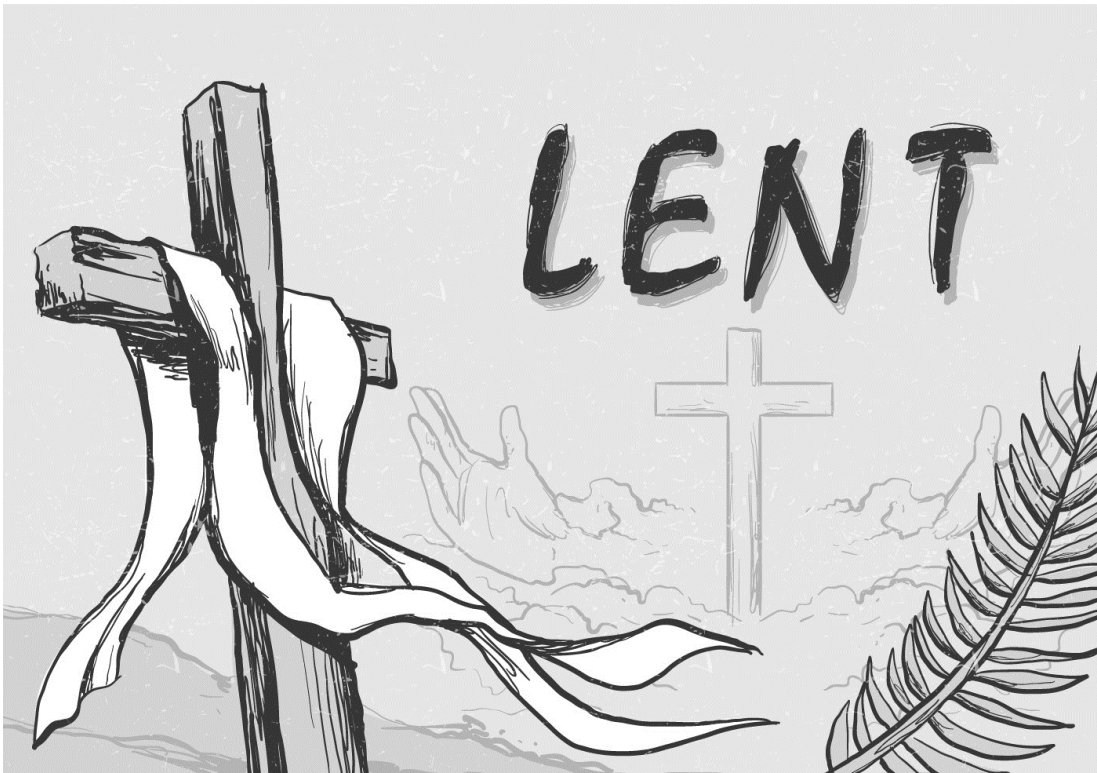


Holy Communion: Rite One
Third Sunday in Lent
March 23, 2025 | 8:00 & 10:00 AM



WELCOME!

We are an Episcopal (Anglican) community of various backgrounds and beliefs, drawn together by our love of God in Jesus Christ. We believe that God's radically inclusive love excludes no one. At St. Dunstan's, all people are welcome, no exceptions. Please visit our Welcome Table on the patio to get more information about our church. A "Welcome Pad" is located at the end of each pew if you would like to share your name and/or contact information. If you are interested in membership, please speak with our Rector, Rev. Rebecca. We're so glad you're here!

Prayer book & Hymnals: In the pews you will see various books in different colors. The red book is our Book of Common Prayer (BCP). BCP pages are included if you prefer to use the Prayer Book. The blue Hymnal 1982 contains many of the hymns in today's service. Other hymns, beginning with "J-", can be found in the white, large ringed book entitled "Make a Joyful Noise," produced by our Parish Musician, Gregory Funk.

The Prelude: *O man, bemoan thy grievous sin*

J.S. Bach

Instructed Eucharist Directions #1

Opening Hymn 149 (8:00 v1-2)

Eternal Lord of love

Unison or harmony

1 E - ter - nal Lord of love, be - hold your Church
 2 So dai - ly dy - ing to the way of self,
 3 If dead in you, so in you we a - rise,

walk - ing once more the pil - grim way of Lent,
 so dai - ly liv - ing to your way of love,
 you the first - born of all the faith - ful dead;

led by your cloud by day, by night your fire,
 we walk the road, Lord Je - sus, that you trod,
 and as through ston - y ground the green shoots break,

moved by your love and toward your pres - ence bent:
 know - ing our - selves bap - tized in - to your death:
 glo - rious in spring - time dress of leaf and flower,

far off yet here— the goal of all de - sire.
 so we are dead and live with you in God.
 so in the Fa - ther's glo - ry shall we wake.

Opening Sentence

Celebrant Bless the Lord who forgiveth all our sins.

People His mercy endureth forever.

Instructed Eucharist Directions #2

The Decalogue: Traditional *please kneel if able*

God spake these words, and said: I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have none other gods but me.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; thou shalt not bow down to them, nor worship them.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not take the Name of the Lord thy God in vain.

Lord have mercy upon us, and incline our hearts to keep this law.

Remember that thou keep holy the Sabbath day.

Lord have mercy upon us, and incline our hearts to keep this law.

Honor thy father and thy mother.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt do no murder.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not commit adultery.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not steal.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not bear false witness against thy neighbor.

Lord have mercy upon us, and incline our hearts to keep this law.

Thou shalt not covet.

Lord have mercy upon us, and write all these thy laws in our hearts, we beseech thee.

Seeing that we have a great high priest, that is passed into the heavens, Jesus

the Son of God, let us come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. Let us humbly confess our sins unto Almighty God.

Confession, please kneel if you are able

Let us humbly confess our sins unto Almighty God.

Celebrant & People

Almighty and most merciful father,
we have erred and strayed from thy ways like lost sheep,
we have followed too much the devices and desires of our own hearts,
we have offended against thy holy laws,
we have left undone those things which we ought to have done,
and we have done those things which we ought not to have done.
But thou, O Lord, have mercy upon us,
spare thou those who confess their faults,
restore thou those who are penitent,
according to thy promises declared unto mankind
in Christ Jesus our Lord;
and grant, O most merciful Father, for his sake,
that we may hereafter live a godly, righteous, and sober life,
to the glory of thy holy Name. Amen.

