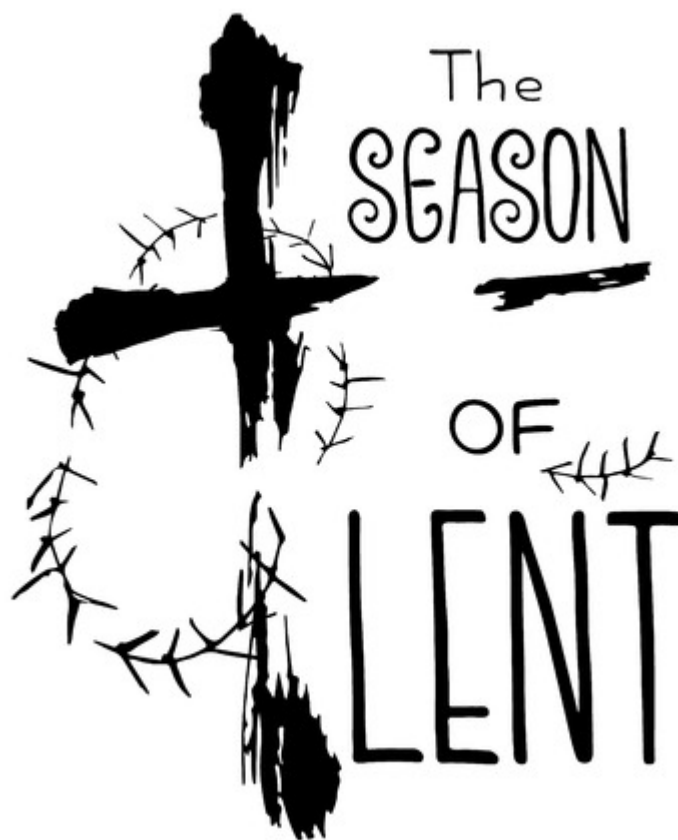


# The First Sunday of Lent



March 6, 2022

# *Welcome to St. Mark's and St. John's*

*Help yourself to coffee in the "cafe".*

*Feel free to bring it to your pew. We're casual.*

*We invite children to make themselves at  
home at our children's table where there  
are weekly activity bulletins, crayons, etc...*

*Our live YouTube broadcast begins at 9:15am.*

*As always, the link to our live-recorded  
YouTube channel is available on our website,  
[stmarksandstjohns.org](http://stmarksandstjohns.org)*

# PRELUDE Instrumental

## OPENING MUSIC

### "I Want to Walk as a Child of the Light"

*Music and lyrics by Kathleen Thomerson*

1. I want to walk as a child of the light; I want to fol - low Je -  
2. I want to see the bright-ness of God; I want to look at Je -

8

sus. God set the stars to give light to the world; The star of my  
sus. Clear Sun of righteous-ness, shine on my path, And show me the

14 Refrain

life is Je - sus.  
way to the Fa - ther. In him there is no dark-ness at all; The night and the day are

23

both a - like. The Lamb is the light of the ci - ty of God; Shine in my heart, Lord

Celebrant: Bless the Lord who forgives all our sins;

People: **God's mercy endures forever.**

Almighty God, 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.**

Celebrant: Holy God, Holy and Mighty, Holy Immortal One,  
People: **Have mercy upon us.**

### THE COLLECT OF THE DAY

Deacon: The Lord be with you.

People: **And also with you.**

Deacon: Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

### FIRST LESSON

Deuteronomy 26:1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and

afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

*Lector:* Hear what the Spirit is saying

*People:* **Thanks be to God.**

PSALM 91:1-2, 9-16

He who dwells in the shelter of the Most High,  
abides under the shadow of the Almighty.

**He shall say to the Lord,  
"You are my refuge and my stronghold,  
my God in whom I put my trust."**

Because you have made the Lord your refuge,  
and the Most High your habitation,

**There shall no evil happen to you,  
neither shall any plague come near your dwelling.**

For he shall give his angels charge over you,  
to keep you in all your ways.

**They shall bear you in their hands,  
lest you dash your foot against a stone.**

You shall tread upon the lion and adder;  
you shall trample the young lion and the serpent under your feet.

**Because he is bound to me in love,  
therefore will I deliver him;  
I will protect him, because he knows my Name.**

He shall call upon me, and I will answer him;  
I am with him in trouble;  
I will rescue him and bring him to honor.

