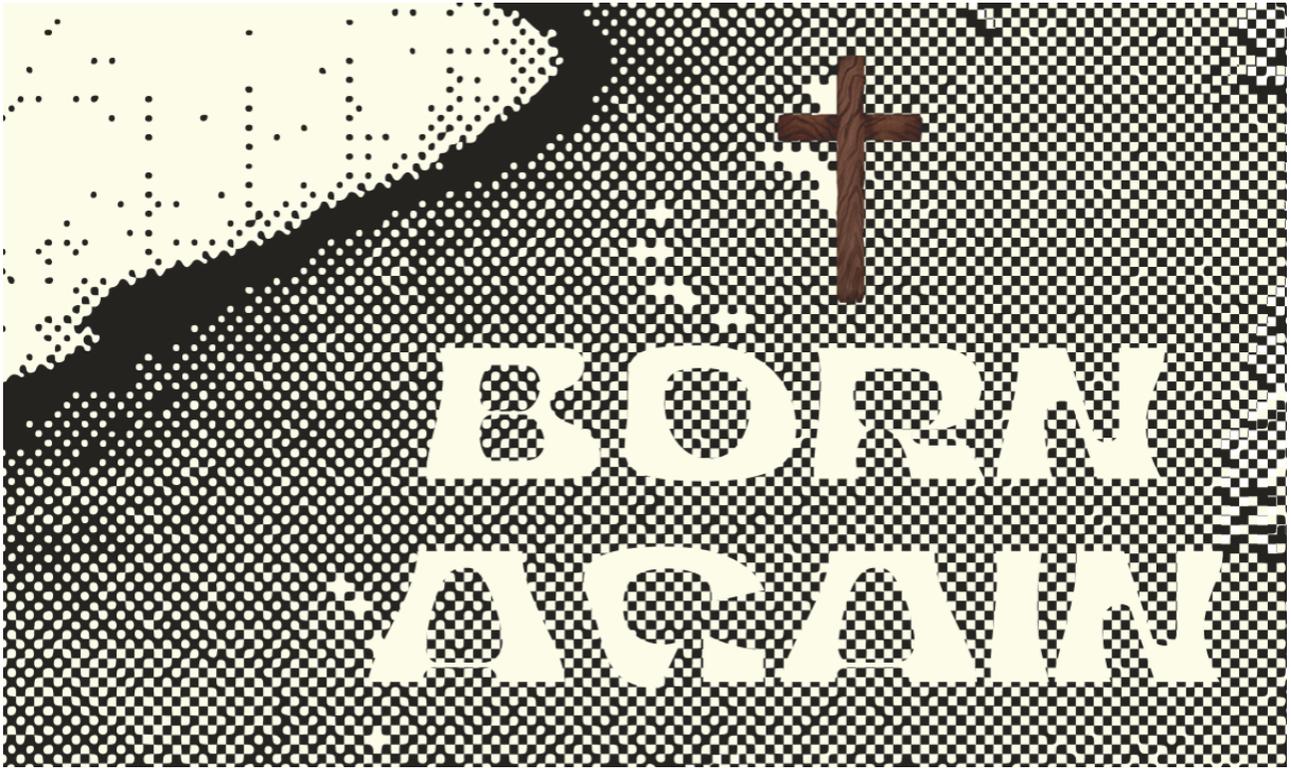




St. Dunstan's

— EPISCOPAL CHURCH —

Holy Communion: Rite One
Second Sunday in Lent
March 1, 2026 | 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 Sacred Head* (two settings)

Opening Hymn 637 (8:00 v1,2,5)

How firm a foundation

Descant

5 "The soul that to Je - sus hath fled for re - pose,

1 How firm a foun - da - tion, ye saints of the Lord,
 2 "Fear not, I am with thee; O be not dis - mayed!
 3 "When through the deep wa - ters I call thee to go,
 4 "When through fier - y tri - als thy path - way shall lie,
 5 "The soul that to Je - sus hath fled for re - pose,