Absolution

BCP 321

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. *Amen.*

(8:00) Kyrie Eleison

BCP 324

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

(10:00) Kyrie Eleison

Hymnal S 91

Lord, have mer - cy up - on us. Lord, have mer - cy up -
on us. Lord, have mer - cy up - on us. Christ, have mer-cy up -

on us. Christ, have mer - cy up - on us. Christ, have mer - cy up -

on us. Lord, have mer - cy up - on us.

Lord, have mer - cy up - on us. Lord, have mer - cy up - on us.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

The Collect of the Day

Celebrant The Lord be with you.

People And with thy spirit.

Celebrant Let us pray.

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.*

All are seated.

Instructed Eucharist Directions #3

First Reading: Exodus 3:1-15

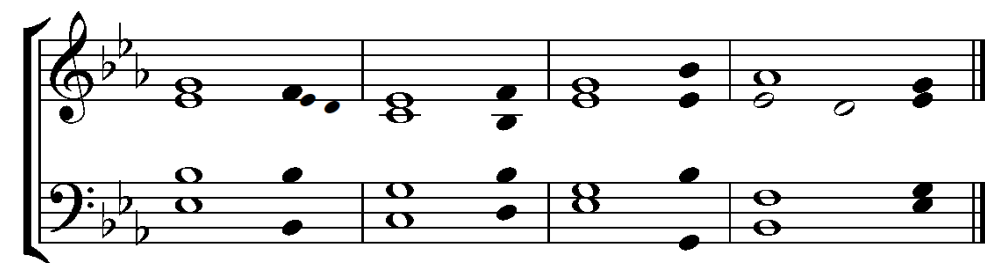
Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then 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.”

The Word of the Lord.

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 it-/self; *
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 re-/joice.
- 8 My soul clings to / you; *
your right hand holds me / fast.

Second Reading: 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.

The Word of the Lord.

Thanks be to God.

Sequence Hymn 648 (8:00 v1-2), *standing as able*

When Israel was in Egypt's land

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 - roah to let my peo-ple go.

Words: Afro-American spiritual

Music: *Go Down, Moses*, Afro-American spiritual; arr. Horace Clarence Boyer (b. 1935)

85. 85 with Refrain

The Holy Gospel: Luke 13:1-9

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

People *Glory be to thee, O Lord.*

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.'"

The Gospel of the Lord.

Praise be to thee, O Christ.

(10:00) Children's Moment

Instructed Eucharist Directions #4

The Nicene Creed, *standing as able*

Celebrant & People

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.

Instructed Eucharist Directions #5

Prayers of the People

In this holy season let us turn to God in prayer, saying: Lord, have mercy.

For the catechumens and for all the holy people of God (*silence*), that we may heed the voice of the Lord and reform our ways and our deeds, let us pray to the Lord.

Lord, have mercy.

For the peoples and leaders of nations (*silence*), that we may preserve and care for the blessings of this world, let us pray to the Lord:

Lord, have mercy.

For outcasts and those without home or land (*silence*), that a place of refuge, shelter, and belonging will be theirs, let us pray to the Lord.

Lord, have mercy.

For this community (*silence*), that God may grant us the grace to lift our minds above the things of earth and to stand firm in the Lord, let us pray to the Lord.

Lord, have mercy.

For our own needs and those of others, that we may find shelter and protection under God's wings, let us pray to the Lord.

Lord, have mercy.

We especially pray for those on our prayer list: Roger, Norma, Emily, Sammi, Katie, Dhyana, Sharyn, Sandy, Terry, Kendra, Ryan, Lisa, Brandy, Chris, Joanne, Mary Helen, Leila, Shirley, Anne Elise, Candyce, Jaimy, Jim, Jen, Wayne, Bob, Vanessa M, Joan

For this let us pray: *Have mercy, O Lord.*

We also pray for requests from our community:

- For an end to war, and peace for the people of Syria, Sudan, Congo, and Ukraine
- For the ceasefire to continue in Israel and Gaza
- For all Christians to be rooted in unity and commitment to Jesus
- For refugees: especially the Ibrahim and Machot families, and for all refugee families being served through Refugee Net and the churches of our diocese.
- In Thanksgiving for Thomas, our new Children's Minister, and we pray for God's blessings on his ministry

From our Diocesan cycle of prayer, we pray for the clergy and people of Good Shepherd, Hemet.

From our military cycle of prayer we pray for the 9th Communication Battalion, Camp Pendleton.

You are invited to add your own petitions at this time in your heart or with your voice.

Concluding Collect

Jealous and merciful God, remember us and all those whom we hold in our hearts. In these forty days teach us to do the work of our baptism and so daily to raise to you the needs of the world. Grant this through Christ our Lord.

Amen.

Instructed Eucharist Directions #6

The Peace

BCP 360

All stand. The Celebrant says to the people

The peace of the Lord be always with you.

People And also with you.

You are invited to share a sign of peace or greeting those around you.

Announcements

Birthday and Anniversary Prayers

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. Amen.

(10:00) Prayer Quilts, *said together*

Gracious and Loving God, we thank You for the loving hands and spirits of those who created this quilt for the comfort of those in need. Let this quilt be a tangible sign and symbol of your enfolding love as Your Holy Spirit embraces them, eases their pain and worry, and brings them Your comfort and peace. In Jesus' name we pray. Amen.

