# Fourth Sunday in Lent

March 10, 2024, 10:00 am

Please take a moment to silence your cellphone. Thank you.

Please also note that our services are publicly livestreamed.

There are no flowers on the Altar during Lent, but you may still make a contribution and have your dedication in honor of a special occasion, or in memory of someone you love, in our Easter bulletins! The suggested donation is \$50. To arrange, please contact Claire in the Church Office: 310-375-4617 or claire.erbeznik@stfrancispalosverdes.org.

# What's Happening!

### Lenten Dinners -3/13, 3/20 6pm

3/13 Who we are and where we come from: A Look at Our Roots 3/20 Seder Meal, presented by Bob Rothman from Congregation Ner Tamid.

### Palm Sunday — March 24th

Celebrate Palm Sunday at the 8am & 10am service.

### Holy Week — March 24th - 30th

**3/27 Holy Wednesday**: **7pm** Tenebrae at St. Andrew's (Torrance). A contemplative evening of light & music.

**3/28 Maundy Thursday**: **12pm** Foot washing at Christ Church (Redondo). **7pm** Holy Eucharist, foot washing, stripping of the alter, and the Watch at St. Cross (Hermosa).

**3/29 Good Friday**: **12-3pm** Meditative service at St. Francis. Sit in the quiet of the chapel as we contemplate the last words of Christ; this is a come and go service. **7pm** Veneration of the Cross at Christ Church (Redondo).

3/30 Holy Saturday, 8pm the Great Easter Vigil at St Francis.

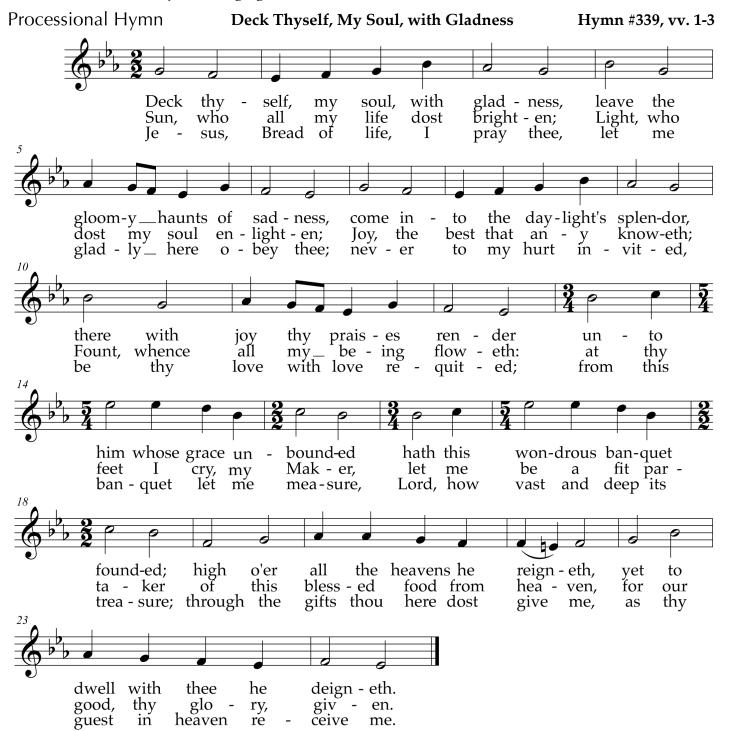
### Easter Sunday — March 31st

Celebrate Easter at the 8am & 10am service, followed by our Easter Egg Hunt immediately following the service..



Prelude Gabriel's Oboe Ennio Morricone

Please stand as able, and join in singing,



Words: Johann Franck (1618-1677); tr. Catherine Winkworth (1827-1878), alt. Music: "Schmueke dich," melody Johann Crugeer (1598-1662); harm. "The English Hymnal," 1906.

The Opening Acclamation

Celebrant Bless the Lord ★ who forgives all our sins.

People His mercy endures for ever.

The Collect for Purity

Celebrant Almighty God,

All to you all hearts are open, all desires known, and from you no secrets are hid:

Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our

Lord. Amen.

Please remain standing as able, and join in singing,



Setting: Ver. "The Hymnal 1982," after Alexander Archangelsky (1846-1924)

The Collect of the Day

Celebrant The Lord be with you. **People** And also with you.

Celebrant Let us pray. Gracious Father, whose blessed Son Jesus Christ came down from heaven

to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one

God, now and for ever. **Amen.** 

Please be seated.