5 I will not, I will not de - sert to its foes;

1 is laid for your faith in his ex - cel - lent word!
 2 For I am thy God, and will still give thee aid;
 3 the riv - ers of woe shall not thee o - ver - flow;
 4 my grace, all suf - fi - cient, shall be thy sup - ply;
 5 I will not, I will not de - sert to its foes;

5 soul, _____ to shake, no,

1 What more can he say than to you he hath said,
 2 I'll strength - en thee, help thee, and cause thee to stand,
 3 for I will be with thee, thy trou - bles to bless,
 4 the flame shall not hurt thee; I on - ly de - sign
 5 that soul, though all hell shall en - deav - or to shake,

5 I'll nev - er, no, nev - er, no, nev - er for - sake."

1 to you that for ref - uge to Je - sus have fled?
 2 up - held by my right - eous, om - ni - po - tent hand.
 3 and sanc - ti - fy to thee thy deep - est dis - tress.
 4 thy dross to con - sume, and thy gold to re - fine.
 5 I'll nev - er, no, nev - er, no, nev - er for - sake."

Opening Sentence

Celebrant Bless the Lord who forgiveth all our sins.

People His mercy endureth forever.

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. *Amen.*

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. *Hebrews 4:14,16*

Confession

BCP 320

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

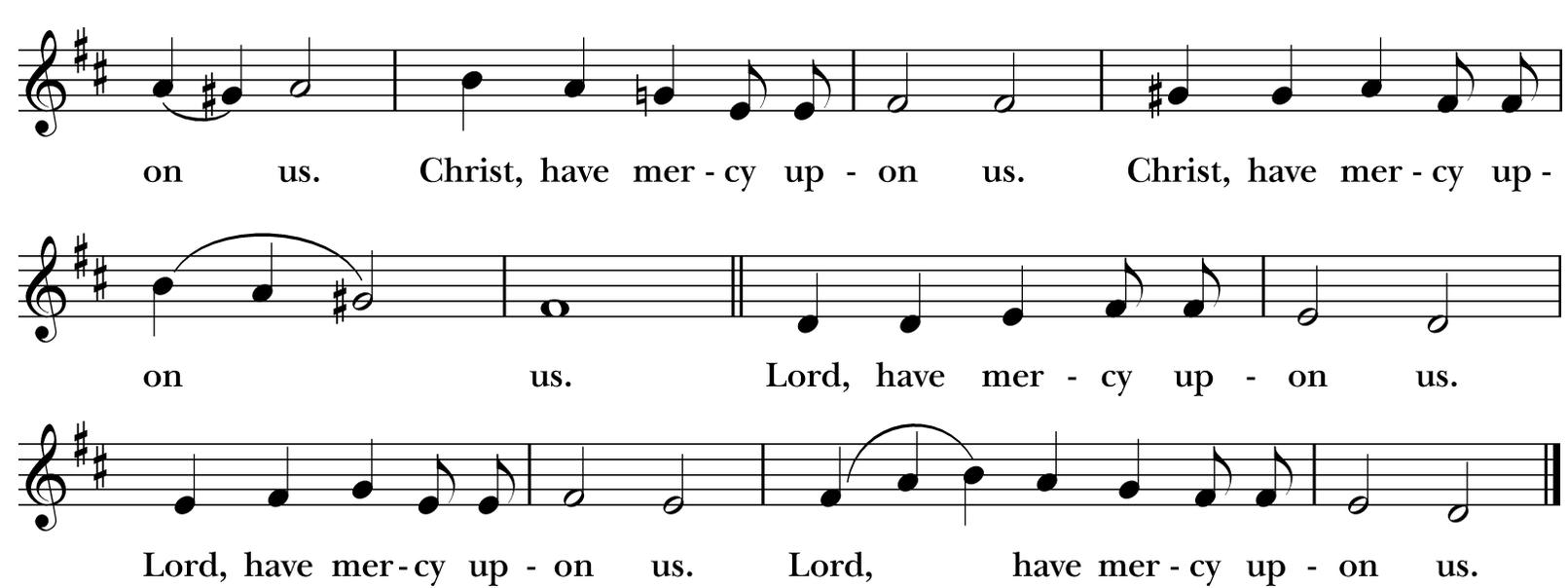
BCP 324

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.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen*.

