever reign with thee in endless day.

Words: Att. to John Fawcett (1739/40-1817)
Music: 'Sicilian Mariners', Sicilian melody

The Dismissal

Let us go forth in the name of Christ.
Thanks be to God.
Serving Today

Music Director and Musician  Margaret Burke
Eucharistic Minister  Dar Masamori
Lectors  Dar Masamori / Caroline Williams
Intercessor  Diane FitzGibbon
Usher  Caroline Williams
Tech Chaplain Online videographer and editor  Rob Williams
Altar Guild  Many thanks to our Altar Guild
Celebrant & Preacher  The Rev. David Grant Smith

South Campus is open Monday – Thursday 10:00 am to 1:00 pm.
Please feel free to stop in to pray in the sanctuary. You may also pick up a Sunday bulletin or Forward Day by Day during those hours.

For Pastoral Emergencies:
During regular office hours, phone the office: (650) 583-6678.
During non-office hours, call (315) 521-8850.
Lent at SEA Episcopal Church...

Thursdays  
**Praying the Psalms of Lent: An Experiential Exploration**
7:00 p.m.   
Online via Zoom
(email [seaepiscopalvicar@gmail.com](mailto:seaepiscopalvicar@gmail.com) for link)
Exploring the Psalms of Lent as resources for prayer.

Sundays  
**The Holy Eucharist**
10:15 a.m.   
In Person at South Campus or
Online via our Facebook Page

"Listen to Him!" ~ A Series of Lenten Reflections
**Reading the Gospel of Matthew**
As a Lenten Pilgrim’s Guide

This devotional booklet written by our Vicar, David Smith, is available on the table in
the back of the Church. Take one for yourself, as well as for others who might like it.

Lenten Communion

If you, or someone you know, wishes to receive Holy Communion during the Season
of Lent, but cannot make it to Church, please call our Vicar, David Smith, to let him
know. He can be reached at 315-521-8850 on his cellphone, or email him
at [seaepiscopalvicar@gmail.com](mailto:seaepiscopalvicar@gmail.com). Lent is a great time to become connected to the
greater Church through the Sacraments, and our Vicar David would be very happy to
assist you in any way that he can.

Upcoming Events at SEA Episcopal Church...

Sun., Apr. 10  
Palm Sunday – Holy Week Begins

Sun., Apr. 17  
Easter Day: The Resurrection of Our Lord
SEA EPISCOPAL CHURCH
One Congregation in two locations

The Rev. David Grant Smith, Vicar

North Campus  280 Country Club Drive, So. San Francisco, CA 94080
South Campus  1600 Santa Lucia Avenue, San Bruno, CA 94066
seaepiscopal@gmail.com  (650) 583-6678
https://www.seaepiscopal.org

God driven.
Community focused.
Come grow with us.
All are welcome.

DONATING TO SEA EPISCOPAL CHURCH
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