The First Lesson Numbers 21:4-9

 $1^{st}$  Reader A reading from the book of Numbers.

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

1st Reader The Word of the Lord. **People Thanks be to God.** 

The Response Psalm 107:1-3, 17-22 Confitemini Domino

Reader Let us read from Psalm 107 responsively (the People reading the text in **bold**).

Refrain Give Thanks to the Lord Michael Guimont (Ps. 107)



Words: English translation from "Lectionary for Mass," Copyright © 1969, 1981, 1997
International Committee on English in the Liturgy, Inc. All rights reserved.

Music: Michel Guimont, from "Psalms for the Revised Common Lectionary," Copyright © 1998, 2002
by G.I.A. Publications, Inc. International Copyright Secured. All Rights Reserved.

1 Give thanks to the Lord, for he is good, \*

and his mercy endures for ever.

2 Let all those whom the Lord has redeemed proclaim \*

that he redeemed them from the hand of the foe.

3 He gathered them out of the lands; \*

from the east and from the west, from the north and from the south.

17 Some were fools and took to rebellious ways; \*

they were afflicted because of their sins. Refrain

18 They abhorred all manner of food \*

and drew near to death's door.

19 Then they cried to the Lord in their trouble, \*

and he delivered them from their distress.

20 He sent forth his word and healed them \*

and saved them from the grave.

21 Let them give thanks to the Lord for his mercy \*

and the wonders he does for his children.

22 Let them offer a sacrifice of thanksgiving \*

and tell of his acts with shouts of joy. Refrain

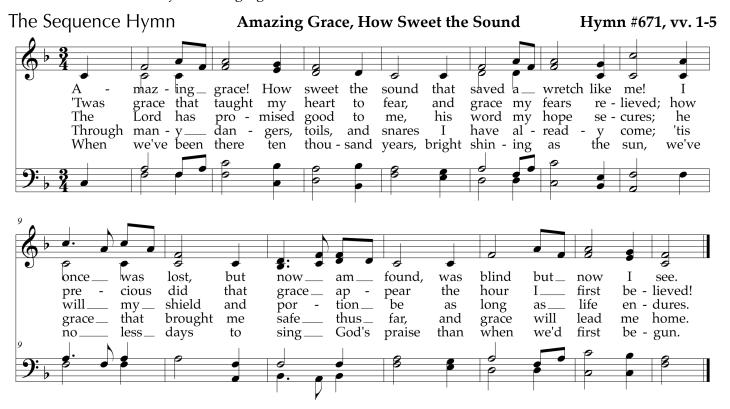
The Second Lesson Ephesians 2:1-10

2<sup>nd</sup> Reader A Reading from the first letter to the Ephesians.

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-- by grace you have been saved-- and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God-- not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

2<sup>nd</sup> Reader The Word of the Lord. **People Thanks be to God.** 

Please stand as able, and join in singing,



Words by John Newton (1725-1807), alt.; st. 5, John Rees (19th cent.). Music: "New Britain," from "Virginia Harmony," 1831; adapt. att. Edwin Othello Excell (1851-1921); harm. Austin Cole Lovelace (b. 1919); Harmonization copyright © 1974 by Abington Press.

Please remain standing, as able, for the reading of the Gospel

The Holy Gospel John 3:14-21

Deacon The Holy Gospel ♥ of our Lord Jesus Christ according to John.

People Glory to you, Lord Christ.

Jesus said, "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. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

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

Please be seated for,

The Sermon The Rev. Celeste Stump

There will be a moment of silence for reflection following the sermon.

Please stand as able, and join in saying,

### The Nicene Creed

All 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 human.

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,

who with the Father and the Son is worshiped and glorified,

who 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.

Please remain standing, as able, for

The Prayers of the People (the People read the responses in bold)

Deacon Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth,

live together in your love, and reveal your glory in the world.

Silence

Deacon Lord, in your mercy **People Hear our prayer.** 

Deacon Guide the people of this land, and of all the nations, in the ways of justice and peace;

that we may honor one another and serve the common good.

Silence

Deacon Lord, in your mercy **People Hear our prayer.** 

Deacon Give us all a reverence for the earth as your own creation, that we may use its re

sources rightly in the service of others and to your honor and glory.