**With long life will I satisfy him,  
and show him my salvation.**

## SECOND LESSON

Romans 10:8b-13

"The word is near you,  
on your lips and in your heart"

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

*Lector:* Hear what the Spirit is saying

*People:* **Thanks be to God.**

## LENTEN HYMN

## "Farther Along"

*Music and lyrics by W.B Stevens*



1. Tempt - ed and tried we're oft made to won - der,  
2. When death has come and tak - en our loved ones,

Why it should be thus all the day long;  
It leaves our home so lone - ly and drear;

While there are oth - ers liv - ing a - bout us,  
Then do we won - der why oth - ers pros - per,

Nev - er mo - lest - ed though in the wrong.  
Liv - ing so wick - ed year af - ter year.

## GOSPEL

Luke 4:1-13

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

**Glory to you, Lord Christ.**

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written,

'Worship the Lord your God,  
and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written,

'He will command his angels concerning you,  
to protect you,' and

'On their hands they will bear you up,  
so that you will not dash your foot against a stone.'"

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

The Gospel of the Lord  
**Praise to you, Lord Christ**

SERMON

The Rev. Cynthia Rasmussen

CREED FOR LENT

*Patmos Abbey – The Order of Saint Columba*

**We believe that our lives are held within the encircling love of God,  
who knows our names and recognises our deepest needs.**

**We believe that Christ is the divine Child of the living God,  
and that his grace is like living waters that can never be exhausted.**

**We believe in the birthing, renewing, enabling Spirit of God  
who yearns over our welfare as a mother yearns for her child.**

**We believe that God is in the arid desert as well as in green pastures,  
and that hard times and disciplines are also loving gifts.**

**We believe that our journey has a purpose and a destination,  
and that our path leads to a human glory we cannot yet imagine.**

**We believe that in the church we are fellow pilgrims on the road,  
and that we are called to love one another as God loves us.**

**This is our faith and we are humbled to profess in Jesus the Christ.  
Amen**

### **CONFESSION AND FORGIVENESS**

Celebrant: Let us turn back toward God by confessing our sins.

People: Merciful God, we have sinned in what we have thought and  
said, in the wrong we have done and in the good we have not done.

We have sinned in ignorance: we have sinned in weakness:  
we have sinned through our own deliberate fault.

We are truly sorry.

We repent and turn to you.

Forgive us, for our Savior Christ's sake,  
and renew our lives to the glory of your name.

Celebrant: By water and the Holy Spirit, God has given us new birth, through the life, death and resurrection of Jesus Christ, and God forgives you all your sins. Almighty God strengthen you in all goodness and keep you in eternal life. Amen.

SPECIAL MUSIC FOR PRAYER AND MEDITATION *Please be seated*

*You're invited to light a candle at our prayer table and write your prayer intentions on one of the Prayer Boards during the music. Please stay socially distant.*

PRAYERS OF THE PEOPLE

*Please stand*

You are within us and among us, O Christ, as the one who is alive for ever. In the sorrows and sufferings of our lives you are with us as the one who holds the keys of new beginnings. There is no ending in the world, there is no fear in our lives, there is no despair in our hearts, that your living presence cannot unlock.

*A brief silence.*

You heal what is broken and make all things new. Grant peace in Ukraine and war-torn nations around the world. We give thanks for the courage and conviction of the people of Ukraine. Help us to find ways to be people of deep convictions that where there is violence and pain we do all we can to stop it.

Lord, in your mercy,

**hear our prayer.**

Merciful God, make your presence known throughout your church in all its different forms. Guide preachers and teachers to proclaim the work you do in this and every place.

Lord, in your mercy,

**hear our prayer.**

You created the earth and all it contains. Send rain and snow to parched places so that plants and animals thrive. Direct us to be good stewards of all that you create.

Lord, in your mercy,

**hear our prayer.**

You call us as your children and comfort us in our afflictions. Bring patience to the distressed, compassion to the grieving, and relief to the suffering. We pray especially today for...

Lord, in your mercy,

**hear our prayer.**

You give us examples of Christ-like living through the witness of the faithful departed. As your beloved called on the name of Jesus throughout their lives, inspire us to call upon him in joy and in need.

Lord, in your mercy,

**hear our prayer.**

*Celebrant:* Rejoicing in your glory revealed to the world, we offer these and all our prayers to you, O God of our salvation, through Christ our light. **Amen.**

## THE PEACE

*Deacon:* The peace of the Lord be with you always.

**And also with you.**

*Celebrant:* Walk in love, as Christ loved us and gave himself for us,  
an offering and sacrifice to God.

## OFFERTORY

*Eucharistic Ministers bring the elements and offering to the altar.*

*To be sung*

Yahweh, I know You are near,  
standing always at my side.  
You guard me from the foe.  
and You lead me in ways everlasting.

Lord, You have searched my heart,  
And You know when I sit and when I stand.  
Your hand is upon me protecting me from death,  
Keeping me from harm.