Instructed Eucharist Directions #7

Offertory Sentence

(10:00) Offertory Anthem: *Sicut cervus*
da Palestrina

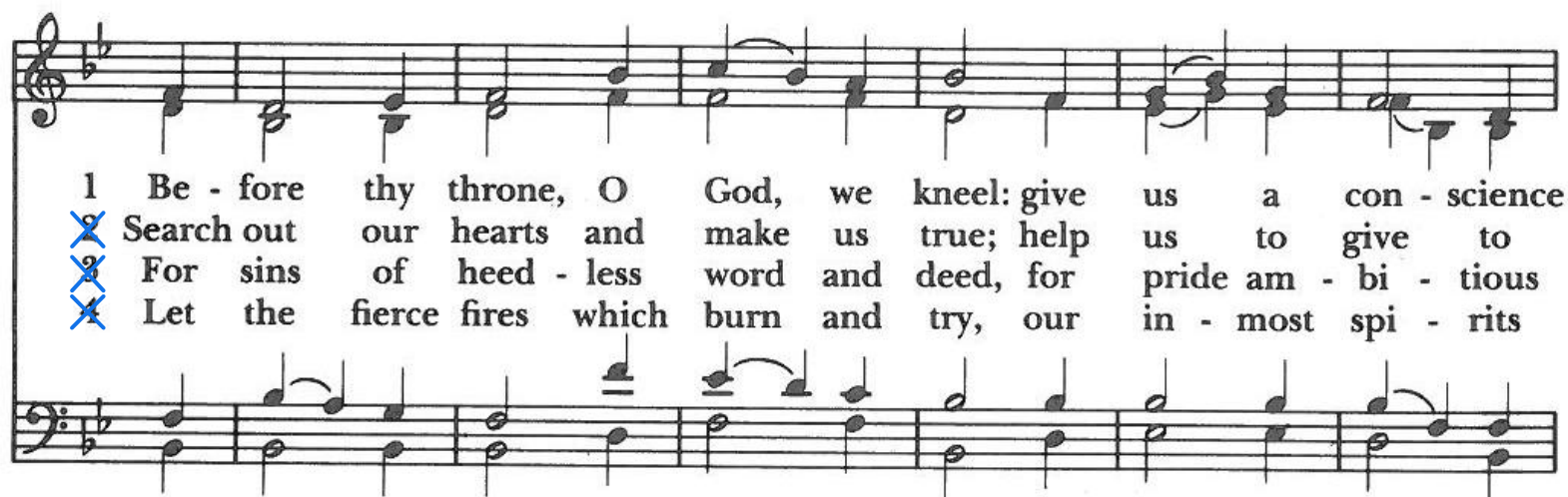
Giovanni Pierluigi

*Sicut cervus desiderat ad fontes aquarum,
ita desiderat anima mea ad te, Deus.*

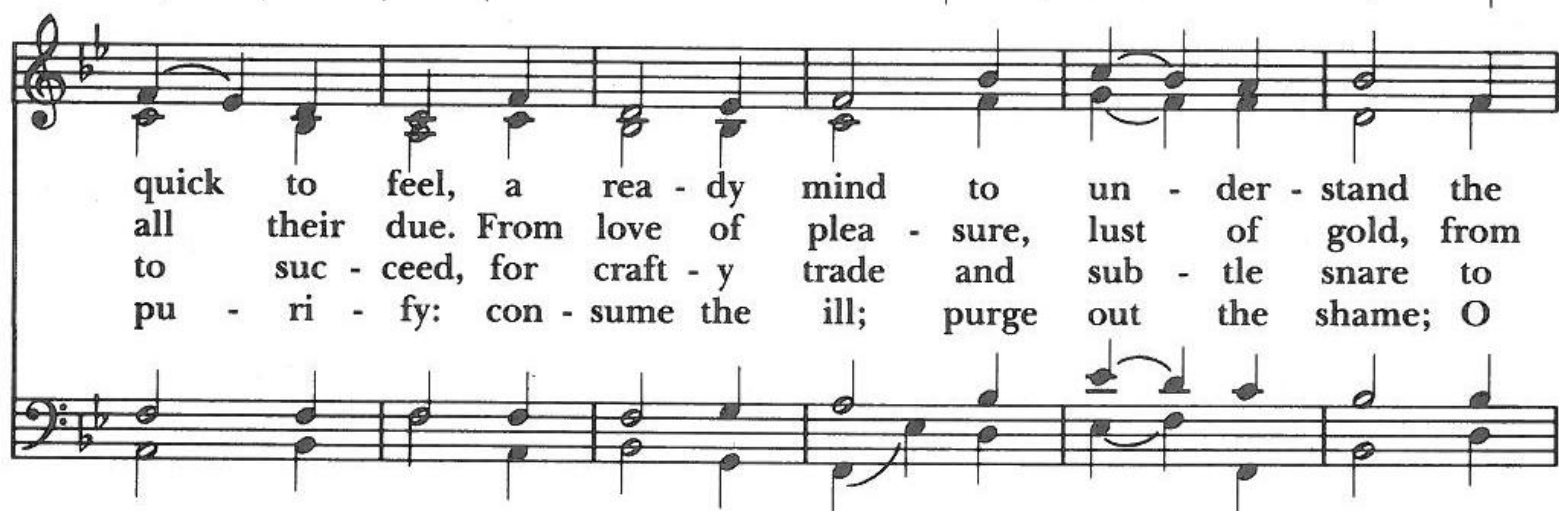
As the hart longs for the water springs,
So longs my soul for thee, O God. (Ps. 42:1)