Silence

Deacon Lord, in your mercy **People Hear our prayer.** 

Silence

Deacon Bless all whose lives are closely linked with ours, and grant that we may serve Christ

in them, and love one another as he loves us.

Deacon Lord, in your mercy **People Hear our prayer.** 

Silence

Deacon Comfort and heal all those who suffer in body, mind, or spirit; give them courage and

hope in their troubles, and bring them the joy of your salvation.

Silence

Deacon Lord, in your mercy **People Hear our prayer.** 

Deacon We commend to your mercy all who have died, that your will for them may be ful-

filled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

Deacon Lord, in your mercy **People Hear our prayer.** 

Celebrant: Hasten, O Father, the coming of thy kingdom; and grant that we thy servants, who

now live by faith, may with joy behold thy Son at his coming in glorious majesty; even

Jesus Christ, our only Mediator and Advocate. Amen.

Please kneel, as able,

### The Confession of Sin

Deacon Let us confess our sins against God and our neighbor.

All 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 Absolution

Celebrant

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

Please stand, as able,

The Peace

Celebrant The peace of the Lord be always with you.

People And also with you.

Ministers and People exchange signs of peace in the name of the Lord.

Please be seated.

### Welcome, Announcements

Anyone who has a birthday or anniversary in the next week is invited to come forward for a blessing:

All

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 the peace which passes all understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

# The Holy Communion

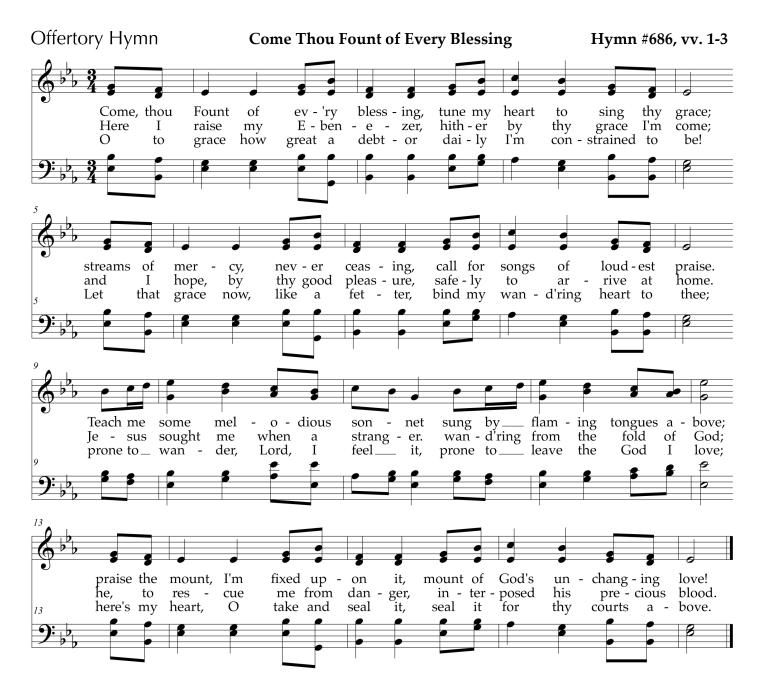
Offertory Anthem

Wayfaring Stranger

arr. Craig Courtney

I'm just a poor wayfaring stranger while trav'ling through this world below;
Yet there's no sickness, toil nor danger in that bright land to which I go.
I'm going there to see my Father, I'm going there no more to roam.
I'm just a going over Jordan, I'm just a going over home.
I know dark clouds will gather o'er me, I know my way is rough and steep;
Yet golden fields lie out before me, where weary eyes no more shall weep.
I'm going there to meet my mother. She said she'd meet me when I come.
I'm just a going over Jordan, I'm just a going over home.
I want to wear a crown of glory when I get home to that good land.
I want to shout salvation's story in concert with the heav'nly band.
I'm going there to meet my Savior, to sing His praise forevermore.
I'm just a poor wayfaring stranger while trav'ling through this world below;
I'm just a going over Jordan, I'm just a going over home.
I'm going over home.

St. Francis Choir Mark Bassett, cello



Words: Robert Robinson (1735-1790), alt. Music: "Nettleton," melody from "A Repository of Sacred Music, Part II," 1813; harm. Gerre Hancock (b. 1934).

Please stand, as able, for,

# The Great Thanksgiving

Celebrant The Lord be with you. **People** And also with you.

Celebrant Lift up your hearts.