All are seated.

First Reading: Genesis 12:1-4a

The Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

The Word of the Lord.

Thanks be to God.

(8:00) Psalm 121

1 I lift up my eyes to the hills; *
from where is my help to come?

2 My help comes from the LORD, *
the maker of heaven and earth.

3 He will not let your foot be moved *
and he who watches over you will not fall asleep.

4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;

5 The LORD himself watches over you; *
the LORD is your shade at your right hand,

6 So that the sun shall not strike you by day, *
nor the moon by night.

7 The LORD shall preserve you from all evil; *
it is he who shall keep you safe.

8 The LORD shall watch over your going out and your coming in, *
from this time forth for evermore.

(10:00) Hymn 668 (Psalm 121), *remaining seated*

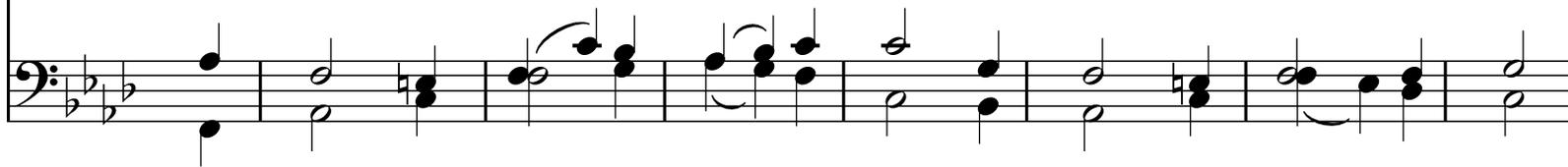
I to the hills will lift mine eyes

I to the hills will lift mine eyes

668



1 I to the hills will lift mine eyes; from whence shall come my aid?
2 He will not let thy foot be moved, his own he safe - ly keeps;
3 Thy faith - ful guard - ian is the Lord, thy shelt - er and thy shade;
4 From e - vil he shall keep thee safe and shall thy strength re - store



My help is from the Lord a - bove who heaven and earth hath made.
with watch - ful and un - tir - ing eye he slum - bers not, nor sleeps.
nor sun by day, nor moon by night, need make thy soul a - fraid.
and guard thy go - ing out and in, both now and ev - er - more.



Second Reading: Romans 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

The Word of the Lord.

Thanks be to God.

Sequence Hymn 167 (8:00 v1,2,5)

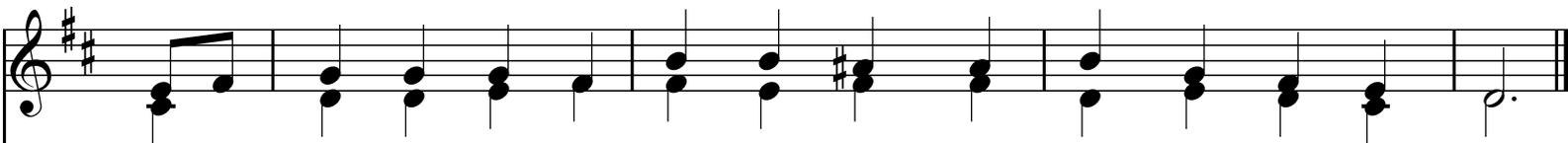
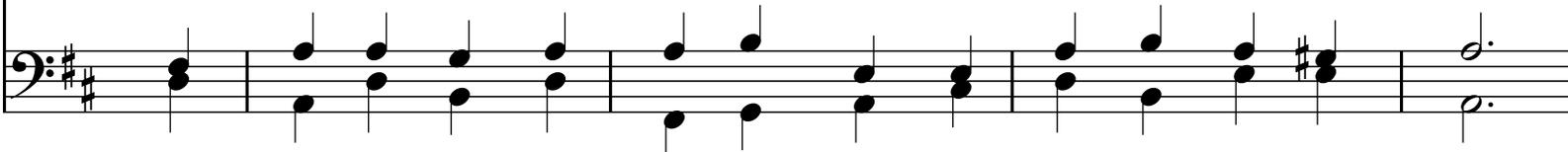
There is a green hill far away