(10:00) Offertory Hymn 574, v1

Before thy throne



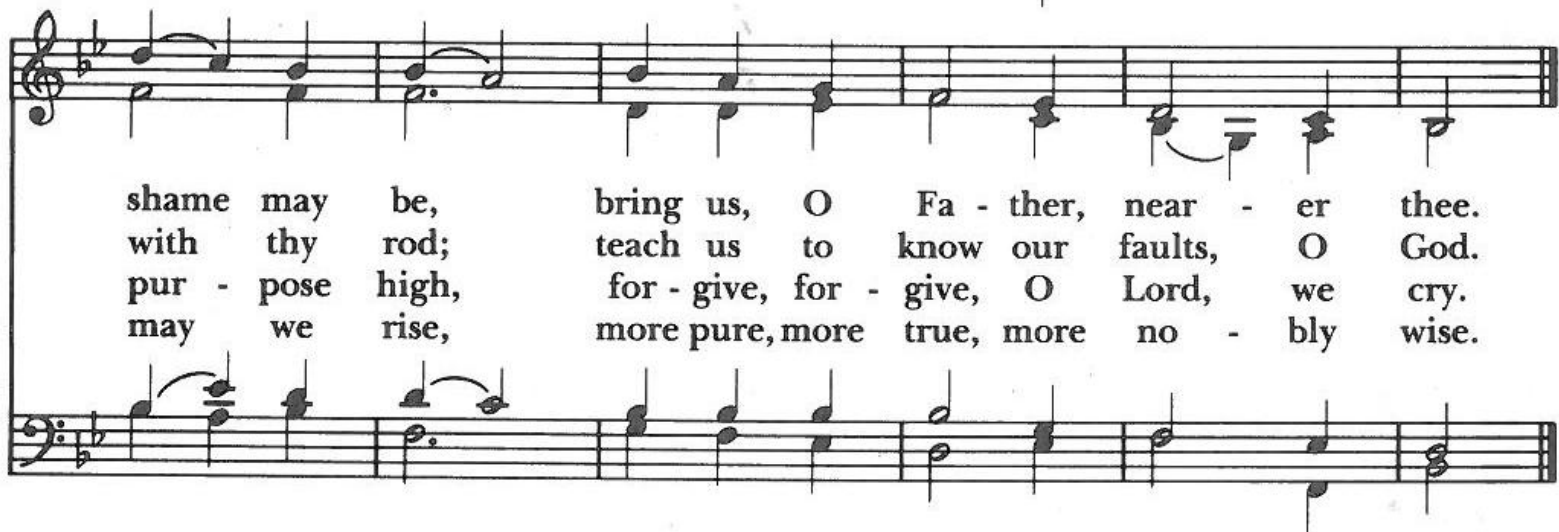
1 Be - fore thy throne, O God, we kneel: give us a con - science
 Search out our hearts and make us true; help us to give to
 For sins of heed - less word and deed, for pride am - bi - tious
 Let the fierce fires which burn and try, our in - most spi - rits



quick to feel, a rea - dy mind to un - der - stand the
 all their due. From love of plea - sure, lust of gold, from
 to suc - ceed, for craft - y trade and sub - tle snare to
 pu - ri - fy: con - sume the ill; purge out the shame; O



mean - ing of thy chas - tening hand; what - e'er the pain and
 sins which make the heart grow cold, wean us and train us
 catch the sim - ple un - a - ware, for lives be - rept of
 God, be with us in the flame; a new - born peo - ple



shame may be, bring us, O Fa - ther, near - er thee.
 with thy rod; teach us to know our faults, O God.
 pur - pose high, for - give, for - give, O Lord, we cry.
 may we rise, more pure, more true, more no - bly wise.

(8:00) Celebrant All things come from thee, O Lord.
People And of thine own have we given thee.

Instructed Eucharist Directions #8

The Great Thanksgiving (8:00 spoken) Prayer I

Eucharistic

Celebrant The Lord be with you. *People* And with thy spi - rit.

Celebrant Lift up your hearts. *People* We lift them up un - to the Lord.

Celebrant Let us give thanks un - to our Lord God.

People It is meet and right so to do.

Setting: Copyright © Church Publishing Inc.

Celebrant

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

The Celebrant adds a Proper preface.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Celebrant and People (8:00 spoken)

Hymnal S 114

Ho - ly, ho - ly, ho - ly, Lord God of

Hosts: Hea - ven and earth are full of thy glo - ry. Glo -

- ry be to thee, O Lord Most High. Bless - ed _____ is he that com - eth_

_____ in the name of the Lord. Ho - san - na in the high - est.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

Celebrant

All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our

sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end.



Setting: Copyright © Church Publishing Inc.

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.

The Breaking of the Bread

The Celebrant breaks the consecrated Bread.

A period of silence is kept.

O Lamb of God, that ta - kest a -
 way the sins of the world, have mer - cy up -
 on us. O Lamb of God, that
 ta - kest a - way the sins of the world, have
 mer - cy up - on us. O Lamb of
 God, that ta - kest a - way the sins of the
 world, grant us thy peace.

Music: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968). By permission of Oxford University Press.

Celebrant & people

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

Celebrant

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

The Communion

All are welcome to receive Holy Communion in the Episcopal Church

regardless of your church/denominational background. Please extend 2 hands if you wish to have your bread dipped into the wine and extend one hand if you prefer to receive bread only and/or the common cup. If you need gluten free bread or prefer no wine, please indicate this. If you do not want Communion, you can come forward for a blessing instead, indicated by crossing your hands over your chest or simply remain in your seat.

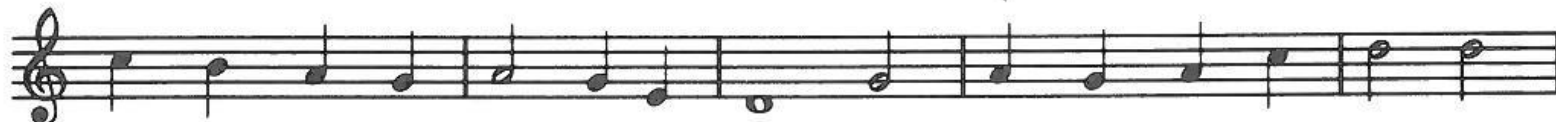
(10:00) Communion Handbells: *When I survey the wondrous cross*
arr. Sandra Eithun

(10:00) Communion Hymn 439

What wondrous love is this

Unison

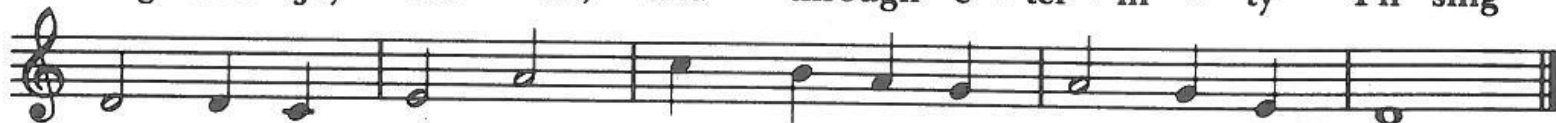
1 What won-drous love is this, O my soul, O my soul! What
 2 To God and to the Lamb, I will sing, I will sing, to
 3 And when from death I'm free, I'll sing on, I'll sing on, and



won-drous love is this, O my soul! What won-drous love is this that
 God and to the Lamb, I will sing. To God and to the Lamb who
 when from death I'm free, I'll sing on. And when from death I'm free I'll