People We lift them to the Lord.

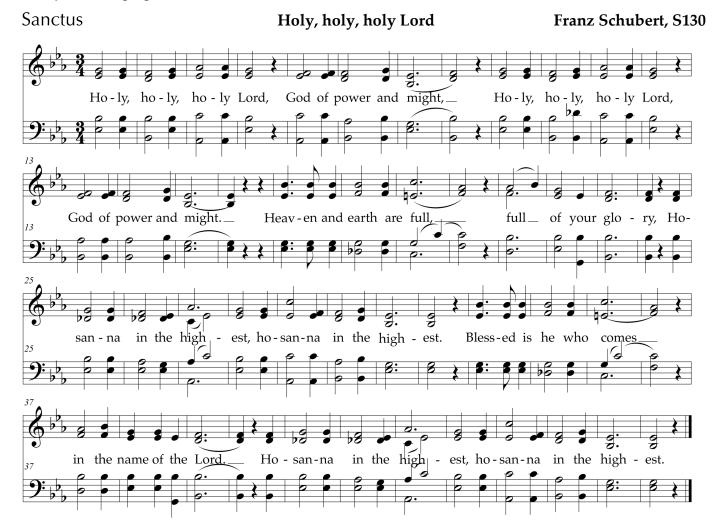
Celebrant Let us give thanks to the Lord our God. **People** It is right to give him thanks and praise.

It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we sing:

Please join in singing,



Music: from "Deutsche Mass," Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937)

Please kneel or stand, as able, as the Celebrant continues.

We acclaim you, holy Lord, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Father, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own first gift for those who believe, to complete his work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them he 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."

Father, we now celebrate this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

All We Praise you, we bless you, we give thanks to you, and we pray to you, Lord our God.

Lord, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

And grant that we may find our inheritance with all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever. **Amen.** 

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

All 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,

forever and ever. Amen.

### The Breaking of the Bread

The Celebrant breaks the consecrated Bread. A period of silence is kept.

Celebrant Christ our Passover is sacrificed for us;

Therefore let us keep the feast.



Words: Ray Palmer (1808-1887). Music: "Olivet," Lowell Mason (1792-1872).

#### The Invitation

Celebrant The gifts of God for the people of God, Holy gifts, for Holy people.

For our online community—an invitation to pray together the spiritual communion prayer from the National Cathedral. A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion.

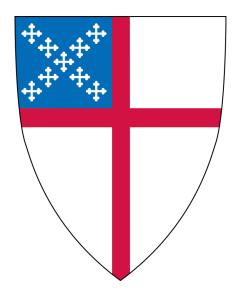
My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite my-self entirely to you; never permit me to be separated from you. Amen.

(St. Alphonsus de Liguori, 1696-1787)

If you have come with a particular prayer concern today, after receiving Communion you may come to the Nason Prayer Chapel to the right of the altar rail where someone will also be available to pray with you, or you may just choose to light a candle.

### The Communion of the People

All are invited to receive Holy Communion. Please follow the directions of the ushers. If you do not wish to receive, we encourage you to come forward to receive a blessing. Simply fold your hands across your chest when you come forward. The clergy will carry Communion to anyone in the congregation who is unable to come forward. Please notify an usher if you wish Communion to be brought to you. Gluten free Communion wafers are available. If you require one of these, simply ask.





Words: after Francis of Assisi, adapt. Sebastian Temple. Music: Sebastian Temple @1997 OCP. Used by permission. CCLI #11110659

Please kneel or stand, as able for,

## The Post Communion Prayer

Celebrant Let us pray.

All Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

The Blessing

Celebrant Go forth into the world in peace. Be of good courage, Hold fast to that which is good. Render to no one evil for evil. Strengthen the fainthearted, support the weak, help the afflicted. Honor all persons.

Love and serve the lord, rejoicing in the power of the Spirit. And, the blessing of God Almighty, The ♣ Father, The Son, and The Holy Spirit be with you always.