There is a green hill far away

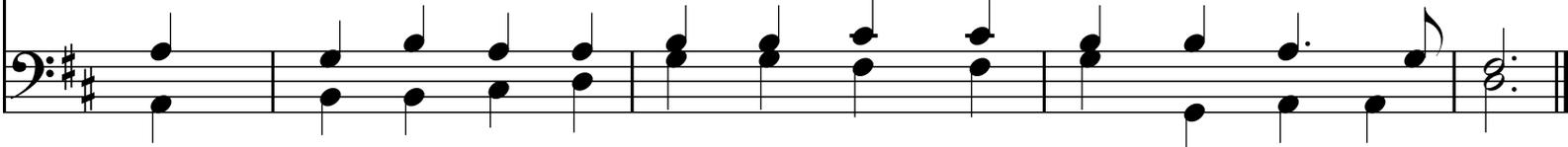
167



1 There is a green hill far a - way, out - side a ci - ty wall,
2 We may not know, we can - not tell, what pains he had to bear,
*3 He died that we might be for - given, he died to make us good,
*4 There was no o - ther good e - nough to pay the price of sin,
5 O dear - ly, dear - ly has he loved! And we must love him too,



1 where our dear Lord was cru - ci - fied who died to save us all.
2 but we be - lieve it was for us he hung and suf - fered there.
3 that we might go at last to heaven, saved by his pre - cious blood.
4 he on - ly could un - lock the gate of heaven and let us in.
5 and trust in his re - deem - ing blood, and try his works to do.



The Holy Gospel: John 3: 1-17

Leader The Holy Gospel of our Lord Jesus Christ according to John...
People *Glory be to thee, O Lord.*

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things? “Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

The Gospel of the Lord.

Praise be to thee, O Christ.

(10:00) Children’s Moment

Sermon

The Rev. D. Rebecca Hansen

The Nicene Creed, standing as able

Celebrant and 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.

Prayers of the People

Let us come before God in this Lententide, praising and blessing and adoring our everliving God, saying: In your glorious mercy, Lord, hear our prayer.

O God, who spoke through the prophets and who lives in the only begotten one, show to your church all things. Make us hear your purpose and receive your grace; confirm in your truth all the baptized, especially bishops and clergy, theologians and teachers, mystics, and martyrs. In your glorious mercy:

Lord, hear our prayer.

Lord of promise and deliverance, we thank you for birthing us in the waters of

baptism and for drowning our death in your unending life. We beg that your love well up within us, that our whole lives may worship you. In your glorious mercy:

Lord, hear our prayer.

God of the people of Israel, Sovereign of every nation, grant your vision of mercy and justice to all who rule in the earth. Prosper the labors of those seeking peace. Assist all who work for reconciliation in the streets and for reformation in prisons. In your glorious mercy:

Lord, hear our prayer.

O Holy One with the pierced limbs and side, bind us to all those who suffer. Keep us mindful of all innocent victims, all the oppressed, all the dying. Reveal to us those who are despised, the outcast, the alien, the forlorn. Summon us to restlessness until all who suffer find rest from their sorrow. Look upon the sick. We especially pray for those on our prayer list: David, Fr Ken, Polly, Jean, William, Craig, Cynthi, Sheila, Jaimy, Shirley, Margaret, Mary Helen, Edith

In your glorious mercy:

Lord, hear our prayer.

We also pray for requests from our community:

- For an end to war and peace for the people of Syria, Sudan, Congo, Ukraine and Venezuela and Iran
- For God's compassion, truth, justice and peace to rule in our hearts as a nation.
- For local and international stability and security.
- For refugees, migrants, the hungry and those who cannot afford food, including the more than 100 local families being served through our church weekly.

From the Anglican Cycle of Prayer, we pray for the Nippon Sei Ko Kai.

From our Diocesan cycle of prayer, we pray for the clergy and people of St. Andrew the Apostle, Encinitas, and for all the presenters and participants in Leadership Academy at Trinity, Escondido. We also pray for Sarah Mullally, as she prepares for her installation as the Archbishop of Canterbury.