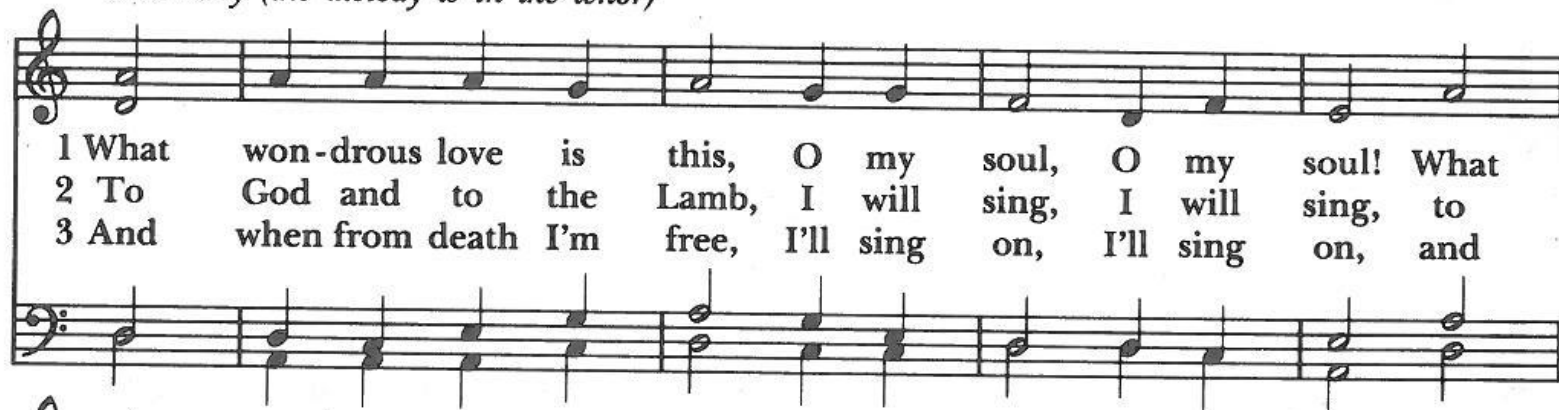


caused the Lord of bliss to lay a - side his crown for my
 is the great I AM, while mil - lions join the theme, I will
 sing and joy - ful be, and through e - ter - ni - ty I'll sing

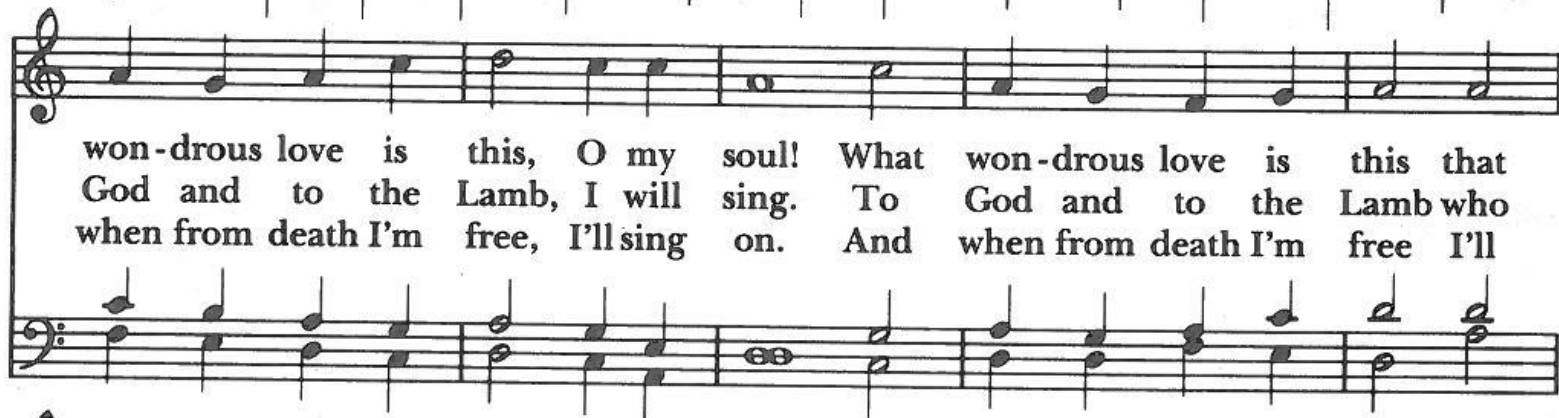


soul, for my soul, to lay a - side his crown for my soul.
 sing, I will sing, while mil - lions join the theme I will sing.
 on, I'll sing on, and through e - ter - ni - ty I'll sing on.

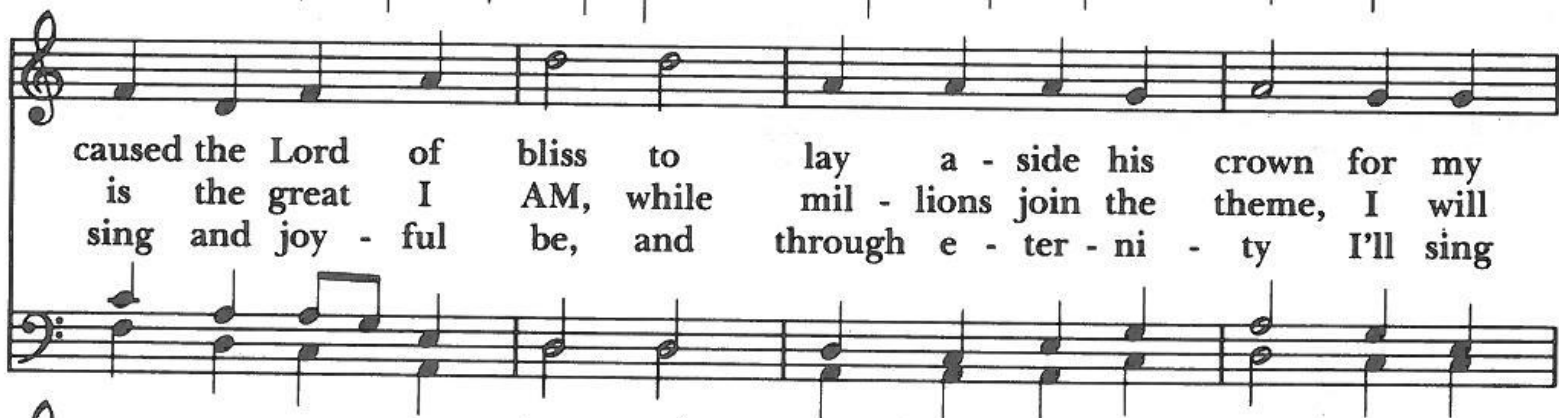
Harmony (the melody is in the tenor)