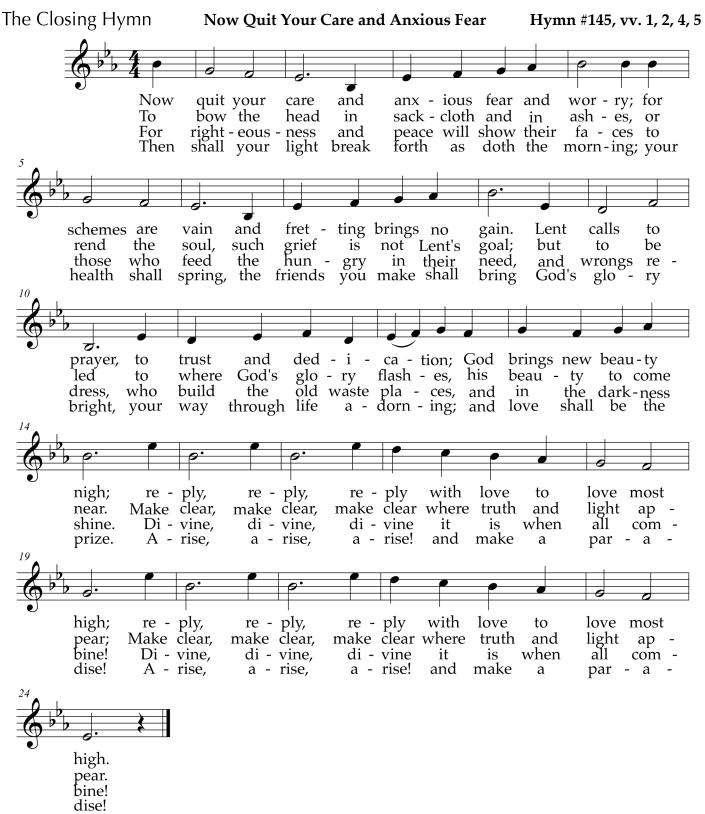
All Amen.

The Sending Forth

Deacon Let us go forth in the name of Christ.

People Thanks be to God!

Please stand, as able, and join in singing



# Welcome!!

We warmly welcome you if you are here with us for the first time today. We joyfully welcome *all* people into our community – without exception. Whoever you are, and whatever the status of your relationship with God, you will find fellow travelers here.

Please join us for coffee fellowship after the service.

The Ushers will direct you.

### Prayers this Week

We pray for all those who serve in the armed and foreign services, and for their families, especially Thomas, Drew Deley, Michael Heredia, Mark Kappelmann, Joseph Leahy, TJ Malzahn, Will Piepenbring, Scott Ruston, Michael Strong, Barry Witt, Jonathan Zimmerman and Steve.

Those who are ill, recovering from surgery, or in any other kind of need or trouble: Andrea, Shelly Crilley, Julia Dawson, Jean Dicus, Daniel Dreiling, Pauline Duley, Ceri Falk, Colette Furbush, Chris Goldsmith, George Ginis, Hannah, Sally Hill, Russel Knight, Loren, Mick Mohuchy, Judy Morgan, Patt Parker, Bruce Schaefer, Donna Tolbert, Roxanne Wall, Gail Winters, and for the people of the Middle East, and victims of violence everywhere.

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

### Ongoing

Yoga

Mondays from 11:00am –1:00pm - All Levels Hatha Yoga for Strength and Mobility. Wednesdays 9:00-10:30am All Levels Gentle Yoga for Vital Mobility and Balance. (free-will offering).

Contact: Jill Lynch—jillfenskelynch@gmail.com

**AA**—Thursdays & Sundays 7:30 pm, **Al-Anon**—Thursdays 7:00pm

## Our Clergy

The Rev. Jason Shelby, Rector, jason.shelby@stfrancispalosverdes.org

Direct Line: (310) 594-7984, Church Office: (310) 375-4617

The Rev. Celeste Stump, Deacon, Chaplain at The Canterbury, cstump@thecanterbury.org

Direct Line: (310) 913-1069

Children and families

Contact: Kristina Pelá, krab3@yahoo.com

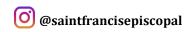
### Our Staff

**Dr. Mark Bennett**, (310) 594-7416, *mark.bennett@stfrancispalosverdes.org*, Director of Music **Mrs. Elaine Mistele**, (310) 594-8268, *elaine.mistele@stfrancispalosverdes.org*, Business Manager **Ms. Claire Erbeznik**, (310) 375 4617, *claire.erbeznik@strancispalosverdes.org*, Office Administrator & Receptionist **Mr. David Knight**, Organist

Mr. Joel Miranda, Sexton



St Francis Palos Verdes





https://www.youtube.com/c/ StFrancisEpiscopalChurchPalosVerdes