From our military cycle of prayer we pray for the US Navy Reserves on their 111th birthday

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

Concluding Collect

God of Abraham and Sarah, the great I AM, we give you thanks for the signs of your radiant presence in the faith of our forebears. Bless us with awe to receive their testimony. Transfigure us by the gift of faith for our life's journey, until we behold face to face your glorious beauty, through Christ our Lord.
Amen

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.

Offertory Sentence

(10:00) Offertory Anthem: Thanks be to God

Michael Bedford

Thanks be to God for all good gifts.

Thanks be to God for creation.

Thank you for homes, thank you for food, thank you for loved ones who care.
Thank you for church, thank you for school, thank you for love that we share.

Help us to love, help us to give, help us to sing your praise.

Help us to work, help us to live, serving you all our days.



— 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.

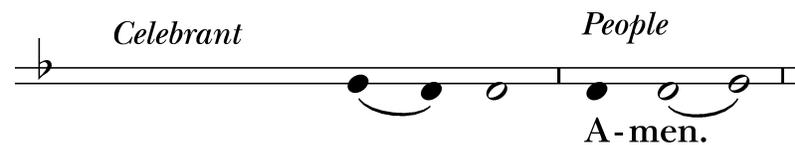
And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance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

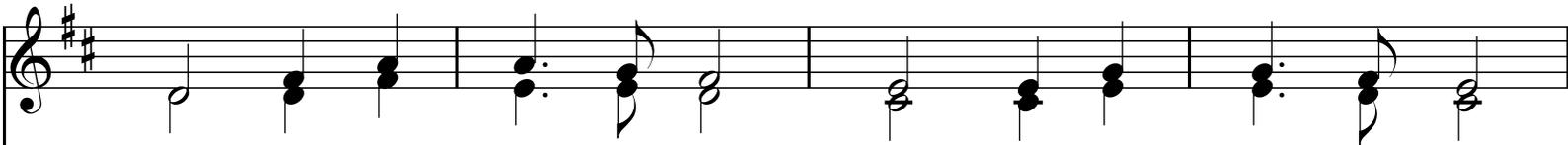
(10:00) Communion Voluntary *When I Survey the Wondrous Cross*
arr. Howard Helvey

(10:00) Communion Hymn 691

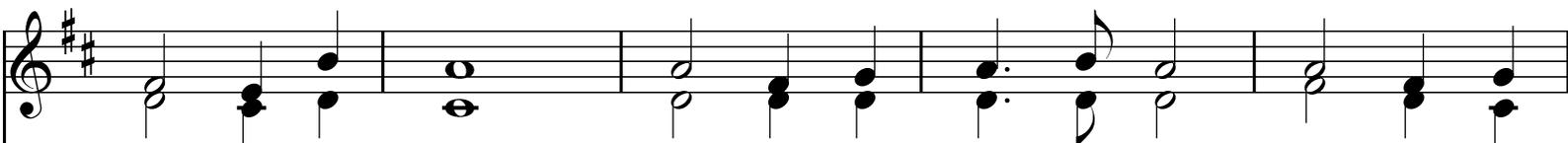
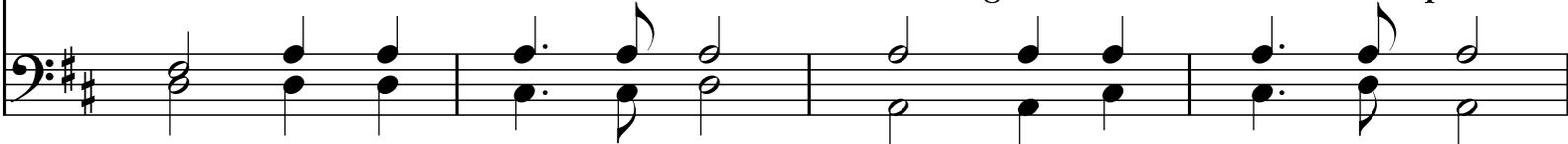
My faith looks up to thee