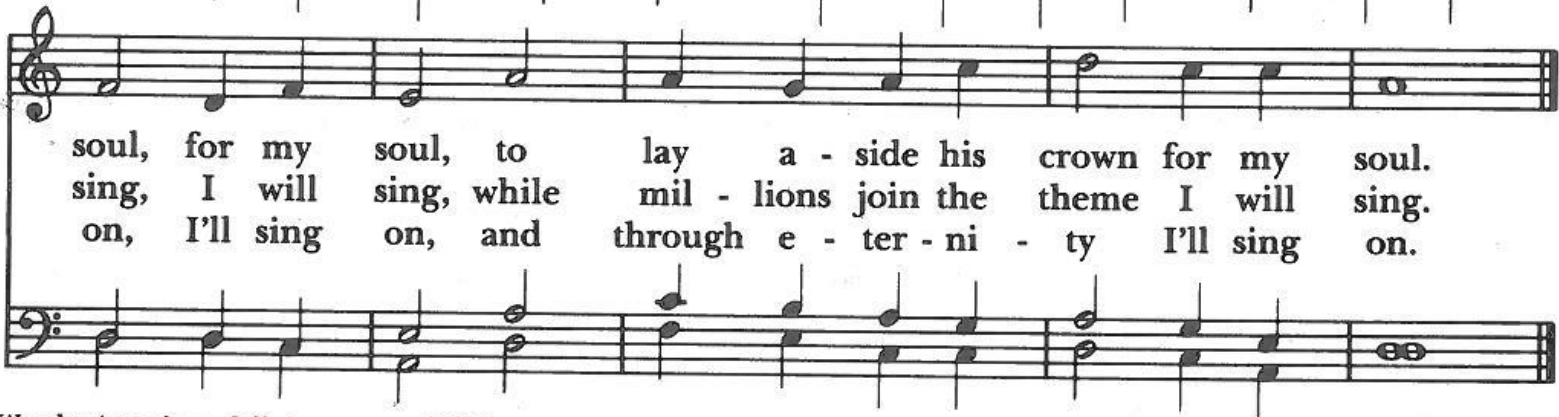
1 What won-drous love is this, O my soul, O my soul! What
2 To God and to the Lamb, I will sing, I will sing, to
3 And when from death I'm free, I'll sing on, I'll sing on, and



won-drous love is this, O my soul! What won-drous love is this that
God and to the Lamb, I will sing. To God and to the Lamb who
when from death I'm free, I'll sing on. And when from death I'm free I'll



caused the Lord of bliss to lay a - side his crown for my
is the great I AM, while mil - lions join the theme, I will
sing and joy - ful be, and through e - ter - ni - ty I'll sing



soul, for my soul, to lay a - side his crown for my soul.
sing, I will sing, while mil - lions join the theme I will sing.
on, I'll sing on, and through e - ter - ni - ty I'll sing on.

Words: American folk hymn, ca. 1835

Music: *Wondrous Love*, from *The Southern Harmony*, 1835

Sending out of Eucharistic Visitors

Priest In the name of Christ Jesus, and through the family of St. Dunstan's, we send you out bearing these holy gifts for God's holy people: that those who will receive them with us may experience the majesty and the mystery of His presence. We who are many are one body,

