Third Sunday in Lent

March 3, 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 -2/28, 3/06, 3/13, 3/20 6pm

2/28 - 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..

The Word of God

Prelude I Will Lift Up Mine Eyes John Rutter



Please stand as able, and join in singing,



Words: William Boyd Carpenter (1841-1918), alt. Music: "St. Petersburg," Dimitri S. Bortniansky (1751-1825).

Processional Hymn Before Thy Throne, O God We Kneel Hymn #574, vv. 1-4

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. Almighty God, you know that we have no power in ourselves to help our-

selves: 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.**

Please be seated.

The First Lesson Exodus 20:1-17

1st Reader A reading from the book of Exodus.

When Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

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



Words: The English translation of the refrain text from the "Lectionary for Mass, " Copyright © 1969, ICEL,. All rights rserved. Music: David Haas, Copyright © 1983 by GIA Publications, Inc. All rights reserved.

Reader Let us read from Psalm 19 responsively (the People reading the text in **bold**).

Refrain Lord, You Have the Words D

David Haas (Ps. 19)

1 The heavens declare the glory of God, *

and the firmament shows his handiwork.

2 One day tells its tale to another, *

and one night imparts knowledge to another.

3 Although they have no words or language, *

and their voices are not heard,

4 Their sound has gone out into all lands, *

and their message to the ends of the world. Refrain

5 In the deep has he set a pavilion for the sun; *

it comes forth like a bridegroom out of his chamber;

it rejoices like a champion to run its course.

6 It goes forth from the uttermost edge of the heavens and runs about to the end of it again; *

nothing is hidden from its burning heat.

7 The law of the Lord is perfect

and revives the soul; *

the testimony of the Lord is sure and gives wisdom to the innocent.

8 The statutes of the Lord are just

and rejoice the heart; *

the commandment of the Lord is clear and gives light to the eyes.

9 The fear of the Lord is clean

and endures for ever; *

the judgments of the Lord are true and righteous altogether.

10 More to be desired are they than gold, more than much fine gold, *

Refrain

sweeter far than honey, than honey in the comb.

11 By them also is your servant enlightened, *

and in keeping them there is great reward.

12 Who can tell how often he offends? *

cleanse me from my secret faults.

13 Above all, keep your servant from presumptuous sins;

let them not get dominion over me; *

then shall I be whole and sound, and innocent of a great offense.

14 Let the words of my mouth and the meditation of my

heart be acceptable in your sight, *

O Lord, my strength and my redeemer.

Refrain

The Second Lesson

1 Corinthians 1:18-25

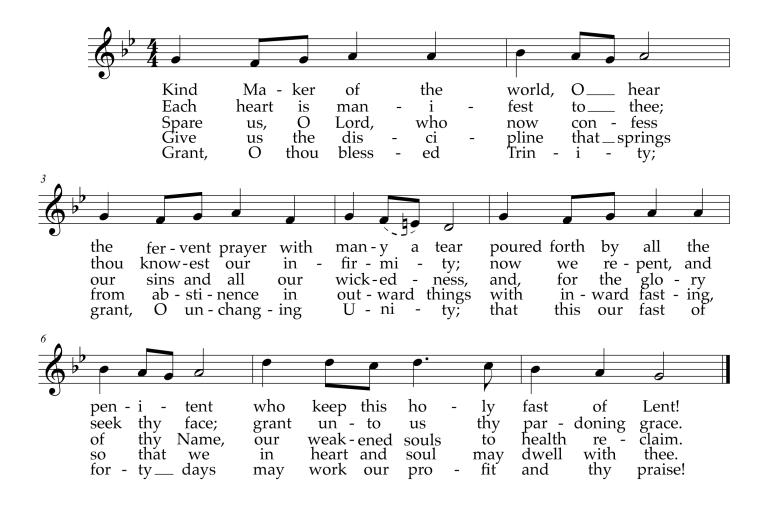
2nd Reader A Reading from the first letter to the Corinthians.

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

"I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart."

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

2nd Reader The Word of the Lord. **People Thanks be to God.**



Words: Att. Gregory the Great (540-604); ver. "Hymnal 1940," alt. Music: "A la venue de Noëls," melody from "Fleurs des noëls," 1535,

Please stand as able, and join in singing,

The Sequence Hymn Kind Maker of the World

Hymn #152, vv. 1-5

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

The Holy Gospel John 2:13-22

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

People Glory to you, Lord Christ.

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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

Please be seated for,

The Sermon The Rev. Jason Shelby

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 had a property from the Vira

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;

Page 8 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

Wounded Alleluias

Craig Courtney

Lord, heal our wounded alleluias. Touch our fragile, simple praise.

Comfort every troubled, wayward song with Your gentle grace.

Alleluia, alleluia, alleluia.

In the stillness of our inmost thoughts, each broken song redeem.

Move Your bow across our silent strings, that we might learn Your theme.

Alleluia, alleluia.

Write in us Your hymns of hope and wonder, craft each needed chord with care.

Fix in us Your wondrous harmony, a symphony to share.

Help us trust Your holy, grand design, Composer of the heart.

Make us Your instruments of peace and let the music start.

Alleluia, alleluia, alleluia.



Words: Medieval Jewish Liturgy; tr. Max landsberg (1845-1928) and Newton M. Mann (1836-1926). Music: "Leoni," Hebrew melody; harm. "Hymns Ancient and Modern," 1875, alt.