My faith looks up to thee

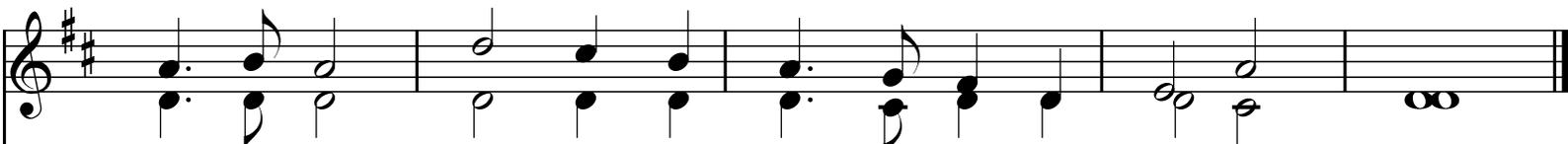
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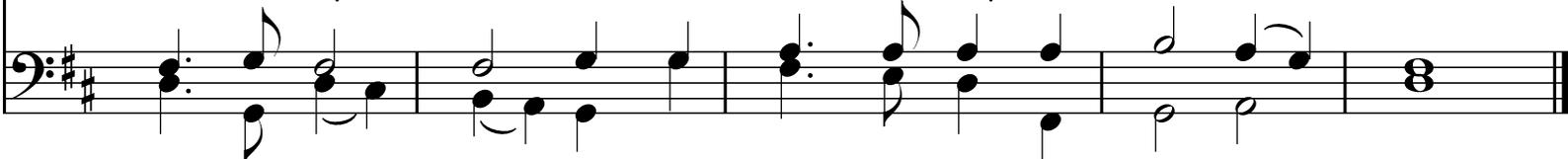
1 My faith looks up to thee, thou Lamb of Cal - va - ry,
2 May thy rich grace im - part strength to my faint - ing heart,
3 While life's dark maze I tread, and griefs a - round me spread,



Sa - vior di - vine! Now hear me while I pray, take all my
my zeal in - spire; as thou hast died for me, O may my
be thou my guide; bid dark - ness turn to day; wipe sor - row's



guilt a - way; O let me from this day be whol - ly thine.
love to thee pure, warm, and change - less be, a liv - ing fire.
tears a - way, nor let me ev - er stray from thee a - side.



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.*

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 J-328 (8:00 v1,3)

Blessed assurance

ASSURANCE

Phoebe P. Knapp

Fanny J. Crosby

1 Bless - ed as - sur - ance, Je - sus is mine! O what a fore - taste of
 2 *Per - fect sub - mis - sion, per - fect de - light,* *Vi - sions of rap - ture now*
 3 Per - fect sub - mis - sion, all is at rest, I in my Sav - ior am

1 glo - ry di - vine! Heir of sal - va - tion, pur - chase of God,
 2 *burst on my sight;* *An - gels de - scend - ing bring from a - bove*
 3 hap - py and blest; Watch - ing and wait - ing, look - ing a - bove,

1 Born of His Spir - it, washed in His blood.
 2 *Ech - oes of mer - cy, whis - pers of love.* This is my sto - ry, this is my
 3 Filled with His good - ness, lost in His love.

song, Prais - ing my Sav - ior all the day long; This is my sto - ry,

this is my song, Prais - ing my Sav - ior all the day long.

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: David Hansen, Fr Ken Simon, Polly Kinsey, Jean Igoe, William Corpening, Craig Connelly, Cynthi Miller, Sheila Hansen, Jaimy Scott, Shirley Mann, Margaret Henson, Mary Helen Kane, Edith Vallese

Birthdays this week: Sarah Mitchell, David Berglund, Nancy Lujan

PARISH NOTICES

Lenten Soup Supper Study

The Rule of St. Benedict: Spirituality for the 21st Century: February 25 – March 18 Wednesdays in Lent 5:30pm: Supper, 6pm: Study

Join us for a Lenten Evening Study exploring The Rule of Benedict as described in the book by the same name by renown author Joan Chittister. Written in the sixth century by St. Benedict of Nursia, the Rule offers timeless wisdom for living in community. We will reflect on its contemporary application, with themes of stewardship, humility, reflection, and equality and how the Rule provides a wonderful tool for use in the holy season of Lent. This study will complement our Summer Reading of “The Ruthless Elimination of Hurry.” Participants may want to purchase “The Rule of Bendict” as optional to accompany the study. All are welcome! If you need childcare, please let Rev. Rebecca know in advance so that arrangements can be made.