People *because we all share one bread and one cup.*

Instructed Eucharist Directions #9

Post Communion Prayer

BCP 365

Celebrant Let us pray

Celebrant & people

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. *Amen.*

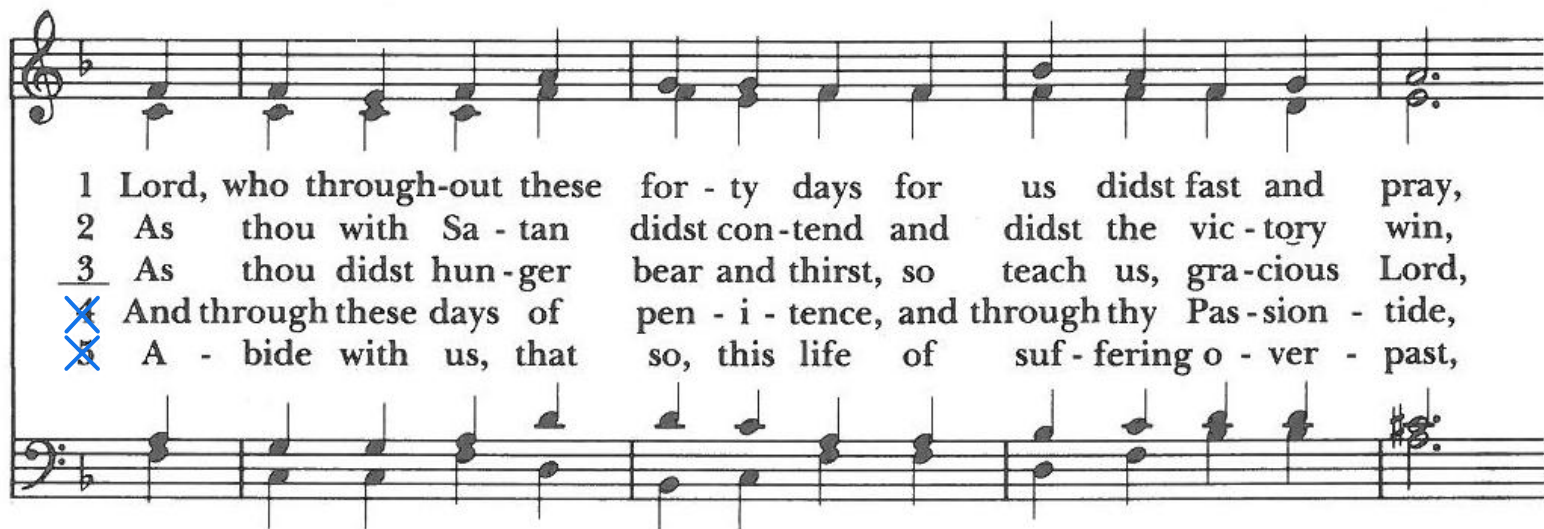
Blessing

Celebrant

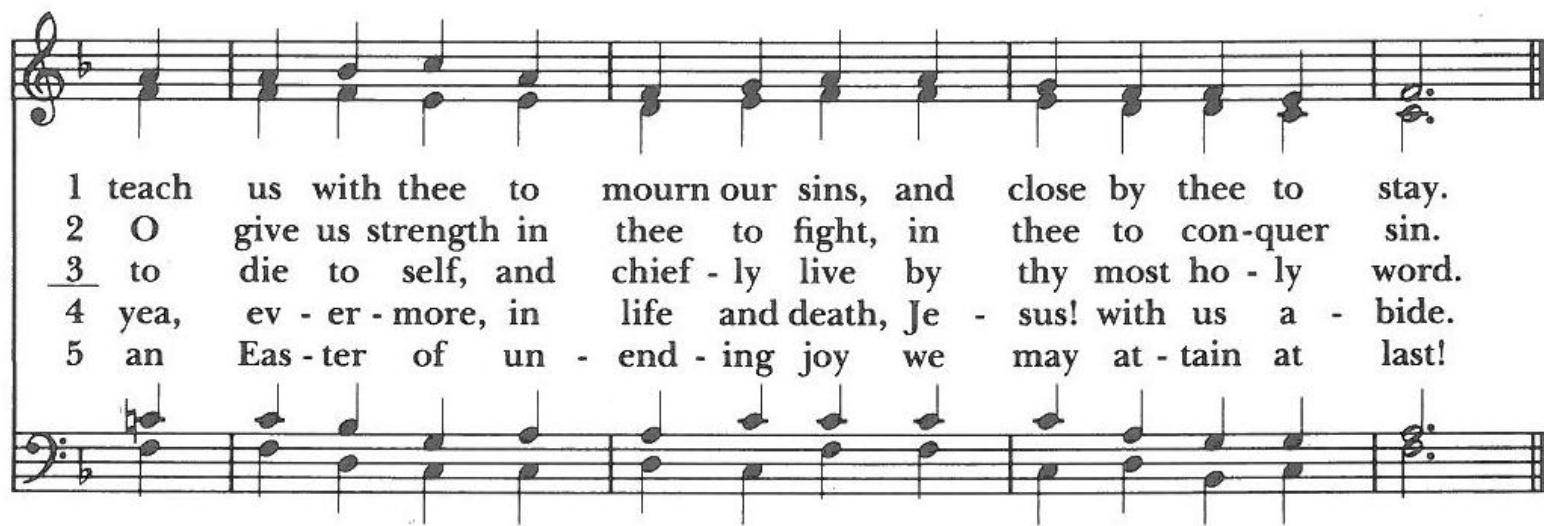
Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will. And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you now and remain with you forever. *Amen.*

Closing Hymn 142, v1-3 (8:00 v1-3)

Lord, who throughout these forty days



1 Lord, who through-out these for - ty days for us didst fast and pray,
 2 As thou with Sa - tan didst con - tend and didst the vic - tory win,
 3 As thou didst hun - ger bear and thirst, so teach us, gra - cious Lord,
 X And through these days of pen - i - tence, and through thy Pas - sion - tide,
 X A - bide with us, that so, this life of suf - fer - ing o - ver - past,



1 teach us with thee to mourn our sins, and close by thee to stay.
 2 O give us strength in thee to fight, in thee to con - quer sin.
 3 to die to self, and chief - ly live by thy most ho - ly word.
 4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
 5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898)

Music: *St. Flavian*, melody from *Day's Psalter*, 1562; adapt. and harm. Richard Redhead (1820-1901)

CM

The Dismissal

Go in peace to love and serve the Lord.

Thanks be to God.

The Postlude

INTERCESSIONS

The names listed here are for your daily prayers throughout the coming week. You are welcome to add names to the list before or after the service in the clipboard located in the narthex. If you have a prayer request, please contact the church office at 619-460-6442 or Ellen Single at 619-241-2925 and tell us if you want it made available just to the Clergy, to the Daughters of the King, or to the whole parish. Names will be removed 1 month after they are listed.

Healing: George Matosian, David Redwine, Roger Caldwell, Norma Jones, Emily Sampson, Sammi Kay, Katie Odle, Dhyana, Sharyn Craig, Sandy Todd, Terry Todd, Kendra Shirley, Ryan Sifton, Lisa Chaddock, Brandy Williams, Chris Reed, Joanne Bilodeau, Mary Helen Kane, Leila McCoy, Shirley Wehrs, Anne Elise Kelly, Candyce, Abby Conroy, Jaimy Scott, Jim Haaland, Jen Sisskind, Wayne Christopher, Bob Igoe, Vanessa Martinez, Joan Jones

Birthdays this week: Christopher Wilson, Sophia Alcorn, Jillian Belding, Sheri Bartlett

PARISH NOTICES

Blessing of the Chapel: The renovation of our Chapel is complete and all are invited to join in the blessing of our new worship space at 10:30am on Wednesday, March 26th. Mid-week services will also begin at 10:30am on Wednesdays starting on March 26th.

Youth Group Meeting / Service Project, This Sunday, March 23, 2025, at 4:30 p.m. (Youth Bldg) Calling all Youth Group Members! Please join us this Sunday at 4:30 p.m. We will be supporting the children from the El Nido House. The El Nido House is supported by the Episcopal Diocese of San Diego and provides safe housing for abused women and their children. We will be putting together Easter Baskets for 15 children who are current residing at the El Nido House. Youth are also welcome bring things to add to the Easter Baskets such as Candy, items for the teenagers or decorative things for the apartments. We look forward to seeing you this Sunday at 4:30 p.m.

Lenten Soup Supper Study Series 2025

Tough Questions of Faith: Theology for Skeptics, Doubters, and Seekers

Wednesdays, March 19, through April 2 | 5:30pm Dinner, 6:00pm: Study & Discussion

This series is for anyone and everyone that would like to engage in real questions – from the perplexing and tough questions to the questions you might otherwise be afraid to ask! We'll have some questions to wrestle and talk about - but you're invited to bring yours! Questions like... Does God really exist? Is there any proof? Why do bad things happen to good people? Do miracles really happen? Is the Bible ever wrong? Why don't all prayers get answered? All are welcome!