Where can I run from Your love?  
If I climb to the heavens You are there;  
If I fly to the sunrise or sail beyond the sea,  
Still I'd find You there.

## HOLY EUCHARIST

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

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



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

It is right to glorify you  
and to give you thanks, our holy and living God;  
you dwell in light inaccessible  
from before time and forever.

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.

Therefore, we join in the chorus of praise that rings through eternity:

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is the One  
who comes in the name of the Lord.  
Hosanna in the highest.**

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death, you looked with favor upon your willing servant Mary, that she might conceive and bear a son, Jesus, the holy child of God. Living among us, Jesus loved us. He broke bread with outcasts and sinners. He healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself, yet we were heedless of his call to walk in love.

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them saying:

**“Take, eat: This is my Body which is given for you.  
Do this for the remembrance of me.”**

As supper was ending, Jesus 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 poured out for you and for all for the forgiveness of sins.  
Whenever you drink it, do this for the remembrance of me.”**

Now gathered at your table, O God of all creation, as we remember Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts, that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth, and make us your new creation.

**By Christ, with Christ, and in Christ, in the unity of the Holy Spirit  
all honor and glory are yours, Almighty God, now and forever.  
Amen.**

**THE LORD'S PRAYER**      *Version used at Food Shelf Eucharist - 2019*

As our Savior Christ has taught us, we are bold to pray,

**Our Father in Heaven,**

*remind us constantly that you are parent to all your children.*

**Hallowed be your name. Your Kingdom come,**

*Establishing peace and justice, hope and life for all people.*

**Your will be done on earth as it is in heaven.**

**Give us today our daily bread.**

*Make us aware of the needs of others.*

**Forgive us our sins,**

*Our pride and our prejudices.*

**As we forgive those who sin against us.**

**Lead us not into temptation,**

*especially keep our hearts and minds open to see the good in others.*

**Deliver us from evil.**

**For the kingdom, Just and true,**

**The power, gentle and fair,**

**And the glory, filled with the promise of peace.**

**Are yours forever and ever. Amen.**

**THE BREAKING OF THE BREAD**

Christ our Passover is sacrificed for us;

**Therefore let us keep the feast**

## FRACTURE ANTHEM

“Come and Fill Our Hearts”

*Music and lyrics by Taizé*

Come and fill our hearts with your peace. You a-lone, O Lord, are ho-ly.

Come and fill our hearts with your peace. Al-le-lu - ia!

*Celebrant:* The gifts of God for the people of God take them in remembrance of Christ's life, death, and resurrection and feed on him in your hearts by faith.

## WELCOME TO THE TABLE

*ALL are welcome to receive communion.*

*Please be seated. Our Eucharistic Ministers will come to you. As they approach, please stand if you are able. Gluten-free wafers and grape juice are available. If you would like to receive a blessing instead of communion, simply cross your arms in front of you.*

# COMMUNION MUSIC

"I am the Bread of Life"

Music and lyrics by Suzanne Toolan

Leader or All A F#m A C#m

1 "I am the bread of life. You who  
2 "The bread that I will give is my  
3 "Un - less you eat of the

D Esus E

come to me shall not hun - ger, and who be -  
flesh for the life of the world, and if you  
flesh of the Son of Man and

A C#m D E/D A C#m

lieve in me shall not thirst. No one can come to  
eat of this bread, you shall live for -  
drink of his blood, and drink of his

F#m F#m/E Bm7 E

me un - less the Fa - ther beck - ons."  
ev - er; you shall live for - ev - er."  
blood, you shall not have life with - in you."

Refrain All A E A D E

"And I will raise you up, and I will raise you up,

## POST COMMUNION PRAYER

Compassionate God, you have fed us with the bread of heaven.  
Sustain us on our Lenten pilgrimage;  
    may our fasting bring a hunger for justice;  
    our gifts and yearning for peace;  
    and our prayer the song of grateful hearts,  
    through Jesus Christ our Savior and Lord. Amen.

## FINAL BLESSING

### DISMISSAL

Go in peace. Remember the poor.  
    Thanks be to God.