Grief Support Group: Our grief group will be meeting again starting Wed., February 11th from 5:00 to 6:30 pm. We will meet every other Wednesday, with shorter meetings on the two dates that happen during the evening Lenten study. The book we will be reading is “The Grief Recovery Handbook – the Action Program for Moving Beyond Death, Divorce, and Other Losses” by John W. James and Russell Friedman. Anyone interested is welcome to join us. They should purchase the book prior to our first meeting.

Sundays Mornings in Lent: Centering Prayer, 9:00am – Chapel

Every Sunday morning in Lent we will gather and participants will be provided with a brief teaching on the practice of the ancient art of Christian contemplative prayer, which arose out of the Benedictine tradition, known simply as “Centering Prayer.” Following the teaching on this form of meditative silent prayer, we will practice Centering Prayer together. The group will be led by Rev. Rebecca. This program anticipates the possibility of creating a “Centering Prayer” group here at St. Dunstan’s in 2026. All are welcome- especially those new to this wonderful form of prayer!

Join Lent Madness 2026!

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 23rd.**

Wednesday Night Fellowship Dinners will be on hiatus from Feb. 18-April 15. However, Please come to the Lenten Soup Suppers and lessons on The Rule of St. Benedict, at 5:30 pm.

MITE BOXES: Thank you, St. Dunstanites, for your support of our Advent/Christmas Mite Box offering which was collected on Epiphany Sunday this year. The total was \$1151.65, which was sent to ROWAN (Rural Orphans Widows AIDS Network). Our Lenten Mite Box collection will go to Heifer Project, USA. Pick up a Mite Box after church on Feb. 15, and bring it back on Easter.

SCRIP Program - It’s Really Just Gift Cards For Sale

St. Dunstan’s runs a Scrip program to benefit our Outreach ministries.

Basically, we sell gift cards to many brands for their face value, and the church gets the benefit of a discount. For some brands - such as Albertsons or Amazon - the discount is only 1.5 or 2.0%. For others - especially clothing vendors like Lands' End or Nike - the discount may be more than 10%. So if you buy a Nike gift card for \$50, you get to purchase \$50 of Nike merchandise and the Outreach program gets \$5.50 representing the 11% discount for this brand.

Gift cards are sold after both services on Sundays. Some vendors' gift cards are in stock and can be acquired on the spot. Examples include Denny's, Amazon, Starbucks, Target, and Walmart in various denominations. Other vendors' cards are special ordered, usually for delivery the following Sunday. There are hundreds of vendors in this category, ranging from Carnival Cruise Lines and Southwest Airlines to Shake Shack, to name only a few; the complete list of participating brands is available at the Scrip table after services. Special orders resume Sunday, February 8. All purchases are paid for by check or cash at the time of purchase or special order.

Please support our Outreach ministries by purchasing gift cards through our Scrip program. For any questions, please contact Christine Bagley (619) 867-2117 or ccb92120@icloud.com.

ASSISTING IN TODAY'S SERVICE

Clergy The Rev. D. Rebecca Hansen

Music Gregory Funk, Parish Musician
Deborah Berglund, Children's Victory Choir

Mindy Wilcox, Karen Mitchell, flutes

Readers Matt Brown & Joy Smith
Hayden & Gail Schmidt, Jennifer Gaebe

Eucharistic Ministers David Bagley
Ann Jarrett, Kirt Mitchell, Sarah Mitchell

Healing Prayer Team Jessie Thivierge & Matt Brown
Diane LeBlanc & Sandia Tuttle

Altar Guild Melody, Kristen, Cindy, Bea

Acolytes Richard, Seth, Kyla

Sunday Sexton Ryan Sifton

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 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**