St. Francis Choir

Offertory Hymn *Please stand, as able, for,*

Praise to the Living God

Hymn #372, vv. 1, 4

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.

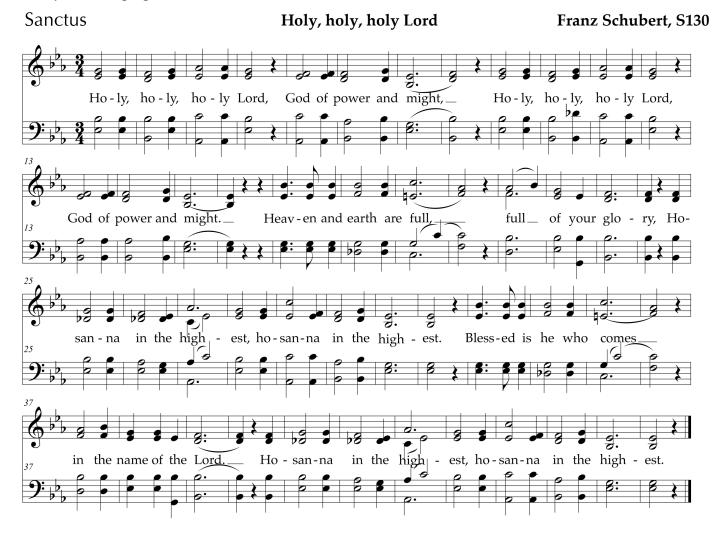
It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

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.**

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

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,

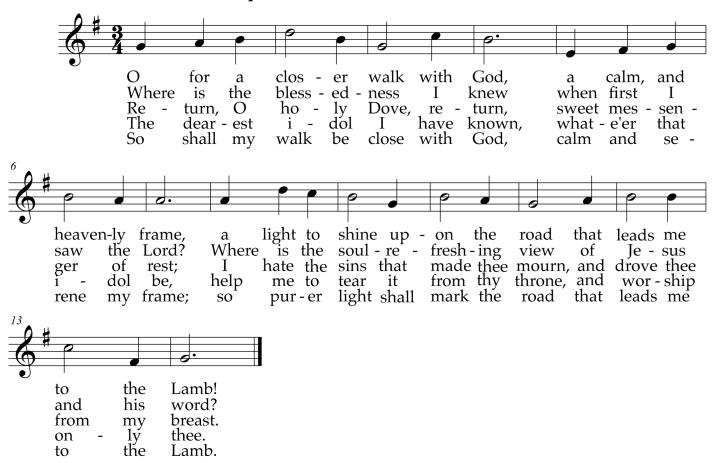
and the power, and the glory, forever and ever. Amen.

The Breaking of the Bread

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

Page 12 Celebrant Christ our Passover is sacrificed for us;

Therefore let us keep the feast.



Words: William Cowper (1731-1800), alt. Music: "Beatitudo," John Bacchus Dykes (1823-1876).

Fraction Anthem

O for a Closer Walk with God

Hymn #683, vv. 1-5

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.

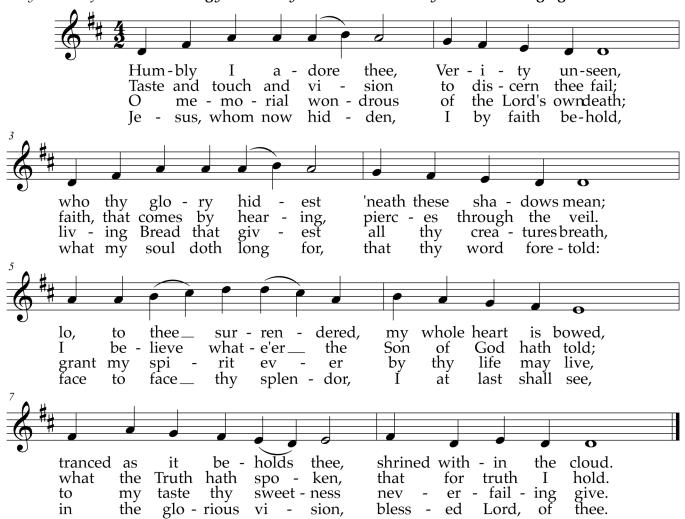
My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite my-self entirely 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 un-



Words: Att. Thomas Aquinas (1225?-1274); sts. 1-3, tr. "Hymnal 1940"; st. 4, tr. "Hymnal 1982." Music: "Adoro devote," French church melody, Mode 5,"Processionale," 1697; acc. Charles Winfred Douglas (1867-1944), alt.

able 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.

Communion Hymn

Humbly I Adore Thee

Hymn #314, vv. 1-4

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

Amen.

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

The



Sending Forth

Deacon Let us go forth in the name of Christ.

Thanks be to God! People

Please stand, as able, and join in singing

The Closing Hymn

All My Hope on God is Founded

Hymn #665, vv. 1-5

Postlude:

Allegro

Theodore Dubois

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, Christa, Shelly Crilley, Julia Dawson, Jean Dicus, Daniel Dreiling, Pauline Duley, Ceri Falk, Colette Furbush, Chris Goldsmith, George Ginis, Hannah, Sally Hill, Loren, Mick Mohuchy, Judy Morgan, Patt Parker, Bruce Schaefer, 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

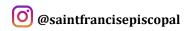
Children and families

Contact: Kristina Pelá, krab3@yahoo.com

Our Staff



facebook. St Francis Palos Verdes





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