**Presider and Preacher:** The Rev'd Cynthia Rasmussen

**Deacon:** The Rev'd Mike Finn

**Musician:** Andy Lacey

**Audio and Video Producer:** Robert Thornton

**Lay Leaders:** Mary Ellen Forszt, Mary Estey, Heather Gilfoy

## SMSJ WEEKLY CALENDAR (3/6/22 - 3/12/22)

### **Monday**

9:30am Lenten Prayer

### **Tuesday**

9am Food Shelf Prep & Foodlink Delivery  
(*Valeri*)

9:30am Lenten Prayer

1pm Food bagging (*Bornemann*)

3 pm Seed Sowers and Story Tellers - Afterschool  
Program Begins (Tuesdays & Thursdays)

### **Wednesday**

9am ARC of Monroe Work Group

10:30-12pm Food Shelf Ministry (*Valeri*)

12pm Healing Service

### **Thursday**

9:30am Lenten Prayer

3 pm Seed Sowers and Story Tellers - Afterschool  
Program

### **Friday**

9:30am Lenten Prayer

## **ANNOUNCEMENTS**

### **Remembering a Member of our Community**

Isaiah Pierre, grandson of SMSJ parishioner Dorothy Barnes, passed away unexpectedly this past Saturday at age 25. Our thoughts and prayers are with his grieving family.

### **March Newsletter**

We are currently in the process of creating our March Newsletter! If you have anything you would like us to add, please send your idea/story/update to our administrative email, [admin@stmarksandstjohns.org](mailto:admin@stmarksandstjohns.org)

### **Garden Design Community Forum**

Join us on Tuesday, 3/15 at 6:00pm to see final garden designs for the Parsells, Denver, and Children's garden plots through our Partners for Places grant. Zoom information will be on our website.

### **"Seed Sowers and Storytellers"**

Beginning March 1st, SMSJ will become the host site for this new afterschool program. It will run twice a week for 10 weeks, focusing on School 33 children ages 3-6. The program is led by the Freedom Scholars Learning Center and Cornell Cooperative Extension

### **Bible Study**

Bible Study on the Gospel of Luke will continue on Wednesday, March 9th at 7:00pm. The Zoom link is posted on the website.

### **Volunteers Needed**

We are looking for volunteers to help out in the Food Shelf Ministry. If you are available, email us at [admin@stmarksandstjohns.org](mailto:admin@stmarksandstjohns.org) or sign up for a shift on our website on the "Volunteer" page.

**Tuesdays: 9-2pm**

Wait for the Foodlink truck, unload the delivery of two pallets of food, and move delivered food to the basement to be bagged

**Tuesdays: 2pm or later**

Bag 60-80 bags of food to distribute at Wednesday morning Food Shelf

**Wednesdays: 9:30-12pm**

Serve guests by carrying bags up a set of stairs and outside

**Prayer Concerns and/or Thanksgivings**

Our newsprint "Prayer" board is back. You are welcome to light a candle and put the name(s) of those you would like us to hold in prayer. First names will be shared during the Prayers of the People. If you would like to include any of these names on our regular prayer list, please email Terri Censak at [scensak@frontiernet.net](mailto:scensak@frontiernet.net).

**Readers and Eucharistic Ministers**

If you'd like to serve as a Reader and/or a Eucharistic Minister, please let Deacon Mike or Pastor Cindy know. The February and March schedule is attached. If you are unable to serve a particular weekend, please find a replacement and let Deacon Mike know.

## Worship Leaders of February and March of 2022

<b>Date</b>	<b>First Lesson and Psalm</b>	<b>Second Lesson</b>	<b>Prayers of the People</b>
3/6	Mary Ellen F	Sharon K	Heather G
3/13	Walt S	Samantha G	Paula V
3/20	Bob V	Michele H	Kathy J
3/27	Joe C	Bob C	Deb S
4/3	LaVonne N	Theresa H	Terri C
4/10	Tom F	Mary E	Stephanie S
4/17	Joe C	Bob C	Deb S
4/24	Kathy J	Bob V	Michele H
5/1	Bob C	Deb S	Joe C
5/8	Bob C	Terri C	LaVonne N
5/15	Mary E	Stephanie S	Tom F

<b>Date</b>	<b>Hold Cup Tray</b>	<b>Give Single Cup</b>	<b>Collect Cups</b>
3/6	Sharon K	Joe C	Children
3/13	Terri C	Mary E	Children
3/20	Mary E	Terri C	Theresa H
3/27	Michele H	Nancy W	Dorothy B
4/3	Bob C	Dorothy B	Children
4/10	Joe C	Sharon K	Children
4/17	Michele H	Nancy W	Dorothy B
4/24	Theresa H	Terri C	Mary E
5/1	Stephanie S	LaVonne N	Tom F
5/8	Heather G	Mary Ellen F	Deb S
5/15	Dorothy B	Kathy J	Bob C



**ST. MARK'S &  
ST. JOHN'S**



**ONLY FOUR MONTHS  
UNTIL WE PLANT**

**LEARN MORE ABOUT OUR  
COMMUNITY GARDENS BY GOING TO:**

**[STMARKSANDSTJOHNS.ORG](http://STMARKSANDSTJOHNS.ORG)**