Join Lent Madness 2025!

You are invited to the annual fun tradition of learning more about the saints by participating in the Episcopal Church's "Lent Madness" throughout the duration of Lent. Be sure to subscribe to the daily Lent Madness updates, read about the dueling- saints of the day, and then cast your vote in this "tournament" of the saints! Out of 32 saints only one will be the winner and be awarded the coveted Golden Halo. For more information and to participate/subscribe check out: www.lentmadness.org

St Dunstan's High School Seniors!

If you're a high school senior, now is the time to think about college financial assistance! The Biondo Memorial Scholarship is available only to St. Dunstan's high school seniors who have been accepted to an accredited four-year college or university. This year only, it is also open to members of St. Dunstan's who have not been a previous winner of a Biondo Scholarship. To request a Biondo Scholarship application, email Vanessa Hiday, St. Dunstan's Parish Administrator, at vanessah@stdunstans.org. If you have questions or need additional information, reach out to Bill Chisum. **ALL completed applications MUST be emailed to Bill by May 16.**

Interested in Baptism?

One of the traditional days for baptism is coming up on Saturday, April 19th during our Easter Vigil. If you or someone you know is interested in the rite of holy baptism (whereby you officially join the Church and are proclaimed and officially welcomed as a beloved child of God!), please email rhansen@stdunstans.org or call the church office at 619-460-6442 to schedule a meeting with Rev. Rebecca in order to plan and receive baptismal instruction.

Interested in Confirmation or Reception into the Anglican Communion?

Classes forming now! Calling all youth/young adults ages 13 and up – we are forming a class for those interested in making an adult commitment of faith to join St. Dunstan's and the worldwide Anglican Communion in the rite of

confirmation or reception (if you were confirmed elsewhere previously) at the next Bishop's visit. Our meetings will be over five Sundays at 9:00am. Please let Rev. Rebecca know if you'd like to be a part of this class at rhansen@stdunstans.org.

Our Mite Box offering this Lent will help St. Mark's, Alta Dena, recover from the Eaton Fire that demolished their church and school. They are currently holding services at St. Barnabas, Eagle Rock. Please be generous in your gifts. Please return your Mite Boxes on Easter!

Palm Cross Making will be on Thursday, April 10th at 5:30pm in the Parish Hall. New members are invited to learn, but please bring your own scissors. Childcare will unfortunately be unavailable.

Fresh Flowers Needed: We continue the tradition this year of having the children decorate our large Easter cross with fresh flowers on Easter Sunday. Please bring fresh flowers of all kinds on Easter Sunday morning before 10am- including florals from your yards and gardens. Thank you!

Volunteer Opportunity: Fill Easter Eggs for our Children!

On March 30th, please pick up empty Easter eggs in the narthex to fill with goodies, candy, etc. and return by Palm Sunday. Thank you!

Give your plastic grocery bags a new life! Our weekly Food Distribution committee is in need of more grocery bags. The bags are used to sort the food given to them from the San Diego Food Bank so that each family is able to grab a bag of food for the week. They currently feed an average of 95-100 families a week so the need for grocery bags is big!

RefugeeNet: Empowering Refugee Families to Thrive

RefugeeNet continues its vital mission of equipping San Diego's refugee families to become self-reliant, thriving members of our community. As challenges for refugees have intensified in recent months, RefugeeNet has successfully resettled 15 newly arrived individuals from South Sudan and the Congo—helping them access the resources they need to build a new life here.

RefugeeNet is proud to be one of the programs supported each year by the **St. Dunstan's Outreach Committee**, reflecting our shared commitment to compassion and community service. You can support this meaningful work by attending RefugeeNet's annual fundraising gala on **Saturday, March 29th at 5:30 PM at Mt. Soledad Presbyterian Church**.

Tickets are \$135 per person, and tables for eight are available for \$975. Each ticket includes a \$10 donation that directly supports RefugeeNet's mission.

Join us for an evening of community, compassion, and hope!

If you would like to make a donation
this QR Code to access our online giving



online, please use
link.

ASSISTING IN TODAY'S SERVICE

Clergy The Rev. D. Rebecca Hansen

Assisting Neil Kramer, Associate for Pastoral Care & Formation

Music Gregory Funk, Parish Musician

Deborah Berglund, Children's Victory Choir

Readers David Bagley & Donna Vaughan
Emily Sampson, Darin Marvin, Lisa Chaddock

Eucharistic Ministers David Bagley
Kirt Mitchell & CJ Lowder

Altar Guild Melody Quin, Karen Seidman, Margaret Henson

Acolytes Katie Jo, Graysen, Brennie, Sydney

Sunday Sexton Ryan Sifton

Connect: The Rev. D. Rebecca Hansen, Rector, rhansen@stdunstans.org

Church office hours: M-TH, 9am-3pm; Fridays 9am-12pm noon

INFORMATION FOR THE SERVICE

St. Dunstan's Pledge cards are available in the back of the church. You can mail a check to the office or donate online through ACS or on www.stdunstans.org or in person on Sunday morning.

If you wear **hearing aids with T-coil** you can hear our service directly through your hearing aids. If you do not have T-coil, or have hearing loss and are not yet ready for hearing aids, you can use one of our portable receivers and headset. A "**quiet room**" with streaming of the service is available in the back-east corner of this building and accessible seating options are marked and available throughout the church. Check with a Hospitality Minister for assistance.

Children of all ages are welcome in our services (noises and all). Our nursery is also open all morning for ages 0-3 (located on the east side of this building) and our "Pray-Ground" (front-left pew of the church) is open during the service with quiet children's activities. Christian education is at 9:00am for all ages (Sept-May) and during the 10:00am service children are welcome to come forward for a "Children's Moment" and may leave with teachers during the sermon for brief children's education and return just before Holy

Communion. Children of all ages may receive Holy Communion at their parent's discretion.

Accessible bathrooms are located inside the church to the left and right of the main entrance. Please let a Hospitality Minister know if you need assistance with anything or have any questions.

**St. Dunstan's Episcopal Church | 6556 Park Ridge Blvd. | 619-460-6442 |
StDunstans.org**